

# New Hampshire WIC Policy & Procedure Manual

## Chapter 2 NUTRITION & BREASTFEEDING SERVICES

### B. Food Package Design

---

#### Food Packages VI Postpartum and Limited Breastfeeding

**Purpose** To provide WIC participants with supplemental food benefits allowed according to their WIC category and nutritional needs.

**Policy** Food Package VI is provided to postpartum women and limited breastfeeding women. The base food package for each participant's category, including maximum amounts of supplemental foods allowed, are found in the attachment called NH StarLINC Base Food Package Quick Guide. [NH WIC Approved Foods](#) pamphlet provides detail of which foods per food category are allowed and not allowed.

The nutritionist or Competent Professional Authority (CPA) shall select a participant's food package in accordance with federal regulations and State policy. The nutritionist or CPA shall provide the full maximum monthly allowance of all foods for WIC participants, unless reduced quantities are requested by the healthcare provider or by the participant.

The food package VI for breastfeeding women and postpartum women is determined by their infant's breastfeeding status on the infant's Health Interview Screen. A limited breastfeeding woman is less than 1 year postpartum and has an infant who receives more formula than a mostly breastfed infant but less than the full formula fed infant. A postpartum woman's infant receives the maximum amount of formula allowed on a food package I.

**Authority** **CFR 246.10 (e)**

**Procedure** The Nutritionist shall assign the food package for the participant on the Assign Food Package Screen. The nutritionist/CPA, after a thorough nutrition assessment, may tailor the participant's base food package to address nutritional concerns or preferences not requiring medical documentation. See related Food Package III, Milk and milk alternatives, and Food Package Tailoring policies.

For all breastfeeding women, the infant's food package shall be determined and assigned, prior to assigning the mother's food package.

**Exception** Postpartum or limited breastfeeding women with a qualifying medical condition receive a Food Package III.

**Best Practice** Work with families to expand their selection of new food options available in the WIC food package. Provide recipes using the WIC foods. Identify allowed WIC CVB purchases from local area store sale flyers that use the participant's full CVB amount. Provide counseling and support breastfeeding moms after 6 months who remain on the Program for nutrition services.