

New Hampshire WIC Policy & Procedure Manual

Chapter 2 NUTRITION & BREASTFEEDING SERVICES

B. Food Package Design

Food Packages VII Fully breastfeeding, Mostly breastfeeding multiples and Pregnant women with multiples

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

Policy Food Package VII is provided to women fully breastfeeding a single infant, mostly breastfeeding multiples and women pregnant with multiples. Food Package VII X 1.5 is provided to exclusively breastfeeding women nursing multiples. 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/CPA shall provide the full maximum monthly allowance of all foods for WIC participants, unless reduced quantities are requested by the participant or by the healthcare provider.

The food package for women who are breastfeeding is determined by their infant's breastfeeding status on the Health Interview Screen. The food package for women pregnant with multiples is determined by documenting, pregnant with multiples on the woman's health interview screen.

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 identified not requiring medical documentation. See related Food Package Tailoring policy.

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

The Health interview screen, pregnant with multiples field, shall be completed prior to assigning the woman's food package.

Exception Women, fully breastfeeding a single infant, mostly breastfeeding multiples, pregnant with multiples and fully breastfeeding multiples, with a qualifying medical condition receive a Food Package III. Requests to tailor food packages with milk alternatives. See milk and

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milk alternatives policy.

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.