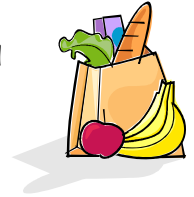


The New WIC Way: Foods and Focus
Wisconsin's Implementation of the Interim Food Rule
Frequently Asked Questions for WIC Staff
January 2009

The planning and implementation of *The New WIC Way: Foods and Focus* extends from fall 2007 through fall 2009. There are many stakeholders interested in the progress and outcome of this project. WIC staff, however, is most interested in that they will be on the front line of planning and implementation, and explaining to other partners, staff and participants about the upcoming changes. These *Frequently Asked Questions* are a compilation of questions asked and likely to be asked. It will help WIC staff know the context of the planning and implementation to better respond to partners and staff. This document will be updated periodically; marked with a revision date.



I. OVERVIEW

1. How does an interim rule differ from a final rule?

The WIC Food Packages, Interim Rule was issued on December 6, 2007 and has the full force and effect of a final rule yet allows the US Department of Agriculture (USDA) to obtain feedback on the provisions while implementation goes forward.

2. How long is the interim rule comment period?

The interim rule comment period ends on February 1, 2010. The comment period is long enough to allow comments based on actual implementation of the requirements. An analysis of the comments received is prepared and a final rule is developed.

3. How do the new WIC food packages reflect the recommendations of the Institute of Medicine (IOM)?

The new WIC food packages largely reflect the recommendations of the IOM. However, certain cost adjustments were determined necessary by USDA to maintain cost neutrality.

4. Does the cost neutral requirement apply to States when they implement the food package changes?

USDA was required to develop new food packages that were relatively cost neutral. WIC State agencies receive an annual grant that they must operate within while complying with program requirements. Each WIC State agency must implement the new packages within its grant level.

5. How do the new food packages provide greater consistency with the 2005 Dietary Guidelines for Americans?

The new WIC food packages include fruits and vegetables, and whole grains for the first time. Reductions in the amounts of milk, juice, and eggs will align better with recommendations in the Dietary Guidelines for Americans and WIC's role as a supplemental nutrition program.

6. How do the new food packages provide greater consistency with infant feeding practice guidelines?

Under the new food packages, 1) the introduction of complementary foods is delayed from four to six months of age, 2) infant foods are added, and 3) the amounts of infant formula are modified throughout the first year.

7. How do the new food packages address public health nutrition-related issues?

The revised food packages for women and children provide 1) less saturated fat and cholesterol, 2) more whole grain fiber, and 3) fruits and vegetables. The food packages for breastfeeding infant-mother pairs provide stronger incentives for continued breastfeeding by providing less formula for partially breastfed infants, and additional quantities and types of food for breastfeeding mothers.

8. How do the new food packages reinforce the nutrition education messages provided to participants?

The new food packages are more consistent with the nutrition education messages provided to participants, i.e., --"eat more fruits and vegetables"; "lower saturated fat"; "increase whole grains and fiber"; "drink less sweetened beverages and juice"; and "babies are meant to be breastfed."

9. How do the new food packages appeal to WIC's culturally diverse populations?

The new food packages provide more participant choice and a wider variety of foods than the previous food packages including tortillas, brown rice, soy-based beverages, canned salmon, and a wide choice of fruits and vegetables.

10. What does Wisconsin WIC's name "The New WIC Way: Foods and Focus" mean?

It means a new way of viewing the Program. "Foods" indicates the new foods added to the packages, e.g., fruits and vegetables, whole wheat/whole grain foods. The "Focus" moves WIC toward a nutrition program and away from a food program; WIC is supplemental; WIC foods are consistent with current nutrition messages from the Dietary Guidelines for Americans, Academy of Pediatrics infant feeding practices, "Babies are Meant to be Breastfed", and a shift from the prevention of nutrient deficiencies to the prevention of obesity and other chronic diseases.

11. Will some foods be decreased? Will any be eliminated?

No foods will be eliminated. Some food amounts were reduced (milk, juice, eggs) to be more consistent with recommendations in the *Dietary Guidelines for Americans* and the American Academy of Pediatrics infant feeding guidelines. We were actually giving too much of some foods. Like eggs; people are getting plenty of protein now so they don't need so many eggs, and some studies showed that kids were eating only about a dozen eggs a month anyway. Also, reducing some foods also allows adding new foods like fruits and vegetables and breads while still keeping the cost about the same.

II. IMPLEMENTATION OF THE NEW FOOD PACKAGES

1. When will Wisconsin WIC implement the new food packages?

Wisconsin WIC will begin issuing the new food packages in August 2009 to families that pick up food instruments with an August 2009 first date to use. With trimonthly issuance, the food package implementation will be completed by October 2009.

2. This doesn't match up with the expiration of the current food list.

We will develop a new food list with this new implementation date. The current food list is matched to the Wisconsin WIC Vendor Agreements that expires October 31, 2010. Since we have to be fully implemented by October 2009, we will have a one-year food list, reassess the need for revisions, and issue an updated food list to coincide with the Vendor Agreement that starts November 1, 2010. Then they both will be on the same three-year cycle.

3. There appear to be lots of new options. How are we deciding what to add and what alternatives to allow?

The Wisconsin WIC Program's FLAG (Food List Authorization Group), consisting of local, regional and central office WIC staff, is charged with selecting the foods for the new list. We are following the same selection criteria used for the past several food lists: balanced among reasonable cost, acceptance, understandability, and availability, and provide continuity from one list to the next. While there are new items and many alternatives, we are looking for simplicity and consistency this first year; adding a few new items that will be easy to find and purchase.

4. How can local project staff be involved with the development and implementation of The New WIC Way: Foods and Focus?

It is critical that local project staff stay informed of the rationale of the changes and be "ambassadors of change" with staff and partners. Staff should contact the State WIC Office when they hear of issues or concerns so they can be addressed proactively. Local project staff can also help by completing surveys, answering e-mails and participating on workgroups. The Wisconsin WIC Program needs input from local staff to make the education tools effective and valuable.

5. Will we be getting new food instrument (FI) stock? Will there be changes to the fields or color?

We have decided to change the color of the FI that has the new food packages on them to a teal shade; the Pictorial Food List will be a similar color. It will help participants and cashiers know that the new color is the new food list. They will be in the same layout, although there will be an option to prescribe a "Super Model" that would list all of the monthly food prescription on one FI (in addition to the cash value voucher for fruits and vegetables).

6. Will "WIC, You and the Grocery Store, too!" be revised? Will the State WIC Office buy projects new equipment?

A workgroup will be formed to revise the content of the video. Local project staff will be asked to complete a survey, which will help determine the format and equipment needs.

7. 1/09 Update Will the State WIC Office provide local projects with training materials for participants?

Yes, the State WIC Office will provide participant training and education materials. The Participant Training Team will provide materials and guidance to projects that will inform participants about upcoming changes (early 2009), introduce the food list and fruit and vegetable checks (May-July), explain the new food package (August-October). Other education materials, such as use of low fat

milk, promotion of whole grains, etc. are also being developed. The FLAG (Food List Authorization Group) will be developing food list materials, such as the pictorial guide and selecting the new foods.

8. 1/09 Update Are local projects required to use these materials or can they use other materials they have, for example, materials that promote low fat milk?

We highly recommend waiting until the Teams select and distribute the education and training materials that support the new food package messages. These should be ready in early 2009.

III. INFANT FORMULA, BABY FOODS

1. Why are we giving jarred baby foods when we encourage participants to make their own baby foods?

IOM recommended commercial baby foods for 1) early introduction to new flavors and textures; 2) nutrient content; 3) availability in developmentally appropriate textures; and 4) food safety. Further, provision of commercial baby foods helps ensure that these items are consumed by the infants and not other participants or family members. FNS does not believe that providing these foods is incompatible with WIC nutrition messages to make baby foods at home, since the amount WIC provides is supplemental to the infant's entire needs.

2. 1/09 Update Why are the amounts of infant formula reduced in some food packages?

Infant formula amounts are modified to reflect the nutrition needs of infants at different ages and feeding methods (breastfed versus formula fed). The amount of formula for babies birth through 3 months old provides about 26 ounces a day, and that's about what doctors recommend. When they turn 4 months, they will get even more formula than they do now. When the baby turns 6 months, they will get less formula but they will be getting baby cereal and fruits and vegetables. The formula, along with the baby foods, provides most of what the baby will eat each day, although some extra formula will need to be purchased because WIC isn't meant to give you all the foods your baby needs.

IV. 1/09 BREASTFEEDING

1. How do the new food packages support breastfeeding?

The new food packages for breastfeeding infant-mother pairs are revised to provide stronger incentives for continued breastfeeding. For example, the new food package for fully breastfeeding women provides greater amounts of foods, including a higher dollar value for fruits and vegetables. Fully breastfeeding infants receive baby food meats in addition to greater amounts of baby food fruits and vegetables. Less infant formula is provided to partially breastfeeding infants so that they may receive the benefits of breastmilk. A minimal amount of infant formula (no more than one can of powdered) may be provided to partially breastfeeding infants in the first month after birth in order to encourage mothers build and maintain their milk supply. This will not be routine; the CPA will assess whether the formula should be provided.

2. 1/09 Why can we give only one can of powder formula the first month?

All women who breastfeed should be encouraged to fully breastfeed in the first month, because providing supplemental formula to new breastfeeding mothers may interfere with milk production and success with breastfeeding. Partially breastfeeding mothers should not be automatically issued

formula. One can of powder formula may be issued to the partially breastfed infant during the first month of life, if the CPA determines it necessary. We want to give the message that WIC is helping to protect the mothers' milk supply by promoting exclusive breastfeeding during that first month.

3. 1/09 How has the amount of formula allowed for partially breastfeeding babies changed?

The CPA is expected to tailor the amount based on the carefully assessed needs of the individual infant and not automatically prescribe the maximum amount of formula. In order to still qualify as a breastfeeding mother and receive a food package, the baby can receive no more than a $\frac{1}{2}$ package of infant formula. This is called "mostly breastfeeding." Formula amounts for partially breastfeeding infants were decreased in the food rule to encourage mothers to breastfeed enough to provide at least half of the infant's nutritional needs and to make possible other improvements in WIC food packages.

4. How do the new food packages address women that are pregnant with or breastfeeding multiples?

They will get more food. Women who are pregnant with or partially breastfeeding multiples receive the same amount as a fully breastfeeding woman. Women that fully breastfeed multiples will receive 1.5 times the amount of foods of a woman fully breastfeeding a single infant.

3. 1/09 Why are baby meats just provided for fully breastfed babies?

Fully breastfed infants 6 months and older need more iron and zinc than breast milk provides.

4. 1/09 Why do fully breastfed babies get twice as much baby foods as other babies?

It may encourage prolonged breastfeeding by adding convenience and monetary value to the fully breastfed packages. It will provide most of what baby will consume in fruits and vegetables. It is sort of WIC's way of thanking the mother for breastfeeding.

V. FARMERS AND FARMERS' MARKETS

1. Will Wisconsin WIC authorize farmers to accept the fruits and vegetables checks?

WIC FMNP farmers will not be authorized for the 2009 season to accept the WIC fruit and vegetable checks. We would like for this to happen in future seasons, IF the regulation changes to accommodate easy redemption by farmers.

2. What are the differences between WIC FMNP and the WIC fruit and vegetable allowed foods?

WIC FMNP requires local grown unprocessed produce, including white potatoes; the WIC Fruit and Vegetable check allow any fruit and vegetable (except white potatoes) in fresh, canned or frozen forms. The two programs have different missions. FMNP supports local farmers and farmers' markets; WIC provides the widest variety of fruits and vegetables possible.

3. What are the differences between WIC FMNP and WIC F/V issuance and redemption processes?

The Interim Food Rule requires a signature at the time of purchase, and the dollar amount of the purchase must be entered on the cash-value voucher. FMNP checks do not require a signature or dollar amount.

4. 1/09 Will participants and/or farmers be confused with getting fruit and vegetable checks both from WIC and FMNP?

We are making the checks look different and have a clear message that the WIC Fruit and Vegetable checks may NOT be used at farmers' markets or farm stands. We will make this clear to the farmers as well. Participants should be told that they will be getting FMNP checks IN ADDITION to their WIC fruit and vegetable checks and they should still make an effort to use their FMNP checks.

VI. FRUIT AND VEGETABLE CHECKS

1. May a participant pay the difference when the purchase of allowable fruits and vegetables exceeds the value of the fruit and vegetable check?

Yes, the participant may pay the difference if their purchase exceeds the value of the fruit and vegetable check. It would be difficult to accurately estimate the exact purchase price of the fruit and vegetable selections, particularly when fresh and canned or frozen items are combined in one purchase, so Wisconsin decided to allow participants to pay the difference when the purchase price exceeds the value of the voucher. This promotes increased consumption of fruits and vegetables because participants would be more likely to use the full cash value, rather than partially redeem the voucher for fear of exceeding its cash value. Grocery store checkers are very used to combining various forms of tender during a purchase transaction. The participant would be allowed to provide additional cash, gift card or EBT FoodShare card. Participants may not, however, be given cash or credit for any unused portion of the voucher.

2. 1/09 Update What will the fruit and vegetable check look like?

They will be printed on the same check stock as the other checks. It will include "Not Valid at Farmers' Markets or Farmer Roadside Stands." The message will be "\$8.00 Approved Fruit and/or Vegetables (fresh, frozen, canned)" in different font and some bold type. They will look more like a WIC check than a Farmers' Market check in that the redemption price will be blank for the vendor to enter the purchase price. A signature will also be collected at check out; the same as a WIC check.

3. How many fruit and vegetable checks will each participant receive monthly?

Wisconsin WIC has decided that each eligible woman or child will receive one check monthly for the full monthly amount (\$6, \$8, \$10, \$15). Since we are authorizing all forms of fruits and vegetables, the participant will be able to purchase a variety of fresh, frozen and canned to last the month without spoiling. Also, we are mindful that additional checks mean more printing and banking costs, and more transactions at the checkout (not desirable to vendors).

VII. FRUITS AND VEGETABLES

1. Can a State agency authorize only fresh fruits and vegetables? Or only processed fruits and vegetables?

Per the Interim Food Rule, a State agency may choose to only authorize fresh fruits and vegetables; it may NOT authorize only processed fruits and vegetables. Wisconsin has chosen to authorize all three forms (fresh, frozen and canned) and require a minimum stock of fresh fruits and vegetables in all stores, regardless of size.

2. Do States have the authority to selectively choose which fruits or vegetables are available to WIC participants?

No. The fruit and vegetable checks may be redeemed for any eligible fruit and vegetable. States may not impose further restrictions on eligible fruit and vegetables.

3. Are State agencies allowed to disallow the cut fresh fruit or vegetables, since the interim rule says "whole or cut"?

No. "Whole or cut" refers to the minimum requirement/specification of the fruit/vegetable, not the State's ability to disallow one or the other. State agencies may not disallow cut fresh fruit or vegetables, except for those available for purchase on salad bars and party trays. The purpose of the cash-value voucher is to allow participants to choose among a variety of fruits and vegetables, with few restrictions. Wisconsin has chosen to disallow cut fruits and vegetables on salad bars and party trays.

4. May State agencies authorize bagged lettuce or salad greens?

Yes. In fact, we may not disallow bagged lettuce or salad greens.

5. Approved fruits and vegetables have a "no added sugar" restriction. Some foods like canned corn or sweet peas have some sugar added for processing purposes, not as added sweeteners. Are these allowable foods?

It was brought to the attention of the Food and Nutrition Service that the requirement for "no added sugar" in canned vegetables may exclude some commonly consumed foods from WIC State food lists. We have learned from the Food and Drug Administration that small amounts of sugar are added to some foods that are naturally sugar-containing during the canning process to prevent stress resulting in membrane rupture (i.e. sweet peas). This small amount of added sugar is minimal and helps to maintain the quality and structure of the food. To encourage greater variety in food choices in the WIC food packages, canned vegetables that contain a small amount of sugar for processing purposes, such as plain canned sweet peas and corn, are allowed.

6. 1/09 Update Will participants be able to purchase organic fruits and vegetables?

Yes, participants may purchase fresh, frozen or canned fruits and vegetables with their fruit and vegetable checks. Since these checks have a maximum cash value, the cost of each item is less a food cost concern. Participants choose what to purchase with these checks. And, allowing organic fruits and vegetables may help support local farmers that sell their produce to grocery stores. No other organic foods are allowed with the WIC checks.

VIII. MILK AND MILK ALTERNATIVES

1. Are lactose-reduced and lactose-free milk allowed? Is medical documentation required for participants to receive lactose-reduced and lactose-free milk?

The Food Rule allows these milks without medical documentation.

2. 1/09 Update Are soy based beverages going to be authorized in Wisconsin?

Currently there is no soy-based beverage on the market in this area of the country that meets all of the nutrient requirements in the interim rule. Wisconsin will *authorize* soy beverages, including flavored, as an alternative to milk but obviously cannot *provide* them until they are available in the grocery stores.

3. 1/09 Why is USDA so strict on the nutrient content of approved soy milks?

USDA believes it is imperative that WIC and the school nutrition programs use the same standards for defining allowable soy beverages as alternatives to fluid milk. The problem is that schools purchase food service soy beverages that are not available in grocery stores.

4. Are we allowed to provide low-fat milk to a child who is between 13-23 months of age if medical documentation is provided?

No. There is currently no provision in the rule allowing children between the ages of 13-23 months of age to receive low-fat milk, even with medical documentation.

5. 1/09 Why can we give only whole milk for one year olds?

Doctors do NOT recommend restricting fat and cholesterol for one year olds because they are growing and developing so fast in that second year and they need the extra energy from the fat in the milk. WIC will focus more on what appropriate foods and amounts are for your one year old.

6. 1/09 Why will kids 2+ and women have to get low fat milk instead of whole milk?"

Studies show that cutting down on saturated fat (like the fat in milk and eggs) will help reduce the risk of heart disease and overweight/obesity. The change in the type of milk (fat reduced) is consistent with these recommendations. WIC will focus more on what are appropriate foods and amounts for overweight and underweight women and children. Whole milk may be allowed with medical documentation.

7. 1/09 Why are we eliminating cheese for kids and most women?

Eliminating cheese helps reduce the amount of saturated fat, total fat, cholesterol and calories in the food package (and be consistent with current recommendations for dietary intake). And, since cheese is more expensive, we could afford to add other foods, like fruits and vegetables that help to balance out the nutrition in the total WIC food package.



- 8. 1/09 Update There is a new Academy of Pediatrics position paper on cardiovascular health in children that states low-fat dairy products "would be appropriate" for children 12-24 months of age for whom overweight or obesity is a concern. Will we be able to follow those recommendations?**

No, current regulation is still in effect. USDA is very aware of this statement and will let State WIC Agencies know of any changes to the current food rule. In the meantime, WIC may not provide low-fat milk to a child between 13-23 months under any circumstances. Projects will need to provide appropriate nutrition education regarding the proper amounts of milk and other foods.

- 9. Why wasn't yogurt included in the new food packages as recommended by the IOM?**

It is important that revisions to the WIC food packages be cost neutral to protect the program's ability to serve the greatest number of eligible women, infants, and children. Therefore, USDA was unable to offer yogurt in the WIC food packages.

- 10. Why is medical documentation required for children to receive soy-based beverage?**

Requiring medical documentation ensures that a child's medical provider is aware that the child may be at nutritional risk when milk is replaced by other foods, and is consistent with recommendations of the IOM.

- 11. With the new rule, children and women participants can receive up to one pound of cheese as a substitute for milk. If we offer cheese, this will result in a "dangling quart" for each of the food packages. With the current food list, we have been able to simply disallow the quart of milk.**

The Food Rule is very specific that the WIC benefit to participants is the full authorized amount; therefore, State agencies may not "drop the dangling quart" of milk. If we were to offer cheese as a substitute for 3 quarts of milk, then we **must** provide the remaining quart of milk (or other authorized milk or milk alternative such as a soy-based beverage, tofu, etc.) to fulfill the maximum allowance in the food package. One pound of cheese plus one quart of milk is much more expensive than a gallon of milk.

- 12. Is Wisconsin going to authorize tofu?**

No, not this year. Tofu is typically used as a protein substitute and not a milk substitute. We heard that participants will still want milk. FLAG also reviewed survey results from other states, the cost to substitute one pound of tofu for each quart of milk, and statewide availability.

IX. JUICE

- 1. 1/09 Update The maximum juice amounts are different for children (128 ounces), postpartum women (96 ounces), pregnant and breastfeeding women (144 ounces).**

Since we have to provide the maximum quantities, will the package sizes change?

Yes, in order to issue the maximum amount of 128 to children, we have authorized 64 ounce bottles. If we gave 46 ounce bottles for children, they would miss out on 36 ounces of juice each month. In

order to give maximum benefits for women, they will get 46-48 ounce bottles. Some of the juice industry reported that they will make 48 ounce bottles, but we haven't seen those yet.

X. CANNED FISH

1. 1/09 What about the new canned fish options?

The new food rule allows authorization of additional canned fish. FLAG decided to add pink salmon. We originally considered adding sardines but found some of them to be very expensive. Neither mackerel or sardines are being added at this time.

2. For women breastfeeding multiples who receive 1.5 times the maximum allowance of foods in Food Package VII—does this amount of fish conflict with advice regarding methyl mercury exposure?

The IOM recommended that women fully breastfeeding multiples receive 1.5 times the maximum allowance of authorized WIC foods, including canned fish. The amount and types of canned fish authorized for women fully breastfeeding multiples (45 ounces per month of canned light tuna, salmon, sardines, and certain species of mackerel) are within the recommendations of the 2004 Consumer Advisory on Methylmercury in Fish and Shellfish issued jointly by the Food and Drug Administration (FDA) and the Environmental Protection Agency (EPA). The advisory recommends that nursing mothers eat up to 12 ounces per week of fish lower in mercury. WIC participants should be informed about the recommendations in the FDA/EPA advisory and the amount and types of fish that can safely be consumed.

XI. LEGUMES (DRIED BEANS OR PEAS OR LENTILS)

1. What is a legume?

Mature beans or peas. In the past, WIC allowed only dried legumes (beans and peas). The new food rule allows canned legumes as an alternative to peanut butter or dried legumes.

2. Some canned vegetables, such as kidney beans, have some sugar added during processing. Are these allowable foods under the "no added sugar" restriction?

Similar to the sugar question in the Fruit and Vegetable section, canned legumes that contain a small amount of sugar for processing purposes will be allowed.

XII. BREAD AND WHOLE GRAINS

1. Do State agencies have to offer bread or can we choose to offer only the whole grain options?

State agencies must offer whole wheat or whole grain bread, which may include rolls and buns. It is a State agency option to authorize the whole grain options. Wisconsin has chosen to authorize, at least for this first food list period, soft corn tortillas, whole wheat tortillas, and brown rice. These seem to be the most popular and, if available, in easy to select packaging.

2. Are there issues with authorizing and purchasing the whole wheat bread?

Yes, there is currently a problem with the availability of 16 ounce loaves of bread, or packages of rolls and buns. We've heard that Sarah Lee is currently testing one pound loaves of whole grain

bread and will likely package their whole wheat rolls and buns in 16 ounce packages (currently in 12 ounce). We anticipate other manufacturers will follow suit.

3. Can oatmeal be issued as a cereal and also as a whole grain option? Are we authorizing oatmeal?

Yes, oatmeal may be authorized as a cereal and also as a whole grain option. In Wisconsin, oatmeal that meets the iron and sugar requirements will still be authorized. We are NOT authorizing oatmeal as a whole grain option at this time because all of the small canisters are 18 ounces and the maximum is 16 ounces.

4. If package sizes are a problem, why not authorize buying them in bulk?

We decided to not allow bulk grain products. There would likely be no cooking instructions on the packages, or ingredients or standard weight. Participants would have to measure the product to no more than 16 ounces; there would likely be more confusion at the checkout counter. And, these products were not that popular, except oatmeal which will still be authorized as a cereal.

1/09 XIII. PRESCRIPTION-REQUIRED FOOD PACKAGES

1. Can participants receive both milk and formula in the Prescription-Required Food Package?

Yes, both milk (and other regular foods) and formula/medical foods may be provided to children and women if medically warranted and with medical documentation. State agencies do not have the option to require participants to choose either milk or formula. CPAs will use information on prescription forms, which will include a section for prescribers to indicate which regular foods are contraindicated, as well as participant report to determine the kinds and amounts of foods to issue.

2. Are there going to be new requirements for medical documentation?

There are several changes: prescriptions must include the amount prescribed; prescriptions are required for issuance of whole milk to children 2-4 years of age and women; prescriptions will be required for soy beverages for children; the medical diagnosis must be for an actual medical condition, not a symptom such as inadequate weight gain (even if it has an ICD-9 code); and lactose intolerance is not allowed as a reason to provide soy formula for children because there is a regular food alternative (i.e., lactose-reduced or lactose-free milk). A separate workgroup will address Food Package 3 (Participants with Qualifying Conditions) and other requirements for medical documentation.

3. What about quantities?

A big change is that quantities are now based on reconstituted amounts, not, for example, the amount of dry powder by weight. Because of the new "Full Nutrition Benefit" for all WIC foods, various reconstitution rates, etc., the result is that for a number of prescription-required packages, different numbers of cans per month will need to be provided within an infant age grouping or child or woman certification period. There will be reference sheets showing how to do this.

XIV. CEREALS

1. Are artificial sweeteners allowed in cereal?

Yes, this continues to be a State agency option. Wisconsin has decided to allow artificial sweeteners in cereals if they are used to enhance texture, but not if it used to sweeten or make the cereal appear "unhealthy" or taste a lot sweeter.

2. The rule requires that more than half of the authorized cereals are whole grain. Will participants have to buy at least half of their monthly cereal allotment as whole grain cereal?

The State agency must assure that at least 51% of the cereals on the authorized food list are whole grain. We will identify those on the food list pictorial guide and encourage participants to purchase whole grain cereals as part of a healthy diet. They will NOT be required to purchase any amount of whole grain cereals. The federal requirement is to ensure that the participant would have adequate opportunity to purchase whole grain cereals if they choose.

XV. ROSIE CHANGES

1. When will ROSIE changes be made?

Actually, some are starting now and will continue to look at changes that can be made prior to the implementation date and would be value-added earlier. It also spreads out workload at CIBER, the State WIC Office, and with ROSIE testers; and will provide some information needed for implementation.

2. What Change Requests (CRs) are currently in process?

Changes to the Breastfeeding tab that will also collect infant feeding status; redesign of the Benefits Tab to better accommodate selection of foods and alternatives; changing infant formula calculations from cans to reformulated ounces.

3. 1/09 Update How will projects be trained on the ROSIE changes?

That depends on the extent of the changes. It may be in written guidance, or WISLINE Web, or Webcast, and/or face-to-face training. Some of the major changes are in the Benefits Tab and less in the Breastfeeding Tab and we are planning a wisline web (similar to the Care Plan training) with three sessions over two days. Other ROSIE (and many other) changes will be addressed likely in a July wisline web, after the changes have been available on ROSIE Test.