

# NUTRITION FACT SHEET

Up-to-date nutrition information for the health care professional.

## Wisconsin WIC Program Services for Infants, Children and Pregnant/Breastfeeding Women with Special Health Care/Medical Needs

**This fact sheet answers the following questions:**

- Who is eligible for the Women, Infants and Children (WIC) Program?
- What are the standard (routine) supplemental foods that WIC currently provides?
- What are the “prescription-required” formulas and medical foods that WIC provides?
- How can “prescription-required” products be prescribed?
- Where and how can WIC-approved exempt formulas and medical foods be purchased?
- How much formula or medical food will WIC provide?
- What happens when a WIC participant is prescribed a formula or medical food not approved by WIC, or if the need exceeds the WIC maximum quantities?

### ► Who is eligible for the Women, Infants and Children (WIC) Program?

Pregnant women, breastfeeding women (up to one year postpartum), postpartum non-breastfeeding women (up to six months postpartum), infants (birth through 12 months of age), and children (one through 4 years of age) are eligible for WIC. They must be Wisconsin residents and meet income guidelines. Working families may qualify. Many infants and children on Medicaid/BadgerCare Plus are income-eligible for WIC. Go to the WIC web site, [dhs.wisconsin.gov/wic](http://dhs.wisconsin.gov/wic), for more specifics regarding eligibility.

### ► What can WIC do for children and mothers with special health care needs?

- Review mother’s or child’s diet and health history. For children, this includes immunization status and lead testing.
- Assess growth, hemoglobin, nutrition-related health problems, and dietary intake.
- Identify nutrition-related concerns early.
- Provide prenatal breastfeeding education and postpartum support by lactation specialists and breastfeeding peer counselors.
- Provide caregiver nutrition education and support.
- Assist families by coordinating nutrition services with other providers.
- Communicate with primary care providers to obtain required prescriptions for special infant, child or adult medical foods provided by WIC
- Provide WIC food checks for a variety of prescribed formulas, medical foods, and specific foods redeemable at local WIC-approved grocery stores and pharmacies. (WIC is supplemental and does not provide all the food or formula a participant needs.)
- Collaborate with families, health care providers and pharmacist to ensure documentation for Medicaid/BadgerCare Plus reimbursement of nutritional products not provided by WIC.
- Facilitate referrals to other services including CYSHCN Regional Centers, Healthy Start, Birth to Three, economic assistance, Health Check and Registered Dietitians providing medical nutrition therapy.

*[Note: WIC Registered Dietitians (RDs) and nutritionists do not provide medical nutritional therapy (MNT). For a listing of RDs who provide MNT to CYSHCN, go to <http://dhs.wisconsin.gov/wic/WICPRO/CYSHCN/index.htm>.]*

► **What are the standard (routine) supplemental foods that WIC currently provides?**

For the list of specific WIC-approved foods, go to the Wisconsin WIC website at [dhs.wisconsin.gov/wic](https://dhs.wisconsin.gov/wic). Combinations and quantities of foods provided are based on the information below.

**Pregnant, breastfeeding and postpartum women** may receive:

- Milk (fat free or low fat; reduced fat is allowed for a maximum of 6 months only), eggs, cereal, peanut butter or canned or dried beans/peas, juice, fruits, vegetables and 100% whole wheat bread (or whole wheat tortillas, soft corn tortillas, or brown rice). Fully breastfeeding mothers receive more variety and larger quantity of foods.

**Infants** (birth to first birthday) may receive:

- Breastmilk provided by the mother with support from WIC staff.
- Infant formulas. The Wisconsin WIC Program contracts with one formula company, as required by Federal WIC Regulations, to provide standard milk- and soy-based infant formulas. The current contract is for Nestlé Good Start<sup>®</sup> iron-fortified formulas: Gentle Plus and Soy Plus (both with DHA & ARA), and Protect Plus (with DHA & ARA and probiotics). WIC does *not* provide non-contract standard formulas, e.g., Similac, Enfamil, or store brands.
- Infant cereal and baby fruits and vegetables (and baby meats, when exclusively breastfed) beginning at six months of age.

**Children** (1 through 4 years of age) are eligible to receive:

- Milk (whole for 1 year olds; fat free or low fat for 2-4 year olds, with reduced fat is allowed for a maximum of 6 months only), eggs, cereal, peanut butter or canned or dried beans/peas, juice, fruits, vegetables and 100% whole wheat bread (or whole wheat tortillas, soft corn tortillas, or brown rice).

► **What are the prescribed formulas and medical foods that WIC provides?**

**Infants** are eligible to receive: Enfamil EnfaCare LIPIL, Similac NeoSure DHA & ARA, Enfamil Nutramigen LIPIL with Enflora LGG, Similac Alimentum DHA & ARA, Enfamil AR, Enfamil Pregestimil LIPIL, EleCare Unflavored, and Neocate Infant.

**Children** are eligible to receive: Nestlé Good Start<sup>®</sup> formulas, the exempt formulas for infants listed above, EleCare Vanilla, PediaSure, whole milk (for 2-4 year olds), and (effective November 1, 2010) soy beverage.

**Mothers** are eligible to receive: Abbott Ensure (regular, with fiber, high calcium, high protein, plus), Nestlé Boost (regular, plus, high protein), and whole milk.

A description of the uses, contraindications, ingredients, forms available, and maximum quantities of the WIC-approved formulas and medical foods is available on the Wisconsin WIC website. *[Note: Infants, children and mothers may also receive regular WIC foods, as tolerated.]*

► **How can “prescription-required” products be prescribed?**

A physician, physician assistant, or advanced practice nurse can prescribe Wisconsin WIC-approved formulas, medical foods, and whole milk using the infant, child, or women’s *WIC Prescription/Clinical Data* form (available on the WIC website or from your local WIC office). The prescription form must include the medical diagnosis with ICD9 code, the product prescribed, amount per day, intended length of use, information about contraindicated foods, and prescriber’s signature. Information on growth and health concerns is also requested. Prescription justifications that are NOT allowed include constipation,

diarrhea, spitting up and colic; an intolerance or allergy that does not require an exempt formula; a non-specific intolerance; and a growth concern without an underlying medical condition.

Send the completed form to the patient's local WIC office (contact information is on the WIC website) or give it to the caregiver to take to WIC. A WIC Project Registered Dietitian (RD) must assure the prescriptions are complete and in compliance with WIC regulations and policies.

► **Where and how can WIC-approved exempt formulas and medical foods be purchased?**

Depending upon the product, these may be purchased at WIC-approved pharmacies or grocery stores. Families or WIC staff should call ahead to make sure the product is available. It may be necessary for the health care provider to make temporary arrangements, such as providing samples or using an alternate product, until the prescribed product arrives.

► **How much formula or medical food will WIC provide?**

The maximum quantities are 27-29 fl oz per day for infants and 30 fl oz/day for children and mothers. The specific maximum amounts per month of each product that WIC provides can be found on the WIC website.

► **What happens when a WIC participant is prescribed a formula or medical food not approved by WIC, or if the need exceeds the WIC maximum quantities?**

- The health care provider can initiate the process to determine if the product will be covered either by private insurance or Medicaid/BadgerCare Plus.
- Contact the Wisconsin Medical Assistance Provider Services Unit at 1-800-947-9627 for information regarding prior authorization for formula or medical food needed by infants and children on Medicaid/BadgerCare Plus.
- The parent/guardian can pay for the product.
- The Children and Youth with Special Health Care Needs (CYSHCN) Regional Centers can advocate for the family and assist in case management. Contact information for your CYSHCN Regional Center can be obtained at: [dhs.wisconsin.gov/health/children/resourcecenters/index.htm](https://dhs.wisconsin.gov/health/children/resourcecenters/index.htm).

**Thank you for your support of WIC**

For more information, contact your local WIC Project, call the Hotline (1-800/722-2295, or 266-9960 in the Madison area), or visit the WIC website at [dhs.wisconsin.gov/wic](https://dhs.wisconsin.gov/wic). The website has links to general information, contact information for all local WIC sites, formula prescription forms, reference materials on all the WIC formulas and medical foods, the WIC Food List and more.



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