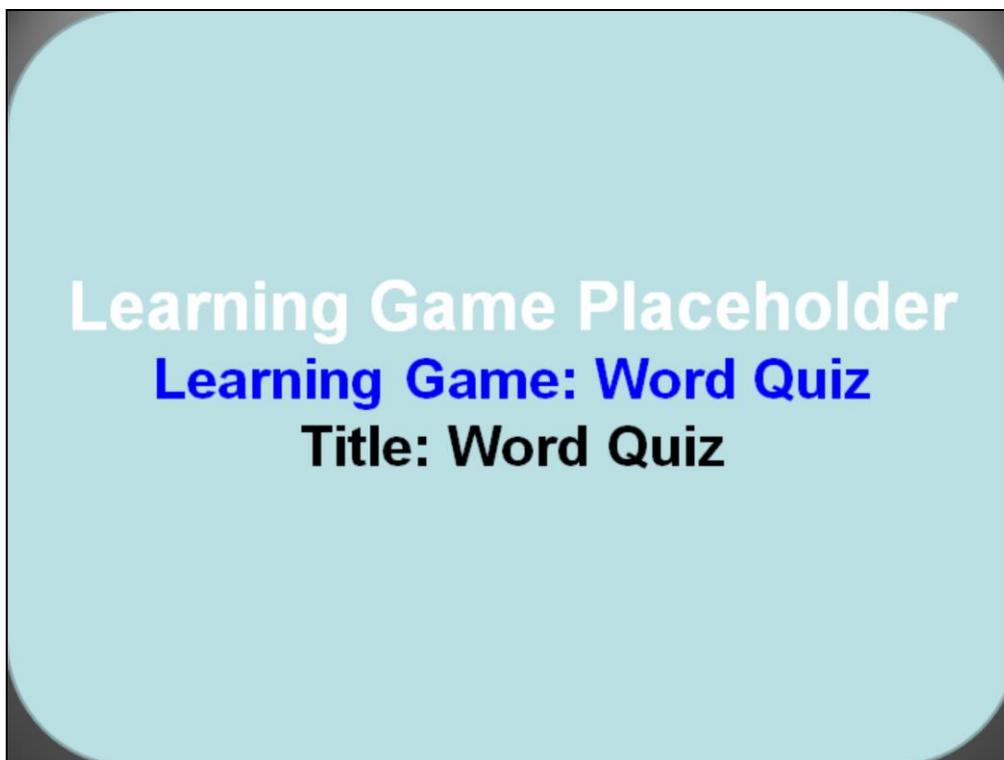




In this module of the course, you will learn more about how to make some decisions in terms of food packages. It is critical that you have an understanding of the various types of participants, since there are different food benefits that are allowed.

- You will learn how to identify the different categories of mom, baby and children; including pregnant women and moms with multiples.
- You will be able to determine the appropriate food packages for participant categories, and
- Be able to describe the relationship between breastfeeding choice and food benefits.
- You will also be able to explain the progression of food package benefits for infants.



You have already learned a lot about WIC in the first part of this online course, and you will build on that knowledge in this module. Take a couple of minutes to review a few key terms now, before continuing.

Notes: Word game quiz for a quick review of terms

Question: What is the list of approved foods that WIC participants can buy with WIC checks?

Question: What is the selection of authorized foods a WIC participant is eligible to receive on a monthly basis during their certification period?

Mom and Baby WIC Food Packages (Effective 6/01/10)

New food pkgs for moms	Fully Breastfeeding	Mostly Breastfeeding	Some Breastfeeding	Fully Formula Feeding
Milk Low fat & Fat Free	6 gallons	5 1/2 gallons	4 gallons	4 gallons
Cheese	1 lb	---	---	---
Eggs (doz)	2	1	1	---
Juice (11.5-12 oz frozen or 46-48 oz containers)	3	3	---	---
Cereal	36 oz	---	---	---
Whole Wheat/Whole Grains (100% ww bread, rolls or buns or brown rice or soft corn tortillas or ww tortillas)	1 lb	---	---	---

Children and Pregnant Women WIC Food Packages (Effective 10/01/09)

	Child 12-59 months	Pregnant Woman
Milk (gallons) - Whole milk only for 1 year olds - Low Fat (1%) or Fat Free (Skim) for 2 - 4 year olds and women	4 gallons	5 1/2 gallons
Eggs	1 dozen	1 dozen
Juice	2 (64 oz) containers	3 (11.5-12oz) frozen or 3 (46-48 oz) containers
Cereal	36 oz	36 oz
Whole Wheat/Whole Grain Foods (100% whole wheat bread, rolls or buns or brown rice or soft corn tortillas or whole wheat tortillas)	2 pounds	1 pound
Dried Beans/Peas or Canned Beans/Peas and/or Peanut Butter	1 pound or 4 (14-16 oz) cans or 18 oz	1 pound or 4 (14-16 oz) cans and 18 oz
Fruit and Vegetable Check	\$8	\$10

	Mom	Baby	Some BF Package	Some BF Package	No Food Package
Priceless Breastmilk: 6 to 10 cans powder Formula Based on BF assessment *For medically indicated only			Priceless Breastmilk: 6 to 10 cans powder Formula Based on BF assessment	Priceless Breastmilk: 7 to 11 cans powder Formula Based on BF assessment	Priceless Breastmilk: 5 to 8 cans powder Formula Based on BF assessment
Fully FF Package	Mom gets: Baby gets: 10 cans powder Formula (29 ounces per day)	Fully FF Package	Fully FF Package	Fully FF Package	No Food Package
		10 cans powder Formula (29 ounces per day)	11 cans powder Formula (32 ounces per day)	8 cans powder Formula (23 ounces per day) 24 ounces Gerber Infant Cereal 32 (4.0 oz) Beechnut Stage 2 Baby Fruits and Vegetables	

*For more food package details reference see:
* Reference sheet #1 General Food Packages and Reference sheet #2 Prescription Required Packages
* Mostly and Some Breastfeeding Dyad Assessment Reference Sheet*

Now let's get to more specific information about the food packages.

In addition to understanding the types of foods that are allowed, you must also understand how WIC participants are defined. In the Certification module, you heard about some of the types of WIC participants.

You have also had a chance to look at this "Rainbow Reference" document earlier in the course. The most current version of this will always be posted on the Wisconsin WICPRO website.

Notice there are different breastfeeding categories - Fully Breastfeeding, Mostly Breastfeeding, Some Breastfeeding, and Fully Formula feeding. The choices a mother makes regarding breastfeeding affects both the food package that she receives, and also the food package that her baby receives.

Remember, at the time of certification, the CPA selects a model food package that is appropriate for the participant's age and nutritional needs. The CPA chooses allowable alternatives and can also tailor the package when necessary. In cases where there are special dietary needs, a prescription-required food package is issued.

In just a minute, you'll meet some WIC moms, babies and children. They all get different food package benefits based on many factors: infant feeding choices, infant and children ages, and whether the woman is pregnant.

Mom and Baby WIC Food Packages (Effective 6/01/10)				
New food pkgs for moms:	Fully Breastfeeding	Mostly Breastfeeding	Some Breastfeeding	Fully Formula Feeding
Milk Low fat & Fat free	6 gallons	5½ gallons	4 gallons	4 gallons
Cheese	1 lb	--	--	--
Eggs (dozen)	2	1	1	1
Juice (11.5-12 oz frozen or 46-48 oz containers)	3	3	2	2
Cereal	36 oz	36 oz	36 oz	36 oz
Whole Wheat/Whole Grains (100% ww bread, rolls or buns or brown rice or soft corn tortillas or ww tortillas)	1 lb	1 lb	--	--
Dried Beans/Peas or Canned Beans/Peas and/or Peanut Butter	1 lb or 4 (14-16 oz) cans and 18 oz	1 lb or 4 (14-16 oz) cans and 18 oz	1 lb or 4 (14-16 oz) cans or 18 oz	1 lb or 4 (14-16 oz) cans or 18 oz
Canned Fish tuna or pink salmon	30 oz	--	--	--
Fruit and Vegetable Check	\$10	\$10	\$10	\$10

Moms Mostly Breastfeeding multiples will receive the Fully Breastfeeding package.

Moms Fully Breastfeeding but multiples will receive 1½ times the food amounts in the Fully Breastfeeding package.

New food packages for babies:		Age of infant		
Feeding Choice	Each month	0 thru 3 months	4 thru 5 months	6 thru 12 months
Fully Breastfeeding	Mom gets: Baby gets:	Fully BF Package	Fully BF Package	Fully BF Package
Mostly Breastfeeding				
Some Breastfeeding				
Fully Formula Fed	Mom gets: Baby gets:			

How is the food package category determined for each of these moms?

Well, during the certification process, the CPA spends some time with the mom to learn about her breastfeeding goals. For example, if the mom wants to breastfeed exclusively then she will get the fully breastfeeding package.

If a mom is not intending on breastfeeding or only breastfeeding a little, the CPA will explore the reasons for this and encourage the mother to breastfeed. She may refer the mom to a Breastfeeding Peer Counselor as well.

However, if, at the end of the conversation the mom still intends on using some or all formula then the CPA will determine the amount she will get. The formula amount will determine the exact food package for moms who supplement.



For all moms who breastfeed, it is important that they start out strong in the first month in order to produce enough milk for their babies. That's why WIC promotes only breastmilk during that important first month.

Women who are mostly breastfeeding can get one can of formula during the first month, based on the breastfeeding assessment.

Women who are doing some breastfeeding may receive two or more cans of powder formula, if it is medically indicated.

Also, there may be particular cases when a baby or child, or mother for that matter has a special health care need. In this situation, the CPA would tailor a food package to meet the participant's needs. You will learn more about that in another module of this course.

Food Packages and Participants

Introduction



This activity allows you to explore the standard food packages, based on the participant categories. You will meet some moms and their babies to learn more about the specific food packages.

Click on each bubble to learn more. You can enlarge the images by clicking on the magnifying glass.

PROPERTIES
Allow user to leave interaction: [Anytime](#)
Show 'Next Slide' Button: [Show upon completion](#)
Completion Button Label: [Next Slide](#)

[Properties...](#) [Edit in Engage](#)

(Interaction)

This activity allows you to explore the standard food packages, based on the participant categories. You will meet some moms and their babies to learn more about the specific food packages.

Click on each bubble to learn more. You can enlarge the images by clicking on the magnifying glass.

Maria fully breastfeeds her baby



(Interaction - continued)

Hola. (Hi in Spanish) My name is Maria Gonzalez. I come from Mexico but have been living in Wisconsin for about a year. My friend told me about WIC when I was pregnant. As you can see my new baby is 4 months old. I stay at home with him and also watch my neighbor's 3 year old. All the women in my family breastfed so I am too. I just started breastfeeding because of that but when I came to WIC for help I learned that breastfeeding is really good for my baby. It means he might not get as sick as other babies. My milk protects him. Plus I get more food from WIC because I breastfeed!

Foods for fully breastfeeding mom



(Interaction - continued)

Take a look at that food! That's what Maria gets as a fully breastfeeding mom at WIC up until her baby is one year old. Fully breastfeeding food package benefits have more protein – can you find the beans and canned fish? It's also the only package that offers cheese.

Foods for fully breastfeeding baby



(Interaction - continued)

Fully breastfeeding babies receive a much larger food package as well, up to the baby's first birthday. They receive mom's priceless breastmilk, and then starting at 6 months they receive infant cereal, as well as baby food fruits and vegetables. This is twice the amount of baby food fruits and vegetables than the other baby food packages receive. The amount of baby food containers are always listed on the check.

Fully breastfeeding babies also receive baby food meats starting at 6 months.

Kia mostly breastfeeds her baby



(Interaction - continued)

Nyob zoo, (Hi in Hmong), I am Kia Thao and this is my baby. We live in Eau Claire, Wisconsin. We've been here for 3 years and this is my second child. I would like to breastfeed him all the way but I am too busy.

I have a part time job working in a hospital and I have to take care of my elderly mother who is sick. Sometimes other people can feed my baby with the bottle which gives me time to do errands and other things. I was told at WIC that if I breastfed my baby only without giving any formula I would get more food ... but right now that's not possible.

Foods for mostly breastfeeding mom



(Interaction - continued)

Here's Kia's food package. Because she gets the "Mostly Breastfeeding" category she gets more juice, milk, and protein items like beans and peanut butter.

She also receives a fruit and vegetable check. She'll get this food package up to the time when her baby turns one, as long as she continues to "mostly breastfeed".



(Interaction - continued)

Mostly breastfeeding babies receive mom's priceless breastmilk. Although Kia wants to supplement her breastfeeding with formula, she will be encouraged to fully breastfeed in the first month. If she receives any formula, the amount she receives will vary, based on the age of her baby and how much she is breastfeeding.

Also, Kia will be told by the CPA that she'll need to limit the amount of formula she supplements with, in order to continue getting a food package for herself when her baby is between 6 and 12 months.

When her baby reaches 6 months, she will receive infant cereal, as well as baby food fruits and vegetables in her food package.

Tonya breastfeeds some of the time



(Interaction - continued)

Hi, my name is Tonya Carter and I live in Madison. My little boy's name is Andre. He's 10 months old. I've got a couple other kids too; one who's 5 and another who's 3. I work full time at the Hilton downtown so I don't have a lot of time on my hands. I do try to breastfeed some of the time though... after work and on the weekends. It's a special time between us. I know it's going to go fast and before I know it he'll be in school.

Foods for some breastfeeding mom



(Interaction - continued)

Tonya is in the “Some Breastfeeding” category which has less amounts of milk and juice and no whole wheat or whole grain foods. She also had to choose between beans and peanut butter. She does get the same amount of value for the Fruit and Vegetable checks though! She received this food package up to the time when her baby turned 6 months.

Foods for some breastfeeding baby



(Interaction - continued)

Babies who are breastfeeding some of the time receive mom's priceless breastmilk, as well as formula.

Just like Kia, Tonya had to buy some of her own formula for the first month, since WIC only starts issuing more formula starting at 1 month of age, unless there is a medical need to get more than 1 can. The amount of formula a mom receives will vary, based on the age of her baby and how much she is breastfeeding.

Tonya was also told by the CPA that she needed to limit the amount of formula she supplements with, in order to continue getting a food package for herself during the time when her baby is between 6 and 12 months.

Notice that the amount of cereal and baby food fruits and vegetables is the same as the package for the baby who is breastfeeding most of the time. Starting at 6 months, both Kia's and Tonya's babies receive the same amount of infant cereal and baby food fruits and vegetables.

Tonya's baby may receive more cans of powder formula based on the breastfeeding assessment – other than that, the baby food packages are the same for mostly breastfeeding babies and babies who are breastfeeding some of the time.

Brittany feeds only formula to her baby



(Interaction - continued)

Hey.... I'm Brittany and this is Analisse. She's 6 weeks old. We live in Milwaukee; I still live with my folks but I'm hoping to move out in about six months if I can find a better paying job. The woman at work was trying to get me to breastfeed but I'm just not into it, plus my mom can give her a bottle and that helps me out.

Foods for no breastfeeding mom (same as for some breastfeeding mom)



(Interaction - continued)

Brittany is in the Fully Formula category so her food package actually looks just like Tonya's. She still gets the same amount for the Fruit & Vegetable check along with her choice of beans or peanut butter. She gets less juice and milk and no whole wheat or whole grain products.

Foods for no breastfeeding baby



(Interaction - continued)

Brittany is in the Fully Formula Feeding category and will typically get the full formula package. She will also be told that WIC is a supplemental food program and is not meant to provide for all of her baby's formula needs – she'll probably need to buy some formula on her own.

Notice that the amount of cereal and baby food fruits and vegetables is the same as the package for the baby who is breastfeeding most of the time, like Kia's baby, or some of the time, like Tonya's baby. Starting at 6 months, Brittany's baby receives the same amount of infant cereal, as well as baby food fruits and vegetables – just like Kia's baby and Tonya's baby.

Cassandra has twins



(Interaction - continued)

Hi, my name is Cassandra. I'm from Appleton. This is Tommy and Toni; I had them 3 weeks ago. WIC is helping me learn how to breastfeed 2 babies! It's not easy but I'm getting the hang of it. I'm going to try fully breastfeeding them and see how long I can do it. I got laid off while I was pregnant and am getting unemployment for now.

Foods for Breastfeeding mom - Breastfeeding more than one baby



(Interaction - continued)

Moms with multiples is a special category. Because Cassandra is fully breastfeeding right now she gets 1 ½ times the food amount in the Fully Breastfeeding package. If she decides later to supplement with formula and moves into the “Mostly Breastfeeding” category, she would get the Fully Breastfeeding package.

Foods for fully breastfeeding babies



(Interaction - continued)

Since Tommy and Toni are fully breastfeeding, they each receive the fully breastfeeding food package. If Cassandra later changes to mostly or some breastfeeding, their food package would then also change, accordingly.

Moms and Food Packages

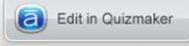
Question 1 of 4 Point Value: 10

Look closely at this food package. Which mom is eligible for these foods?



- Tonya, who breastfeeds some of the time.
- Kia, the mostly breastfeeding mom.
- Brittney, who doesn't breastfeed her baby.
- Maria, the fully breastfeeding mom.

PROPERTIES

On passing, 'Finish' button:	Goes to Next Slide		
On failing, 'Finish' button:	Goes to Next Slide		
Allow user to leave quiz:	At any time		
User may view slides after quiz:	At any time		
User may attempt quiz:	Unlimited times		

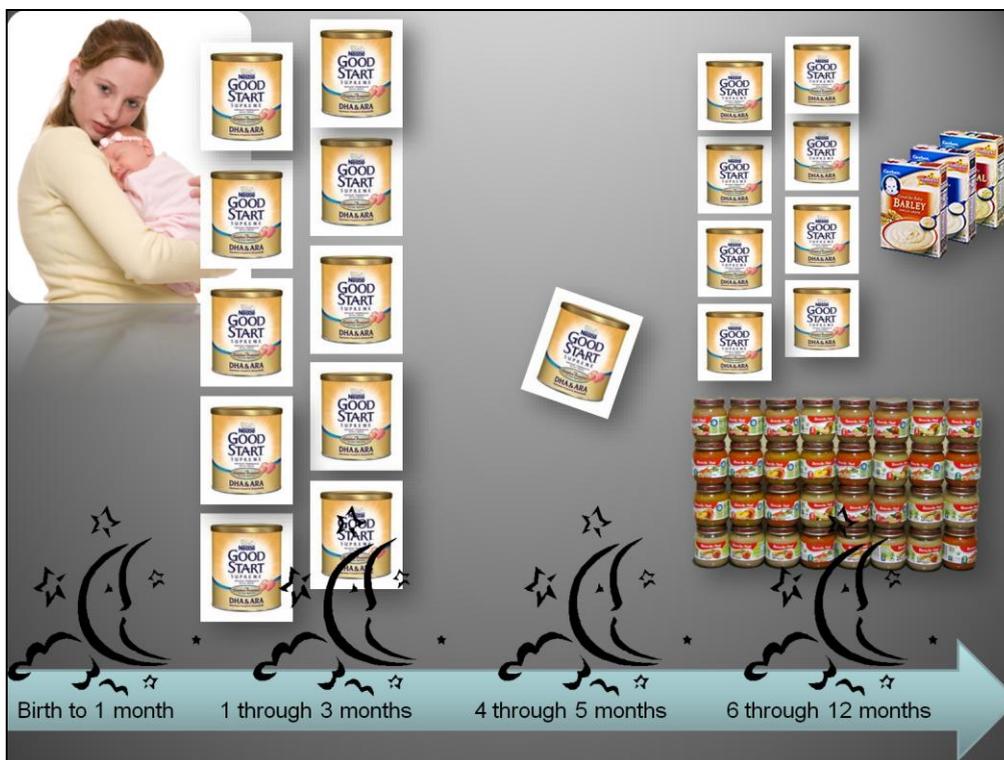
As you already have heard, there are a lot of reasons why women make the decision to breastfeed or not. One of your jobs in WIC is to promote breastfeeding as much as possible and to also support the breastfeeding mom when she chooses to do so. So, for now let's go back to the moms you just met. Can you match the food package with each mother?



Food packages for babies change over time, based on the age of the baby. Babies' growing needs determine what and how much they should eat. WIC divides up the food package for infants into a timeline based on their age – for example, at around 4 months, babies need more breastmilk or more formula to accommodate their rapidly growing bodies.



Breastfeeding moms can nurse more frequently to accommodate the growing needs of their babies, while babies receiving some or all formula will require more formula at this time.



Let's look at an example of a fully formula feeding baby like Analisse.

She will receive 10 cans of powder formula from birth to 3 months, and then for the fourth and fifth months she will receive 11 cans of powder formula.

Then for her sixth through twelfth months, the amount of formula decreases to eight cans, and Analisse will receive the baby food fruits and vegetables, and infant cereal. The amount of formula will also change for moms who are breastfeeding most of the time and some of the time, like Kia and Tonya. The actual amounts they receive will depend on the breastfeeding assessment.

Baby food cereals, and fruits and vegetables are provided for all babies starting at 6 months. For the fully breastfeeding babies, baby food meats are also provided at 6 months.



You're probably wondering now... hey, what about other kids and pregnant women? What do they get? Well, let's take a look.

Mary Whitecloud is expecting her first child. If she meets the certification requirements, Mary will receive the WIC benefits for pregnant women.

All pregnant women get the same food package unless they have special dietary, nutritional or circumstantial needs. Examples of this might include lactose intolerance, (which is an example of nutritional need), or if a woman is staying in a shelter and doesn't have full kitchen facilities.

Does this food package look familiar? (It's the same food package that a mostly breastfeeding woman receives.)



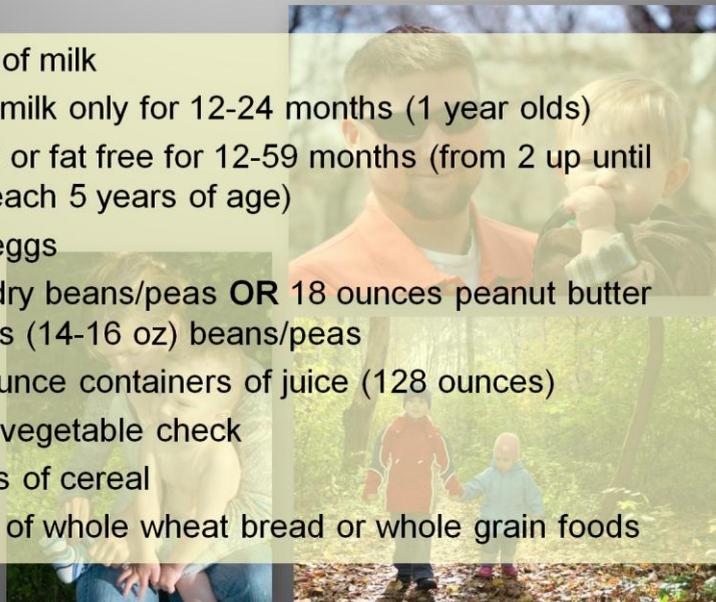
WIC also serves children from ages 1 to 5.

Here's a WIC family that lives in the St. Croix tribal area. These twin girls - as well as their mother and grandmother - were breastfed – so you are looking at 3 generations of breastfeeding!

The food package benefits for children is pretty straightforward, unless they have a special health care need such as food allergies, failure to grow, anemia, or feeding problems. Again, in special cases like those, the CPA will tailor the food package to meet the needs of the child.

Children 12 to 59 months

- 4 gallons of milk
 - whole milk only for 12-24 months (1 year olds)
 - low-fat or fat free for 12-59 months (from 2 up until they reach 5 years of age)
- 1 dozen eggs
- 1 pound dry beans/peas **OR** 18 ounces peanut butter **OR** 4 cans (14-16 oz) beans/peas
- Two 64 ounce containers of juice (128 ounces)
- Fruit and vegetable check
- 36 ounces of cereal
- 2 pounds of whole wheat bread or whole grain foods



For now, let's look at what a standard package for kids would be. If you have kids yourself, can you see any foods on this list that your children might like?

Children receive 4 gallons of milk – whole milk for children from 12-24 months, and either low-fat or fat-free milk for 2 to 5-year old children. They receive 1 dozen eggs, and have a choice of dried or canned beans or peas, or peanut butter. Children also receive 128 ounces of juice, and a fruit and vegetable check. They also receive 36 ounces of cereal, and 2 pounds of whole wheat or whole grain foods, like bread, tortillas or brown rice.

Keep in mind, the actual amounts will be printed on the checks.



Now, let's explore a scenario in a WIC clinic and figure out what food packages should be assigned to a mom and child. Use the "Rainbow Chart" to help you answer the questions.

Angela was born two weeks ago. Her mom, Sarah, just came into WIC to certify.

Angela is currently breastfeeding except for a bottle at night given by Angela's dad. Little Angela has a good latch during breastfeeding, but her pediatrician is concerned about the baby's weight, which is 4 ounces above birth weight. The CPA determines that Angela is getting about 5 ounces of formula every night. Sarah is not confident that she will breastfeed much longer.

Baby Angela

Question 1 of 4 Point Value: 10

What is the correct infant feeding category for baby Angela?

- 1 to 3 months
- None of the above.
- Birth to 1 month
- She has not been assigned yet to a category.



PROPERTIES

On passing, 'Finish' button:	Goes to Next Slide	
On failing, 'Finish' button:	Goes to Next Slide	
Allow user to leave quiz:	At any time	
User may view slides after quiz:	At any time	
User may attempt quiz:	Unlimited times	

Multiple Choice

1. At the WIC project, who should Angela's mom talk to about breastfeeding? She is feeling very concerned about the baby's weight.
 1. She should talk to the CPA.
 2. She should talk to the breastfeeding peer counselor.
 3. She should talk to the WIC support staff.
 4. She should talk to the health screener.
2. What is the correct infant feeding category for baby Angela?
 1. Birth to 1 month
 2. 1 to 3 months
 3. She has not yet been assigned to a category
 4. None of the above
3. How many cans of formula can be issued today?
 1. None
 2. 1 can
 3. 2 or more cans
 4. 9-11 cans
4. What food package would mom receive?
 1. Fully breastfeeding
 2. Mostly breastfeeding
 3. Some breastfeeding

Quiz questions – baby Angela



Script: Answer the following questions. (Answers appear in bold.)

Multiple Choice

1. At the WIC project, who should Angela's mom talk to about breastfeeding? She is feeling very concerned about the baby's weight.
 1. **She should talk to the CPA.**
 2. She should talk to the breastfeeding peer counselor.
 3. She should talk to the WIC support staff.
 4. She should talk to the health screener.
2. What is the correct infant feeding category for baby Angela?
 1. **Birth to 1 month**
 2. 1 to 3 months
 3. She has not yet been assigned to a category
 4. None of the above
3. How many cans of formula can be issued today?
 1. **None**
 2. **1 can**
 3. **2 or more cans**
 4. 9-11 cans

Feedback: Sarah will be encouraged to fully breastfeed for the first month. If the CPA determines a need, the baby can get one can. If there is a medically indicated need, the baby can get two or more cans. Ask your supervisor for more information.

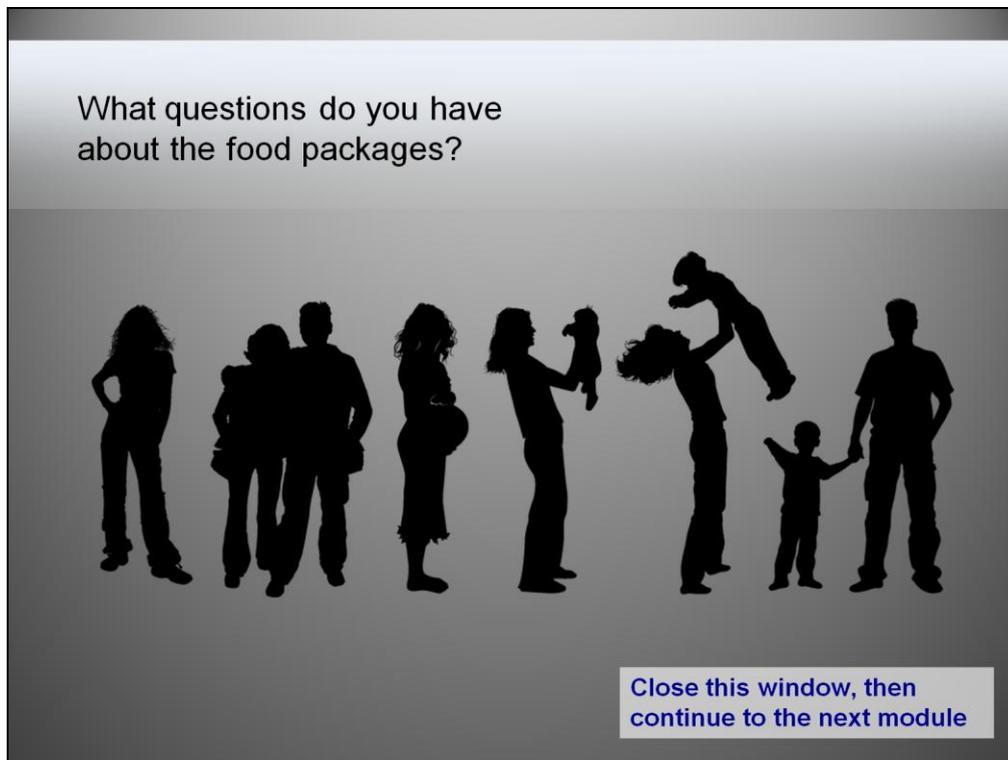
4. What food package would mom receive?
 1. **Fully breastfeeding**
 2. **Mostly breastfeeding**
 3. **Some breastfeeding**

Feedback for all answers: Any of these food packages could be correct; it depends on whether Sarah gets formula for Angela at this appointment, and how much breastfeeding she is planning to do.



In this module you learned about the different types of participants – including pregnant women, babies ranging from birth to a year, and children from 1 year up to they turn 5 years old.

You also learned how the different ages and stages for babies affect the food benefits, and how mom's choices for breastfeeding affect both the baby and mom food packages.



So now that you have a better idea of how some of the pieces of the WIC program all come together ...

- What questions do you have about the food packages?

Jot down any questions that you have about this topic, so you can discuss them with your supervisor.

Close this window and continue to the next module when you are ready.