

Food Packages Cheat Sheet

*While this document is not meant to replace policies, it is meant to summarize the key pieces during the creation or review of the food package when working with participants.

Food Package Tailoring

- ✓ Model food packages provide the regulatory maximum quantities.
 - For breastfeeding infants who are also formula feeding, their food packages must be tailored to the amount that supports the parent's breastfeeding goal and meets those nutritional needs.
 - The amount of formula issued at any point in time should only be enough to meet the current need for the month. They can always contact you to change the food package up or down as needed.
 - E.g., a breastfeeding infant who is also formula fed comes in for benefits for the first time on the 24th of the month. You determine their needs to be 3 cans of formula per month. Create a food package for this month for 1 can (or none if they currently have formula at home to get them through the month) and a food package with the full 3 cans to start on the first day of the upcoming month.
 - In-range packages for breastfeeding infants are set at the maximum amount of formula they can get that will keep them in-range and should be tailored down as needed.
 - Out-of-range packages for breastfeeding infants are set at the lowest amount of formula they can get that puts them out-of-range and can be tailored up as needed.
- ✓ The full maximum monthly allowance of every food must be given unless there is a medical or nutritional reason not to, or, if the participant refuses the maximum based on preference, eating patterns or household/general living conditions.
 - If the food package is tailored to less than the maximum (e.g., Woman prefers bottled juice over frozen juice which results in less total ounces than the frozen kind or a participant is allergic to eggs so you have removed them):
 - You must explain to the participant that the food package is providing less than the maximum they are eligible for and tell them how they would/could get the maximum and if they still opt or need to receive less than the full nutrition benefit you must document the reason for receiving less than the MMA in one of two ways:
 - If the food package is tailored for medical or nutritional reasons, use the "Self-Reported" checkbox and fill in the additional information in the "Details" section of the Food Package panel.
 - If the food package is tailored due to personal preference, put a note explaining the request in the "Comments" box on the Food Package panel.

Food Packages Cheat Sheet

- Are there any of the following that were discussed during the appointment that could have an impact on the potential tailoring you will need to do to the food package?
 - Medical conditions, food allergies, dietary preferences, religious, ethnic or cultural practices, living conditions or behavior change goals

Food Package Education

- ✓ Are there any nutrition risks that could be addressed with education around the food package, or food selection?
 - Example – Low hemoglobin
 - Are there cereals or beans on the WIC food package the participant likes and could pick out that could help increase their iron intake?
 - Are there juices or fresh fruit high in vitamin C that they can buy with their WIC benefits that they like and could take their vitamin or iron supplement with daily?
- ✓ Are there any behavior change goals the participant identified wanting to make that the food package could support?
 - Example – A parent states they wish their child would eat more fruits and vegetables.
 - Are there strategies you could help the parent identify using the food package to make that happen? Consider ideas such as: allowing the child to pick out their own produce for snacks each week or trying one new fruit or vegetable every week.
- ✓ How can the food package help address the participant's risks or concerns they mentioned?
 - Example – Constipation
 - Are there whole grain cereals on WIC the participant likes that could help increase their fiber?
 - Are there fruits and vegetables with fiber the participant likes and could buy more of with their WIC benefits?

Resources Needed or Food Benefit Help Needed

- ✓ Review the end of month balances on the Audit Trail for the past two or three months.
 - Are there any commonalities of foods always left unpurchased?
 - Are there any issues with using their benefits at the store?
 - Are there transportation/access issues?
 - Does the family want the food package tailored to something else?
 - Do they need recipe ideas?