

Food Package Administrative Adjustments

Policy

USDA Federal Regulations: (b) State agency responsibilities. (1) State agencies may:

(i) Establish criteria in addition to the minimum Federal requirements in Table 4 of paragraph (e)(12) of this section for the supplemental foods in their States, except that the State agency may not selectively choose which eligible fruits and vegetables are available to participants. These State agency criteria could address, but not be limited to, other nutritional standards, competitive cost, State-wide availability, and participant appeal. For eligible fruits and vegetables, State agencies may restrict packaging, e.g., plastic containers, and package sizes, such as single serving, of processed fruits and vegetables available for purchase with the cash-value voucher. In addition, State agencies may identify certain processed WIC-eligible fruits and vegetables on food lists where the potential exists for vendor or participant confusion in determining authorized WIC-eligible items.

(ii) Make food package adjustments to better accommodate participants who are homeless. At the State agency's option, these adjustments would include, but not be limited to, issuing authorized supplemental foods in individual serving-size containers to accommodate lack of food storage or preparation facilities.

(2) State agencies must:

(i) Identify the brands of foods and package sizes that are acceptable for use in the Program in their States in accordance with the requirements of this section. State agencies must also provide to local agencies, and include in the State Plan, a list of acceptable foods and their maximum monthly allowances as specified in Tables 1 through 4 of paragraphs (e)(9) through (e)(12) of this section.

(c) Nutrition tailoring. The full maximum monthly allowances of all supplemental foods in all food packages must be made available to participants if medically or nutritionally warranted. Reductions in these amounts cannot be made for cost-savings, administrative convenience, caseload management, or to control vendor abuse. Reductions in these amounts cannot be made for categories, groups or subgroups of WIC participants.

Authority

7 CFR Part 246.10(b)(1)(i-ii)

7 CFR Part 246.10(b)(2)(i)

7 CFR Part 246.10(c) *excerpt*

Procedures

The Iowa WIC Program food packages are designed to maintain a careful balance between cost and nutrition integrity. This design process has two components:

- Administrative adjustments made by the state office, and
- Nutrition tailoring by the state office dietitians and the local agency CPAs.

The full nutrition benefit (FNB) is the minimum amount of reconstituted fluid ounces of liquid concentrate infant formula as specified for each infant food package category and feeding variation. The maximum monthly allowance (MMA) is specified in reconstituted fluid ounces for liquid concentrate, RTF liquid and powder forms of infant formula and exempt infant formula. Food packages must provide at least the FNB authorized to non-breastfed infants up to the MMA for the physical form of the product specified for each food category. Infant foods must be issued in whole containers that are all the same size and all the same physical form.

Infant formula is calculated for each month’s food package based on the maximum monthly allowance of reconstituted fluid ounces of liquid concentrate infant formula for each food package category and infant feeding option. This is accomplished in the WIC data system using nutritional equivalent coefficients for the three forms of formula (powder, concentrate and ready-to-feed) for each food package category and feeding option. For a given food package category and feeding option, this results in the same number of cans of a formula being issued for the time period.

Administrative adjustments are changes made to the federal list of allowable foods to establish the state food list. These adjustments commonly eliminate more expensive products and provide guidelines regarding allowable:

- Packaging methods and sizes
- Brands and types (e.g., mozzarella cheese but not smoked cheese), and
- Forms (e.g., fluid or dry milk).

The information below lists the administrative adjustments made by Iowa, by food category. The Iowa WIC Program reserves the right to limit the purchase of expensive products or products making special health claims in order to serve as many participants as possible under USDA guidelines. Except where noted, the reason for the adjustment is cost.

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| Infant formula | Issuance of ready-to-feed formula is very limited |
| Infant cereal | <ul style="list-style-type: none"> ● No jarred infant cereals ● Only 8 and 16 ounce containers (to provide full nutritional benefit each month) |
| Infant fruits and vegetables | <ul style="list-style-type: none"> ● Only 4 ounce containers (to provide full nutritional benefit each month) |

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| Infant meats | <ul style="list-style-type: none"> ● Only 2.5 ounce containers (to provide full nutritional benefit each month) |
| Milk | ----- |
| Cheese | <ul style="list-style-type: none"> ● No cheese with added flavors, such as smoked cheese or pepper cheese ● American cheese is not allowed because of potential confusion with cheese food and other disallowed products at the point of purchase ● No sliced, cubed or crumbled cheese ● No Brick, Muenster, or provolone ● 8 and 16 ounce packages (to provide full nutritional benefit each month) ● No cheese purchased from a service counter |
| Yogurt | <ul style="list-style-type: none"> ● No single serving ● No yogurt with artificial sweeteners |
| Tofu | ----- |
| Soy beverage | ----- |
| Juice | <ul style="list-style-type: none"> ● No refrigerated juices except 64 oz. orange juice |
| Eggs | <ul style="list-style-type: none"> ● Packaged in containers of one dozen |
| Cereal | <ul style="list-style-type: none"> ● Minimum container size for store brands is 12 oz. ● Minimum container size for national brands is 12 oz. |
| Whole wheat bread | ----- |
| Oatmeal | <ul style="list-style-type: none"> ● 16 oz. only |
| Brown rice | <ul style="list-style-type: none"> ● Plain brown rice with no added seasonings ● No pre-cooked rice |
| Soft corn tortillas | ----- |
| Whole wheat tortillas | ----- |
| Peanut butter | <ul style="list-style-type: none"> ● No bulk peanut butter |
| Dried beans, peas or lentils | <ul style="list-style-type: none"> ● No mixed beans or soup mix |

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| Canned tuna and salmon | <ul style="list-style-type: none"> ● No containers smaller than 5 oz. ● No red salmon |
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State agency nutrition tailoring includes changes or substitutions to the food package to better meet the nutrition needs of participants. Nutrition tailoring includes changes or substitutions to:

- Food types
- Forms, and
- Quantities

The following nutrition tailoring decisions were made to achieve consistency with published nutrition recommendations and guidelines:

- 1% low fat and fat-free skim milk for all healthy participants 2 years and older to promote low fat milk instead of reduced fat milk. The only exception is for sweet acidophilus milk. Participants will be allowed to choose between 1% and 2% sweet acidophilus milk at the point of purchase. This is allowed because the two major instate dairies market products with different levels of milk fat.
- 1% low fat and fat-free skim milk may be provided to children ages 12 months to 2 years of age if they have been assigned risk code 115 (high weight-for length birth to <24 months).
- Infant foods may be provided in lieu of the CVB for a child or woman receiving food package III.
- Infant cereal may be provided in lieu of breakfast cereal for a child or woman receiving food package III.