

# **ITCA WIC TRAINING PROGRAM**

## **Module 8:**

### **Food Packages**

**July 2010**

ITCA WIC Knowledge Modules

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## ***Instructions***

To complete each competency units complete the following steps:

1. Read the introduction.
2. Read each section.
3. Complete the Self-Evaluation at the end of each section.
4. If you have trouble answering the questions, read the section again or ask your director for more information.
5. Make arrangements with your director at the Skill Checks to demonstrate your ability to apply your knowledge in the clinic.
6. After you complete all of the Self-Evaluations and Skill Checks, make arrangements with your director to complete the Unit Assessment.
7. Submit the original Unit Assessment to ITCA. A copy should be kept at the local agency.

# 8 – 1 Introduction to Food Packages

## ***Objectives***

After completing this unit, you will be able to:

- ✓ Explain the ITCA WIC food packages.
- ✓ Select a food package for a client keeping in mind the nutritional, cultural and environmental needs of the client.
- ✓ List contract formulas that the WIC program provides.
- ✓ Issue special formulas and milk alternatives to WIC clients.

## ***Overview***

Now that you have learned how to certify a client for the WIC program, it is time to learn about the WIC foods that will be given to the client to use each month. The WIC foods are an important component of the WIC program because they provide many of the necessary vitamins, minerals and protein so the client or the client's baby will grow and develop normally.

In this unit you will learn about the WIC food packages and how to choose the appropriate food package to issue. You will also learn which types of foods are included in each food package.

## 8 – 2 WIC Food Packages

### ***Objectives***

After completing this section, you will be able to:

- ✓ Identify the seven different WIC food packages.
- ✓ Identify the WIC foods in each of the food packages.
- ✓ Identify the amounts of the food in the food packages.

### ***Overview***

In the section, you will learn the seven different food packages, all of which are category specific. Each food package can be modified to meet the needs and preferences of each individual client. You will also learn about the food package naming system in the section. This will better enable you to issue the correct food package.

## ***The Seven Types of Food Packages***

One of the key components of the WIC program is providing nutritious foods to the program clients. The foods have been selected to meet the special needs of WIC clients. The foods are listed on checks that are given to the client during each visit. These checks are taken to the store where they are redeemed for the foods.

The foods listed on the check are called the food package. There are several different types of food packages depending on the category of the client. In addition, each food package can be modified to meet the needs and preferences of each individual client.

Federal regulations specify seven types of food packages. These seven food packages are used by ITCA to specify the amount of each food in the package and what category the package applies to as outlined on the next few pages.



### **Equipment Required:**

- ◆ ITCA WIC State Plan

## ***Food Package I***

Food package I is for infants 0 -5 months of age. Food Package I includes only formula and a mother's priceless breastmilk.

### **Important facts about Food Packages I:**

- ◆ For infants that are 0 – 5 months old.
- ◆ There are four categories of infants: fully breastfeeding, mostly breastfeeding, limited breastfeeding and fully formula feeding.
  - ◆ Fully breastfeeding infants – breastfeeding infants (or infants drinking breastmilk from a bottle) who do not receive formula from WIC.
  - ◆ Mostly breastfeeding infants – breastfeeding infants who receive less than or equal to the maximum amount of formula for a partially breastfeeding infant (about ½ the amount of formula as a fully formula feeding infant).
  - ◆ Limited breastfeeding infants – breastfeeding infants who are breastfeeding at least one time a day but who are receiving more than the maximum amount of formula allowed for the mostly breastfeeding infant (up to the amount of formula the fully formula infant receives)
  - ◆ Fully formula feeding infants – infants who do not receive any breastmilk; intake is solely formula.
- ◆ The amount of formula provided to an infant can be modified for an infant breastfeeding depending on the amount of formula the infant is drinking in a 24-hour period, but cannot go over the maximum federal amount.
- ◆ Breastfed infants can receive up to the maximum amount, however the amount of formula issued will determine their category.

Mostly Breastfeeding Infant		
Infant's Age:	Food:	Maximum Amounts:
0 Months	Priceless Breastmilk	
1 – 3 Months	Infant Formula	Up to 14 – 13 ounce cans concentrate OR Up to 4 - 12.3 to 12.9 ounce cans powder OR Up to 12 – 32 oz containers ready-to-feed
4 – 5 Months	Infant Formula	Up to 17 – 13 ounce cans concentrate OR Up to 5 - 12.3 to 12.9 ounce cans powder OR Up to 14 – 32 oz containers ready-to-feed

Limited Breastfeeding Infant		
Infant's Age:	Food:	Maximum Amounts:
0 Months	Priceless Breastmilk	
1 – 3 Months	Infant Formula  Priceless Breastmilk	15 to 31 – 13 ounce cans concentrate OR 5 to 9 - 12.3 to 12.9 ounce cans powder OR 13 to 26 – 32 oz containers ready-to-feed
4 – 5 Months	Infant Formula  Priceless Breastmilk	18 to 34 – 13 ounce cans concentrate OR 6 to 10 - 12.3 to 12.9 ounce cans powder OR 15 to 28 – 32 oz containers ready-to-feed

Fully Formula Feeding Infant		
Infant's Age:	Food:	Maximum Amounts:
1 – 3 Months	Infant Formula	31 – 13 ounce cans concentrate OR 9 - 12.3 to 12.9 ounce cans powder OR 26 – 32 oz containers ready-to-feed
4 – 5 Months	Infant Formula	34 – 13 ounce cans concentrate OR 10 - 12.3 to 12.9 ounce cans powder OR 28 – 32 oz containers ready-to-feed

### ***Food Package II***

Food package II is for infants 6 – 11 months of age. This food package contains baby cereal and baby fruit and vegetables. In addition food package II contains standard contract formula for infants consuming formula and baby meats for fully breastfeeding infants.

Fully Breastfeeding Infant		
Infant's Age:	Food:	Maximum Amounts:
6-11 Months	Priceless Breastmilk	
	Baby Cereal	24 ounces
	Baby Fruit and Vegetables	Combination of 3.5 oz and/or 4 oz containers equal to 256 oz.
	Baby Meats	31 – 2.5 ounce containers equal to 77.5 ounces

<b>Mostly Breastfeeding Infant</b>		
<b>Infant's Age:</b>	<b>Food:</b>	<b>Maximum Amounts:</b>
6-11 Months	Priceless Breastmilk	
	Infant Formula	Up to 12 – 13 ounce cans concentrate OR Up to 4 - 12.3 to 12.9 ounce cans powder OR Up to 10 – 32 oz containers ready-to-feed
	Baby Cereal	24 ounces
	Baby Fruit and Vegetables	Combination of 3.5 oz and/or 4 oz containers equal to 128 oz.

<b>Limited Breastfeeding Infant</b>		
<b>Infant's Age:</b>	<b>Food:</b>	<b>Maximum Amounts:</b>
6-11 Months	Priceless Breastmilk	
	Infant Formula	13 to 24 – 13 ounce cans concentrate OR 5 to 7 - 12.3 to 12.9 ounce cans powder OR 11 to 20 – 32 oz containers ready-to-feed
	Baby Cereal	24 ounces
	Baby Fruit and Vegetables	Combination of 3.5 oz and/or 4 oz containers equal to 128 oz.

Fully Formula Fed Infants		
Infant's Age:	Food:	Maximum Amounts:
6 – 11 Months	Infant Formula	24 – 13 ounce cans concentrate OR 7 - 12.3 to 12.9 ounce cans powder OR 20 – 32 oz containers ready-to-feed
	Baby Cereal	24 ounces
	Baby Fruit and Vegetables	Combination of 3.5 oz and/or 4 oz containers equal to 128 oz.

### ***Food Package III***

This food package is for infants on a special formula and for women and children who have a medical condition that requires them to have a formula to help meet their dietary needs. The infant, children and woman may receive some or all of the foods in the food package that applies to them based on category and/or age.

Women and children who require this food package may or may not eat other foods. They may require the formula for extra calories, protein and vitamins or to meet the majority of their dietary needs.

This food package also includes special puddings that may be needed by women or children who have difficulty swallowing liquids or other foods.

#### **Important facts about Food Package III:**

- ◆ For infants that are 0 – 11 months old who are on a special formula.
- ◆ For women and children with special dietary needs.
- ◆ Infants who are 6-11 months of age and infant foods are inappropriate may receive special formula in amounts equal to a 4-5 month old infant in lieu of infant foods.
- ◆ Requires a Special Formula Authorization Form for documentation (See section 8 – 4).
- ◆ See the ITCA State Plan, Chapter Four, Attachment B for a list of some of the special formulas that ITCA provides.

## ***Food Package IV***

Children 1 year old up to 5 years old will receive this food package. Children ages 12 to 23 months will only be issued food packages containing whole milk.

<b>Age:</b>	<b>Food:</b>	<b>Maximum ITCA Amounts:</b>
12 – 23 Months	<b>Milk</b>  Whole Milk OR Whole Evaporated Milk  OR  Whole Dry Milk	16 quarts OR 20 – 12fl. oz. cans with 1 quart of whole milk or OR 8 – 12fl. oz. cans with 10 quarts of whole milk OR 2 – 25.6 oz. box
24 months – 5 years	Low fat (1%) Skim, Fat Free, Nonfat  Evaporated – fat free or Low Fat  Dry – Nonfat or Lowfat Milk	16 quarts  20 – 12fl. oz. cans with 1 quart of whole milk or  8 – 12fl. oz. cans with 10 quarts of whole milk  2 – 25.6 oz. box
12 months to 5 years	<b>Cheese</b>	1 pound
12 months to 5 years	<b>Eggs</b>	1 dozen
12 months to 5 years	<b>Cereal (hot or cold)</b>	36 ounces
12 months to 5 years	<b>Juice</b>	2 – 64 ounce containers or 3 – 6 packs (5.5 to 6oz containers)
12 months to 5 years	<b>Dry Beans, Peas OR</b>	1 pound OR?

	<b>Peanut Butter</b> OR <b>Canned Beans</b>	1 – 16 to 18 ounce container OR? 4 – 16 ounce cans
12 months to 5 years	<b>Whole Grains</b>	2 – up to 16 ounce packages
12 months to 5 years	<b>Fruit and Vegetable Check</b>	\$6.00

## ***Food Package V***

This food package is for pregnant women or for mostly breastfeeding women.

<b>Food:</b>	<b>Maximum ITCA Amounts:</b>
Fresh Milk (lowfat & fat free) OR Evaporated Milk OR Dry Nonfat or Lowfat Milk	22 quarts OR 28 - 12 ounce cans OR 2 – 25.6 oz. box with 6 quarts of fresh milk
Cheese	1 pound
Eggs	1 dozen
Cereal (hot or cold)	Up to 36 ounces
Juice  Frozen concentrate OR Single Strength	3 – 11.5 to 12 ounce containers 4 – 6packs (5.5 to 6 ounce containers)
Dry Beans, Peas AND Peanut Butter OR Canned Beans	Up to 1 pound  1 – 16 to 18 ounce container 8- 16 oz cans
Whole Grains	up to 16 ounce packages
Fruit and Vegetable check	\$10.00

## ***Food Package VI***

A postpartum woman who chooses not to breastfeed or a limited breastfeeding woman whose infant receives more than maximum amount of formula for a mostly breastfeeding infant and whose infant is less than or equal to six months of age will receive this food package.

<b>Food:</b>	<b>Maximum ITCA Amounts:</b>
Fresh Milk (lowfat or fat free) OR Evaporated Milk OR Dry Nonfat or Lowfat Milk	16 quarts OR 20 - 12 ounce cans OR 2 – 25.6 oz. box with 6 quarts of fresh milk
Cheese	1 pound
Eggs	1 dozen
Cereal (hot or cold)	Up to 36 ounces
Juice  Frozen concentrate OR Single Strength	  2 – 11.5 to 12 ounce containers  2 – 6 packs (5.5 to 6 ounce containers)
Dry Beans, Peas OR Peanut Butter OR Canned Beans	Up to 1 pound   1 – 16 to 18 ounce container   8 – 16 ounce cans
Fruit and Vegetable check	\$10.00

## ***Food Package VII***

Women who are fully breastfeeding an infant, partially breastfeeding two or more infants or are pregnant with multiple fetuses will receive this food package.

<b>Food:</b>	<b>Maximum ITCA Amounts:</b>
Fresh Milk (lowfat or fat free) OR Evaporated Milk OR Dry Nonfat or Lowfat Milk	24 quarts  OR  32 - 12 ounce cans  OR  3 – 25.6 oz. box with 6 quarts of fresh milk
Cheese	2 pounds
Eggs	2 dozen
Cereal (hot or cold)	Up to 36 ounces
Juice  Frozen concentrate OR Single Strength	  3 – 11.5 to 12 ounce containers  4 – 6 packs (5.5 to 6 ounce containers)
Dry Beans, Peas  AND Peanut Butter  OR  Canned Beans	Up to 1 pound   1 – 16 to 18 ounce container   8 – 16 ounce cans
Whole Grains	1 pound
Fruit and Vegetable check	\$10.00
Canned Fish	30 ounces

## ***Food Package VII.5***

All women who are exclusively breastfeeding more than one infant will receive this food package.

<b>Food:</b>	<b>Maximum ITCA Amounts:</b>
Fresh Milk (lowfat or fat free) OR Evaporated Milk OR Dry Nonfat or Lowfat Milk	36 quarts  OR 48 - 12 ounce cans  OR 4 – 25.6 oz. box with 6 quarts of fresh milk
Cheese	3 pounds (4 pounds in odd months and 2 pounds in even months)
Eggs	3 dozen
Cereal (hot or cold)	Up to 54 ounces
Juice  Frozen concentrate  OR  Single Strength	  6 – 11.5 to 12 ounce containers – odd months 3 – 11.5 – 12 ounce containers – even months   8 – 6packs (5.5 to 6 ounce containers) – odd months 4 – 6packs (5.5 to 6 ounce containers) – even months
Dry Beans, Peas  AND Peanut Butter  OR  Canned Beans	2 pounds   1 – 16 to 18 ounce container   12 – 16 ounce cans

Whole Grains	2 – 16 ounce packages – odd months 1 – 16 ounce package – even months
Fruit and Vegetable check	\$15.00
Canned Fish	45 ounces



## ***Self-Evaluation***

1. Circle all of the following foods that WIC can provide to children ages 2-5 years old.

Cereal	Juice	Peanut Butter	Dry Beans
Eggs	Milk	Infant Juice	Cheese
Tuna	Yogurt	Soy Milk	Canned Beans
Fresh fruits & Vegetables	Flour Tortillas	Whole Milk	

2. List the differences between the food package for a postpartum, non-breastfeeding woman and the food package for a fully breastfeeding woman.
3. List the foods that a 1-year-old child who is receiving Food Package III could receive.

## 8 – 3 Selecting the Appropriate Food Packages

### ***Objectives***

After completing this unit, you will be able to:

- ✓ Select the appropriate food package for a client.
- ✓ Understand the reasons a food package may need to be tailored.
- ✓ Tailor the food package to meet the needs of an individual client.
- ✓ Identify the correct documentation for special foods.

### ***Overview***

All clients will be given a predetermined, default food package based on the client's category and age. In this section, you will learn how to tailor the food packages to meet the individual's needs and preferences. This may include such things as increased milk versus cheese, lactose free milk and beans versus peanut butter.

## ***Food Package Categories***

Now that you are familiar with the food packages you may wonder how you are going to choose the right food package from all of those options. It isn't as hard as it may seem.

The computer will automatically provide only options that can be used for your client's category. It also automatically selects a food package for the client. This is called the default food package. But, you should not automatically use this food package. You will need to find out if that particular food package fits the needs and preferences of the individual. This is called food package tailoring. Food package tailoring means that the food packages are adapted to meet the specific nutritional needs and preferences of individuals.

### **The food package may be tailored for the following reasons:**

1. To accommodate client preferences and cultural differences.  
Example: Peanut butter instead of beans.
2. To accommodate household conditions, cooking and storage facilities.  
Example: Providing non-fat dry milk and quarts of milk if refrigeration is limited.
3. To recommend or prescribe specific forms of the allowable WIC foods based on a client's nutritional needs or goals.  
Example: Providing reduced fat milk to an underweight child older than 2 years.
4. To accommodate client food intolerance, restrictions and medical conditions.  
Example: Providing lactose free milk to a woman who is lactose intolerant.
5. To accommodate refusal of WIC foods.  
Example: Issuing higher amounts of milk instead of issuing cheese to a client who will not eat the cheese.
6. To accommodate food preparation abilities.  
Example: Providing Ready-to-Feed formula for the parent with low literacy or a mental disability.

## Steps in Selecting the Appropriate Food Package

Once you have certified the client, you will use the Assign Food Package Screen in the Check Issuance menu in STARS to assist you in selecting a food package to fit the individual needs and preferences of the client.

Below is an example of the Tailor link on the Assign Food Package Screen:

The screenshot shows a software window titled "Sample Client" with a blue header bar. Below the header, client information is displayed: "Sample M Client", "DOB 06/27/2008", "2 Years 0 Months", "Client ID 10188870", "WIC Category C", "Status Active", "Elig End 09/30/2010", and "Priority 5".

Below the client information, there are two radio buttons: "Available Foods" (selected) and "Selected Foods". To the right of these are two links: "Authorize Special Formula/Foods" and "View Issuance History".

The main area of the screen is a table with the following columns: "C 2.4 Yes - Child 2.4 Years", "Current", and "Limit". The table lists various food categories and their corresponding quantities and limits:

C 2.4 Yes - Child 2.4 Years	Current	Limit
<b>Beans and Peanut Butter</b>	1	0 - 1 pound
Canned Beans		0 - 4 cans
Dry Beans	1	0 - 1 pound
Peanut Butter		0 - 1 jar
<b>Cereal</b>	36	0 - 36 ounces
Cereal	36	0 - 36 ounces
<b>Eggs</b>	1	0 - 1 dozen
Eggs	1	0 - 1 dozen
<b>Fruit and Vegetables</b>	6	0 - 6 dollars
Fresh Fruit and Vegetables	6	0 - 6 dollars
<b>Juice</b>	128	0 - 128 ounces
Shelf Stable/Refrigerated Juice	2	0 - 2 containers
<b>Milk</b>	86	0 - 86 quarts
1% or Fat Free Milk	13	0 - 16 quarts
Cheese	1	0 - 1 pound
Lactose Free 1% or Fat Free Milk		0 - 16 quarts
<b>Whole Grains</b>	32	0 - 32 ounces
Whole Grains	32	0 - 32 ounces

At the bottom right of the window, there are two buttons: "Next >>" and "Cancel".

This screen allows the selection of cheese quantity, milk type, dry beans, canned beans or peanut butter and/or specific contract formula.

Below is an example of the Special Authorization link used to select additional tailored options that require authorization for special foods or formula.

The screenshot shows a software window titled "Sample Client". At the top, it displays client information: "Client ID 10181878", "WIC Category C", "Status Active", "DOB 06/27/2008", "2 Years 0 Months", "Elig End 09/30/2010", and "Priority 5". Below this is a table with columns "Base Feed Package", "Tailored Food Package", "Active Date", and "Inactive Date". The table is currently empty. To the right of the table is a "New" button. Below the table, there are fields for "Current Base Feed Package" (C 2-4 Yrs - Child 2-4 Years), "Tailored Food Package ID", "Active Date" (07/26/2010), and "Inactive Date" (10/31/2010). There is a "Reason" text area containing "No refrigeration." and a "Feed Details" text area. At the bottom right are "OK" and "Cancel" buttons.

This screen is where you document the dates of the authorization and the reason for issuing the special foods.

Sample Client

DOB 06/27/2008 2 Years 0 Months

Client ID 10181878 WIC Category C Status Active Elig End 09/30/2010 Priority 5

Show Available Foods Selected Foods Authorize Special Formula/Foods View Issuance History

C 2-4 Yrs - Child 2-4 Years

	Current	Limit	Special Authorization
Eggs	1	0 - 1 dozen	<input checked="" type="checkbox"/> Issue
Peanut Butter		0 - 1 jars	<input type="checkbox"/> Issue
<b>Formula</b>			
<b>Fruit and Vegetables</b>	6	0 - 6 dollars	
Fresh Fruit and Vegetables	6	0 - 6 dollars	<input checked="" type="checkbox"/> Issue
<b>Juice</b>	128	0 - 128 ounces	
Shelf Stable/Refrigerated Juice	2	0 - 2 containers	<input checked="" type="checkbox"/> Issue
Single Serving Juice (3.5 to 5 oz containers)		0 - 3 multi-paks	<input type="checkbox"/> Issue
Single Serving Juice (8 oz containers)		0 - 5 multi-paks	<input type="checkbox"/> Issue
<b>Milk</b>	16	0 - 16 quarts	
1% or Fat Free Milk	13	0 - 16 quarts	<input checked="" type="checkbox"/> Issue
2% Milk		0 - 16 quarts	<input type="checkbox"/> Issue
Cheese	1	0 - 1 pound	<input checked="" type="checkbox"/> Issue <input type="checkbox"/> Exceed Limits
Dry Nonfat Milk		0 - 2 boxes	<input type="checkbox"/> Issue
Evaporated Low Fat or Fat Free Milk		0 - 20 cans	<input type="checkbox"/> Issue
Lactose Free 1% or Fat Free Milk		0 - 16 quarts	<input type="checkbox"/> Issue
Lactose Free 2% Milk		0 - 16 quarts	<input type="checkbox"/> Issue
Lactose Free Whole Milk		0 - 16 quarts	<input type="checkbox"/> Issue
Soy Milk half gallons (Bth Continent)		0 - 8 half gallons	<input type="checkbox"/> Issue
Soy Milk quarts (Pacific Ultra Soy)		0 - 16 quarts	<input type="checkbox"/> Issue
Tofu		0 - 64 ounces	<input type="checkbox"/> Issue <input type="checkbox"/> Exceed Limits

This screen allows the selection of substitutions for eggs, individual canned juices, alternate forms of milk, including soymilk and ready-to-feed formulas.

## Tailoring Options:

Sometimes, the client has needs that require an alternate food package to be issued. Let's take a closer look at the categories of food which can be tailored. The foods listed below require a note entered when creating the food package.

- Milk
  - Children 12-23 months need fat and cholesterol that whole milk provides to help their brains grow and development. This is the only type of milk allowed.
  - All women and caregivers of children greater than 2 years of age will be issued fat-free or low-fat milk.
  - If a the client (woman or children two years and older) has been identified as underweight or a pregnant woman is identified as low maternal weight gain reduced fat (2%) milk can be issued with approval from the local agency or ITCA nutritionist.
  - If the client or caregiver does not have adequate refrigeration, the type of milk in the food package may be modified to include dry, long shelf life or evaporated milk or milk in quart size containers. Multiple checks/fruit & vegetable checks may be issued so that the client may purchase smaller quantities of milk.

- Soy Beverage
  - A soy beverage may be provided to clients for any of the following reasons:
    - Milk protein allergy
    - Vegan
    - Religious practices
    - Other reason approved by ITCA nutritionist
  - If providing a soy beverage to a child, a completed Milk Alternative Request Form and authorization by a health care provider must be documented.
- Tofu
  - Tofu may be provided to clients for any of the following reasons:
    - Milk protein allergy
    - Severe Lactose Maldigestion
    - Vegan
    - Religious practices
    - Other reason approved by ITCA nutritionist
  - If providing tofu to a child, a completed Milk Alternative Request Form documenting the reason for the request must be completed.
- Additional Cheese
  - Cheese in amounts exceeding 1 lb. (Food Packages IV – VI), 2 lbs (Food Package VII) or 3 lbs (Food Package VII.5) may be issued on an individual basis in cases of lactose intolerance or other qualifying condition as determined by ITCA. The health care provider will make a diagnosis of lactose intolerance and complete the Milk Alternative Request Form.
  - The amount of cheese issued will be based on client preference up to the maximum allowed.
- Juice
  - Single strength juice in individual containers may be provided for any of the following reasons:
    - Homelessness
    - Lack of refrigeration
    - Unsafe or lack of water (only for food packages containing frozen concentrate)
- Dry beans, Canned Beans, and Peanut Butter
  - Women and children have the option to select dry beans, canned beans and/or peanut butter.
- Canned Beans or Peanut Butter Substitution for Eggs
  - The client may receive this food package if they are homeless or have inadequate cooking facilities

The following are things you should consider when determining whether the client needs an alternate food package.

◆ Physician, nutritionist or caregiver's request for whole milk for a child 2 years and older –

This can be because the child is underweight, has special medical conditions or intolerances or is for preference. Whole milk can not be issued to a child over two years of age or a woman unless they receive a special formula (PediaSure).

Documentation Required: A completed Special Formula Authorization form with approval by the local agency or ITCA nutritionist. A reason must be documented in STARS when creating the special authorization.

◆ Physician request for lowfat milk for a child under 2 years of age –

Only a whole milk food package can be issued to a child less than 2 years old.

◆ Client's or caregivers request for lactose free milk

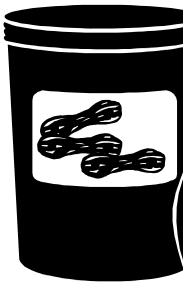
Some clients have difficulty digesting the sugar in milk called lactose. They may get gas, diarrhea or cramps after drinking milk. This condition is called lactose intolerance. It is very common among American Indian people. Clients can be issued a lactose free food package. In addition, since cheese is lower in lactose, some clients with lactose intolerance may prefer more cheese and less milk.

Documentation Required: None is needed for the lactose free milk. For increased cheese for lactose intolerance a Milk Alternative Form completed by a doctor is needed.

◆ The client's need and preference for peanut butter or beans

Most clients have a choice to receive peanut butter, canned beans or dried beans, peas or lentils. Some things to consider in issuing these items are:

- o Choking Risk – Peanut butter **must** not be issued to clients under the age of two as it can cause choking in young children.
- o Health Concerns – Since beans are a better source of iron than peanut butter, beans should be encouraged for those clients who have low hemoglobin.
- o Constipation – Beans are a good source of fiber and should be encouraged for those clients who need to increase the fiber content of their diet.
- o Preferences – Some clients may choose peanut butter over beans or vice versa for many reasons including:
  - Taste



- Ease of preparation
- Cultural acceptability

Clients should be provided with their preference. However, information on the reasons why another choice would be better for their health should be provided.

Documentation Required: None

◆ Environmental Factors

Other factors that may affect the food package are environmental factors. There are conditions that exist in the client's environment that make it difficult to use the standard WIC foods. If a client has one of the following conditions, alternate types of foods may need to be issued.

- o Homeless
- o Inadequate refrigeration or cooking facilities
- o Unsafe drinking water

Documentation Required: CNW to note in the Reasons section of the Special Authorization screen in STARS (as shown on page 23 above).



## **Skill-Evaluation**

1. List at least four reasons why the food package may need to be tailored.

In the following scenarios assume that the caregiver/client agrees with your recommendations.

2. Meredith brings in her 1-year-old daughter Emma. Emma is on the program for the risk of overweight. Meredith brought in a request for lowfat milk.
  1. Does Emma have any medical problems or other needs that require a special package?
  2. What are Emma's needs and preferences for the type of milk?
  3. Describe the type of package that should be issued to Emma, including type of milk and beans vs. peanut butter.
  4. What education would you provide her?
3. Angela brings in her 2-year-old daughter Abby. Abby is on the program for overweight. Angela requests whole milk for her daughter.
  1. Does Abby have any medical problems or other needs that require a special package?
  2. What are Abby's needs and preferences for the type of milk?
  3. Describe the type of package that should be issued to Abby, including type of milk and beans, canned beans or peanut butter.

4. What education would you provide her?
4. Maria brings in her 4-year-old son Miguel. Miguel is on the program for the risk of underweight.
  1. Does Miguel have any medical problems or other needs that require a special package?
  2. What are Miguel's needs and preferences for the type of milk?
  3. Describe the type of package that should be issued to Miguel, including type of milk and beans, canned beans or peanut butter.
  4. What education would you provide her?
5. Amelia, a pregnant teen woman, is on the program for the risk of overweight. Amelia lives in an area that does not have electricity; therefore she does not have a refrigerator or stove. She cooks over a fire.
  1. Does Amelia have any medical problems or other needs that require a special package?
  2. What are Amelia's needs and preferences for the type of milk and milk packaging?
  3. Describe the type of package that should be issued to Amelia, including type of milk and beans, canned beans or peanut butter.

## 8 – 4 Infant Formula and Special Formulas

### ***Objectives***

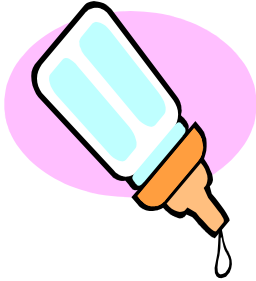
After completing this section, you will be able to:

- ✓ Identify the common special infant formulas authorized by the ITCA WIC Program, as well as the list of less common special formulas.
- ✓ Locate the list of special medical formulas for children and women authorized by the WIC Program.
- ✓ Understand how to get approval to issue a non-contract or special formula.
- ✓ Understand the different types of common formulas and the reasons that they are used.

### ***Overview***

In this section you will learn the types and forms of the standard infant contract formulas. There are three current standard contract formulas (Similac Advance Early Shield, Similac Sensitive, and Similac Soy Isomil) that most infants can change between. All non-contract formulas for infants and all formulas for children and woman require a Special Formula Authorization and nutritionist approval. You will learn what special formulas are, what is needed for approval and how to issue them.

## *Infant Formulas*



Infant formulas are issued when a mother chooses not to breastfeed or chooses to breastfeed part of the time. Iron-fortified infant formulas provide all of the nutrients an infant needs to grow during the first six months of life. There are many different types of formula to meet the needs of individual infants.

Formulas come in three different forms; powder, liquid concentrate and ready to feed. The infant's parent or caregiver may request to receive checks for either powdered or concentrate formula. Ready to feed formula can only be issued under special circumstances that will be discussed below.

### ◆ Powder

Powdered formula usually comes in 12-16 oz cans. The powder is usually mixed with water at a rate of 1 scoop of formula to 2 ounces of water. Occasionally, an infant with a medical condition that requires extra calories will require the formula mixed differently to supply the additional calories. This should only be done under a doctor's supervision. Powdered formula is very convenient because it can be stored for longer periods of time (usually 1 month) and can be mixed as needed. It is also the least expensive of the three types of formula. The majority of formula-fed infants on the ITCA WIC program receive powdered formula.

### ◆ Liquid Concentrate

The liquid concentrate formula usually comes in 13-ounce cans. It must also be mixed with water at a ratio of 1 part formula to 1 part water. Concentrate formula can only be stored for 48 hours once the can is opened. The concentrate is slightly more expensive than the powdered formula. **All premature and medically fragile infants must be issued liquid concentrate formula unless a Special Formula Authorization Form specifically allowing powdered formula has been provided.**

### ◆ Ready to Feed:

The standard size container for ready to feed formula is 32 ounce cans. Some special formulas such as premature formula may only come in ready to feed and are usually packaged in 2 ounce bottles or nursettes. Ready to feed formula does not have to be mixed with water. It is, however, the most expensive type of formula. Ready to feed may only be issued to infants who meet one of the following criteria:

- o There is an unsafe water supply or high sodium in the water supply
- o There is no refrigeration in the caregiver's home
- o The caregiver of the infant has difficulty in diluting the concentrate or powdered formula correctly
- o The family is homeless
- o The infant has a doctor's prescription requesting a ready to feed formula

- o The RTF form better accommodates the client's condition
- o The RTF form improves the client's compliance in consuming the approved formula
- o Formula is only available in RTF
- o Other reason approved by the local agency nutritionist or ITCA nutritionist

**Note: Not every formula comes in every type or size. The Texas WIC Formula Listing lists the available can sizes and types of formula for each formula brand. If the can size or formula type is not in the STARS system, call ITCA for assistance.**

## ***Contract Formulas***

The ITCA WIC Program has made an agreement with a formula manufacturer, currently Ross Laboratories, through a bid process to routinely issue their formulas. The formulas in the agreement (contract) are called contract formulas and currently consist of: Similac Advance EarlyShield, Similac Sensitive and Similac Sensitive Isomil Soy. Because of the contract, ITCA receives money back on the purchase of every container of the formulas listed above. This makes the formula cost less, so we are able to serve more clients. All non-breastfed infants or breastfed infants who are being supplemented with formula should receive a contract formula, unless there is a documented medical need for a non-contract special formula.

The ITCA WIC program authorizes most infant formulas. However, all non-contract infant formulas require special documentation in order to be issued. The documentation requirements will be discussed later. Let's take a look at the different types of formula and why they are issued.

## ***Cow's Milk Based Formulas***

- ◆ Standard cow's milk based infant formula characteristics –
  - o Made from cow's milk protein
  - o Nutrient enriched to meet the needs of infants
  - o Very similar to each other
  - o 20 calories per ounce when prepared
  - o Not equal to breastmilk

◆ Reasons for Use –

- o Infants who are not breastfed
- o Infants who are being breastfed and formula fed

◆ Examples –

Contract standard formulas

- o Similac Advance EarlyShield
- o Similac Sensitive

Non-contract standard formulas

- o Enfamil Premium LIPIL
- o Enfamil Gentlease
- o Gerber Good Start Gentle PLUS
- o Gerber Good Start Protect PLUS

**Note: Not every formula comes in every type or size. The Texas WIC Formula Listing lists the available can sizes and types of formula for each formula brand. If the can size or formula type is not in the STARS system, call ITCA for assistance.**

## ***Soy Based Formulas***

◆ Standard soy based infant formula characteristics –

- o Made from soybean protein
- o Nutrient enriched to meet the needs of infants
- o Lactose free
- o Very similar to each other
- o 20 calories per ounce when prepared
- o Not equal to breastmilk

◆ Reasons for Use –

- o Vegetarian families in which animal protein formulas are not desired.
- o Infants with a family history of allergic reactions
- o To manage the following conditions –
  - o Cow's milk allergy
  - o Galactosemia – a condition in which galactose, a sugar found in milk products, cannot be broken down in the body.
  - o Lactase deficiency – a rare condition in which lactose cannot be digested.
  - o Secondary lactose intolerance – a condition in which the lactase in the intestines is stripped away and therefore

lactase cannot be digested. This is usually caused by diarrhea.

◆ Examples –

Contract standard formulas

- o Similac Soy Isomil

Non-contract standard formula

- o Enfamil ProSobee
- o Gerber Good Start Soy PLUS



## ***Special Infant Formulas***

Sometimes infants with medical problems may require other formulas to meet their nutritional needs. The most commonly prescribed formulas are described below.

### **Premature Formulas:**

◆ Premature formula characteristics –

- o Made from cow's milk protein
- o Contains more calcium, folic acid and zinc than standard formulas
- o Contains a different kind of fat that is easier to absorb
- o Calories per ounce range from 20 to 24
- o Are designed to meet the needs of a rapidly growing infant

◆ Reasons for Use –

- o Premature infants
- o Low birth weight infants

◆ Examples –

All are non-contract special formulas

- o Enfamil Premature LIPIL (24 calories/ounce)
- o Enfamil Premature LIPIL (20 calories/ounce)
- o Enfamil EnfaCare LIPIL (22 calories/ounce)
- o Similac NeoSure (22 calories/ounce)
- o Similac Special Care 20 with iron (20 calories/ounce)
- o Similac Special Care 24 with iron (24 calories/ounce)

## Hydrolyzed Protein Formulas:

- ◆ Hydrolyzed protein formula characteristics –
  - o Made from cow's milk protein
  - o Proteins are “pre-digested”
  - o Contain a fat blend that is easier to absorb
  - o Calories per ounce are 20
- ◆ Reasons for Use –
  - o Infants with symptoms of cow and/or soy formula allergies
  - o Infants who have problems digesting or absorbing protein and fat
- ◆ Examples –
  - o All are non-contract formulas
  - o Nutramigen LIPIL with Enflora LGG
  - o Pregestimil LIPIL
  - o Similac Alimentum

## *Low-iron Formulas*

The American Academy of Pediatrics does not recommend the use of low-iron formulas for any reason. Research does not support the idea that iron in formula causes constipation. WIC Programs do not authorize the use of low-iron formulas.



## *Children and Adult Formulas*

As mentioned in Section 8-2, some children and women need special formula to meet their nutritional needs because of a medical problem. There are special food packages for these clients. They can get the special formula in addition to their regular WIC foods. There are many reasons why a client may require a special formula. Several of the most common reasons are listed below:

◆ Reasons for Use –

- o Child/woman is unable to meet their energy needs with food
- o Child/woman is unable to digest or absorb food
- o Child/woman has oral problems which limit food intake
- o Child/woman has to be fed through a feeding tube

◆ Examples –

Children

- o Pediasure or Pediasure with Fiber
- o Similac Alimentum
- o Nutramigen LIPIL
- o Pregestimil LIPIL
- o Similac NeoSure
- o Similac Advance EarlyShield

Adult (women)

- o Ensure or Ensure with Fiber
- o Boost or Boost with Fiber

There are many other infant, child and adult formulas for specific medical problems. Most of these formulas are authorized by the ITCA WIC Program and can be issued only with special formula authorization documentation. The authorized special formulas are listed in the State Plan, Chapter 4, Attachment B. For any additional formulas please contact ITCA.

## ***Authorization of Special Formulas***

A Special Formula Authorization Form must be completed under the following conditions:

- ◆ Infants under 1 year of age who require a special formula –  
Any infant needing a formula other than the contract formulas; Similac Advance Early Shield, Similac Sensitive, and Similac Sensitive Isomil Soy must have a completed authorization form prior to issuing the formula.
- ◆ Infants under 1 year of age who require a change from a special formula to a contract formula –  
Infants who need to change from a special formula back to a contract formula must have a formula authorization form completed.
- ◆ High risk infants –  
High-risk infants under 1 year of age who require **any change** in formula also require a completed formula authorization. If an infant is not high risk, they may change among contract formulas without a formula authorization.
- ◆ Child or woman who requires any formula –  
Any child or woman needing **any** formula must have a completed authorization form prior to issuing the formula.

**Note: In order for a special formula to be issued you must receive a Special Formula Authorization fully completed by the health care provider (medical doctor, physician's assistant or nurse practitioner) and approval from either your local agency nutritionist or an ITCA nutritionist.**

### **Completing Special Authorization Forms:**

Locate the Special Formula Authorization Form at your agency. Follow along using the *Children, Women & Healthy Infants* side of your form as you go through the steps in filling out the form.

To be completed by WIC Staff:

- a. Client Name and Date of Birth  
Fill in the client's name and date of birth
- b. WIC Staff  
Write in your name

**Note: The health care provider must fill in # 1-7. If the provider does not fill in this information, you should contact the provider.**

To be completed by health care provider:

1. Formula's Previously Tried  
The health care provider would select or write in all previously tried formula by the client.
2. Current Formula Request  
The health care provider must write in the formula that he/she is requesting for the client.
3. Amount of Formula Requested per Day:  
The health care provider must enter the amount of formula he/she is requesting for the client each day and whether the formula is to be consumed orally or via a feeding tube.
4. Medical Reason for Request  
The health care provider must provide the reason for the request. This information is important for the nutritionist to determine the exact cause of the problem and if the formula should be issued to the client. A non-contract formula **cannot** be issued without a medical reason. Reasons such as formula intolerance, diarrhea and weight loss do not qualify as medical reasons; they are symptoms.
5. Food Request  
The health care provider must document whether foods are appropriate for the client and, if appropriate, which ones. If foods are not selected, they cannot be issued to a client. Infants less than six months of age are not eligible for food.
6. Length of Time Formula is Needed  
The health care provided must circle the number of months the client needs to stay on the formula or he/she should write in the number of weeks. Special formulas should have formula authorizations renewed at least every 6 months.
7. Provider Name, Date, Phone Number, Medical Office Name and Address and Signature  
The health care provider should print his/her name and title, the date, the phone number where they can be reached, the address of their medical office and sign the form.

Nutritionist:

a. Local Nutritionist/ITCA Approval

The nutritionist will decide whether the formula should be approved or not based on the information that is provided. She/he will also determine how long the formula should be approved for and will sign the form. The formula may be issued with verbal approval of the local agency or ITCA nutritionist; however, the authorization form must be signed and filed as soon as possible.

**Note: The form may be faxed to ITCA for a signature after a verbal authorization has been received over the phone.**

Place the Special Formula Authorization Form in the Special Formula log.

## Issuing a Special Formula

After receiving approval from the local agency or ITCA nutritionist for a special formula, the special formula authorization may now be entered into the STARS system. Under the check issuance menu, in the assign food package window, the special formula authorization screen is selected for the month the special authorization begins. This is where the information from the special formula authorization form will be entered. The start and end date will be entered as it appears on the authorization form. The reason that is documented by the health care provider on the Special Formula Authorization Form will be documented in the reason box.

The screenshot shows a software window titled "Sample M Client". At the top, it displays client information: "DOB 06/27/2008", "2 Years 0 Months", "Client ID 10181878", "WIC", "Category C", "Status Active", "Elig End 09/30/2010", and "Priority 5". Below this is a table with columns: "Base Food Package", "Tailored Food Package", "Active Date", "Inactive Date", and a "Now" button. The table is currently empty. Below the table, there are several input fields: "Current Base Food Package" (set to "C 2-4 Yrs - Child 2-4 Years"), "Tailored Food Package ID" (empty), "Active Date" (set to "07/26/2010"), "Inactive Date" (set to "10/31/2010"), "Reason" (set to "No refrigeration"), and "Feed Details" (empty). At the bottom right, there are "OK" and "Cancel" buttons.

After completing this screen and selecting ok, you will be able to tailor the food package with the approved formula.

Sample Infant

DOB 08/02/2010 0 Months

Client ID 1025690 WIC Category II Status Active Elig End 08/31/2011 Priority 1 HR

Show ☒ Available Foods ☐ Selected Foods [Authorize Special Formula/Foods](#) [View Issuance History](#)

FF 0.3M - Fully Formula Fed @ 3 Months Current Limit Special Authorization

**Formula 846 784 - 870 ounces**

EleCare Powder		0 - 9 containers	<input type="checkbox"/> Issue
Enfamil Enfascare UPIL Powder		0 - 10 containers	<input type="checkbox"/> Issue
Enfamil Enfascare UPIL Ready-to-Use (32 oz)		0 - 26 containers	<input type="checkbox"/> Issue
Enfamil Premature UPIL 24 cal Ready-to-Use		0 - 68 multi-paks	<input type="checkbox"/> Issue
Neocate Infant with DHA and ARA Powder		0 - 10 containers	<input type="checkbox"/> Issue
Nutramigen UPIL Concentrate		0 - 31 containers	<input type="checkbox"/> Issue
Nutramigen UPIL Ready-to-Use (32 oz)		0 - 26 containers	<input type="checkbox"/> Issue
Nutramigen UPIL with Enflore LGG Powder		0 - 10 containers	<input type="checkbox"/> Issue
Pregestimil UPIL 24 cal Ready-to-Use (2 oz)		0 - 68 multi-paks	<input type="checkbox"/> Issue
Pregestimil UPIL powder		0 - 7 containers	<input type="checkbox"/> Issue
Similac Advance EarlyShield Concentrate		0 - 31 containers	<input type="checkbox"/> Issue
Similac Advance EarlyShield Powder	9	0 - 9 containers	<input checked="" type="checkbox"/> Issue
Similac Advance EarlyShield Ready-to-Feed (32 oz)		0 - 26 containers	<input type="checkbox"/> Issue
Similac Alimentum Powder		0 - 7 containers	<input type="checkbox"/> Issue
Similac Alimentum Ready-to-Feed (32 oz)		0 - 26 containers	<input type="checkbox"/> Issue
Similac Alimentum Ready-to-Feed (8 oz)		0 - 17 multi-paks	<input type="checkbox"/> Issue
Similac Isomil Advance Concentrate		0 - 31 containers	<input type="checkbox"/> Issue
Similac Isomil Advance Powder		0 - 9 containers	<input type="checkbox"/> Issue
Similac Isomil Advance Ready-to-Feed (32 oz)		0 - 26 containers	<input type="checkbox"/> Issue
Similac Isomil Advance Ready-to-Feed (8 oz)		0 - 17 multi-paks	<input type="checkbox"/> Issue

Next >> Cancel

### Selecting the special formula package:

1. Infants: determine the amount of formula needed. If the infant is also breastfeeding, determine the amount using the number of ounces consumed by the infant in 24 hours using the Health Interview Screen. If the infant is only formula fed, the maximum amount of formula should be issued.
2. Children and women: the amount of formula issued will be determined by the nutritionist.
3. Select the authorized formula and enter in the amount to be issued.
4. Select the foods indicated as appropriate by the health care provider and approved by the nutritionist.

## Self-Evaluation



Observe a co-worker through the process of a special formula authorization or find a completed form in Special Formula Log and go over it with your director.

1. Look at the Emergency formulas that your local agency has in stock to become familiar with them.
2. A mother brings in her newborn infant for a new certification. She tells you that her baby is on Similac Soy Isomil. What should you do?
3. A mother tells you that her 4-month-old infant was no longer doing well on Similac Advance EarlyShield, she was having constipation. But the baby is doing well now on Similac Sensitive. What should you do?
4. An infant's authorization for Nutramigen LIPIL Enflora with LGG has expired, what do you do?
5. A client comes in with a completed Special Formula Authorization and you are unable to reach your local agency nutritionist. You try one of the ITCA nutritionist's desk phones with no answer. What do you do?
6. You have a doctor's note that says an infant needs EnfaCare formula due to prematurity. Before a formula can be approved by the nutritionist, what additional information is needed?

# Answer Key to Self-Evaluations

## 8-2 Self-Evaluations

1. Cereal, eggs, juice, milk, cheese, peanut butter, fresh fruit and vegetables, dry beans and canned beans.
2. Fully breastfeeding women receive increased amounts of milk, cheese, eggs, juice and beans / peanut butter. Fully breastfeeding women also receive canned fish and whole grains while non-breastfeeding women do not.
3. Formula, whole milk, cheese, whole grains, fresh fruit and vegetables, beans, eggs, cereal and juice.

## 8-3 Self-Evaluations

1. Tailoring reasons, see section 8-3, pages 24-27
2.
  1. No
  2. Needs – whole milk; preferences – lowfat milk
  3. Whole milk and dry or canned beans
  4. Education on other lowfat food choices, healthy drinks/snacks and bottle use and weaning as applicable.
3.
  1. No
  2. Needs – fatfree, lowfat milk; preferences – whole milk
  3. Fatfree, lowfat milk and beans
  4. Education on lowfat milk, healthy drinks/snacks and other topics? as applicable.
4.
  1. Yes, underweight
  2. Needs – reduced fat milk and peanut butter; preferences – none
  3. Reduced fat milk and peanut butter
  4. Education on calorie boosters and snacks. Next month an appointment with the nutritionist.
5.
  1. Yes – no refrigerator or stove, cooking/storage issues
  2. Needs – a food package tailored for cooking/storage issues; no preferences
  3. Alternate form of milk (dry, evaporated or quarts of milk), peanut butter or canned beans (also canned beans or peanut butter in lieu of eggs can be provided) and individual juices.

## 8-4 Self-Evaluation

1. Issue Similac Soy Isomil. If infant is high risk for prematurity or low birth weight, concentrate formula must be issued without a completed and approved Special Formula Authorization form.
2. Tailor food package for Similac Sensitive. If partially breastfeeding issue the number of cans based on formula consumption. If formula feeding issue the maximum amount, 10 cans.
3. Change formula to Similac Sensitive and issue appropriate Similac Sensitive food package.
4. Give mom a new special authorization form to be completed by the MD or contact MD yourself to authorize a formula via phone (get form within 2 weeks) or fax. Get formula approval by local agency or ITCA nutritionist.
5. Call the ITCA nutritionist's cell phone, if unable to reach try the next nutritionist and so forth via cell phone.
6. If the doctor wants powdered or ready to feed.

Name: \_\_\_\_\_  
Date: \_\_\_\_\_  
Score: \_\_\_\_/92 points  
Percent correct: \_\_\_\_\_

## Unit 8: Food Packages

### Unit Assessment

DIRECTIONS: Circle the correct answer.

**(4 points each)**

1. Infants over six months can receive which of the following foods?
  - a. Infant juice
  - b. Infant cereal
  - c. Infant fruit and vegetables
  - d. b and c only
  - e. All of the above
  
2. The food package for 1-year-old children is different in which of the following ways?
  - a. More milk
  - b. Less juice
  - c. Contains whole milk
  - d. All of the above
  - e. a and b only
  
3. Women who are fully breastfeeding their infants get which foods that non-breastfeeding postpartum women do not get?
  - a. Canned Fish and whole grains
  - b. Canned Fish
  - c. Whole grains
  
4. Which of the following should you consider when choosing a food package for a participant?
  - a. Nutritional needs, participant preferences, environmental conditions
  - b. Nutritional needs, environmental conditions, availability at vendor
  - c. Nutritional needs, participant preferences, environmental conditions, transportation problems
  - d. None of the above
  
5. The food package may be tailored for which of the following reasons?
  - a. To give a participant more food than the federal regulations allow
  - b. To accommodate for a participant's cooking and food storage facilities
  - c. To give foods that are not on the approved foods list
  - d. None of the above
  
6. If a caregiver requests 2% (reduced fat) milk for her 3 year old child (no weight issues) rather than the low fat or fat free milk, what should you do?
  - a. Tailor the food package for 2% milk and refer her to the nutritionist at the next visit.
  - b. Call your director over to talk to the client.
  - c. Explain the reason for the low fat milk and that 2% milk can not be provided.
  - d. Explain that a Milk Alternative Request form will need to be completed by the doctor.

7. If a caregiver requests low fat milk for their one-year-old child, what should you do?
  - a. Explain that one-year-old children need whole milk, but give low fat milk if the caregiver insists on it.
  - b. Explain that low fat milk cannot be provided under any circumstances and give the whole milk.
  - c. Explain that low fat milk is not appropriate for children under 2 years old and refer them to the doctor for a written prescription for low fat milk if the caregiver insists on low fat milk.
  - d. Call your director over to talk to the caregiver.
8. Which of the following food items can be issued to a client instead of dry beans?
  - a. Peanut butter
  - b. Canned beans
  - c. Tuna
  - d. All of the above
  - e. Both a and b
  - f. None of the above
9. What is needed before a special formula can be issued to a client?
  - a. Completed Special Formula Authorization Form
  - b. Nutritionist Approval
  - c. All of the above
10. What type of milk should most women and children  $\geq 24$  months receive?
  - a. Whole milk
  - b. Fatfree, lowfat or reduced fat milk
  - c. Fatfree or lowfat milk
  - d. Fatfree, lowfat, reduced fat or whole milk
11. All of the following are a good source of iron:
  - a. Juice
  - b. Milk
  - c. Beans
  - d. None of the above
12. Infants will begin to receive infant cereal at what age?
  - a. 2 months
  - b. 4 months
  - c. 6 months
  - d. 8 months
13. How do you determine which food package to issue to an infant that is being partially breastfed?
  - a. Find out how often the mother is breastfeeding.
  - b. Find out how many ounces of formula the baby takes per day.
  - c. Find out how much formula the mother wants.
  - d. Just issue the full formula food package.
  - e. Breastfed infants cannot receive a formula food package.
14. Fully breastfed infants 6 – 11 months receive:
  - a. Baby cereal
  - b. Baby Fruit & vegetables
  - c. Baby Meats
  - d. All of the above

DIRECTIONS: Write in the correct answer. 'F' for False or 'T' for True.

**(3 points each)**

- \_\_\_\_\_ 15. Women and children who receive special formula DO NOT receive any other WIC foods.
- \_\_\_\_\_ 16. Infants may get additional formula at six to eleven months of age if the client has a medical condition that requires a special formula and infant foods are not appropriate.
- \_\_\_\_\_ 17. All infants must be issued the full amount of formula; smaller amounts cannot be issued.
- \_\_\_\_\_ 18. A special formula can be issued for one month when the local agency nutritionist is unavailable for formula approval.
- \_\_\_\_\_ 19. Clients who do not have refrigeration should be issued a tailored food package with an alternative form of milk.
- \_\_\_\_\_ 20. Standard infant formulas other than contract formulas cannot be provided to infants.
- \_\_\_\_\_ 21. The ITCA WIC program contract formulas are just Similac Advance EarlyShield, Similac Sensitive, and Similac Soy Isomil.
- \_\_\_\_\_ 22. A caregiver may request and be issued powdered, concentrate or ready to feed Similac Advance EarlyShield, Similac Sensitive, or Similac Soy Isomil formula without special authorization or documentation at the certification visit.
- \_\_\_\_\_ 23. Cow's milk based formulas such as Enfamil and Similac are very different from each other.
- \_\_\_\_\_ 24. Since formulas have all the necessary nutrients added to them, they are just as good as breastmilk.
- \_\_\_\_\_ 25. An infant on Enfamil Premature 24 LIPIL can be issued Similac Advance EarlyShield once the prescription expires without any other authorization.
- \_\_\_\_\_ 26. Low iron formulas should be issued to infants that are having constipation.

