



Memorandum

14-072

TO: WIC Regional Directors
WIC Local Agency Directors

FROM: Linda Brumble, Unit Manager
Nutrition Education/Clinic Services Unit
Nutrition Services Section

DATE: June 3, 2014

SUBJECT: Updated Food Package Guide and Clarification on the Pregnant Mostly Breastfeeding Package

The following is a clarification to memo #14-055, *Pregnant Mostly Breastfeeding Food Package Effective May 5, 2014*. This food package is for pregnant women who are mostly breastfeeding OR exclusively breastfeeding a singleton infant. Several local agencies have inquired about women who are breastfeeding a child. The federal regulations state that this package is for women who are breastfeeding an infant.

The *Texas WIC Food Package Guide* has been updated (the attachment illustrates the revisions) to include the new food package for pregnant women who are exclusively or mostly breastfeeding and to reflect the increase to the children's cash value benefit for fruits and vegetables from \$6.00 to \$8.00. The guide was reformatted to accommodate the new food package. The major change is the separation of the Pregnant and Mostly Breastfeeding Food Packages into different sections.

The *Food Package Code Quick Reference* has also been updated. The new versions have an effective date of June 1, 2014 and can be found at <http://www.dshs.state.tx.us/wichd/nut/foods-nut.shtm>. If you have any questions or need additional information, contact Paula Kanter at 512-341-4574 or paula.kanter@dshs.state.tx.us.

Changes to the Food Package Guide

Changes are highlighted in yellow

		Food Package	Code	Milk	Cheese	Tofu	Cereal	Juice	Eggs	Beans/ Peanut Butter	Whole Grain	Fruit/Veg	Tuna/ Salmon	
Standard Food Packages	Children	<2 Years Old Beans	625	Whole Milk 3 gal (1.5) & 1 qt	1lb (1lb)		36 oz (18 oz)	2 64 oz equiv (1)	1 doz (1 doz)	1lb dry beans (1lb)	2lb (1lb)	\$8.00 (\$8.00)		
		<2 Years Old Beans/No Cheese	626	Whole Milk 4 gal (2)			36 oz (18 oz)	2 64 oz equiv (1)	1 doz (1 doz)	1lb dry beans (1lb)	2lb (1lb)	\$8.00 (\$8.00)		
		2+ Years Old Beans or PB	485	Lowfat Milk 3 gal (1.5) & 1 qt	1lb (1lb)		36 oz (18 oz)	2 64 oz equiv (1)	1 doz (1 doz)	1lb dry or 4 cans beans or 1 jar PB (1)	2lb (1lb)	\$8.00 (\$8.00)		
		2+ Years Old Beans or PB/No Cheese	486	Lowfat Milk 4 gal (2)			36 oz (18 oz)	2 64 oz equiv (1)	1 doz (1 doz)	1lb dry or 4 cans beans or 1 jar PB (1)	2lb (1lb)	\$8.00 (\$8.00)		
	PREGNANT	Pregnant	Milk & Cheese Beans & PB	488	Lowfat Milk 4.5 gal (2) & 1 qt	1lb (1lb)		36 oz (18 oz)	3 48 oz equiv (2)	1 doz (1 doz)	2 each or combo: 1lb beans or 4 cans beans or 1 jar PB (1)	1lb (1lb)	\$10.00 (\$10.00)	
			Milk/No Cheese Beans & PB	489	Lowfat Milk 5.5 gal (3)			36 oz (18 oz)	3 48 oz equiv (2)	1 doz (1 doz)	2 each or combo: same as above	1lb (1lb)	\$10.00 (\$10.00)	
		Preg EBF or Preg MBF	Milk & Cheese Beans & PB	503	Lowfat Milk 5 gal (2.5) & 1 qt	2lb (1lb)		36 oz (18 oz)	3 48 oz equiv (2)	2 doz (1 doz)	2 each or combo: 1lb beans or 4 cans beans or 1 jar PB (1)	1lb (1lb)	\$10.00 (\$10.00)	30 oz equiv (15 oz equiv)
			Milk/Less Cheese Beans & PB	504	Lowfat Milk 6 gal (3)	1lb (1lb)		36 oz (18 oz)	3 48 oz equiv (2)	2 doz (1 doz)	2 each or combo: same as above	1lb (1lb)	\$10.00 (\$10.00)	30 oz equiv (15 oz equiv)
		Post-partum or Some BF	Milk & Cheese Beans or PB	490	Lowfat Milk 3 gal (1.5) & 1 qt	1lb (1lb)		36 oz (18 oz)	2 48 oz equiv (1)	1 doz (1 doz)	1lb dry or 4 cans beans or 1 jar PB (1)		\$10.00 (\$10.00)	
			Milk/No Cheese Beans or PB	491	Lowfat Milk 4 gal (2)			36 oz (18 oz)	2 48 oz equiv (1)	1 doz (1 doz)	1lb dry or 4 cans beans or 1 jar PB (1)		\$10.00 (\$10.00)	
		Mostly BF (MBF)	Milk & Cheese Beans & PB	488	Lowfat Milk 4.5 gal (2) & 1 qt	1lb (1lb)		36 oz (18 oz)	3 48 oz equiv (2)	1 doz (1 doz)	2 each or combo: 1lb beans or 4 cans beans or 1 jar PB (1)	1lb (1lb)	\$10.00 (\$10.00)	
			Milk/No Cheese Beans & PB	489	Lowfat Milk 5.5 gal (3)			36 oz (18 oz)	3 48 oz equiv (2)	1 doz (1 doz)	2 each or combo: same as above	1lb (1lb)	\$10.00 (\$10.00)	
		Excl BF (EBF)	Milk & Cheese Beans & PB	492	Lowfat Milk 5 gal (2.5) & 1 qt	2lb (1lb)		36 oz (18 oz)	3 48 oz equiv (2)	2 doz (1 doz)	2 each or combo: 1lb beans or 4 cans beans or 1 jar PB (1)	1lb (1lb)	\$10.00 (\$10.00)	30 oz equiv (15 oz equiv)
			Milk/Less Cheese Beans & PB	493	Lowfat Milk 6 gal (3)	1lb (1lb)		36 oz (18 oz)	3 48 oz equiv (2)	2 doz (1 doz)	2 each or combo: same as above	1lb (1lb)	\$10.00 (\$10.00)	30 oz equiv (15 oz equiv)
MULTIPLES	Preg w Mult or MBF Mult	Milk & Cheese Beans & PB	503	Lowfat Milk 5 gal (2.5) & 1 qt	2lb (1lb)		36 oz (18 oz)	3 48 oz equiv (2)	2 doz (1 doz)	2 each or combo: 1lb beans or 4 cans beans or 1 jar PB (1)	1lb (1lb)	\$10.00 (\$10.00)	30 oz equiv (15 oz equiv)	
		Milk/Less Cheese Beans & PB	504	Lowfat Milk 6 gal (3)	1lb (1lb)		36 oz (18 oz)	3 48 oz equiv (2)	2 doz (1 doz)	2 each or combo: same as above	1lb (1lb)	\$10.00 (\$10.00)	30 oz equiv (15 oz equiv)	
Baby Cereal	Children <2 Years	<2 Years Old Baby Cereal/No Cheese	627	Whole Milk 4 gal (2)			Baby Cereal 32 oz (16)	2 64 oz equiv (1)	1 doz (1 doz)	1lb dry beans (1lb)	2lb (1lb)	\$8.00 (\$8.00)		
		<2 Years Lactose Free Baby Cereal/No Cheese	551	Whole Lact Free 8 half gal (4)			Baby Cereal 32 oz (16)	2 64 oz equiv (1)	1 doz (1 doz)	1lb dry beans (1lb)	2lb (1lb)	\$8.00 (\$8.00)		

The Pregnant and the Mostly Breastfeeding food packages have been separated and a Pregnant heading was added to the table. The food package codes are the same.

The new Pregnant Exclusively Breastfeeding and Pregnant Mostly Breastfeeding are under the new Pregnant heading and have the same food package codes as the Pregnant with Multiples.

These participants receive the same food package (the same foods and quantities), however they have different food package codes.

- Exclusively Breastfeeding
- Pregnant with Multiples
- Mostly Breastfeeding Multiples
- Pregnant Exclusively Breastfeeding or Pregnant Mostly Breastfeeding