

**FOOD PACKAGES POLICIES AND PROCEDURES  
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**MARYLAND DEPARTMENT OF HEALTH  
WIC PROGRAM  
POLICY AND PROCEDURE MANUAL**

**Policy and Procedure Number: 3.00  
Effective Date: October 1, 1995  
Revised Date: December 19, 2023**

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**SECTION: FOOD PACKAGES**

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**SUBJECT: Overview of Food Packages**

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**A. Policy**

The WIC Program provides food packages that contain supplemental foods for low-income women, infants and children. The food packages are not intended to meet all the nutritional needs of participants. Nutrition education will emphasize the need for a variety of other foods to achieve a balanced diet.

The food packages were revised according to the requirements of the Final Rule, published in the Federal Register on March 4, 2014 (see Reference). The revisions – which align the WIC food packages with current scientific and dietary guidance – are based on the recommendations of the Institute of Medicine (IOM) of the National Academies in the report of its review of the WIC food package. The revised food packages are intended to:

1. Reduce the prevalence of inadequate and excessive nutrient intakes among WIC participants and to improve the overall quality of their diets by encouraging intake of fruits and vegetables, whole grains, and foods lower in saturated fat.
2. Protect the milk supply of breastfeeding dyads and offer educational and hands-on support to provide the best chances of achieving their breastfeeding goals.

**B. Procedure**

The food package shall contain

1. For Infants:

Breastfeeding Support (for infants exclusively and partially breastfed)

Infant formula (for breastfed infants who are supplemented with infant formula and non-breastfed infants)

Infant cereal (for infants age six months old and older)

Infant fruits and vegetables (for infants six months old and older)

Infant meats (for exclusively breastfed infants six months old and older)

2. For Children and Women (combinations of these foods may be included):

Milk, yogurt and cheese (soy beverage and tofu)  
Fruit juice  
Eggs  
Cereal  
Beans and/or peanut butter  
Whole wheat bread or other whole grains  
Fruits and vegetables  
Canned fish

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Attachment:

3.00A Food Package Contents

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Reference:

1. 7 CFR 246 Special Supplemental Nutrition Program for Women, Infants, and Children (WIC): Revisions in the Food Packages - Final Rule, 3/4/14

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Revisions:

- 10/09 Replaced rationale for the WIC food packages based on Public Law 108-265 with background information regarding the development of revised packages based on the IOM's review and recommendations for revisions of the food packages. Revised list of food combinations that packages may contain. Added Attachment 3.00F and changed previous 3.00F to 3.00G.
- 01/10 Revised Attachments 3.00A, 3.00B, 3.00E and 3.00G to include whole milk packages for women and to reflect the increased monetary value of FVB to \$10.00.
- 10/10 Attachments 3.00A-F. Replaced quart sized containers of lactose-reduced milk with an additional half-gallon container every other month. Changed food item descriptors from "lactose-reduced" with "lactose-reduced/free."
- 01/11 Updated Attachments 3.00 A-G to include soy beverage and tofu food package options.
- 10/11 Updated Attachments 3.00 A-F to include kosher cheese/soy beverage and additional BE and PG/BP cheese/half-gallon soy beverage food package options.
- 10/12 Removed Attachments 3.00 A-F. Renamed Attachment 3.00 G as Attachment 3.00A.

- 10/14 Replaced Interim Rule with Final Rule and updated published date. Updated References Updated Attachment 3.00A to reflect the increased monetary value of FVB in child food packages to \$8.00. Replaced whole wheat bread with whole grain bread in child and appropriate women food packages. Added information in footnotes indicating allowance of reduced-fat (2%) milk for one-year old children and whole milk for women with appropriate documentation. Added footnote to indicate pregnant women exclusively or mostly breastfeeding as an eligible category for Food Package VII. Updated attachment 3.00A to allow infant fruit and vegetables in place of CVB in food package III.
- 04/15 Updated Attachment 3.00A. To be consistent with federal language the term ready-to-use (RTU) formula was replaced with ready-to-feed (RTF); maximum monthly allotment was replaced with maximum monthly allowance (MMA); breastfeeding exclusively replaced breastfeeding fully; breastfeeding partially was replaced with breastfeeding mostly or breastfeeding some . The term WIC-eligible nutritionals was added next to formula for the MMA for Food Package III.
- 10/15 Updated 3.00A to reflect the new CVB amounts for women which increased from \$10.00 to \$11.00.
- 6/17 Updated policy related to eWIC including FVB and CVB.
- 10/18 Added yogurt to food package options. Updated 3.00A to include yogurt and whole wheat/whole grain pasta.
- 11/19 Corrected Attachment A CVB for children to \$9.
- 7/21 Added information about benefits for breastfed infants.
- 6/21 Added oats to food package options. Updated 3.00A to include oats.
- 12/23 Updated 3.00A footnote 1 to include powdered formula shall be issued, when available. Updated language related to CVB - varies based on annual federal appropriations.

## FOOD PACKAGE CONTENTS

The following is a description of the six WIC Food Packages, **maximum** monthly allowance, per USDA Final Rule 7 CFR Part 246.

### Food Package I--Infants Birth through 5 months:

<b>Infant Breastfed Exclusively (IBE)</b>	<b>Birth-3months</b>	<b>4-5 months</b>
Breastfeeding support	as needed	as needed

<b>Infant Breastfed Partially (IBP)- mostly<sup>1</sup></b>	<b>Birth-3 months*</b>	<b>4-5 months</b>
Concentrated liquid formula <b>OR</b>	Up to 388 fl oz reconstituted	Up to 460 fl oz reconstituted
Powdered formula <b>OR</b>	Up to 435 fl oz reconstituted	Up to 522 fl oz reconstituted
Ready-to-feed (RTF) formula	Up to 384 fl oz	Up to 474 fl oz

\*Formula should **not** be routinely given during the first month. Up to 104 fl oz reconstituted powder can be issued only for qualifying conditions as listed in Policy and Procedure 5.09.

<b>Infant Formula Fed (IFF) and IBP- some<sup>2</sup></b>	<b>Birth -3 months</b>	<b>4-5 months</b>
Concentrated liquid formula <b>OR</b>	823 fl oz reconstituted	896 fl oz reconstituted
Powdered formula <b>OR</b>	Up to 870 fl oz reconstituted	Up to 960 fl oz reconstituted
Ready-to-feed (RTF) formula	Up to 832 fl oz	Up to 913 fl oz

**Food Package II—Infants 6 through 8 months:**

	<b>IBE</b>	<b>IBP-mostly</b>	<b>IFF and IBP-some</b>
Concentrated liquid formula <sup>2</sup> <b>OR</b>	N/A	315 fl oz reconstituted	630 fl oz reconstituted
Powdered formula <b>OR</b>	N/A	Up to 384 fl oz reconstituted	Up to 696 fl oz reconstituted
Ready-to-feed (RTF) formula <sup>2</sup>	N/A	Up to 338 fl oz	Up to 643 fl oz
Infant cereal	24 oz	24 oz	24 oz
Infant fruits and vegetables	256 oz	128 oz	128 oz
Infant meats	77.5 oz	N/A	N/A

<sup>1</sup> IBP-mostly applies to infants that are breastfed and are receiving <14 fl oz of formula from WIC. Powdered formula shall be provided, when available.

<sup>2</sup> IBP-some applies to infants that are breastfed and are receiving ≥14 fl oz of formula from WIC. Formula packages shall be tailored to meet the needs of the IBP up to maximum allowance for IFF. Powdered formula shall be provided, when available.

**Food Package II—Infants 9 through 11 months**

	<b>IBE</b>	<b>IBP-mostly</b>	<b>IFF and IBP-some</b>
Concentrated liquid formula <b>OR</b>	N/A	315 fl oz reconstituted	630 fl oz reconstituted
Powdered formula <b>OR</b>	N/A	Up to 384 fl oz reconstituted	Up to 696 fl oz reconstituted
Ready-to-feed (RTF) formula	N/A	Up to 338 fl oz	Up to 643 fl oz
Infant cereal	24 oz	24 oz	24 oz
Infant fruits and vegetables	256 oz or 128 oz + CVB varies based on annual federal appropriations.	128 oz or 64 oz + CVB varies based on annual federal appropriations.	128 oz or 64 oz + CVB varies based on annual federal appropriations.
Infant meats	77.5 oz	N/A	N/A

<sup>1</sup> IBP-mostly applies to infants that are breastfed and are receiving <14 fl oz of formula from WIC.

<sup>2</sup> IBP-some applies to infants that are breastfed and are receiving ≥14 fl oz of formula from WIC. Formula packages shall be tailored to meet the needs of the IBP up to

**Food Package III – Infants with Special Dietary Needs:**

Formula Maximum Monthly Allowance (MMA):

Please review Food Package I and Food Package II on page one of this policy for the maximum monthly allowance of formula for infants.

**Food Package III – Children or Women with Special Dietary Needs:**

Formula/WIC-Eligible Nutritional Maximum Monthly Allowance\*:

Concentrated liquid formula	910 fl oz reconstituted
Powdered formula:	910 fl oz reconstituted
Ready-to-feed (RTF) formula	910 fl oz

\*In addition, with appropriate documentation, participants with special dietary needs can also be prescribed up to the maximum allowance for Food Package IV, V, VI, or VII. All packages shall be tailored to meet the needs of the participants. Infant fruits and vegetables can be substituted for the fruit and vegetable cash value benefit if medically indicated as per Policy and Procedure 3.01

**Food Package IV--Children 1 to 4 years:**

Low fat or fat free fluid milk* <b>OR</b>	16 quarts
Evaporated milk <b>OR</b>	May be substituted for fluid milk at the rate of 16 fl oz per 32 fl oz (quart) fluid milk
Dry milk <b>OR</b>	May be substituted for fluid milk at equal reconstituted rate
Soy beverage <b>OR</b>	May be substituted for fluid milk on equal fl oz basis
Cheese <b>OR</b>	May be substituted for fluid milk at the rate of 1 lb per 3 quarts of fluid (1lb maximum)
Yogurt <b>OR</b>	May be substituted for fluid milk at the rate of 32 oz per 1 quart of fluid (32 oz maximum)
Tofu	May be substitute for milk at the rate of 1 lb per 1 quart of fluid (4lb maximum)
Eggs	1 dozen
Cereal (hot or cold)	36 oz
Fruits and vegetables	Varies based on annual federal appropriations.
Whole wheat bread or rolls <b>OR</b>	2 lb
Whole grain bread or rolls <b>OR</b>	2 lb
Brown rice <b>OR</b>	May be substituted for whole wheat bread on equal weight basis
Whole wheat/whole grain pasta <b>OR</b>	May be substituted for whole wheat bread on equal weight basis
Soft corn or Whole wheat tortillas <b>OR</b>	May be substituted for whole wheat bread on equal weight basis
Oats	May be substituted for whole wheat bread on equal weight basis
Fruit juice	128 fl oz
Dry beans or peas <b>OR</b>	1 lb
Canned beans or peas <b>OR</b>	May be substituted for dry beans at rate of 64 oz of canned beans for 1 lb dry beans
Peanut butter	18 oz

\*Except for one-year-old children who will be receiving whole fluid milk or equivalent substitutes. With appropriate documentation reduced-fat (2%) milk can be provided for one-year-old children and whole milk for children > 24 months as per Policy and Procedure 3.01



**Food Package V--Pregnant and Partially Breastfeeding Women\*:**

Low fat or fat free fluid milk* <b>OR</b>	22 quarts
Evaporated milk <b>OR</b>	May be substituted for fluid milk at the rate of 16 fl oz per 32 fl oz (quart) fluid milk
Dry milk <b>OR</b>	May be substituted for fluid milk at equal reconstituted rate
Soy beverage <b>OR</b>	May be substituted for fluid milk on equal fl oz basis
Cheese <b>OR</b>	May be substituted for fluid milk at the rate of 1 lb per 3 quarts of fluid (1lb maximum)
Yogurt <b>OR</b>	May be substituted for fluid milk at the rate of 32 oz per 1 quart of fluid (32 oz maximum)
Tofu	May be substituted for milk at the rate of 1 lb per 1 quart of fluid (4lb maximum)
Eggs	1 dozen
Cereal (hot or cold)	36 oz
Fruits and vegetables	Varies based on annual federal appropriations.
Whole wheat bread or rolls <b>OR</b>	1 lb
Whole grain bread or rolls <b>OR</b>	1 lb
Brown rice <b>OR</b>	May be substituted for whole wheat bread on equal weight basis
Whole wheat/whole grain pasta <b>OR</b>	May be substituted for whole wheat bread on equal weight basis
Soft corn or Whole wheat tortillas <b>OR</b>	May be substituted for whole wheat bread on equal weight basis
Oats	May be substituted for whole wheat bread on equal weight basis
Fruit juice	144 fl oz
Dry beans or peas <b>OR</b>	1 lb
Canned beans or peas <b>AND</b>	May be substituted for dry beans at rate of 64 oz of canned beans for 1 lb dry beans
Peanut butter	18 oz

\*Includes women with singleton pregnancies and women breastfeeding mostly whose infant's food package does not exceed the maximum monthly formula allowance as outlined in IBP Food Package I and II. Women breastfeeding mostly meeting this requirement are eligible to receive food benefits for up to one year postpartum and breastfeeding support until breastfeeding is discontinued. With appropriate documentation whole milk can be provided for women as per Policy and Procedure 3.01.

**Food Package VI--Postpartum Women\***

Low fat or fat free fluid milk <b>OR</b>	16 quarts
Evaporated milk <b>OR</b>	May be substituted for fluid milk at the rate of 16 fl oz per 32 fl oz (quart) fluid milk
Dry milk <b>OR</b>	May be substituted for fluid milk at equal reconstituted rate
Soy beverage <b>OR</b>	May be substituted for fluid milk on equal fl oz basis
Cheese <b>OR</b>	May be substituted for fluid milk at the rate of 1 lb per 3 quarts of fluid (1lb maximum)
Yogurt <b>OR</b>	May be substituted for fluid milk at the rate of 32 oz per 1 quart of fluid (32 oz maximum)
Tofu	May be substitute for milk at the rate of 1 lb per 1 quart of fluid (4lb maximum)
Eggs	1 dozen
Cereal (hot or cold)	36 oz
Fruits and vegetables	Varies based on annual federal appropriations.
Fruit Juice	96 fl oz (reconstituted from concentrate)
Dry beans or peas <b>OR</b>	1 lb
Canned beans or peas <b>OR</b>	May be substituted for dry beans at rate of 64 oz of canned beans for 1 lb dry beans
Peanut butter	18 oz

\*Includes non-breastfeeding women and women breastfeeding some whose infant's food package exceed the maximum formula allowance as outlined in IBP Food Package I and II or receiving a full formula package. Women breastfeeding some are eligible to receive food benefits for 6 months postpartum and continue to receive breastfeeding support until breastfeeding is discontinued

**Food Package VII--Exclusively Breastfeeding Women\*:**

Low fat or fat free fluid milk <b>OR</b>	24 quarts
Evaporated milk <b>OR</b>	May be substituted for fluid milk at the rate of 16 fl oz per 32 fl oz (quart) fluid milk
Dry milk <b>OR</b>	May be substituted for fluid milk at equal reconstituted rate
Soy beverage <b>OR</b>	May be substituted for fluid milk on equal fl oz basis
Cheese <b>OR</b>	1 pound AND may be substituted for fluid milk at the rate of 1 lb per 3 quarts of fluid (2 lb maximum) 3 quarts of fluid (2lb maximum)
Yogurt <b>OR</b>	May be substituted for fluid milk at the rate of 32 oz per 1 quart of fluid (32 oz maximum)
Tofu	May be substitute for milk at the rate of 1 lb per 1 quart of fluid (4lb maximum)
Eggs	2 dozen
Cereal (hot or cold)	36 oz
Fruits and Vegetables	Varies based on annual federal appropriations.
Whole wheat bread or rolls <b>OR</b>	1 lb
Whole grain bread or rolls <b>OR</b>	1 lb
Brown Rice <b>OR</b>	May be substituted for whole wheat bread on equal weight basis
Whole wheat/whole grain pasta <b>OR</b>	May be substituted for whole wheat bread on equal weight basis
Soft corn or Whole wheat tortillas <b>OR</b>	May be substituted for whole wheat bread on equal weight basis
Oats	May be substituted for whole wheat bread on equal weight basis
Fruit Juice	144 fl oz (reconstituted from concentrate)
Dry beans or peas <b>OR</b>	1 lb
Canned beans or peas <b>AND</b>	May be substituted for dry beans at rate of 64 oz of canned beans for 1 lb dry beans
Peanut butter	18 oz
Canned fish	30 oz

\*Includes exclusively breastfeeding women; women pregnant with multiples; women exclusively or mostly breastfeeding multiples from the same pregnancy; and pregnant women who are also exclusively or mostly breastfeeding an infant. Women exclusively breastfeeding multiple infants are prescribed 1.5 times the maximum allowance.

**MARYLAND DEPARTMENT OF HEALTH  
WIC PROGRAM  
POLICY AND PROCEDURE MANUAL**

**Policy and Procedure Number: 3.01  
Effective Date: October 1, 1995  
Revised Date: July 31, 2023**

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**SECTION: FOOD PACKAGES**

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**SUBJECT: Prescription of Food Packages**

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**A. Policy**

A Competent Professional Authority (CPA) shall prescribe supplemental foods in quantities appropriate for the participant's WIC category and nutritional risk, following the State guidelines for usual and tailored food packages. The CPA may also customize food packages, when appropriate, to provide participants with combinations of infant formula /medical nutritional along with other WIC foods as requested via prescription from a healthcare provider (HCP)<sup>1</sup> (see Local Agency Policy and Procedures 3.02 and 3.03). Competent Paraprofessional Authorities (CPPAs) may prescribe usual and tailored food packages under the supervision of a CPA (see Policy and Procedure 7.60).

**B. Procedure**

1. All staff will receive initial training in prescription of food packages during WIC Wise training. Additional training related to exempt infant formulas and WIC-eligible nutritionals is provided during the Maryland WIC Program's CPA Training (see Policy and Procedure 7.66).
2. A nutrition history shall be taken on each WIC applicant during certification to obtain pertinent information such as typical eating pattern, food allergies, food preferences, availability of a safe water supply, access to refrigeration, etc. This information shall be used to tailor the food package to an individual participant's needs.
3. Local agency staff shall determine which food package is appropriate to prescribe by choosing from the list of packages available. Staff are encouraged to tailor food packages to participant preferences and needs by determining the types and amounts of milk, cheese, and yogurt each participant prefers and choosing packages that do not contain foods to which the participant is allergic. A food package cannot be prescribed for more than the maximum allowed quantity, nor can a quantity that is less than the maximum be specified for all categories of participants (blanket tailoring).

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<sup>1</sup> A **health care provider (HCP)** is defined as a practitioner with prescriptive authority, i.e., physician, certified nurse practitioner, or physician's assistant.

#### 4. Breastfeeding Dyads

The food benefits for a lactating participant are dependent on the benefit provided to the respective infant. Thus, the breastfeeding dyad must be considered together when assigning the benefits for each.

##### a. Breastfed Infants

- i. An infant whose only milk feeding is breastmilk is fully breastfed and shall receive no infant formula.
- ii. A breastfed infant who is less than one month old and already receiving some supplemental infant formula should be assessed to determine the reason for the supplement. If needed due to a specific breastfeeding complication (see Policy and Procedure 5.09), one can of powdered infant formula (reconstituting not more than a 104 ounces) shall be provided.
- iii. A breastfed infant who is less than one month old and already receiving some supplemental infant formula but does not have a specific breastfeeding complication should be provided breastfeeding support. As a best practice, the exclusive breastfeeding package should be assigned for the breastfeeding dyad, expecting that breastmilk supply will improve with support, eliminating the need for the infant formula supplement. Alternatively, if the caregiver insists on receiving infant formula during the infant's first month of life, they can receive the formula food package for the infant, reduced to provide the amount of formula that most closely matches the amount consumed.

Participants who opt to receive formula for their infants during their infants' first month of life, without a specific breastfeeding complication, will receive smaller food packages for the mothers. Those insisting on formula, with infants consuming 14 oz/day or less, shall have their categories changed after their infants' first month of life to maximize their food benefits.

##### b. Breastfeeding Women

All breastfeeding women who meet the USDA/Maryland WIC definition of breastfeeding should be prescribed a breastfeeding food package as follows:

- i. An enhanced food package for breastfeeding women shall be prescribed to:
  - a) Exclusively breastfeeding women of singleton infants who receive no infant formula from the WIC Program.
  - b) Women partially breastfeeding at least two mostly breastfed infants (receiving up to 14 oz. formula/day per infant, when reconstituted).
  - c) A mother of multiples when at least one infant is exclusively breastfeeding.
  - d) Partially breastfeeding women whose infants are on WIC and receive no infant formula from the WIC Program.
  - e) A food package equal to 1.5 times the enhanced food package for

- breastfeeding women should be prescribed to women exclusively breastfeeding more than one infant.
- ii. Breastfeeding women whose infants are mostly breastfed (receiving up to 14 oz. formula/day, when reconstituted, for their infants) should be prescribed a PG/BPM tailored food package.
  - iii. Women who breastfeed at least once a day and receive more than 14 oz. formula/day (when reconstituted) for their infants should be prescribed a postpartum woman food package (WPP/BPS) if their infants are less than six months old. Those with infants greater than six months old should be prescribed *Breastfeeding Support for Mom*. They do not receive food benefits but remain active WIC participants, receiving the benefit of breastfeeding support.
  - iv. Breastfeeding women who are also pregnant should be issued an enhanced food package for breastfeeding women (BE) if their infants are currently either exclusively or mostly breastfeeding.

See attachment 3.01A for further guidance. **Breastfeeding dyads who receive exclusively breastfeeding food benefits packages should continue to do so for at least the first month of the infant's life.** Any requested food package changes should generally be implemented after that time.

5. Homeless and migrant participants and those with limited refrigeration availability may be prescribed a minimal refrigeration food package.

6. Milk for children  $\geq$  2 years old and women: Children  $\geq$  2 years old and woman participants on the Maryland WIC Program receive 1% or fat-free milk. However, federal WIC regulations allow for whole milk to be given to women and children  $\geq$  2 years old only when prescribed by the HCP as part of Food Package III (see Policy and Procedure 3.00A).

- a. The HCP may authorize the WIC CPA to determine the need for whole milk by checking "Request whole milk for a woman or child" or "WIC professional may determine WIC foods and amounts." on the Maryland WIC Medical Documentation Form, or by indicating the same on a medical prescription.<sup>2</sup> CPA determination of the need for whole milk shall be based on an individual nutrition assessment and consultation with the HCP, as necessary.
- b. Requests for whole milk shall be documented in the participant record under food prescription notes in the WIC management information system. The medical documentation form or food prescription note shall be scanned into the participant's record. The paper copy shall be kept on file at the Local Agency for a minimum of 6 months.

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<sup>2</sup> Medical Documentation Forms from other WIC Programs accepted if the form contains all information listed in P&P 3.02 B.2.a.

- c. Appropriate reasons for issuance of whole milk include the following:
  - i. Underweight;
  - ii. Unintended weight loss in children (< 85% BMI for age before weight loss);
  - iii. Failure to Thrive;
  - iv. Maternal weight loss or inadequate weight gain in the 2<sup>nd</sup> or 3<sup>rd</sup> trimesters;
  - v. Total Maternal weight loss of ≥ 5% of pre-pregnancy weight in the 1<sup>st</sup> trimester.
- d. Participants issued whole milk in Food Package III should be monitored closely to prevent excessive weight gain.

For children ≥ 2 years old and women receiving Food Package IV who are in need of increased calories, the CPA may assign reduced-fat (2%) milk without the need for written authorization from a HCP.

7. Milk for children between 12 months and 2 years of age: One-year old child participants on the Maryland WIC Program receive whole milk. However, federal WIC regulations allow for reduced-fat (2%) milk to be given to a child between 12 months and 2 years of age for whom overweight or obesity is a concern.

- a) For a one-year-old child receiving Food Package III, reduced-fat (2%) milk may be provided if the HCP specifically indicates it on the Maryland WIC Medical Documentation form, or by indicating the same on a medical prescription.<sup>3</sup> A new prescription shall be obtained at each certification/recertification unless the prescription has been written within 60 calendar days of that appointment (see Policy and Procedure 3.03). The HCP may authorize the WIC CPA to determine the need for reduced-fat milk by checking “WIC professional may determine WIC foods and amounts.”
- b) For one-year-old children receiving Food Package IV, the CPA may determine the need for reduced-fat milk without the need for written authorization from the HCP.
- c) CPA determination of the need for reduced-fat milk for one-year-old children in either Food Package III or IV shall be based on an individual nutrition assessment and consultation with the HCP, as necessary, and shall be documented in the participant record.

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<sup>3</sup> Medical Documentation Forms from other WIC Programs accepted if the form contains all information listed in P&P 3.02 B.2.a.

8. Soy beverage and tofu for children: Soy beverage and tofu are available as milk substitutes for child participants as allowed by federal WIC regulations.

- a) For a child ( $\geq 1$  year of age) receiving Food Package III, soy beverage and/or tofu as milk substitutes may be prescribed by the HCP by checking, "Request soy beverage and/or tofu to replace milk for child ( $\geq$  one-year of age)" on the Maryland WIC Medical Documentation form, or by indicating the same on a medical prescription. A new prescription shall be obtained at each certification/recertification unless the prescription has been written within 60 calendar days of that appointment (see Policy and Procedure 3.03). The HCP may authorize the WIC CPA to determine the need for soy beverage and/or tofu by checking "WIC professional may determine WIC foods and amounts."
- b) For children ( $\geq 1$  year of age) receiving Food Package IV, the CPA may determine the need for soy beverage and/or tofu as milk substitutes without the need for written authorization from the HCP.
- c) CPA determination of the need for soy beverage or tofu for children  $\geq 1$  year of age in either Food Package III or IV shall be based on an individual nutrition assessment and consultation with the HCP, as necessary, and shall be documented in the participant record.
- d) Appropriate reasons for issuance of soy products to child participants include the following:
  - i. Milk allergy;
  - ii. Lactose intolerance;
  - iii. Vegetarian, including vegan, diets.

9. Soy beverage and tofu for women: Women may request soy beverage and/or tofu to replace milk in the same manner as they would for kosher milk or lactose-free/lactose-reduced milk, without the need to provide medical documentation or CPA approval.

10. Infant fruit and vegetables for women and children: Children  $\geq 1$  year old and woman participants on the Maryland WIC Program receive monetary benefits for fruits and vegetables. However, federal WIC regulations allow for infant fruits and vegetables to be given to women and children  $\geq 1$  year old in lieu of the fruit and vegetable monetary benefit only when prescribed by the HCP as part of Food Package III (See Policy and Procedure 3.00A.)

- a. A new prescription shall be obtained at each certification/recertification unless the prescription has been written within 60 calendar days of that appointment (See Policy and Procedure 3.03.) The HCP may authorize the WIC CPA to determine the need for infant fruits and vegetables by checking "Request infant fruits and vegetables for a woman or child" or "WIC professional may determine WIC foods and amounts." on the



Maryland WIC Medical Documentation Form Attachment 3.02E, or by indicating the same on a medical prescription.<sup>4</sup> CPA determination of the need for infant fruits and vegetables, in lieu of the fruit and vegetable monetary benefit, shall be based on an individual nutrition assessment and consultation with the HCP, as necessary.

b. The request for infant fruits and vegetables shall be documented in the food prescription note screen in the WIC management information system. The medical documentation form or food prescription note shall be scanned into the participant's record. The paper copy shall be kept on file at the Local Agency for a minimum of 6 months.

c. Appropriate reasons for issuance of infant fruits and vegetables include the following:

- i. Prematurity;
- ii. Dysphagia;
- iii. Developmental Delays;
- iv. Swallowing Disorders.

Attachment:

3.01A Assigning Food Packages to Breastfeeding Dyads

References:

1. 7 CFR 246.10 (c)(1)-(3); (e)(1)-(12)
2. 7 CFR 246 Special Supplemental Nutrition Program for Women, Infants, and Children (WIC): Revisions in the Food Packages - Final Rule, 3/4/14

Revisions:

- 10/07      Removed reference to the State Nutrition Unit being able to create a more customized food package. We have customized food packages by making a large number of choices available via the standard drop-down.
- 10/09      Added statement in Policy section that CPAs may customize packages to provide combinations of formulas and other WIC foods based on prescription from health care provider. Revised 1<sup>st</sup> paragraph in Procedure section pertaining to CPA and CPPA training related to food package prescription. Added statement that whole cow's milk may be provided to children over age two with a health care provider's request and verification by the CPA of specific growth issues. Specified required documentation by the CPA of the whole cow's milk request prior to issuance.
- 01/10      Updated to allow whole milk for women with medical justification. Revised attachments 3.01A, 3.01B & 3.00E to include whole milk packages for women and to reflect the increased monetary value of FVB to \$10.00.

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<sup>4</sup> Medical Documentation Forms from other WIC Programs accepted if the form contains all information listed in P&P 3.02 B.2.a.

- 10/10 B.1. Changed WIC WISE 1 to WIC WISE training and Nutrition Services Coordinator to Training Services Coordinator. Attachment 3.01A. Changed title to Food Packages for Exclusively Breastfeeding Women (BE), Women Breastfeeding Mostly (at least 2 infants), and Women Pregnant with Multiples. Attachments 3.01A-F. Changed food item descriptors from lactose-reduced to lactose-reduced/free milk.
- 01/11 Revised section B (6) of policy to include required procedures for issuance of soy products. Updated attachments 3.01 A-F to include options for soy beverage and tofu food package combinations.
- 10/11 Updated attachments 3.01A-F to include kosher cheese/soy food package options. Also added WPP Lactose-Reduced, (2.5 Gal) 1 # Cheese package.
- 10/12 Revised attachments 3.01A-E: Added new, customizable packages that eliminate quart-size containers by providing an additional half gallon of milk every other month.
- 10/14 A. Policy: Added reference to Policy and Procedure 3.02. Changed Certification Policy and Procedure 2.01 to Policy and Procedure 7.60.  
 B. Procedure: Changed “medical foods” to “WIC-eligible nutritionals.” Changed CPA Training to New CPA Training; deleted direction to contact Training Center to enroll staff in this training and replaced with reference to Policy and Procedure 7.60. Updated to allow reduced milk (2%) milk for a one-year-old child, in accordance with federal WIC regulations. Updated to allow CPA determination of the need for whole milk for a woman or child  $\geq 2$  years old, reduced-fat (2%) milk for a one-year-old child, or soy beverage and/or tofu for children  $\geq 1$  year of age, when allowed by federal WIC regulations, based on an individual nutrition assessment and consultation with the health care provider as necessary. Deleted B.8 and added it to Policy and Procedure 6.01A under Client Services. Revised attachments 3.01C& 3.01D to reflect the increased monetary value of children’s FVC to \$8.00. Updated References.
- 06/15 Clarified the procedure for issuing supplemental foods in Food Package III and to reflect the language in the revised Maryland WIC Medical Documentation Form. Added a section on the option of replacing the fruit and vegetable benefit with infant fruits and vegetables for participants receiving Food Package III, when allowed by federal WIC regulations, based on an individual nutrition assessment and consultation with the health care provider. Appropriate reasons were listed for infant foods for women and children including prematurity; dysphagia; developmental delays and swallowing disorders.
- 10/15 3.01 Added that requests for whole milk and/or infant fruits and vegetables

in Food Package III shall be scanned in the MIS system and the original request shall be kept on file at the Local Agency for a minimum of six months. Stipulated that all whole milk and or infant fruit and vegetable requests shall also be documented in the participant's record under food prescription notes. Added unintended weight loss in children (< 85% BMI for age before weight loss); maternal weight loss or inadequate weight gain in the 2nd or 3rd trimesters; and replaced "maternal weight loss during pregnancy" with total maternal weight loss of  $\geq 5\%$  of pre-pregnancy weight in the 1st trimester as indications for whole milk in Food Package III. Added guidance that participants issued whole milk should be monitored closely to prevent excessive weight gain. Vegetarian diet was added as an indication for issuing a soy beverage and/or tofu. 3.01 A, B, C, D, E & F. Tables were reordered so that the standard food package was listed first. Added "Examples of" to the title and an \* to "Please contact the Nutrition Services Unit for questions on food packages". The cash value benefit amounts for women were updated to reflect the change from \$10.00 to \$11.00. Breastfeeding Exclusively with Multiples cash value benefit amounts were updated to reflect the odd/even packages that alternate between \$16.00 and \$17.00.

- 6/17 Updated policy based on eWIC terminology. Attachment 3.01 A – F removed as they reflect food packages on paper checks not electronic benefits.
- 10/18 Updated policy to include yogurt. Removed and/or cheese from 7.a. soy beverage and/or tofu replace milk only.
- 07/20 Clarified language for whole and 2% milk issuance. Added Medical Documentation Forms from other WIC Programs accepted if the form contains all information listed in P&P 3.02 B.2.a.
- 07/23 Moved assigning food packages for breastfeeding dyads section from policy 5.09 to 3.01. Moved attachment 5.09B and renamed 3.01A.

### Assigning Food Packages to Breastfeeding Dyads

**Table 1. Breastfeeding Food Packages – Infants Age Birth through 3 Months**

Amount of Breastfeeding	Category		Amount of Formula during 1 <sup>st</sup> month of life	Food Package	
	Infant	Woman		Infant	Woman
Exclusive	IBE	BE	None	IBE	BE
Mostly	IBP	BP	None	IBE 1 <sup>st</sup> month of life IBP Mostly* subsequent pkg when baby >4 wks old	BE 1 <sup>st</sup> month of life PG/BPM subsequent pkg when baby > 4 wks old
Mostly	IBP	BP	1 can (reconstituting to ≤ 104 oz.) for medical reason**	IBP Mostly*	PG/BPM
Some	IBP	BP	Tailored Amount	IFF (IBP Some)*	WPP/BPS

**The Maryland WIC Program strongly endorses exclusive breastfeeding** as the optimal method of infant feeding unless medically contraindicated. In order to facilitate exclusive breastfeeding, it is recommended as “**best practice**” for local agencies to follow up with all breastfeeding participants (exclusive, mostly, and some) during the first month of life to assess how well breastfeeding is going, provide breastfeeding support and adjust food packages as appropriate.

\*Formula supplement shall be tailored to the least amount needed and not routinely set at the maximum. For IBE and IBP Mostly, it shall be limited to 1 can (reconstituting to ≤ 104 oz) if provided in the first month of life for a medical reason.

**\*\*Medical reasons that may justify issuance of 1 can of formula during 1<sup>st</sup> month of life with CPA approval**

- BE, or BP-Mostly with underdeveloped glandular breast tissue or breast surgery with incisions near the nipple
- Premature infant receiving breast milk mixed with formula powder to increase calories
- Infant with inborn error of metabolism requiring a limitation in the daily amount of breastfeeding – refer to Policy and Procedure 3.06: Medicaid Payment for Exempt (“Special”) Infant Formula and Medical Foods

- Infant with weak or ineffective suck
- Infant with difficulty latching onto the breast
- Infant with Down syndrome or other neurological disorder that affects breastfeeding
- Infant with cleft lip/palate or other congenital condition that affects breastfeeding

**Table 2. Breastfeeding Multiple Infants\***

	Amount of Breastfeeding	Category		Food Package	
		Infant	Woman	Infant	Woman
Baby 1	Exclusive	IBE	BE	IBE	BEM**
Baby 2	Exclusive	IBE		IBE	
Baby 1	Exclusive	IBE	BE	IBE	BE
Baby 2	Mostly	IBP		IBP Mostly***	
Baby 1	Exclusive	IBE	BE	IBE	BE
Baby 2	Some	IBP		IFF/IBP Some	
Baby 1	Mostly	IBP	BP	IBP Mostly***	BE
Baby 2	Mostly	IBP		IBP Mostly***	
Baby 1	Mostly	IBP	BP	IBP Mostly***	PG/BPM
Baby 2	Some	IBP		IFF/IBP Some	
Baby 1	Some	IBP	BP	IFF/IBP Some	WPP/BPS
Baby 2	Some	IBP		IFF/IBP Some	

\*Assumes two infants. There are no regulations addressing the actual number of infants, such as triplets.

\*\* 1.5 times the BE food package

\*\*\*Partially breastfeeding food package begins at one month postpartum unless medical exception met (see page 1). Refer to Table 1, Breastfeeding Food Packages – Infants Age Birth through 3 Months.

### Breastfeeding While Pregnant

Women who are breastfeeding an infant during a subsequent pregnancy may be entitled to get a larger food package. Table 3 shows the food packages that pregnant women may receive if they are breastfeeding during a subsequent pregnancy.

**Table 3. Breastfeeding While Pregnant**

Amount of Breastfeeding	Category		Food Package	
	Infant	Woman	Infant	Woman
Exclusive	IBE	PG	IBE	BE
Mostly	IBP	PG	IBP Mostly	BE
Some	IBP	PG	IFF/IBP Some	PG

**MARYLAND DEPARTMENT OF HEALTH  
WIC PROGRAM  
POLICY AND PROCEDURE MANUAL**

**Policy and Procedure Number: 3.02  
Effective Date: July 15, 1998  
Revised Date: July 31, 2023**

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**SECTION: FOOD PACKAGES**

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**SUBJECT: Provision of Formulas for Infants**

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**A. Policy**

**1. Authorized Infant Formulas:**

Federal Regulations require that all WIC authorized infant formulas must:

- a. meet **the definition** for an infant formula as stated in the Federal Food, Drug, and Cosmetic Act;
- b. meet **the requirements** for an infant formula under the Federal Food, Drug and Cosmetic Act;
- c. meet **the requirements** for an infant formula under the 7 Code of Federal Regulations, Chapter Two, Part 246:
  - i. provide at least 1.5 mg iron/100 kilocalories (10 mg iron per liter) at standard dilution.
  - ii. provide at least 20 kilocalories per fluid ounce (67 kilocalories per 100 milliliters) at standard dilution.
  - iii. not require the addition of any ingredients other than water prior to being served in a liquid state.

**2. Unauthorized Infant Formulas:**

The following formulas are not Maryland WIC authorized and shall not be provided to Maryland WIC participants:

- a. Non-contract infant formulas, i.e., Enfamil Newborn, Enfamil Infant, Enfamil Prosobee, Enfamil Gentlese, Gerber Good Start Soy, Gerber Good Start Gentle, Gerber Good Start Soothe and private label infant formulas.
- b. Low-calorie infant formulas.
- c. Cow's milk or Goat's milk.



- d. Formulas designed for less than one month's use, as per manufacturer guidelines.
- e. Modular products, e.g., Beneprotein, Duocal, Polycal, Resource Thicken-Up.

**3. Contract Infant Formula:**

Contract infant formula means all infant formulas produced by the manufacturer awarded the infant formula cost containment contract. Federal WIC Regulations require that all WIC programs have a cost-containment contract for milk-based and soy-based infant formulas.

**The contract formulas in Maryland are:**

	Type	Forms	WIC Size
<b>Similac Advance</b> <i>Abbott Nutrition</i>	Milk-protein based	Powder	12.4 oz.
		Concentrate	13 fl. oz.
		Ready-to-Feed*	32 fl. oz.
<b>Similac Sensitive</b> <i>Abbott Nutrition</i>	Milk-protein based Lactose-reduced	Powder	12.5 oz.
		Concentrate	N/A
		Ready-to-Feed*	32 fl. oz.
<b>Similac Total Comfort</b> <i>Abbott Nutrition</i>	Milk-protein as whey protein hydrolysate Lactose-reduced	Powder	12.6 oz.
		Concentrate	N/A
		Ready-to-Feed*	N/A
<b>Similac Soy Isomil</b> <i>Abbott Nutrition</i>	Soy-protein based Milk-free Lactose-free	Powder	12.4 oz.
		Concentrate	13 fl. oz.
		Ready-to-Feed*	32 fl. oz.

\*Ready-to-feed is only issued in rare circumstances, please see 5b and c, below.

**4. Exempt Infant Formulas:**

An exempt infant formula is an infant formula that is not eligible for the cost-containment contract but may be authorized by Maryland WIC. These formulas are designed for specific medical conditions. Exempt infant formulas shall only be issued when prescribed by a Health Care Provider (HCP) on the Maryland WIC Medical Documentation Form or prescription note for a specific qualifying medical condition (please see 7a and b)<sup>1</sup> **All requests are subject to CPA approval.**

- a. Exempt Infant Formulas must meet the requirements and regulations for an exempt infant formula under the Federal Food, Drug and Cosmetic Act.
- b. Exempt infant formulas shall only be issued as part of **Food Package III** to infants with **documented qualifying medical conditions** (see 7a for qualifying conditions).

<sup>1</sup> Medical Documentation Forms from other WIC Programs accepted if the form contains all information listed in B.2.a.

- c. The following are **EXAMPLES of Maryland WIC Authorized Exempt-Infant Formulas** and are not inclusive of all the exempt infant formulas that are currently authorized. Please contact the State Nutrition and Breastfeeding Services Unit with questions.

1. Alfamino Infant
2. Alimentum
3. EleCare for Infants
4. EleCare Junior
5. EnfaCare
6. Enfamil 24
7. Enfamil AR
8. Enfamil Premature 20, 24, and 30 Cal
9. EnfaPort
10. Gerber Extensive HA
11. Neocate Infant
12. Neocate Junior
13. NeoSure
14. Nutramigen
15. Pregestimil
16. PurAmino
17. Similac 60:40
18. Similac Special Care High Protein 24
19. Similac Special Care with Iron 20, 24, and 30

#### **5. Quantities and Types:**

- a. Federal WIC Regulations define the maximum monthly allowance (MMA) as the maximum amount of infant formula WIC shall provide based on the infant's age and category (see Attachment 3.02B for the Maximum Monthly Allowances). The type of infant formula (concentrate, powder, or ready-to-feed) must conform to Federal WIC Regulations for Food Packages I, II and III (see Policy and Procedure 3.00 A).
- b. WIC Regulations state that breastfed infants who receive supplemental infant formula, shall receive powdered formula, when available. These regulations also require that breastfed infants receiving infant formula receive quantities tailored to the amount that most closely meets what is consumed when the reconstituted MMA exceeds this volume.
- c. WIC Regulations state that ready-to-feed (RTF) formula may be authorized only by a CPA after consultation with health care provider. The CPA shall be responsible for making the determination that RTF is appropriate and documenting the rationale for issuing RTF formula in the participant's record under the Food Prescription Notes screen.

1. One of the following conditions must be met and documented on a medical documentation form to issue RTF:

- i. the formula is only available in the RTF form;
- ii. caregivers have an unsanitary or restricted water supply;
- iii. there is poor refrigeration; or
- iv. the caregiver may have difficulty in correctly diluting concentrated liquid or powdered formula.

## **6. Qualifying Conditions for Food Package III for Infants**

Infants issued Food Package III must have a documented qualifying condition as determined by a HCP. Food Package III shall only be issued to infants authorized to receive an exempt infant formula because the use of contract formula is precluded, restricted, or inadequate to address their special nutritional needs. **All requests are subject to approval by the CPA.**

### **a. Qualifying conditions include, but are not limited to:**

- i. premature birth;
- ii. low birth weight;
- iii. failure to thrive;
- iv. inborn errors of metabolism;
- v. gastrointestinal disorders;
- vi. malabsorptive syndromes;
- vii. immune system disorders;
- viii. severe food allergies that require elemental formulas;
- ix. life threatening disorders, diseases and medical conditions that impair ingestion, digestion, absorption or the utilization of nutrients that could adversely affect the participant's nutritional status.

### **b. Federal Regulations prohibit the issuance of exempt infant formulas for **non-qualifying medical conditions. Food Package III shall NOT be issued to infants whose only condition is:****

- i. a diagnosed formula intolerance or food allergy to lactose, sucrose, milk protein or soy protein that does not require the use of an exempt infant formula;
- ii. non-specific formula or food intolerance;
- iii. non-specific symptoms or conditions such as intolerance, constipation, gas, fussiness, colic or spit-up.

## **B. Procedure**

### **1. Issuing Contract Formulas (Food Package I and II)**

Either the milk or soy based contract formula shall be provided unless medically contraindicated. Similac Soy Isomil may be provided as an alternative to Similac Advance when a vegetarian product, a lactose-free product, or a milk protein-free product is requested. Policy and Procedure 3.01 shall be followed when choosing the

optimal formula food package.

- a. The maximum monthly allowance (MMA) of formula shall be provided in the food package for all non-breastfeeding infants (see attachment 3.02B for the Maximum Monthly Allowance by age and category).
- b. Partially breastfed infants shall be given powdered formula (when available) at a volume that at least meets and most closely matches the volume of infant formula consumed, up to the MMA per WIC regulations.
- c. The justification for ready-to-feed formula shall be documented by the CPA in the Food Prescription Notes screen in comment section.

**2. Issuing Exempt Infant Formulas (Food Package III)**

Written or faxed documentation by a HCP for the request must be provided on the Maryland WIC Medical Documentation Form or on a prescription note.<sup>2</sup>

A new prescription shall be obtained at each certification/recertification unless the prescription has been written within 60 calendar days of that appointment. Policy and Procedure 3.01 shall be followed when choosing the optimal formula food package. **All Exempt Infant Formula requests are subject to approval by the Local Agency CPA.**

- a. At minimum, the following information **must be included** on the medical documentation form or prescription note:

<b>Section One</b>	The name of the participant
	The birth date of the participant
<b>Section Two</b>	The medical diagnosis warranting the requested formula
	The brand name of the formula prescribed
	Calorie level needed, if other than the standard dilution
	Quantity requested per day, if less than the MMA
	Duration the formula is medically required
<b>Section Three</b>	WIC food requests or restrictions or HCP authorization to allow the WIC CPA to determine the appropriate supplemental foods
<b>Section Four</b>	Date of prescription
	Signature or signature stamp of the HCP and their credentials.

- b. The following information **may be included** on the medical documentation form or prescription note;

<b>Section One</b>	Weight and date measured
	Length/Height and date measured
	Hemoglobin/Hematocrit and date measured

<sup>2</sup> Medical Documentation Forms from other WIC Programs accepted if the form contains all information listed in B.2.a.

<b>Section Two</b>	The symptoms experienced by the infant related to the medical diagnosis
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- c. The CPA may not issue the exempt infant formula for longer than the duration requested by the HCP. If required by policy or deemed appropriate by the CPA's nutrition assessment, the CPA may require the HCP to reassess the medical necessity of the formula sooner than the requested duration on the Medical Documentation Form or food prescription note.
- d. The maximum monthly allowance of formula (determined by age of infant) shall be provided in the food package for all non-breastfeeding infants. Partially breastfed infants shall be given powdered formula at a volume that at least meets and most closely matches the volume of infant formula consumed, up to the maximum monthly allowance per WIC regulations.
  - i. A breastfed infant who is less than one month old and is already receiving some supplemental infant formula should be assessed to determine the reason for the supplement. If needed due to a specific breastfeeding complication, one can of powdered infant formula, (reconstituting to not more than 104 oz.), can be prescribed. Qualifying infants must meet the criteria in Policy and Procedure 5.09.
  - ii. A breastfed infant who is less than one month old and already receiving some supplemental infant formula but does not have a specific breastfeeding complication should be provided breastfeeding support. The goal is to focus on building up the milk supply, so no supplement is necessary. As a best practice, the local agency will provide three months of the exclusive breastfeeding food package, expecting that the milk supply will improve and support the infant's needs. Alternatively, if receiving formula during the infant's first month of life is insisted upon, then the formula food package shall be **reduced to provide the amount of formula that most closely matches the amount consumed.**

**3. Food Package III Assignment**

Policy and Procedure 3.01 shall be followed when choosing the optimal formula food package. **All Exempt Infant Formula requests are subject to approval by the Local Agency CPA.**

**4. Incomplete Medical Documentation:**

Formula shall not be issued until all required information is obtained and documented.

- a. If the prescription is **only missing the duration requested** and the HCP is unavailable, one month's allotment may be provided until the length of time is obtained from the HCP and documented in the comment section of the Food Prescription Note.

- b. **If the WIC Food Restrictions/Requests section is incomplete** on the Medical

Documentation Form or not specified on the prescription note a “formula only” package shall be issued at 6 months of age. If the participant is in a women or child category, the WIC eligible nutritional shall be the only item provided in the food package until confirmation from the HCP can be obtained. Authorization for infant foods must be documented before benefits for infant foods can be issued.

- c. **If the written prescription is missing other required information or requires further clarification from the HCP (e.g., medical diagnosis)** – and obtaining a new, written prescription would cause undue hardship to the participant or delay in the provision of formula that would place the participant at nutritional risk – **documentation of a phone contact with the HCP or HCP’s office staff will suffice.** Documentation of the phone contact must include: the name of the CPA making the call; name of the HCP; name of the person providing the information (if not speaking directly with the HCP); date of the phone call; and all the required information about the formula.

#### **5. Issuing Non-Contract Infant Formula:**

In rare instances, non-contract infant formulas may be issued through the State Nutrition and Breastfeeding Services Unit with medical documentation from the HCP, either on the Maryland WIC Medical Documentation form or prescription note with a medical diagnosis that warrants the need for a non-contract formula.<sup>3</sup>

Non-contract formulas may only be issued when a contract formula would place the infant at medical risk because of a diagnosed medical condition. Requests require the same information as listed in Procedure 2.a and are subject to approval by a State Nutritionist.

#### **6. Documentation of Formula Requests in the Participant Record:**

- a. Prior to issuance, the CPA shall:
  - i. evaluate, pend, approve and authorize, or not approve, all requests for products other than the contract infant formulas;
  - ii. notify the HCP when any modifications to original requests are made, if appropriate.
- b. All Medical Documentation Forms or food prescription notes shall be scanned into the management information system and documented by the CPA in the Food Prescription Note screen at the time of issuance.
- c. The name of the CPA who evaluated the need for the formula and authorized its issuance must be documented in the Food Prescription Note screen of the management information system.
- d. The paper documentation (Medical Documentation Form or food prescription note) shall be kept on file at the local agency for a minimum of six months.

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<sup>3</sup> Medical Documentation Forms from other WIC Programs accepted if the form contains all information listed in B.2.a.

Attachment(s):

- 3.02A Standard Dilution Rates and Calorie Levels for Select Infant Formulas
- 3.02B Maximum Monthly Allowance of Infant Formulas by Category and Age
- 3.02C Maryland WIC Medical Documentation Form

References:

1. Federal Drug Administration. (1986) Federal Food, Drug, and Cosmetic Act, Amended, 21 U.S.C. 321(z); Section 201(z)
2. Federal Drug Administration. (1986) Federal Food, Drug and Cosmetic Act, Section 412, as amended (21 U.S.C. 350a) and the regulations at 21 CFR parts 106 and 107;
3. USDA (1-1-2015) 7 Code of Federal Regulations, Chapter ii, Special Supplemental Nutrition Program for Women, Infants, and Children.
4. USDA, Food and Nutrition Services (3-14-2014) 7 CFR 246 Special Supplemental Nutrition Program for Women, Infants, and Children (WIC): Revisions in the Food Packages - Final Rule.
5. Abbott Nutrition for Health Care Professionals. Similac Advance 20. Accessed March 22, 2016 <http://abbottnutrition.com/brands/products/similac-advance-20>
6. Nestle for Medical Professionals. Gerber Good Start Soy. March 22, 2016. <http://medical.gerber.com/products/formulas/good-start-soy>

Revisions:

- 06/17 Updated policy based on eWIC terminology.
- 02/19 Revised section A.3. to reflect the current soy contract infant formula, Similac Soy Isomil and change in container size.  
Revised 3.02C to clarify section 3: soy beverage and/or tofu can only replace milk and WIC foods and amounts without changes to the standard food package.  
Revised section 4 to expand examples of Health Care Providers with prescriptive authority. Revised page 2 to correct amounts of milk and cheese in Core food packages, added pasta and yogurt and \$4 cash value benefit option for infants 9 – 11 months. Update child cash value benefit to \$9.
- 11/20 Similac Sensitive and Total Comfort were moved to the contract formula table due to reformulation to 20 cal/oz. Added Medical Documentation forms from other WIC Programs accepted if the form contains all information listed in B.2.a. Updated 3.02C Section 3 Whole milk for a woman/child >2 years. (May only be issued with a formula/WIC-eligible nutritional).
- 10/21 Added clarification under Types and Quantities that breastfed infants must receive the powder form of infant formula and it must be tailored to the amount consumed. Added clarification on issuance of supplemental formula to partially breastfed infants. Added common diagnosis to Section 2 of 3.02C Page 1.
- 02/23 Removed A.4. Special Issue Contract Formulas and all references in the policy to special issue contract formulas as a result of Abbott Nutrition discontinuing

production of Similac for Spit-Up. Clarified language related to issuing RTF formulas.

07/23

Removed Similac for Spit Up on Attachment 3.02A as this product was discontinued.



## Standard Dilutions and Calorie Levels for Select WIC Authorized Infant Formulas

The products listed in this table are select examples of Maryland WIC Authorized infant formulas. This list is not inclusive of all products or forms of products authorized. Please contact the state office with questions regarding authorized formulas. All Infant Formula Requests are subject to Local Agency CPA approval.

- **Calorie Level at Standard Dilution:** is the reconstituted calorie level per fluid ounce as stated in the manufacturer instructions for powder and liquid concentrate forms of infant formula. Any variation from the standard dilution must be under the supervision of the participant's Health Care Provider.
- **Standard Calorie Level:** is the calorie level per fluid ounce for ready-to-feed formulas. Ready-to-feed formulas should NEVER be diluted with water.

<b>Key:</b>	PWD: Powder	LCN: Liquid Concentrate	RTF: Ready-to-Feed
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<b>Calorie Level at Standard Dilution for Select Powder and Liquid Concentrate Infant Formulas</b>		
<b>Product Name</b>	<b>Form</b>	<b>Calorie Level at Standard Dilution</b>
Alfamino Infant	PWD	20 kcal/fl. oz.
Alimentum	PWD	20 kcal/fl. oz.
EleCare for Infants	PWD	20 kcal/fl. oz.
EleCare Junior	PWD	30 kcal/fl. oz.
Enfamil NeuroPro EnfaCare	PWD	22 kcal/fl. oz.
Gerber Extensive HA	PWD	20 kcal/fl. oz.
Gerber Good Start Soy	PWD, LCN	20 kcal/fl. oz.
Neocate Infant	PWD	20 kcal/fl. oz.
Neocate Junior	PWD	30 kcal/fl. oz.
NeoSure	PWD	22 kcal/fl. oz.
Nutramigen	PWD, LCN	20 kcal/fl. oz.
Pregestimil	PWD	20 kcal/fl. oz.
PurAmino Infant	PWD	20 kcal/fl. oz.
Similac Advance	PWD, LCN	20 kcal/fl. oz.
Similac Sensitive	PWD	20 kcal/fl. oz.
Similac Total Comfort	PWD	20 kcal/fl. oz.

**Standard Dilutions and Calorie Levels for Select WIC Authorized Infant Formulas**

<b>Calorie Level of Select Ready-to-Feed Infant Formulas</b>		
<b>Product Name</b>	<b>Form</b>	<b>Standard Calorie Level</b>
Alimentum	RTF	20 kcal/fl. oz.
Enfamil NeuroPro EnfaCare	RTF	22 kcal/fl. oz.
Enfamil 24	RTF	24 kcal/fl. oz.
Enfamil Premature High Protein 24 Cal	RTF	24 kcal/fl. oz.
Enfamil Premature 20 Cal	RTF	20 kcal/fl. oz.
Enfamil Premature 24 Cal	RTF	24 kcal/fl. oz.
Enfamil Premature 30 Cal	RTF	30 kcal/fl. oz.
Gerber Good Start Soy	RTF	20 kcal/fl. oz.
NeoSure	RTF	22 kcal/fl. oz.
Nutramigen	RTF	20 kcal/fl. oz.
Pregestimil	RTF	20 kcal/fl. oz.
		24 kcal/fl. oz.
Similac Advance	RTF	20 kcal/fl. oz.
Similac Sensitive	RTF	20 kcal/fl. oz.
Similac Special Care High Protein 24	RTF	24 kcal/fl. oz.
Similac Special Care with iron 20	RTF	20 kcal/fl. oz.
Similac Special Care with iron 24	RTF	24 kcal/fl. oz.
Similac Special Care with iron 30	RTF	30 kcal/fl. oz.
Similac Total Comfort	RTF	20 kcal/fl. oz.

**Maximum Monthly Allowance (MMA) for Infants by Category and Age**

The maximum monthly allowance (MMA) of formula shall be provided in the food package (I, II or III) for all non-breastfeeding infants. Partially breastfed infants shall be given powdered formula at a volume that at least meets and most closely matches the volume of infant formula consumed, up to the MMA per Federal WIC regulations. The amount of formula actually received by the participant is dependent on their age, breastfeeding status and the type, form and reconstitution rate of the infant formula prescribed.

<b>MMA for Powdered Formula in Reconstituted Fluid Ounces</b>					
		<b>Age in Months</b>			
		<b>&lt; 1</b>	<b>1-3</b>	<b>4-5</b>	<b>6-11</b>
<b>Category</b>	<b>Infants Breastfeeding Mostly</b>	NA*	435 fl. oz.	522 fl. oz.	384 fl. oz. with infant foods
	<b>Infants Breastfeeding Some</b>	870 fl. oz.	870 fl. oz.	960 fl. oz.	696 fl. oz. with infant foods
	<b>Infants Formula Fed</b>	870 fl. oz.	870 fl. oz.	960 fl. oz.	696 fl. oz. with infant foods

\* Please see Policy and Procedure 5.09 for information on issuing formula to breastfed infants in the first month of life

<b>MMA for Liquid Concentrated Formula in Reconstituted Fluid Ounces</b>					
		<b>Age in Months</b>			
		<b>&lt; 1</b>	<b>1-3</b>	<b>4-5</b>	<b>6-11</b>
<b>Category</b>	<b>Infants Breastfeeding Mostly</b>	NA			
	<b>Infants Breastfeeding Some</b>				
	<b>Infants Formula Fed</b>	823 fl. oz.	823 fl. oz.	896 fl. oz.	630 fl. oz. with infant foods

<b>MMA for Ready-to-Feed Formula in Fluid Ounces</b>					
		<b>Age in Months</b>			
		<b>&lt; 1</b>	<b>1-3</b>	<b>4-5</b>	<b>6-11</b>
<b>Category</b>	<b>Infants Breastfeeding Mostly</b>	NA			
	<b>Infants Breastfeeding Some</b>				
	<b>Infants Formula Fed</b>	832 fl. oz.	832 fl. oz.	913 fl. oz.	643 fl. oz. with infant foods

WIC Fax: \_\_\_\_\_  
 Date Form Expires: \_\_\_\_\_



**Medical Documentation Form: Sections 1-4 MUST be completed.**

Infants not exclusively breastfed are provided Similac Advance, Similac Sensitive, Similac Total Comfort or Similac Soy Isomil. This form is federally required to request an exempt infant formula/WIC-eligible nutritional for qualifying medical conditions. All requests are subject to WIC approval. Please contact the Local WIC clinic (see back of form) or the State WIC Office at 1-800-242-4942 with any questions.

**1) REQUIRED: Patient Information**

Patient Name: \_\_\_\_\_ Patient DOB: \_\_\_\_\_

Parent/Guardian: \_\_\_\_\_

Participant Medical Data (optional):	Weight:	Length/height:	Hgb: Hct:
Date Measured:	_____	_____	_____

**2) REQUIRED: Exempt Infant Formula/WIC-Eligible Nutritional Request**

- Low Birth Weight   
  Prematurity (weeks gestation \_\_\_\_\_)   
  Food Allergies (specify below)  
 Failure to Thrive   
  Cow's Milk Protein Allergy   
  Oral Motor Feeding problems (specify below)  
 Malabsorption   
  Cow's Milk Protein Intolerance   
  Genetic Metabolic Condition (specify below)

Other diagnosis: (no ICD codes) \_\_\_\_\_ Symptoms: \_\_\_\_\_

Product Requested: \_\_\_\_\_ Amount per day: \_\_\_\_\_

Calorie Level:  Standard dilution  Other: \_\_\_\_\_

Duration:  1 month     3 months     6 months     12 months     Other \_\_\_\_\_

**3) REQUIRED: WIC Food Requests (Check all that apply)**

- WIC professional may determine WIC foods and amounts.
- Issue formula/WIC-eligible nutritional only.
- Whole milk for a woman/child  $\geq 2$  years. (May **only** be issued **with** a formula/WIC-eligible nutritional.)
- Issue infant fruits and vegetables to a woman or child. (May **only** be issued **with** a formula/WIC-eligible nutritional.)
- Issue soy beverage and/or tofu to replace milk.
- Issue WIC foods and amounts without changes to the standard food package.
- Do NOT issue (comment required): \_\_\_\_\_

**4) REQUIRED: Health Care Provider with Prescriptive Authority:**

(MD, DO, PA, NP/CNP/CRNP/DNP, APN, CNM, CRNA, CNS, MBBS, MBBCh)

Name: (Please print, type or stamp) \_\_\_\_\_

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

Signature and Credentials: \_\_\_\_\_ Date: \_\_\_\_\_

WIC use only:  Approved     Not Approved     Pending

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Comments:

Website: [www.mdwic.org](http://www.mdwic.org). Click on the Health Care Providers section for more information.

WIC Foods - Women and Children may be issued these WIC foods each month:					
WIC Foods	Pregnant <sup>1</sup> or Mostly Breastfeeding Women	Exclusively Breastfeeding Women <sup>2</sup>	Breastfeeding Some Or Non-Breastfeeding Women	Children: 1 year old	Children: 2 - 4 years old
Milk <sup>3</sup>	5.5 gal (1% or fat-free milk)	6.0 gal (1% or fat-free milk)	4.0 gal (1% or fat-free milk)	4.0 gal (whole milk)	4.0 gal (1% or fat-free milk)
Cheese	0	1 lb	0	0	0
Eggs	1 dozen	2 dozen	1 dozen	1 dozen	1 dozen
Beans, peanut butter	1 lb beans AND 18 oz peanut butter	1 lb beans AND 18 oz peanut butter	1 lb beans OR 18 oz peanut butter	1 lb beans	1 lb beans OR 18 oz peanut butter
Cereal	36 oz	36 oz	36 oz	36 oz	36 oz
Bread, rice, tortillas, or pasta	1 lb	1 lb	NA	2 lbs	2 lbs
Vegetables & fruit	\$11.00 benefit	\$11.00 benefit	\$11.00 benefit	\$9.00 benefit	\$9.00 benefit
Fruit juice	144 fl oz	144 fl oz	96 fl oz	128 fl oz	128 fl oz
Canned fish	NA	30 oz	NA	NA	NA
WIC-eligible Nutritionals	Up to 910 fl oz with qualifying documented medical conditions. Subject to WIC professional approval.				

Local Agency	Phone Number
Allegany County	(301) 759-5020
Anne Arundel County	(410) 222-6797
Baltimore City (Health Dept.)	(410) 396-9427
Baltimore City (Johns Hopkins)	(410) 614-4848
Baltimore County	(410) 887-6000
Calvert County	1-877-631-6182
Caroline County	(410) 479-8060
Carroll County	(410) 876-4898
Cecil County	(410) 996-5255
Charles County	(301) 609-6857
Dorchester County	(410) 479-8060
Frederick County	(301) 600-2507
Garrett County	(301) 334-7710
Harford County	(410) 939-6680
Howard County	(410) 313-7510
Kent County	(410) 810-0125
Montgomery County (CCI)	(301) 762-9426
Prince George's County (Health Dept.)	(301) 856-9600
Prince George's County (Greenbelt Area)	(301) 762-9426
Prince George's County (Greater Baden)	(301) 324-1873
Queen Anne's County	(443) 262-4423
Somerset County	(410) 749-2488
St. Mary's County	1-877-631-6182
Talbot County	(410) 479-8060
Washington County	(240) 313-3335
Wicomico County	(410) 749-2488
Worcester County	(410) 749-2488
State WIC Office	1-800-242-4WIC 1-800-242-4942

<sup>1</sup> Women pregnant with multiples; women that are pregnant AND exclusively/mostly breastfeeding receive the "Exclusively Breastfeeding" package.

<sup>2</sup> Women exclusively breastfeeding multiples get 1.5 times the foods listed.

<sup>3</sup> Cheese, yogurt, soy beverage and/or tofu may replace milk within federal guidelines.

Infant Formula and Foods - Infants may be issued these WIC foods each month:					
Exclusively Breastfed:	Age in Months		Meat	Cereal	Fruits/Vegetables
	0 - 5	Mom's Milk	NA	NA	NA
	6 - 8	Mom's Milk	77.5 oz	24 oz	256 oz
	9 - 11	Mom's Milk	77.5 oz	24 oz	256 oz or 128 oz +\$8.00 benefit
Mostly Breastfed:	Age in Months	Formula (as reconstituted from powder)	Cereal	Fruits/Vegetables	
	0 - 1	NA	NA	NA	
	1 - 3	Up to 435 fl oz	NA	NA	
	4 - 5	Up to 522 fl oz	NA	NA	
	6 - 8	Up to 384 fl oz	24 oz	128 oz	
9 - 11	Up to 384 fl oz	24 oz	128 oz or 64 oz +\$4.00 benefit		
Breastfed Some or None:	Age in Months	Formula (as reconstituted from powder)	Cereal	Fruits/Vegetables	
	0 - 3	Up to 870 fl oz	NA	NA	
	4 - 5	Up to 960 fl oz	NA	NA	
	6 - 8	Up to 696 fl oz	24 oz	128 oz	
	9 - 11	Up to 696 fl oz	24 oz	128 oz or 64 oz +\$4.00 benefit	

MARYLAND DEPARTMENT OF HEALTH  
WIC PROGRAM  
POLICY AND PROCEDURE MANUAL

Policy and Procedure Number: 3.03  
Effective Date: October 1, 1995  
Revised Date: July 1, 2020

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SECTION: FOOD PACKAGES

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SUBJECT: Provision of WIC-Eligible Nutritionals for Children and Women

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**A. Policy**

**1. WIC-Eligible Nutritionals:**

Federal WIC regulations define WIC-eligible nutritionals as “products that are specifically formulated to provide nutritional support for individuals with a qualifying condition, when the use of conventional foods is precluded, restricted, or inadequate.”

**WIC-eligible nutritionals must meet the following guidelines;**

- a. Serve the purpose of a food, meal or diet;
- b. May be nutritionally complete or incomplete;
- c. Provide a source of calories and one or more nutrients;
- d. Be designed for enteral digestion via an oral or tube feeding;
- e. May not be a conventional food, drug, flavoring, or enzyme;
- f. Meet the definition of medical food in the Orphan Drug Act.

**2. Authorized WIC-Eligible Nutritionals:**

WIC-eligible nutritionals or infant formulas shall only be issued to women or children when prescribed by a Health Care Provider<sup>1</sup> (HCP) on the Maryland WIC Medical Documentation Form or prescription note for a specific qualifying medical condition (please see 3a) as part of Food Package III.<sup>2</sup> **All requests are subject to Competent Professional Authority<sup>3</sup> (CPA) approval.**

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<sup>1</sup> A Health Care Provider (HCP) is defined as a practitioner with prescriptive authority, i.e., physician, certified nurse practitioner, certified nurse-midwife or physician’s assistant.

<sup>2</sup> Medical Documentation Forms from other WIC Programs accepted if the form contains all information listed in B.1.a.

<sup>3</sup> A WIC Competent Professional Authority (CPA) is defined by federal WIC regulations as a local agency staff member that is authorized to determine nutritional risk, review formula requests, and prescribe supplemental foods.

- a. The following list includes **examples of WIC-eligible nutritionals authorized by Maryland WIC**. This list is not inclusive of all WIC-eligible nutritionals available to Maryland WIC participants. Additionally, when age-appropriate and medically indicated, the formulas authorized for infants (see 3.02) may also be used for women and children. Please contact the State Nutrition and Breastfeeding Services Unit with questions.

1. Alfamino Junior
2. Boost Kid Essentials 1.0, Boost Kid Essentials 1.5 Cal
3. Boost, Boost Plus, Boost High Protein, Boost Breeze
4. Bright Beginnings Soy Pediatric Drink
5. EleCare Junior
6. Enfagrow Next Step
7. Enfagrow Toddler Transitions
8. Ensure, Ensure Plus, Ensure with Fiber, Ensure Clear
9. Gerber Good Start Stage Three
10. Jevity
11. Neocate (EO28) Splash
12. Neocate Junior, Neocate Junior with Prebiotics
13. Neocate Splash
14. Nepro
15. Nutramigen Toddler
16. Nutren
17. Nutren Junior
18. PediaSure with Fiber, PediaSure 1.5 with Fiber
19. PediaSure, PediaSure 1.5 Cal
20. PediaSure Peptide, PediaSure Peptide 1.5 Cal
21. Peptamen
22. Peptamen Junior
23. Portagen Powder
24. PurAmino Toddler
25. Similac Go and Grow
26. Suplena
27. Vivonex Pediatric

### **3. Women and Children Issued Food Package III**

Women and children eligible for Food Package III must have a documented qualifying condition as documented by a HCP on the Maryland WIC Medical Documentation Form or prescription note that requires the use of an infant formula or WIC-eligible nutritional because the use of conventional foods is precluded, restricted, or inadequate to address their special nutritional needs.

<sup>4</sup>

**All Food Package III requests are subject to CPA approval.**

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<sup>4</sup> Medical Documentation Forms from other WIC Programs accepted if the form contains all information listed in B.1.a.

- a. **Qualifying conditions include, but are not limited to:**
  - i. premature birth,
  - ii. low birth weight,
  - iii. failure to thrive,
  - iv. inborn errors of metabolism,
  - v. gastrointestinal disorders,
  - vi. malabsorptive syndromes,
  - vii. immune system disorders,
  - viii. severe food allergies that require elemental formulas,
  - ix. life threatening disorders, diseases and medical conditions that impair ingestion, digestion, absorption or the utilization of nutrients that could adversely affect the participant's nutritional status.
  
- b. Federal Regulations prohibit the issuance of Food Package III for **non-qualifying medical conditions. Food Package III shall NOT be issued** for the purpose of:
  - i. non-specific formula or food intolerance;
  - ii. food intolerance to lactose or milk protein that can be successfully managed with the use of one of the other WIC food packages (e.g., lactose-free milk or soy beverage to replace cow's milk).
  - iii. enhancing nutrient intake or managing body weight without an underlying qualifying condition.

#### 4. Quantity

Federal WIC Regulations define the maximum monthly allowance (MMA) as the maximum amount of WIC-eligible nutritional or infant formula WIC shall provide for a woman or a child in Food Package III. The MMA is 910 fluid ounces per month (approximately 30 fluid ounces per day) for all types of WIC-eligible nutritional or infant formula (concentrate, powder, or ready-to-feed [RTF]) issued to women or children in Food Package III.

## B. Procedure

### 1. Medical Documentation from Health Care Provider

Only a HCP may request a WIC-eligible nutritional or infant formula for women or children. Written or faxed documentation by a HCP for the request must be provided on the Maryland WIC Medical Documentation Form (Policy and Procedure 3.02C) or on a prescription note.

<sup>5</sup>

A new prescription shall be obtained at each certification/recertification unless the prescription has been written within 60 calendar days of that appointment. **All WIC-eligible nutritional/infant formula requests for women and children are subject to CPA approval.**

---

<sup>5</sup> Medical Documentation Forms from other WIC Programs accepted if the form contains all information listed in B.1.a.



- a. At minimum, the following information **must be included** on the medical documentation form or prescription note:

<b>Section One</b>	The name of the participant
	The birth date of the participant
<b>Section Two</b>	The medical diagnosis warranting the requested formula
	The brand name of the formula prescribed
	Calorie level needed, if other than the standard dilution
	Quantity requested, if less than the MMA
	Duration the formula is medically required

<b>Section Three</b>	WIC food requests or restrictions or HCP authorization to allow the WIC CPA to determine the appropriate supplemental foods;
<b>Section Four</b>	Date of prescription
	Signature or signature stamp of the HCP and credentials

- b. The following information **may be included** on the medical documentation form or prescription note:

<b>Section One</b>	Weight and date measured
	Length/Height and date measured
	Hemoglobin/Hematocrit and date measured
<b>Section Two</b>	The symptoms experienced by the child or woman related to the medical diagnosis

## 2. Food Package Assignment

Policy and Procedure 3.01 shall be followed when choosing the optimal food package.

- a. The CPA may not issue the WIC-eligible nutritional or exempt infant formula for longer than the duration requested by the HCP. If required by policy or deemed appropriate by the CPA's nutrition assessment, the CPA may require the HCP to reassess the medical necessity of the formula sooner than the requested duration on the Medical Documentation Form or prescription note.
- b. Quantity of the WIC-eligible nutritional or infant formula provided shall be customized to a volume that at least meets and most closely matches the volume of formula consumed, up to the maximum volume allowed per WIC regulations.
- c. If the prescription authorizes the participant to receive any of the WIC foods along with the prescribed WIC-eligible nutritional or infant formula, a CPA shall customize the food package by selecting a core food package for the participant's category that provides the foods allowed. The formula requested and specific quantity shall be added to the food package. Foods that have not been prescribed shall be zeroed from the customized food package; quantities of foods that exceed what has been prescribed shall be reduced to match the

prescription.

- d. The HCP may authorize the WIC CPA to determine the appropriate supplemental foods and their amounts by checking “WIC professional may determine WIC foods and amounts” on the Medical Documentation Form, or by indicating the same on a prescription note.
- e. When an infant formula is requested for children and women participants, the guidelines for issuance of these formulas shall be followed (see Policy and Procedure 3.02).

### 3. Incomplete Medical Documentation

Formula shall not be issued until all required information is obtained and documented.

- a. If the prescription is **only missing the duration requested** and the HCP is unavailable, one month’s allotment may be provided until the length of time is obtained from HCP and documented in the comment section of the Food Prescription Notes screen.
- b. **If the WIC Food Restrictions/Requests section is incomplete** on the Medical Documentation Form or not specified on the prescription note a “formula only” package must be issued. Authorization for WIC foods must be documented before supplemental WIC foods can be issued.
- c. **If the written prescription is missing other required information (e.g., medical diagnosis)**, and obtaining a new, written prescription would cause undue hardship to the participant or delay in the provision of formula that would place the participant at nutritional risk, **documentation of a phone contact with the health care provider or HCP’s office staff will suffice.** Documentation of the phone contact must include: the name of the CPA making the call to the health care provider; name of the HCP; name of the person providing the information (if not speaking directly with the HCP); date of the phone call; and all the required information about the WIC-eligible nutritional.

### 4. Documentation of Food Package III Requests in the Participant Record

- a. Prior to issuance, the CPA shall:
  - i. evaluate, pend, approve and authorize, or not approve, all requests for products other than the contract infant formulas;
  - ii. notify the HCP when any modifications to original requests are made, if appropriate.
- b. All Medical Documentation Forms or food prescription notes shall be scanned into the management information system and documented by the CPA in the Food Prescription Note screen at the time of issuance.
- c. The name of the CPA who evaluated the need for the formula and authorized its issuance must be documented in the Food Prescription Note screen of the

management information system.

- d. The paper documentation (Medical Documentation Form or food prescription note) shall be kept on file at the local agency for a minimum of six months.

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Attachments:

3.03 A            Standard Dilution Rates and Calorie Levels for Select WIC-Eligible  
                          Nutritionals

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References:

- 1. Section 5(b)(3) of the Orphan Drug Act (21 U.S.C. 360ee(b)(3)).
- 2. 7 CFR 246 Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) Revisions in the Food Packages-Final Rule, 3/04/14

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Revisions:

06/17 Updated policy based on eWIC terminology.

07/20 Added Medical Documentation Forms from other WIC Programs accepted if the form contains all information listed in B.1.a.

### Standard Dilutions and Calorie Levels for Select WIC-Eligible Nutritionals

The products listed in this table are select examples of Maryland WIC Authorized infant formula or WIC-eligible nutritionals. This list is not inclusive of all products or forms of products authorized. Please contact the State WIC office with questions regarding authorized infant formula or WIC-eligible nutritionals. All infant formula or WIC-eligible nutritional requests are subject to Local Agency CPA approval.

- **Calorie Level at Standard Dilution:** is the reconstituted calorie level per fluid ounce as stated in the manufacturer instructions for powder and liquid concentrate forms of infant formula or WIC-eligible nutritional. Any variation from the standard dilution must be under the supervision of the participant's Health Care Provider.
- **Standard Calorie Level:** is the calorie level per fluid ounce for ready-to-feed infant formula or WIC-eligible nutritionals. Ready-to-feed infant formula or WIC-eligible nutritional should NEVER be diluted with water.

<b>Key:</b>	PWD: Powder	LCN: Liquid Concentrate	RTF: Ready-to-Feed
-------------	-------------	-------------------------	--------------------

<b>Calorie Level at Standard Dilution for Select Powder and Liquid Concentrate WIC-Eligible Nutritionals</b>		
<b>Product Name</b>	<b>Form</b>	<b>Calorie Level at Standard Dilution</b>
Alfamino Junior	PWD	30 kcal/fl. oz.
EleCare for Infants	PWD	20 kcal/fl. oz.
EleCare Junior	PWD	30 kcal/fl. oz.
Enfagrow Next Step	PWD	20 kcal/fl. oz.
Enfagrow Toddler Transitions	PWD	20 kcal/fl. oz.
Gerber Good Start Soy, Stage Three	PWD	20 kcal/fl. oz.
Neocate Infant	PWD	20 kcal/fl. oz.
Neocate Junior	PWD	30 kcal/fl. oz.
Neocate Junior with Prebiotics	PWD	30 kcal/fl. oz.
Nutramigen Toddler	PWD	30 kcal/fl. oz.
Pepdite Junior	PWD	30 kcal/fl. oz.
Peptamen	PWD	30 kcal/fl. oz.
Peptamen Junior	PWD	30 kcal/fl. oz.
Portagen	PWD	30 kcal/fl. oz.
PurAmino Infant	PWD	30 kcal/fl. oz.
PurAmino Toddler	PWD	30 kcal/fl. oz.
Similac Go and Grow	PWD	19 kcal/fl. oz.
Vivonex Pediatric	PWD	24 kcal/fl. oz.

**Standard Dilutions and Calorie Levels for Select WIC-Eligible Nutritionals**

<b>Calorie Level of Select Ready-to-Feed WIC-Eligible Nutritionals</b>		
<b>Product Name</b>	<b>Form</b>	<b>Standard Calorie Level</b>
Boost Kid Essentials 1.0 Cal	RTF	30 kcal/fl. oz.
Boost Kid Essentials 1.5 Cal	RTF	45 kcal/fl. oz.
Boost	RTF	30 kcal/fl. oz.
Boost Plus	RTF	45 kcal/fl. oz.
Boost High Protein	RTF	30 kcal/fl. oz.
Boost Breeze	RTF	30 kcal/fl. oz.
Boost Kid Essentials 1.0 Cal	RTF	30 kcal/fl. oz.
Bright Beginnings Soy Pediatric Drink	RTF	30 kcal/fl. oz.
Enfaport	RTF	30 kcal/fl. oz.
Ensure	RTF	30 kcal/fl. oz.
Ensure Plus	RTF	45 kcal/fl. oz.
Ensure with Fiber	RTF	30 kcal/fl. oz.
Ensure Clear	RTF	30 kcal/fl. oz.
Jevity	RTF	30 kcal/fl. oz.
Neocate (EO28) Splash	RTF	30 kcal/fl. oz.
Neocate Splash	RTF	30 kcal/fl. oz.
Nepro	RTF	60 kcal/fl. oz.
Nutren	RTF	30 kcal/fl. oz.
Nutren Junior	RTF	30 kcal/fl. oz.
PediaSure	RTF	30 kcal/fl. oz.
PediaSure 1.5 Cal	RTF	45 kcal/fl. oz.
PediaSure with Fiber	RTF	30 kcal/fl. oz.
PediaSure 1.5 with Fiber	RTF	45 kcal/fl. oz.
PediaSure Peptide	RTF	30 kcal/fl. oz.
PediaSure Peptide 1.5 Cal	RTF	45 kcal/fl. oz.
Pediasure Enteral Formula	RTF	30 kcal/fl. oz.
Pediasure with Fiber Enteral Formula	RTF	30 kcal/fl. oz.
Suplena	RTF	60 kcal/fl. oz.

**MARYLAND DEPARTMENT OF HEALTH  
WIC PROGRAM  
POLICY AND PROCEDURE MANUAL**

**Policy and Procedure Number: 3.04  
Effective Date: October 1, 1995  
Revised Date: August 31, 2021**

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**SECTION: FOOD PACKAGES**

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**SUBJECT: Authorized Foods**

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**A. Policy**

A listing of food types and brand names that meet WIC food package specifications shall be distributed to local agencies for issuance to all participants and caregivers of infant and child participants. This listing, known as the WIC Authorized Foods List, is shown as Attachment 3.04A.

The WIC Authorized Foods List shall be reviewed periodically to ensure that the foods continue to meet the specifications detailed in Attachment 3.04B. In general, to become WIC-authorized, foods must:

1. Meet the specifications detailed in Attachment 3.04B.
2. Be available within the state of Maryland. Priority will be given to foods that are widely distributed throughout the state. Foods available only in a single jurisdiction may be considered to meet a participant or local agency need.
3. Be free of artificial, reduced-calorie, or no-calorie sweeteners.
4. Be available at a reasonable price to maintain cost neutrality of food packages.
5. Allow a variety of choices and consider participant cultural and other food preferences.

**B. Procedure**

The State WIC Nutrition Services Unit will evaluate foods for the WIC Authorized Foods List. A Request for Product Information shall be sent to food manufacturers and vendors and all products that are submitted by the stated deadline will be reviewed.

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-  
Attachments:

- 3.04A Maryland WIC Program Authorized Foods List  
3.04B Specifications for Authorized Foods
- 

-  
References:

1. Federal Regulations, 7 CFR Part 246, Table 4 CFR 246.10(e)(12). Special

Supplemental Nutrition Program for Women, Infants and Children (WIC): Revisions in the WIC Food Packages; Final Rule

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Revisions:

- 10/07 Updated attachments (policy statement) and included American Dietetic Association as a reference due to length.
- 10/09 Removed requirements for printing of Authorized Foods List. Changed period for review of the List from every three years to annually. Revised criteria for determining acceptability of specific foods for inclusion on the List. Updated Attachment 3.04B to reflect revisions to food packages required by the Interim Final Rule. Removed Attachment C. Updated references.
- 10/10 Attachment 3.04A changed to current Authorized Foods List (October 2009 – Revised January 2010)
- 01/11 Attachment 3.04A changed to current Authorized Foods List (January 2011) 3.04B revised specifications to include soy products.
- 10/12 Removed artificial flavorings and colorings from A3. Attachment 3.04A changed to October 2012 Authorized Foods List, updated for purpose of cost containment.
- 10/13 Attachment 3.04A changed to October 2013 Authorized Foods List, updated to clarify food items allowed and not allowed and to assure availability of listed items.
- 10/14 Attachment 3.04A changed to reflect the revisions to food packages required or allowed by the Final Rule (Authorized Foods List October 2014). Several cereals, an additional variety of soy beverage, and a list of specific whole grain breads were included. An educational section was added on how to use infant fruit and vegetable checks to obtain the full nutritional benefit.
- 04/15 Attachment 3.04A changed to current Authorized Foods List (October 2014 – Revised April 2015). Attachment 3.04B updated to allow for the issuance of reduced-fat milk. Super and ultra skim milks were added as non-allowable items. Whole grain bread was added as a substitution for 100% whole wheat bread. White potatoes were deleted as a non-allowable item. Table 4 CFR 246.10(e)(12) was added as a reference.
- 10/15 Reformatted Attachment 3.04B. Removed Colby, Muenster and Provolone as allowed cheeses. Removed “may not be organic” under infant fruits & vegetables and infant meats.

- 6/17 Updated Attachment 3.04B to reflect authorized foods that are included in the Authorized Foods List.
- 10/18 Revised 3.04A based on authorized foods open submission and addition of yogurt and whole wheat/whole grain pasta. Updated 3.04B to include yogurt and whole wheat/whole grain pasta.
- 8/21 Revised 3.04A based on authorized foods open submission and addition of oats and organic products. Updated 3.04B to include oats and organics.





# WIC AUTHORIZED FOODS LIST

EFFECTIVE OCTOBER 2021



BETTER NUTRITION  
BRIGHTER FUTURE



## Shopping List Terms

BAG	-	bag
CAN	-	can
CTR	-	container
DOZ	-	dozen
GAL	-	gallon
HGL	-	half gallon
OZ	-	ounces
PKG	-	package
QT	-	quart
\$\$\$	-	dollars
4PK	-	4 pack
6PK	-	6 pack
8PK	-	8 pack

Nutritious foods like what you get from WIC can help your family be healthy.

Eating the right foods can help babies and children grow and learn better.

### WIC foods include:

- **Fruits and Vegetables** for vitamins and minerals to help your body stay healthy
- **Dairy** products that provide calcium and vitamin D for strong bones
- **Protein** to build muscles and organs
- **Whole grains** for fiber and vitamins
- **Cereal** for iron and other vitamins for healthy blood

### You will still need to buy other foods.

WIC foods are meant to add to what you already buy.

WIC staff can give you referrals for other programs that can help you feed your family.



### WIC fraud prevention is everyone's responsibility!

By following these rules, you help the Maryland WIC program help you and others.

- **DO NOT** sell or give away your WIC foods and benefits.
- **DO NOT** buy or try to buy food items that are not WIC approved with your benefit.
- **DO NOT** return your WIC foods to the store for a refund or store credit.
- **REPORT** stores and other WIC participants that you know are not following the rules to your local WIC agency.

### Download the Maryland WIC app!

To find and download the Maryland WIC mobile app, go to Google Play or the App Store, depending on your type of mobile device.



Use the app to:

- Check your monthly benefits and balances. It is always up to date!
- See what foods are WIC approved. All information from the Authorized Foods List is in the app!
- Scan new foods in the grocery store to see if they are WIC approved.





# INFANT FOODS

---

INFANT CEREAL • INFANT FORMULA  
INFANT FRUITS & VEGETABLES • INFANT MEAT

Choose to breastfeed.  
It is natural, healthy,  
and convenient.



## INFANT FRUITS & VEGETABLES

### BUY:

- 4-ounce containers
  - 2-packs of 2-ounce containers are OK
  - 2-packs of 4-ounce containers are OK
- Plain vegetables or mixed vegetables (example: carrots and sweet potatoes)
- Plain fruit or mixed fruits (example: pears and bananas)
- Mixed fruit and vegetables (example: apples and spinach)
- Organic is OK
- Store brand if available

### Not WIC Approved:

- With DHA
- With added meat, yogurt, cereal, pasta, or rice
- Dinners, desserts, soups, or stews
- Pouches or smoothies
- Multi-packs larger than 2-packs of 4-ounce containers



## INFANT FOODS

### INFANT CEREAL

#### BUY

- 8- or 16-ounce container
- Dry
- Organic is OK
- Store brand if available

#### Not WIC Approved:

- With added DHA
- With added fruit
- With formula



### INFANT FORMULA

#### BUY

- Brand, type, and size issued ONLY

## INFANT MEAT

### BUY:

- 2.5-ounce single container
- Plain chicken, turkey, beef, lamb, veal, or ham
- With gravy or broth is OK
- Organic is OK
- Store brand if available

### Not WIC Approved:

- With added DHA
- With added vegetables, fruit, rice, cereal, or pasta
- Dinners, meat sticks, soups, or stews
- Pouches

A 2-pack of 2-ounce containers equals 1 container.  
A 2-pack of 4-ounce containers equals 2 containers.

The background features several large, abstract, rounded green shapes in various shades of green, some resembling stylized leaves or fruit slices, scattered across the white space.

# FRUITS & VEGETABLES

---

FRESH • CANNED • FROZEN

## FRUITS & VEGETABLES

### BUY:

- Any brand
- Organic is OK

### FRESH

### BUY:

- Loose or pre-packaged
- Whole or cut
- Vegetables and fruit packaged with herbs are OK

### Not WIC Approved:

- With dips, sauces, or dressings
- With cheese, nuts, or croutons
- Salad bar items, party platters, fruit baskets, or decorative items
- Herbs by themselves

### FROZEN

### BUY:

- Plain
- Low sodium is OK
- Added herbs and spices are OK

### Not WIC Approved:

- With sugar or syrup
- With artificial, reduced-calorie, or no-calorie sweeteners
- With rice, pasta, or breading
- With sauces, cheese, or milk
- With butter, fat, oil, or meat
- Soup
- Herbs by themselves

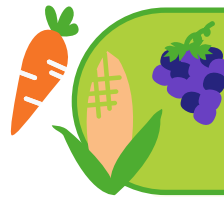
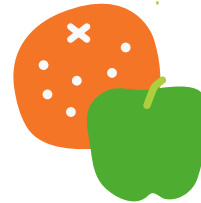
### CANNED

### BUY:

- Water or juice packed
- Low sodium is OK
- Added herbs and spices are OK

### Not WIC Approved:

- Water as the first ingredient
- With sugar or syrup
- With artificial, reduced-calorie, or no-calorie sweeteners
- With butter, fat, oil, or meat
- With rice, pasta, or other grains
- With vinegar
- Pickled vegetables, relishes, olives, or catsup/ketchup
- Soup
- Pouches



**BUY fresh, frozen, and canned fruits and vegetables with your WIC fruit & vegetable benefit.**





# DAIRY

---

MILK • CHEESE • SOY BEVERAGE • TOFU • YOGURT

## MILK

### BUY:

- Type and size issued
- Organic is OK
- Store brand if available

### BUY if issued:

- Lactose-reduced or lactose-free
- Dry
- Evaporated
- Ultra-High Temperature (UHT)



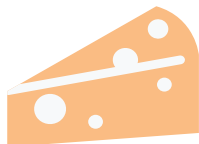
### Not WIC Approved:

- 100% grass fed
- Specialty milks such as with added DHA, A2, ultra-filtered, or protein-fortified
- Cultured milks such as acidophilus, buttermilk, or kefir
- Flavored or sweetened
- Almond and other nut milks
- Non-dairy milks such as rice, oat, pea protein
- Raw (unpasteurized) milk
- Sweetened condensed milk
- Filled evaporated milk
- Glass containers

## CHEESE

### BUY:

- 8- or 16-ounce package
- Domestic cow's milk: American, Cheddar, Colby, Monterey Jack, Muenster, Mozzarella, Provolone (non-smoked), or Swiss
- Block, sliced, shredded, stick, string, cubed or cracker size slices are OK
- Low fat, reduced fat, and low sodium are OK
- Blends of approved cheeses are OK (like Colby-Jack)
- Organic is OK
- Store brand if available



### Not WIC Approved:

- Imported
- From the deli
- Made from goat or sheep milk
- Individually wrapped slices if not 100% cheese
- Pasteurized process cheese food, spread, or product
- Fresh mozzarella
- Cream, ricotta, or cottage cheese
- With added flavoring, nuts, peppers, dried fruit, or crackers



# SOY BEVERAGE

## BUY:

### Shelf-stable quarts or refrigerated half gallons

- Brands and types shown here ONLY

### Not WIC Approved:

- Almond and other nut milks
- Other non-dairy milks (such as rice, oat, pea protein)

## Shelf-stable quarts:



### Pacific Foods

- Ultra Soy Original



### Silk

- Soy Original

## Refrigerated half gallons:



### 8th Continent

- Soy Original
- Vanilla Soy



### Great Value

- Original Soy



### Silk

- Soy Original



# TOFU



## BUY:

- 12- to 16-ounce container
- Brands and types shown here ONLY

### Not WIC Approved:

- With added fats, sugar, oil, or salt
- With added flavorings, sauces, or seasonings



### Azumaya

- Extra Firm



### Franklin Farms

- Firm, Medium Firm, Extra Firm, Soft



### House Foods

- Organic: Soft, Firm, Medium Firm, Extra Firm



- Premium: Soft, Firm, Medium Firm, Extra Firm



### Morinaga

- Silken Soft, Silken Firm, Silken Lite Firm, Silken Extra Firm
- Organic: Silken



### Nasoya

- Organic: Silken, Firm, Extra Firm Twin Pack, Extra Firm Vac Pack



### Nature's Promise

- Organic: Firm, Extra Firm



### O Organics

- Organic: Silken, Firm, Sprouted Super Firm Vac Pack, Extra Firm



### Simple Truth Organic

- Organic: Firm, Extra Firm, Extra Firm Twin Pack



### SoyBoy

- Organic: Firm, Extra Firm



### Wegmans

- Organic: Firm, Extra Firm



### Woodstock

- Organic: Firm, Extra Firm

# YOGURT

## BUY:

- 32-ounce single containers
- Brands and types shown here ONLY
- Organic is OK
- Fat content as shown on your shopping list

## Not WIC Approved:

- Greek or Greek style
- 100% grass fed
- Multi-packs
- Lactose free, soy, goat, or sheep milk
- Yogurt in drinkable or pouch containers
- With added DHA
- With artificial, reduced-calorie, or no-calorie sweeteners
- With added mix-in ingredients such as granola, candy pieces, honey, or nuts



## LOW FAT, FAT FREE & NON FAT YOGURT:



### Activia

- Low Fat: Vanilla



### Axelrod

- Low Fat: Plain, Vanilla
- Fat Free: Plain, Vanilla



### Best Yet

- Low Fat: Vanilla
- Non Fat: Plain



### Bowl & Basket

- Low Fat: Plain, Vanilla, Strawberry
- Non Fat: Plain



### Coburn Farms

- Low Fat: Plain, Vanilla



### Giant

- Low Fat: Plain
- Non Fat: Plain, Vanilla



### Giant Eagle

- Low Fat: Vanilla Blended, Strawberry Blended, Peach Blended
- Non Fat: Plain



### Great Value

- Low Fat: Vanilla, Strawberry, Strawberry Banana, Peach
- Non Fat: Plain



### Harris Teeter

- Organic Low Fat: Vanilla
- Non Fat: Plain



### J&J

- Non Fat: Coffee, Vanilla, Strawberry



### La Yogurt

- Low Fat: Plain, Vanilla, Banana, Mango
- Non Fat: Plain



### Mehadrin

- Low Fat: Plain, Vanilla, Coffee



### Sabor Latino (La Yogurt)

- Low Fat: Plain, Vanilla, Strawberry, Mango



### Lucerne

- Low Fat: Vanilla, Strawberry
- Non Fat: Plain



### Dannon

- Low Fat: Plain, Vanilla
- Non Fat: Plain



### Essential Everyday

- Low Fat: Plain, Vanilla, Strawberry, Blueberry
- Non Fat: Plain



### Food Club

- Low Fat: Vanilla, Blended Strawberry
- Fat Free: Plain



### Food Lion

- Low Fat: Vanilla
- Non Fat: Plain



### Nature's Promise

- Organic Low Fat: Vanilla



### Stonyfield Organic

- Low Fat: Plain, Vanilla
- Non Fat: Plain, Vanilla



### Wegmans

- Low Fat: Plain, Vanilla
- Non Fat: Plain



### Weis

- Low Fat: Plain, Strawberry, Blueberry, Peach
- Non Fat: Vanilla



### Yoplait

- Low Fat: Vanilla, Strawberry, Strawberry Banana, Blueberry, Harvest Peach

# WHOLE MILK YOGURT



## Axelrod

- Plain

A SHOPPER BRAND  
bowl & basket.

## Bowl & Basket

- Plain



## Dannon

- Plain, Vanilla



## Essential Everyday

- Plain



## Giant Eagle

- Plain



## Harris Teeter

- Organic: Plain



## La Yogurt

- Plain, Vanilla,  
Coconut, Strawberry



## Lucerne

- Plain, Vanilla



## Nature's Promise

- Organic: Plain



## O Organics

- Organic: Plain, Vanilla



## Stonyfield Organic

- Plain, Vanilla,  
Strawberry, Banilla



## Wallaby

- Organic: Plain, Vanilla



## Weis

- Plain



If you find yogurt not on the list, use the mobile app scanner to see if it is WIC approved!

The background features several large, abstract, organic shapes in two shades of purple: a vibrant medium purple and a darker, navy blue. These shapes are scattered across the white background, some resembling thick brushstrokes or stylized letters. The overall aesthetic is modern and minimalist.

# PROTEIN

---

EGGS • PEANUT BUTTER • BEANS, PEAS & LENTILS  
CANNED FISH

## EGGS



### BUY:

- One dozen carton
- White or brown
- Medium or large
- Organic or cage free is OK
- Store brand if available

### Not WIC Approved:

- Free range or pasture raised
- Low fat or cholesterol free, omega-3, pasteurized, fertile, or other specialty eggs
- Small, extra large, or jumbo size eggs

Green or wax beans, or sweet peas:  
BUY with your WIC fruit & vegetable benefit

## PEANUT BUTTER



### BUY:

- 16- to 18-ounce container
- Plain, smooth, crunchy, extra crunchy, or creamy
- Low sodium and low sugar are OK
- Organic, natural, or fresh ground are OK
- Store brand if available

### Not WIC Approved:

- Peanut butter spreads
- Nut butters other than peanut
- With non-hydrogenated oil or Palm oil
- Reduced fat
- Honey roasted, mixed with marshmallow, jelly, jam, honey, or chocolate
- Powdered or dry

## BEANS, PEAS & LENTILS



### BUY:

- Dry, 16-ounce bag
- Canned, packed in water, 15- to 16-ounce can
- Beans like kidney, pinto (any color), black, navy, garbanzo, lima, or cannellini
- Peas like split peas, black-eyed peas, or chickpeas
- Lentils
- Low sodium and no salt added are OK
- Organic is OK
- Store brand if available

### Not WIC Approved:

- Water as the first ingredient
- Soup, soup mixes, or with flavor packets
- Beans with sauce, vegetables, meat, fat, or oil
- Pork and beans, baked beans, or refried beans

## CANNED FISH



### BUY:

- Chunk light tuna, in water, 5- to 6-ounce cans or 4-packs of 5-ounce cans
- Pink salmon, in water, 5- to 7.5-ounce cans, 4-packs of 5-ounce cans, or 14.75-ounce cans
- Sardines, in water, 3.75-ounce cans
- Organic is OK
- Store brand if available

### Not WIC Approved:

- Albacore or white tuna
- Red salmon
- With added flavor or sauce
- Gourmet
- Pouch, bowl, or kit

### Possible ways to buy up to 30 ounces of fish:

5 6-ounce cans tuna



2 14.75-ounce cans salmon



8 3.75-ounce cans sardines



1 4 pack of 5-ounce cans tuna + 2 5-ounce cans salmon



1 14.75-ounce can salmon



+ 4 3.75-ounce cans sardines



The background features several large, abstract, organic shapes in two shades of orange: a vibrant orange and a lighter, muted orange. These shapes are scattered across the white background, some overlapping. The shapes include thick, curved lines, rounded rectangles, and partial circles, creating a modern, minimalist aesthetic.

# WHOLE GRAINS

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SOFT CORN & WHOLE WHEAT TORTILLAS  
BREAD & ROLLS • OATS • BROWN RICE  
WHOLE WHEAT & WHOLE GRAIN PASTA

# WHOLE GRAINS

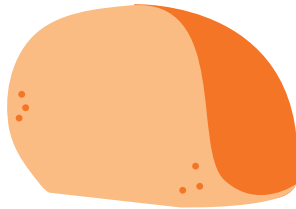
## SOFT CORN & WHOLE WHEAT TORTILLAS

### BUY:

- 1-pound (16-ounce) package
- Brands and types shown here ONLY
- Organic is OK

### Not WIC Approved:

- Hard shell tortillas
- Enriched wheat tortillas
- White flour tortillas
- With added flavorings



### Celia's

- White Corn
- Yellow Corn
- Whole Wheat



### Chi-Chi's

- White Corn
- Whole Wheat Fajita Style



### Don Pancho

- White Corn
- Whole Wheat



### Essential Everyday

- White Corn
- Whole Wheat



### Food Club

- White Corn Taco Style
- White Corn Fajita Style
- Whole Wheat



### Food Lion

- Whole Wheat Fajita Size



### Giant

- White Corn
- Whole Wheat Medium Soft Shell



### Giant Eagle

- 100% Whole Wheat Flour



### Great Value

- Whole Wheat



### IGA

- White Corn
- Whole Wheat Taco Style



### La Banderita

- White Corn
- Yellow Corn
- 100% Whole Wheat Soft Taco
- 100% Whole Wheat Fajita



### La Burrita

- Yellow Corn



### Mayan Farm

- Whole Wheat



### Mi Casa

- Whole Wheat



### Mission

- Yellow Corn Extra Thin
- Whole Wheat Restaurant Style
- Whole Wheat Soft Taco



### Ortega

- Whole Wheat



### ShopRite Trading Company

- Whole Wheat Flour Medium Soft Taco Size



### Siempre Auténtico

- Whole Wheat Flour Medium Soft Taco Size



### Signature Select

- Whole Wheat



### Tio Santi

- Whole Wheat



### Weis

- Whole Wheat



## BREAD & ROLLS

### BUY:

- 16-ounce bread packages
- 15- to 16-ounce bun/roll packages
- Brands and types shown here ONLY
- Organic is OK

### Not WIC Approved:

- Bagels, English muffins, pitas, naan breads
- Enriched wheat bread and rolls
- White bread and rolls



### Arnold

- 100% Whole Wheat Sandwich Buns



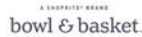
### Best Yet

- 100% Whole Wheat Bread



### Bimbo

- 100% Whole Wheat Bread



### Bowl & Basket

- 100% Whole Wheat Bread



### Food Lion

- 100% Whole Wheat Bread



### Franczox

- 100% Whole Wheat Bread



### Giant

- 100% Whole Wheat Bread
- 100% Whole Wheat Hamburger Rolls
- 100% Whole Wheat Hot Dog Rolls



### Gourmet

- 100% Whole Wheat Bread



### Hauswald's

- 100% Whole Wheat Bread



### IGA

- 100% Whole Wheat Bread



### Lewis Bake Shop

- 100% Whole Wheat Bread



### Nature's Own

- 100% Whole Wheat Bread
- Life Sugar Free 100% Whole Grain Bread
- 100% Whole Wheat Hamburger Buns



### Nickles

- Country Style 100% Whole Wheat Bread



### Pepperidge Farm

- Stone Ground 100% Whole Wheat Bread
- Very Thin 100% Whole Wheat Bread



### Redner's

- 100% Whole Wheat Bread



### Sara Lee

- 100% Whole Wheat Bread



### Schmidt Old Tyme

- 100% Whole Wheat Bread
- 100% Whole Wheat Hamburger Rolls



### ShopRite

- 100% Whole Wheat Hot Dog Rolls
- 100% Whole Wheat Sandwich Rolls



### Signature Select

- 100% Whole Wheat Bread



### Stern's

- 100% Whole Wheat Bread
- 100% Whole Wheat Rolls



### Weis

- 100% Whole Wheat Bread



### Wonder

- 100% Whole Wheat Bread



## OATS

### BUY:

- 1-pound (16-ounce) package
- Dry, plain
- Brands and types shown here ONLY
- Organic is OK

### Not WIC Approved:

- With added flavors, sugar, or fats
- With added fruit or nuts



### Better Oats

- Organic Old Fashioned Oats
- Organic Quick Oats

### Mom's Best

- Old Fashioned Oats
- Quick Oats

### Quaker

- Oat Bran

BUY 16-ounce Oat containers  
with your WIC Whole Grain benefit.



## BROWN RICE

### BUY:

- 1-pound (16-ounce) package
- Dry, plain
- Organic is OK
- Store brand if available

### Not WIC Approved:

- Ready-to-serve, precooked, or boil-in-bag
- With added flavors, sauce, spice packets, or vegetables



# WHOLE WHEAT & WHOLE GRAIN PASTA

## BUY:

- 1-pound (16-ounce) package
- Brands and types shown here ONLY
- Organic is OK

## Not WIC Approved:

- With added flavors, seasonings, or vegetables
- With added sugars, fats, oils, salt, protein, or fiber
- Refrigerated or frozen pasta/meals
- Legume or nut flours



## Harris Teeter

- Whole Grain: Penne Rigate, Rotini, Spaghetti
- Organic Whole Wheat: Angel Hair, Penne, Rotini, Spaghetti



## Nature's Basket

- Organic Whole Wheat: Penne Rigate, Rotini, Spaghetti



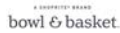
## Nature's Promise

- Organic Whole Wheat: Penne, Thin Spaghetti



## Barilla

- Whole Grain: Elbows, Linguine, Penne, Rotini, Spaghetti, Thin Spaghetti



## Bowl & Basket

- Whole Wheat: Penne Rigate, Spaghetti



## Essential Everyday

- Whole Wheat: Elbow Macaroni, Penne Rigate, Rotini, Spaghetti, Thin Spaghetti



## Full Circle Market

- Organic Whole Wheat: Angel Hair, Spaghetti



## O Organics

- Organic Whole Wheat: Linguine, Penne Rigate, Rotini, Spaghetti, Thin Spaghetti



## Ronzoni Healthy Harvest

- 100% Whole Grain: Linguine, Penne Rigate, Rotini, Spaghetti, Thin Spaghetti



## ShopRite

- Whole Wheat: Rotini, Thin Spaghetti



## Giant Eagle

- Whole Wheat: Elbow Macaroni, Penne Rigate, Rotini, Spaghetti



## Good & Gather

- Whole Wheat: Rotini, Spaghetti
- Organic Whole Wheat: Farfalle, Spaghetti



## Great Value

- Whole Wheat: Elbows, Penne Rigate, Thin Spaghetti



## Signature Select

- Whole Wheat: Elbow Macaroni, Linguine, Penne Rigate, Rotini, Spaghetti, Thin Spaghetti



## Wegmans

- Organic Whole Wheat: Farfalle, Fusilli, Linguini, Orzo, Penne, Spaghetti



## Weis

- Whole Wheat: Angel Hair, Penne, Rotini, Spaghetti
- Organic Whole Wheat: Angel Hair, Spaghetti

If you find whole grains not on the list, use the mobile app scanner to see if it is WIC approved!



# JUICE

---

JUICE FOR WOMEN • JUICE FOR CHILDREN

## JUICE FOR WOMEN

### APPLE, GRAPE, PINEAPPLE, CRANBERRY, TOMATO, VEGETABLE AND JUICE BLENDS

#### BUY:

- 11.5- to 12-ounce frozen concentrate container
- 48-ounce container
- 100% juice, unsweetened
- Apple, Grape (purple, red, or white), Pineapple, Cranberry, Tomato, Vegetable juice and blends of juices
- Added calcium and vitamins are OK
- Added fiber is OK
- Organic is OK

#### Not WIC Approved:

- With added sugar
- With artificial, reduced-calorie, or no-calorie sweeteners
- Cocktails, drink, or light beverages



#### Langers

- Apple
- Autumn
- Grape
- Pineapple
- Spring
- Summer
- Winter



#### Market Pantry

- Apple
- Grape



#### Old Orchard

- Apple
- Apple Cherry

- Apple Cranberry
- Apple Kiwi Strawberry
- Apple Peach Mango
- Apple Raspberry
- Apple Strawberry Banana
- Berry
- Black Cherry Cranberry
- Blueberry Pomegranate
- Cherry Pomegranate
- Cranberry Blend
- Cranberry Raspberry Grape
- Pineapple
- Pineapple Orange
- Pineapple Orange Banana

#### 11.5- to 12-ounce frozen concentrate container: in brands and flavors shown here ONLY



#### Dole

- Pineapple
- Pineapple Orange



#### Essential Everyday

- Apple



#### Food Club

- Apple



#### Freedom's Choice

- Apple



#### Seneca

- Apple



#### ShopRite

- Apple



#### Signature Select

- Apple



#### Tipton Grove

- Apple



#### Tree Top

- Apple



#### Wegmans

- Apple



#### Weis

- Apple



#### Giant

- Apple
- Grape



#### Giant Eagle

- Apple
- Grape
- Pineapple



#### Great Value

- Apple



#### Harris Teeter

- Apple

#### 48-ounce container: in brands and flavors shown here ONLY



#### Apple & Eve

- Apple
- Cranberry Apple
- Cranberry Blend
- Cranberry Raspberry



#### Freedom's Choice

- Apple



#### Giant Eagle

- Apple



### Juicy Juice

- Apple
- Organic: Apple
- Cherry
- Grape
- Kiwi Strawberry
- Punch
- Organic: Punch



### Northland

- Cranberry



### Ruby Kist

- Apple
- Grape
- Pineapple



### Seneca

- Apple

## ORANGE OR GRAPEFRUIT JUICE

### BUY:

- 11.5- to 12-ounce frozen concentrate container
- 48-ounce container
- 100% juice, unsweetened
- Orange, grapefruit, and blends of orange and grapefruit juices
- ANY brand is OK
- Added calcium and vitamins are OK
- Added fiber is OK
- Organic is OK
- Store brand if available

### Not WIC Approved:

- Fresh-squeezed
- With added sugar
- With artificial, reduced-calorie, or no-calorie sweeteners
- Cocktails, drink, or light beverages



## JUICE FOR CHILDREN

### APPLE, GRAPE, PINEAPPLE, CRANBERRY, TOMATO, VEGETABLE AND JUICE BLENDS

### BUY:

- 64-ounce container
- 100% juice, unsweetened
- Apple, Grape (purple, red, or white), Pineapple, Cranberry, Tomato, Vegetable juice and blends of juices
- Brands and flavors shown here ONLY
- Added calcium and vitamins are OK

- Added fiber is OK
- Organic is OK

### Not WIC Approved:

- With added sugar
- With artificial, reduced-calorie, or no-calorie sweeteners
- Cocktails, drink, or light beverages



### Apple & Eve

- Apple
- Big Bird's Apple
- Cookie Monster's Berry
- Cranberry Apple
- Cranberry Blend
- Cranberry Grape
- Cranberry Pomegranate
- Cranberry Raspberry

- Elmo & Abby's Mango Strawberry
- Elmo's Punch
- Grover's White Grape
- Organic: Fruit Punch



### Best Yet

- Cranberry
- Cranberry Grape



### Campbell's

- Tomato
- Tomato Low Sodium



### Essential Everyday

- Apple
- Grape
- Pineapple
- Tomato
- Vegetable



### Everfresh

- Apple
- Kiwi Strawberry



### Food Club

- Apple
- Grape
- Pineapple
- Tomato



### Juicy Juice

- Apple
- Apple Raspberry
- Berry
- Cherry
- Grape
- Kiwi Strawberry
- Mango
- Peach Apple
- Punch
- Strawberry Banana
- Strawberry Watermelon
- Tropical



### Food Lion

- Apple
- Cherry Flavored Apple
- Fruit Punch
- Grape
- Tomato
- White Grape Peach



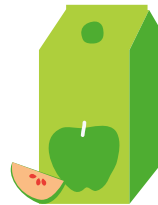
### Freedom's Choice

- Apple
- Grape



### Giant

- Apple
- Grape
- Tomato



### Giant Eagle

- Apple
- Cherry Flavored Blend
- Grape
- Punch



### Great Value

- Apple
- Cranberry Pomegranate
- Mango
- Pear
- Tomato
- Vegetable
- Vegetable Low Sodium

- Cranberry Berry
- Cranberry Grape
- Cranberry Raspberry
- Fruit Punch
- Grape
- Pineapple
- Pineapple Orange
- Prune
- Tomato
- Vegetable
- Vegetable Low Sodium
- Vegetable Spicy

- White Grape Peach



### Harris Teeter

- Apple
- Cranberry
- Cranberry Grape
- Grape
- Pineapple
- Tomato
- Vegetable
- White Grape Peach



### IGA

- Apple
- Grape
- Pineapple
- Tomato



### Langers

- Apple
- Apple Berry Cherry
- Apple Cranberry
- Apple Grape
- Apple Kiwi Strawberry
- Apple Orange Pineapple
- Apple Peach Mango
- Berry
- Cranberry
- Cranberry Acai



### Libby's

- Pineapple



### Life Every Day

- Apple
- Grape
- Pineapple



### Market Pantry

- Apple
- Cranberry Blend
- Grape
- Tomato



### Mott's

- Apple
- Apple Cherry
- Apple Mango
- Apple White Grape



### Northland

- Blueberry Blackberry Acai
- Cranberry
- Cranberry Blackberry
- Cranberry Grape
- Cranberry Mango
- Cranberry Pomegranate



### O Organics

- Organic: Cranberry Mango



### Ocean Spray

- Apple
- Cranberry
- Cranberry Blackberry
- Cranberry Cherry
- Cranberry Concord Grape



### Old Orchard

- Apple
- Apple Cranberry
- Berry
- Black Cherry Cranberry



### Price Rite

- Apple
- Grape



### Red & White

- Apple



### Redner's

- Apple



### Ruby Kist

- Apple
- Grape



- Cranberry Grape
- Cranberry Raspberry
- Grape
- Pineapple
- Tomato
- Vegetable
- Vegetable Low Sodium



### Seneca

- Apple



### ShopRite

- Apple
- Cranberry
- Grape
- Tomato
- Vegetable Low Sodium



### That's Smart

- Grape



### Tipton Grove

- Apple
- Grape
- Pineapple
- Vegetable



### Tree Top

- Apple



### V8

- Vegetable
- Vegetable Low Sodium
- Vegetable Spicy Hot



### Wegmans

- Apple
- Berry
- Cherry
- Fruit Punch
- Grape



### Weis

- Apple
- Cranberry



### Welch's

- Cranberry Apple
- Cranberry Grape
- Cranberry Raspberry
- Grape
- Vegetable
- Black Cherry Concord Grape
- Grape
- Super Berry
- White Grape Cherry
- White Grape Peach



### Signature Select

- Apple
- Cranberry

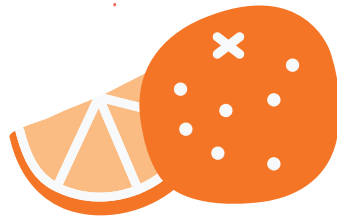
## ORANGE OR GRAPEFRUIT JUICE

### BUY:

- 64-ounce container
- 100% juice, unsweetened
- Orange, grapefruit, and blends of orange and grapefruit juices
- ANY brand is OK
- Added calcium and vitamins are OK
- Added fiber is OK
- Organic is OK
- Store brand if available

### Not WIC Approved:

- Fresh-squeezed
- With added sugar
- With artificial, reduced-calorie, or no-calorie sweeteners
- Cocktails, drink, or light beverages







# CEREAL

COLD CEREAL • HOT CEREAL

# CEREAL

## COLD CEREAL

### BUY:

- 12-ounce size or larger
- Brands and types shown here ONLY
- Multi-packs of larger sizes are OK
- Organic is OK

### Not WIC Approved:

- Smaller than 12-ounce size
- Individual single serving size packages
- Multi-packs of individual serving sizes

**GF** **Gluten Free Cereal**  
**Whole Grain Cereal**



**Berry Berry Kix**

General Mills



**Blueberry Chex**

General Mills



**Cheerios**

General Mills



**Cinnamon Chex**

General Mills



**Corn Chex**

General Mills



**Honey Kix**

General Mills



**Kix**

General Mills



**Multi Grain Cheerios**

General Mills



**Multigrain Cheerios with Strawberries**

General Mills



**Rice Chex**

General Mills



**Sesame Street Berry Numbers**

General Mills



**Sesame Street Cinnamon Letters**

General Mills



**Total Whole Grain**

General Mills



**Wheat Chex**

General Mills



**Wheaties**

General Mills



**Hearts & O's Honey Toasted**

Kashi



**Hearts & O's Warm Cinnamon**

Kashi



**All-Bran Complete Wheat Bran Flakes**

Kellogg's



**Corn Flakes**

Kellogg's



**Corn Flakes Cinnamon**

Kellogg's



**Crispix**

Kellogg's



**Frosted Mini  
Wheats Filled  
Mixed Berry**

Kellogg's



**Frosted Mini-  
Wheats Bite  
Size Blueberry**

Kellogg's



**Frosted Mini-  
Wheats Bite  
Size Cinnamon  
Roll**

Kellogg's



**Frosted  
Mini-Wheats  
Bite Size  
Pumpkin Spice  
(seasonal)**

Kellogg's



**Frosted  
Mini-Wheats  
Bite Size  
Strawberry**

Kellogg's



**Frosted Mini-  
Wheats Little  
Bites**

Kellogg's



**Frosted  
Mini-Wheats  
Original**

Kellogg's



**Rice Krispies**

Kellogg's



**Special K  
Banana**

Kellogg's



**Special K  
Original**

Kellogg's



**Special K  
Protein Honey  
Almond  
Ancient Grains**

Kellogg's



**Special K  
Protein  
Original Multi-  
Grain Touch of  
Cinnamon**

Kellogg's



**Crispy Rice**  
Malt-O-Meal



**Frosted Mini  
Spooners**

Malt-O-Meal



**Strawberry  
Mini Spooners**

Malt-O-Meal



**Grape Nuts**

Post



**Grape Nuts  
Flakes**

Post



**Great Grains  
Banana Nut  
Crunch**

Post



**Great Grains  
Crunchy Pecan**

Post



**Honey Bunches  
of Oats Honey  
Roasted**

Post



**Honey Bunches  
of Oats Pecan  
& Maple  
Brown Sugar**

Post



**Honey Bunches  
of Oats Vanilla**

Post



**Honey Bunches  
of Oats Whole  
Grain Honey  
Crunch**

Post



**Honey Bunches  
of Oats with  
Almonds**

Post



**Life Multigrain  
Cereal - Original**

Quaker





**Oatmeal Squares Brown Sugar**  
Quaker



**Oatmeal Squares Cinnamon**  
Quaker



**Oatmeal Squares Golden Maple**  
Quaker



**Oatmeal Squares Honey Nut**  
Quaker



## HOT CEREAL

### BUY:

- 11.8-ounce size or larger
- Brands and types shown here ONLY
- Multi-packs of individual serving sizes are OK
- Multi-packs of larger sizes are OK
- Organic is OK

### Not WIC Approved:

- Smaller than 11.8-ounce size
- Individual single serving size packages



**Instant Oatmeal Regular Best Yet**



**Cream of Rice**  
Cream of Rice



**Cream of Rice Instant**  
Cream of Rice



**Cream of Wheat 1 Minute**  
Cream of Wheat



**Cream of Wheat 2 1/2 Minute**  
Cream of Wheat



**Cream of Wheat Instant**  
Cream of Wheat



**Whole Grain Cream of Wheat**  
Cream of Wheat



**Whole Grain Cream of Wheat Instant**  
Cream of Wheat



**Instant Grits Original**  
Food Club



**Instant Oatmeal Regular Flavor**  
Food Club



**Instant Farina Original Flavor**  
Giant



**Instant Grits Original**  
Harris Teeter



**Farina Malt-O-Meal**



**Instant Grits Original**  
Food Lion



**Instant Oatmeal Regular Flavor**  
Giant



**Instant Oatmeal Original Flavor**  
Harris Teeter



**Original Hot Wheat Malt-O-Meal**



**Instant Oatmeal Regular Flavor**  
Food Lion



**Instant Oatmeal Original Flavor**  
Giant Eagle



**Instant Oatmeal Original Flavor**  
IGA



**3 Minutos Quaker**



**Instant Grits Original**  
Quaker



**Original Instant Oatmeal Signature Select**



**Instant Oatmeal Original Flavor**  
Weis



**Instant Oatmeal Original**  
Quaker



**Original Instant Oatmeal Wegmans**



Oats in 16-ounce containers: BUY with your WIC whole grains benefit. See the Whole Grains - Oats page for details.

**Possible ways to buy up to 36-ounces (oz.) of cereal**

18 oz. Cereal

+

18 oz. Cereal

=36-ounces

12 oz. Cereal

+

12-oz. Cereal

+

12 oz. Cereal

= 36-ounces

24 oz. Cereal

+

11.8 oz. Hot Cereal

=35.8-ounces

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- (1) mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

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## Questions?

Ask your local WIC staff or call the  
Maryland WIC office at **1-800-242-4942**  
or visit our website at  
**[www.mdwic.org](http://www.mdwic.org)**



## **SPECIFICATIONS FOR AUTHORIZED FOODS**

### **A. Milk and Milk Alternatives**

#### **Milk (Food Packages III, IV, V, VI and VII)**

1. Must conform to the FDA Standard of Identity for whole, reduced-fat, low-fat, and non-fat cow's milk.
2. Must meet standards outlined in Table 4 CFR 246.10(e)(12).
3. Must be pasteurized.
4. Must contain at least 400 international units of vitamin D per quart and 2000 international units of vitamin A per quart.
5. May be evaporated, powdered, ultra high temperature, Kosher, or lactose-reduced or lactose free forms.
6. May not be super or ultraskim, buttermilk, chocolate or other flavored milk, soy, or rice milk, goat milk, or sweetened condensed milk.

#### **Cheese (Food Packages III, IV, V, VI, and VII)**

1. Must conform to the FDA Standard of Identity for cheese.
2. Must meet standards outlined in Table 4 CFR 246.10(e)(12).
3. Must be domestic cheese made from 100% pasteurized milk.
4. May be regular or reduced fat American, Cheddar, Monterey Jack, Mozzarella, Swiss, Provolone, Muenster, Colby, or blends of approved cheese.
5. May not be imported; deli; cheese food, product, or spread; cream cheese; or contain flavors, nuts, peppers, or crackers.

#### **Yogurt (Food Packages III, IV, V, VI, and VII)**

1. Must be pasteurized and conform to the FDA Standard of Identity for whole fat (21 CFR 131.200), low fat (21 CFR 131.203) or nonfat (21 CFR 131.206) yogurt.
2. Must meet standards outlined in Table 4 CFR 246.10(e)(12).
3. Must not have more than 40 g of total sugars per 1 cup yogurt.

4. May be plain or flavored and fortified with vitamin A and D.
5. May not be Greek or Greek style, lactose free, soy, goat milk, drinkable, in multi-packs, containing artificial, reduced-calorie, or no-calorie sweeteners, or with accompanying mix-in ingredients such as granola, candy pieces, honey, nuts, and similar ingredients.

**Soy-based beverage (Food Packages III, IV, V, VI, VII)**

1. Must be fortified to meet the following nutrient levels per cup: 276 mg calcium, 8 grams of protein, 500 IU vitamin A, 100 IU vitamin D, 24 mg magnesium, 222 mg phosphorus, 349 potassium, .44 mg riboflavin, and 1.1 mcg vitamin B12, in accordance with fortification guidelines issued by FDA.
2. Must meet standards outlined in Table 4 CFR 246.10(e)(12).
3. May not be light or fat-free varieties.

**Tofu (Food Packages III, IV, V, VI, VII)**

1. Must be calcium-set tofu prepared only with calcium salts (e.g. calcium sulfate).
2. Must meet standards outlined in Table 4 CFR 246.10(e)(12).
3. May not contain added fats, sugars, oils or sodium.
4. Must be of any unflavored variety or texture.

**B. Breakfast Cereal (Food Packages III, IV, V, VI, and VII)**

1. Must meet standards outlined in Table 4 CFR 246.10(e)(12).
2. Must provide a minimum of 28 milligrams of iron per 100 grams dry cereal.
3. Must contain no more than 21.2 grams sucrose and other sugars per 100 grams dry cereal (6 grams per ounce).
4. At least half of the breakfast cereals must contain whole grain as the primary ingredient by weight and meet labeling requirements for making a health claim as a “whole grain food with moderate fat content.”



**C. Juice (Food Packages III, IV, V, VI, and VII)**

1. Must be 100% unsweetened fruit juice, single strength fluid or juice concentrate.
2. Must conform to the FDA Standard of Identity for fruit juice.
3. Must meet standards outlined in Table 4 CFR 246.10(e)(12).
4. Must contain at least 30 milligrams of vitamin C per 100 milliliters of juice.
5. May not be fresh-squeezed; or packaged in a glass bottle.

**D. Eggs (Food Packages IV, V, VI, and VII)**

1. Must conform to the FDA Standard of Identity for fresh shell domestic hens' eggs.
2. Must meet standards outlined in Table 4 CFR 246.10(e)(12).
3. Must be medium or large.
4. May not be specialty egg such as fertile, low fat or cholesterol, omega-3, or pasteurized variety.

**E. Mature Legumes and Peanut Butter (Food Packages III, IV, V, VI and VII)**

1. Must be plain mature dry beans, peas, or lentils in dry-packaged or canned form (regular or reduced in sodium content).
2. Must meet standards outlined in Table 4 CFR 246.10(e)(12).
3. May not contain added meats, sugars, fats, oils, or sauce.

**Peanut butter**

1. Must conform to the FDA Standard of Identity for peanut butter.
2. Must meet standards outlined in Table 4 CFR 246.10(e)(12).
3. May not be reduced fat; or mixed with any flavors.

**F. Canned fish (Food Package VII)**

1. May be light tuna, pink salmon, or sardines, water pack only; must conform to the FDA Standard of Identity.
2. Must meet standards outlined in Table 4 CFR 246.10(e)(12).
3. May not be Albacore (or white) tuna or red salmon; gourmet; contain added flavors or sauces; or be packaged in a pouch, bowl, or kit.

**G. Fruits and Vegetables (Food Packages II, III, IV, V, and VI, and VII)**

**Fruits**

1. May be any variety of fresh whole or cut fruit without added sugar.
2. Must meet standards outlined in Table 4 CFR 246.10(e)(12).
3. May be any variety of canned fruit that conforms to the FDA Standard of Identity and is water- or juice-packed without added sugar or artificial sweeteners, fats, oils, or sodium, or any variety of frozen fruit without added sugars or artificial sweeteners.

**Vegetables**

1. May be any variety of fresh whole or cut vegetable
2. Must meet standards outlined in Table 4 CFR 246.10(e)(12).
3. May be any variety of canned or frozen vegetables that conforms to the FDA Standard of Identity but does not contain meats, pasta, or rice, or added sugars, fats, oils, sauce, or breading.

**H. Whole wheat bread and other whole unprocessed grains (Food Packages III, IV, V, and VII)**

1. 100% whole wheat bread or rolls must conform to the FDA Standard of Identity but may not be organic or contain added fruit or nuts.
2. Must meet standards outlined in Table 4 CFR 246.10(e)(12).
3. Whole grain bread may be substituted for 100% whole wheat bread but must conform to the FDA Standard of Identity and may not contain added fruit or nuts.

4. Brown rice may be substituted for bread but cannot contain added flavors, sauces, meat, or vegetables or be packaged in a cooking pouch.
5. Soft corn and whole wheat tortillas may be substituted for bread but cannot be fried or have added flavors.
6. Whole wheat or whole grain pasta may be substituted for bread but cannot contain added sugars, fats, oils, salt, protein, fiber, legume flours, nut flours, and cannot be flavored.
7. Oats may be substituted for bread but cannot contain added sugars, fats, oils, salt, protein, fiber, and cannot be flavored.

**I. Infant Foods (Food Package II, III)**

**Cereal**

1. Must contain a minimum of 45 milligrams of iron per 100 grams dry cereal.
2. Must meet standards outlined in Table 4 CFR 246.10(e)(12).
3. Must not contain formula, milk, fruit, or other non-cereal ingredients.

**Fruits and Vegetables**

1. Plain vegetables or mixed vegetables, plain fruit or mixed fruits, mixed fruits and vegetables of commercial infant food
2. Must be without added sugars, starches, or salt.
3. Must meet standards outlined in Table 4 CFR 246.10(e)(12).

**Meat**

1. Any variety, single ingredient commercial infant food meat or poultry, “stage 1 or 2,” without added sugar or salt.
2. Must meet standards outlined in Table 4 CFR 246.10(e)(12).

Reference: Table 4 CFR 246.10(e)(12), Minimum Requirements and Specifications for Supplemental Foods, Federal Regulations, 7 CFR Part 246, Special Supplemental Nutrition Program for Women, Infants and Children (WIC): Revisions in the WIC Food Packages.

**MARYLAND DEPARTMENT OF HEALTH  
WIC PROGRAM  
POLICY AND PROCEDURE MANUAL**

**Policy and Procedure Number: 3.05  
Effective Date: October 1, 2001  
Revised Date: July 1, 2020**

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**SECTION: FOOD PACKAGES**

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**SUBJECT: Returned Formula**

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**A. Policy**

1. Participants returning unopened cans of non-expired formula may receive a replacement when the return is due to one of the reasons outlined in Policy and Procedure 4.10 Food Benefit Issuance, Replacement and Over-issuance.
2. Staff should use the formula calculator in the management information system to assist in determining the appropriate amount of replacement formula to provide when the form (powder, concentrate, ready-to-use) or packaging size for the formula requested is different from the formula returned.
3. Formula may not be provided to extend the food package beyond the supplemental amount allowable by federal WIC regulations 7 CFR 246.10(e) for Food Packages I, II, and III, or to provide formula in addition to food in Food Packages IV through VII.

**B. Procedure**

1. Returned formula shall be inventoried and tracked. Local agency staff may use the Formula Return/Calculate screen in the management information system or Attachment 3.05A Formula Inventory Log to track returned formula including returned CAP issued formula or may develop their own version.
2. Returned formula shall be inspected for visible defects and unexpired use-by-date.
3. Formula that has no signs of defects and unexpired use-by-date may be donated to food assistance groups that give formula away for free. This shall be confirmed annually. There cannot be a charge for the formula. Attachment 3.05B Food/Formula Donation Record shall be used to document formula donation and attached to Returned Formula Log report or Attachment 3.05A Formula Inventory Log after donation. Returned formula shall not be donated directly to a participant.
4. Visibly damaged or dented formula cans or formula with expired use-by-date shall be discarded monthly, at a minimum, following these steps:
  - a. Pour concentrate or ready-to-feed formula down the drain.
  - b. Pour powdered formula into the trash.

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Attachments:

3.05A Formula Inventory Log

3.05B Food/Formula Donation Record

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Reference: WIC Policy Memorandum #2020-1, December 12, 2019, Donation of Unused Returned Infant Formula.

Revisions:

- 10/08 Added a paragraph on page 1 stating that returned formula may be replaced for the specific reasons noted. Added information on page 2 referring to use of Attachment 3.05B when replacing returned formula; reworded some of the information in that paragraph. Added Attachment 3.05 B.
- 10/10 Removed Attachment 3.05 B. Staff will use the formula calculator in WOW to determine the most appropriate replacement amount for returned formula. Changed information on page 2 indicating amount of formula provided should not exceed maximum amount for each age group.
- 03/11 Corrected typographical errors in third paragraph of Policy section.
- 10/14 Updated B.1 Procedure to state the reasons for which participants, not applicants, may be given formula from the local agency supply; deleted the references to applicants.  
Updated Attachment 3.05A to include the formula form (powder, concentrate or ready-to-use), the quantity in or out, the quantity balance and a numerical reason code with a corresponding key below the table.
- 10/15 To be consistent with federal language the term ready-use (RTU) formula was replaced with ready-to-feed (RTF).
- 07/17 Updated policy for eWIC replaced checks with food instrument or benefits. Referenced Policy 4.30e related to replacement of lost or stolen food instruments. Updated Attachment 3.05Ae Reason Codes related to checks to benefits and food instrument.
- 11/19 Updated policy with instruction on donation and disposal of returned formula. Added Attachment 3.05B Formula Donation Record to document formula donation.
- 07/20 Added reference: WIC Policy Memorandum #2020-1. Added management information system returned formula log, Formula Return/Calculate. Updated name of 3.05B to Food/Formula Donation Record.

Clinic: \_\_\_\_\_

### Formula Inventory Log

Staff Initials Receiving Formula	Date Received	WIC ID Number	Formula Name	Pwd Conc RTF	Reason Code	Quantity In	Date Donated/Disposed	Quantity Out	Staff Initials Donating/Disposing Formula

Reason Codes: 1 – Formula change 2 – Damaged/expired/recalled 3 – Other- Requires LA Coordinator approval and documentation in participant’s record



### FOOD/FORMULA DONATION RECORD

Type or print legibly. A separate form is to be used for each donation.

Date \_\_\_\_\_

I, \_\_\_\_\_, donated the following item(s) to

\_\_\_\_\_ at \_\_\_\_\_:  
(Name of Organization) (Address)

<u>Quantity</u>	<u>Item</u>
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

I have received the above items as charitable contributions.

Name \_\_\_\_\_ Title \_\_\_\_\_  
(Printed)

Signature \_\_\_\_\_ Date \_\_\_\_\_

MARYLAND DEPARTMENT OF HEALTH  
WIC PROGRAM  
POLICY AND PROCEDURE MANUAL

Policy and Procedure Number: 3.06  
Effective Date: October 1, 2008  
Revised Date: December 19, 2023

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SECTION: FOOD PACKAGES

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SUBJECT: Medical Assistance Payment for Exempt Infant Formulas and WIC-eligible  
Nutritionals

---

### A. Policy

1. For WIC participants who receive Medical Assistance and require a contract infant formula WIC shall provide the formula—whether consumed orally or through a tube-- up to the WIC-allowed maximum volume. The current contract formulas can be found in Policy and Procedure 3.02.
2. For WIC participants who receive Medical Assistance and require an exempt infant formula (ie. Neosure, Alimentum, or Nutramigen) or WIC-eligible nutritional (ie. Elecare Jr or Pediasure), the Maryland Medical Assistance Program may provide the product if the participant:
  - a. **Is tube-fed;** or
  - b. **Participates in the Rare and Expensive Case Management (REM) Program.** The (REM) Program is a case-managed, fee-for-service health insurance option for Maryland Medical Assistance recipients with certain qualifying medical conditions. Examples of conditions that may qualify an individual for REM include phenylketonuria and other inborn errors of metabolism, cystic fibrosis, spina bifida, chronic renal failure, and quadriplegia.

### B. Procedure

1. Local agency staff shall review the request for the exempt infant formula or WIC-eligible nutritional and determine if the participant receives REM and/or is tube-fed. If the participant **is not tube-fed** and **not receiving REM**, WIC shall provide the product up to the maximum volume allowed by WIC federal regulations.
2. If the participant **is tube-fed and/or receiving REM**, staff shall inform the participant or caregiver that the Maryland Medical Assistance Program may provide the exempt infant formula or WIC-eligible nutritional as follows:



- a. For participants that are enrolled in the Maryland's Medical Assistance Medicaid Managed Care (MCO) Program and are tube-fed:** The participant's MCO is responsible for providing the exempt infant formula or WIC-eligible nutritional. Examples of Medical Assistance MCOs include Amerigroup, MedStar, Family Choice and Priority Partners.
- i. If a participant receives exempt infant formula or WIC-eligible nutritional via tube and orally, WIC shall provide the amount fed orally as needed, up to the WIC-allowed maximum volume.
  - ii. If a participant receives a contract formula via tube, WIC shall provide the formula, up to the WIC-allowed maximum volume. Tube fed infants over 6 months of age, who are receiving a standard contract infant formula, may not receive additional formula in lieu of complementary foods.
- b. For participants in the REM Program:** The assigned REM case manager should work with the participant's primary care provider to obtain the exempt infant formula or WIC-eligible nutritional regardless of whether it is consumed orally or through a tube.
- i. Inform the participant's health care provider or REM case manager that the REM Program may provide the exempt infant formula or WIC-eligible nutritional.
  - ii. Provide a one-month supply of the exempt infant formula or WIC-eligible nutritional to the participant, as needed, while the request is processed. Additional product may be provided if the authorization process takes longer than one month.
  - iii. Document all communication with the participant or caregiver and health care provider in the participant's food prescription note screen.
- c. For participants that do not currently receive Medical Assistance (including REM);** refer to the Maryland Medical Assistance Program. If the participant receives private insurance, the participant or caregiver should contact their health care provider regarding coverage of tube feeding. WIC may provide exempt infant formula or WIC-eligible nutritionals while the request is being processed.

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Reference:

- 1. SFP 01-113
- 

Revisions:

- 10/10 B.1. d. Changed information system to WOW.  
Attachment 3.06A: Replaced 2007 Medicaid form with 2010 version.  
Updated formula names in footnote 2.
- 10/13 Updated name of Neocate One Plus to Neocate Junior in Section A.  
Footnote #2: Replaced Similac Sensitive Isomil Soy with Enfamil Prosobee as an example of a standard infant formula (since Enfamil Prosobee is the current Maryland contract soy formula) and added Similac Total Comfort.  
Updated link for Maryland Medicaid Pharmacy Program website.  
Changed “formula” to “exempt infant formula” or “exempt formula” to “exempt infant formula” for consistency throughout the policy.  
Attachment 3.06A: Replaced 2010 Medicaid form with 2011 version (most recent update).
- 10/15 Changed policy name to “Medical Assistance Payment for Exempt Infant Formulas and WIC-Eligible Nutritionals”. Updated soy contract formula to Gerber Good Start Soy. Moved REM definition from the footnote to the body of the policy. Removed definition of standard infant formula and exempt infant formula, as both are defined in other policies. Medical Assistance replaced “Health Choice” to reflect the language used by staff and to be consistent with other policies. For clarity and to minimize staff confusion the procedure was reorganized into three distinct situations; participants receiving Medical Assistance, participants receiving REM and participants not receiving either.  
Attachment 3.06A was removed.
- 02/19 Revised A.1. added Similac Total Comfort to list of contract formulas and Similac Soy Isomil.  
B.a.ii. replaced standard with contract.
- 07/20 Tube fed infants over 6 months of age, who are receiving a standard contract formula, may not receive additional formula in lieu of complementary foods.
- 12/23 A.1. Removed names of current contract formulas and replaced with current contract formulas can be found in Policy and Procedure 3.02.