WIC Food Package...What’s New!
Arizona WIC Partner’s Meeting
by Karen Henry, MS, RDN
Reminder: Effective May 5, 2014

- Children’s CVV ↑ $8.00

- Pregnant women who are also PN (mostly nursing) can receive the same package as a fully breastfeeding women (“PG & PN” packages)

- IEN packages can no longer contain medical foods (e.g. HMF)

- Infant fruits & veggies may be issued special needs children and women with a prescription
October 1st, 2014
Chapter 3 Policy changes

April 1st, 2015
New food package options
October 1st, 2014
Chapter 3 Policy Changes
Milk Policy Changes

• One year olds can get 2% milk if overweight or obesity is a concern without a prescription

• One year olds can get 2% milk for additional reasons if fragile needs and have a prescription

• For children two years and older and women, 2% milk is only available for medical conditions such as:
  – Underweight
  – Maternal weight loss
Cheese Limits

- 1 lb of cheese for C, PG, P, PN women
- 3 lb cheese for EN women, mostly BF Multiples, pregnant with multiples, and pregnant women who are also breastfeeding
Soymilk, Tofu, and Goat Milk

• Prescription no longer required
New Rx Form

• Just one form!
Arizona WIC Special Formula Authorization Form

Client Name: ____________________________________________
Date of Birth: ____________________________ WIC Client ID: ________

Please fully complete every section (1-7) to avoid delays in issuance. Please choose WIC rebated formulas whenever possible, as noted by **

1. Current Formula Request:

☐ Similac Advance*
☐ Similac Sensitive*
☐ Similac for Spit-up*
☐ Similac Total Comfort*
☐ Enfamil Prosobee*
☐ Enfamil Toddler Transitions Soy*
☐ Nutramigen
☐ Enfamil Enfamil (Powder and RTF)
☐ Gerber Good Start Nourish (Powder and RTF)
☐ Similac Expert Care Neosure (Powder and RTF)
☐ Pediasure (must meet WIC criteria for issuance)
☐ Other: ___________________________________________

3. Form of Formula:

☐ Powder
☐ Concentrate
☐ Ready-to-feed

Note: Concentrate or Ready to feed form given to premature clients unless otherwise specified.

2. Amount of Formula Requested Per Day: ____________________________
(Ad lib is not an acceptable response)
☐ Oral
☐ Tube Feeding

4. Diagnosis for routine formula (includes: Similac Advance, Similac Sensitive, Similac for Spit-up, Enfamil Prosobee, and Similac Total Comfort):

☐ Formula Intolerance
☐ Food allergy
☐ Inappropriate growth patterns
☐ Other:

Diagnosis for Special Formula or Medical Food:

☐ Prematurity
☐ GERD or reflux
☐ Dysphagia
☐ Failure to thrive (2nd percentile w/length or 5th percentile BMI/age)
☐ Severe food allergy
☐ Other: ___________________________________________

Note: Must be a specific medical diagnosis.

5. WIC Foods:

☐ Default to WIC RD to choose appropriate WIC foods OR Check any foods listed below that are not appropriate for this patient.

<table>
<thead>
<tr>
<th>Category</th>
<th>WIC Foods</th>
<th>Do Not Give</th>
<th>Exclusively</th>
<th>WIC Foods</th>
<th>Do Not Give</th>
<th>Nursing Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>Infants (0-11 mo.)</td>
<td>Infant cereal</td>
<td></td>
<td>Exclusively</td>
<td>InfanDine</td>
<td></td>
<td></td>
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<tr>
<td></td>
<td>Infant Jarred-fruits/vegetables</td>
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<td></td>
<td>Milkbaby</td>
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<tr>
<td>Children (1-5 yr)</td>
<td>Cow’s milk</td>
<td></td>
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<td>(If whole, 2%, 1%, nonfat milk specifically needed please indicate type and reason in the comment section below. This cannot default to the WIC RD. Children 12-24 months are typically given whole milk, and those 2-4 years old are typically given 1% or nonfat milk.)</td>
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<td>Cheese</td>
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<td>Eggs</td>
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<td>Peanut butter</td>
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<td>Whole grain**</td>
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<td>Cereal</td>
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<td>Vegetables/fruit</td>
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<td>Juice</td>
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<td>Soy milk</td>
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<td>Tofu</td>
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</table>

**Grains include the options of whole wheat bread, brown rice, and/or corn tortillas.

6. Length of Time Requested: [ ] Up to first birthday OR # months: ____________________________ OR # weeks: ____________________________

7. Print Provider Name/Title: ____________________________________________ Date: ____________________________

Healthcare Provider Signature: ____________________________________________ Phone Number: ____________________________

☐ Approved  ☐ Not Approved  Local Nutritionist/State Approval

Comments: ____________________________________________

Signature: ____________________________________________

Please visit http://www.azwic.gov/physicians.htm for additional forms or information  Revised 7/2014
April 1\textsuperscript{st}, 2015
Food List Changes
Food List Theme

• May be changing

• Influenced by participant Focus Group testing

• Anticipated to coincide with a new ID folder
Yogurt

Children & women: 1 quart of yogurt may be substituted for one of the quarts of milk

Any flavor, 32 oz. quart sized yogurts:
- Some national brands that have all flavors meeting requirements
- Any store brand

Cannot Buy
Yogurts that are:
- Greek
- Organic
- Drinkable

Yogurt with mix-ins (such as granola, candy pieces, honey, nuts, and similar ingredients)
Soy Milk

• Adding Silk Original as a soymilk option:
Whole Wheat Bread

• Replacing generic wheat bread picture with pictures of all eligible wheat breads.

• Adding Nature’s Own 100% Whole Wheat Bread as an additional whole wheat bread
Whole Wheat Flour Tortillas

• Removing La Baderita Fajita Whole Wheat Tortillas
  – New Federal Regulation require “whole wheat flour must be the only flour listed in the ingredients”

• May be adding 16 oz, Ortega Whole Wheat Tortillas
Whole Wheat Pasta

• Anticipate at least two brands on the food list

• Whole wheat pasta manufactures making changes to accommodate the new WIC food option

• 16 oz size only, no organic
Canned and Frozen Fruits & Vegetables Pages

• Adding generic pictures
Beans

• Anticipate changing from brand specific to “any brand” for canned beans
Cereal

- Adding Rice Chex back
Decided **not** to add at this time:

- Dried fruits and vegetables
- Canned jack mackerel (fish option for EN women)
Anticipate adding in the future (with or after EBT implementation)

9-12 months olds to get CVV for part of their infant fruits & veggies allowance

• Will require enhancement to HANDS before implementation can occur
Questions?