



IDAHO DEPARTMENT OF HEALTH & WELFARE
DIVISION OF PUBLIC HEALTH

Idaho WIC Training **WIC Food Packages**

Trainer



Module 1: WIC Food Packages



Activity 1

The trainee will be asked to:

- **List the seven main food packages:**
 - Food Package 1: Infants birth through 5 months
 - Food Package 2: Infants 6 months through 11 months (up to first birthday)
 - Food Package 3: Participants with Qualifying Conditions (typically medical diagnosis)
 - Food Package 4: Children 1 through 4 years of age (up to 5th birthday)
 - Food Package 5: Pregnant and partially breastfeeding women
 - Food package 6: Postpartum and partially breastfeeding
 - Food package 7: Fully breastfeeding women, partially breastfeeding multiples, pregnant with multiples
- **Name two options that women and children can choose in a food package:**
 - Dairy options (milk – cheese and/or yogurt)
 - Peanut butter or dried beans, peas, or lentil options
- **Name two choices that a homeless participant can choose in a food package.**
 - Ready-to-feed formula for infants instead of powdered or concentrate
 - Individual single-serving juices instead of large containers or frozen juice
 - Canned beans instead of dried beans, peas, or lentils

Module 2: Authorized Food List



The trainee will be asked to review tips for shopping with WIC foods.



Activity 2

The trainee will be asked to locate a copy of the Idaho Authorized Food List and sample WIC checks. Using the sample WIC checks and the food list, the trainee will make a shopping list of the items they would purchase at the store.

Check the trainee's shopping list to make sure the foods are Idaho WIC authorized items.



Activity 3

The trainee will be asked to review a copy of the Medical Documentation Form and discuss the common reasons for using this form and the procedures in your clinic.

The following supplemental foods require a local agency registered dietitian to obtain medical documentation from a health care professional licensed to write medical prescriptions under State law (i.e. doctor, nurse practitioner) using the Medical Documentation form. The health care professional must have made a medical determination that the participant has a qualifying condition (such as prematurity, failure to thrive, or various medical health conditions that directly impact a person's nutrition status).

- Any Idaho WIC authorized non-contract brand infant formula
- Any infant formula prescribed to a child or adult who receives food package 3
- Any exempt infant formula (special infant formulas for use with unusual medical or dietary conditions).
- Any WIC-eligible nutritional (products that are specifically formulated to provide nutritional support for participants with a diagnosed medical condition where conventional WIC food is precluded, restricted, or inadequate).
- Any supplemental food issued to participants who receive food package 3

All Medical Documentation forms must be completed by a health care provider and stored as an electronic or written copy. A facsimile or confirmation via telephone to a local agency registered dietitian must be kept on file until the completed medical documentation form is received within one to two weeks.

Use of electronic documentation, storage and signatures is allowable. Discuss with the trainee your agency's policy and procedure.

Medical oversight of medically fragile participants is required in order to issue supplemental foods in food package 3. However, the healthcare provider has the option to refer to a local agency registered dietitian for identifying appropriate supplemental foods (excluding formula). The prescribed amounts and the length of time the supplemental foods will be used is required. The health care provider will have the option to refer on the Medical Documentation form.

A medical documentation form is not required for a child to be issued any Idaho WIC authorized soy-based beverage. Registered dietitian approval is required in addition to documentation of the participant's qualifying condition in their file. These include, but are not limited to, milk allergy, severe lactose intolerance, and vegan diets.