

Level 1 Food Package

The Basics

Level 1	All staff must complete
Type	Paper module
Completion time	2-5 hours
Complete	Within 1 month of hire
Certifiers Guide	2-8: Chapter 1 6-2: Chapter 2
Posttest	Online – Workday Learning Oregon
Completion	Form



Course Objectives

This module covers how food packages are assigned, how they are tailored for individuals based on their WIC category and individual circumstances, and how to handle issues that come up. The following objectives are organized by the chapter in which they are covered within the module. Upon completion of this course, learners will be able to:

Food Package Overview

- Identify the steps involved in food package assignment.
- Understand your role related to food package assignment.
- Identify the standard food packages for each category.
- Explain the codes for food templates.
- Understand the differences in food packages for women who are mostly breastfeeding versus women doing some breastfeeding.
- Describe food alternatives available on the WIC *Food List*.
- Use critical thinking to determine the factors influencing food package assignment.
- Describe the process used for assigning a food package.
- Describe the differences between assigning a standard, non-standard or modified food package.
- Describe the basic rules for modifying food packages.

- Describe how food packages are combined or divided for families and participants.

Food Package Issues

- Identify the food package assignment solutions to issues related to participant category and designation.
- Provide allowable alternatives to participants with personal preferences about WIC foods.
- Assign appropriate food packages to participants with limited refrigeration or who are homeless.
- Assign appropriate food packages to participants with an unsafe water supply.
- Assign appropriate food packages to participants residing in institutions, such as a shelter, hospital or jail.
- List the milk alternatives that are available and the appropriate times to assign them.
- Describe food package assignment options available for vegan participants.
- Identify which food packages require medical documentation.
- Determine if a *Medical Documentation Form* received from the health care provider is complete.
- Identify when to use the Formula Warehouse option in TWIST.
- Describe the process for using the Formula Warehouse function in TWIST to order medical formulas.

Learning activities

Note: Answers are given only when there is a specific, objective answer.



Lesson 1-1: Food packages – Staff roles

Skill Check (page 23)

Review the name and role of each staff person responsible for doing the different tasks related to food package assignment.

Lesson 1-2: Food package basics – standard food packages

Practice Activity (page 26-28)

1. Which category and designation of participant receives the most food from WIC?
 - ◆ Fully breastfeeding women with twins.
2. Which two categories of participants receive 4.5 gallons of milk?

- ◆ Pregnant women and mostly breastfeeding women
3. What foods do fully breastfeeding women receive that no other category of WIC participant does?
 - ◆ Fish
 4. Which category gets the highest dollar amount to spend on fruits and vegetables?
 - ◆ All women categories get \$11 (women fully breastfeeding twins get \$16.50).
 5. Which categories get an extra pound of beans in addition to their choice of beans or peanut butter?
 - ◆ Pregnant women, mostly breastfeeding women, fully breastfeeding women
 6. How many gallons of milk are there in the standard food package for non-breastfeeding women?
 - ◆ 3.25 gallons
 7. The amount of formula a non-breastfeeding infant receives changes depending on their age. What are the 3 infant age groups and the amount of Similac Advance Powdered formula each group gets?
 - ◆ 0-3 months: **9 cans**; 4-6 months: **10 cans**; 7-12 months: **7 cans**
 8. What is the difference in the amount of infant food received by the fully breastfed infant compared to the non-breastfed infant?
 - ◆ IE get 256 oz of fruits and veggies, plus 77.5 oz of meat. IN gets 128 oz of fruits and veggies and no meat.
 9. Which categories do not get any whole grains?
 - ◆ Non-breastfeeding women, some breastfeeding women, and all infants
 10. Which category does not have a standard food package?
 - ◆ Partially breastfed infants
 11. Which categories get two pounds of whole grains?
 - ◆ Children 13-23 months and children 24-60 months
 12. What is the difference between the standard food packages for children 13-23 months and children 24-60 months?
 - ◆ 1-year-olds get whole milk, older children get lower fat milk.

Practice Activity (page 30-31)

13. The first letter of the milk template codes tells you the type of milk in the module. What different types of milk does WIC offer in templates?
 - ◆ Liquid cow's milk, evaporated milk, goats milk, dry/powdered milk, soy beverage, lactose-free milk, acidophilus milk
14. What does the second letter in milk template codes indicate?
 - ◆ Fat content of milk
15. What is included in a milk template with the code GL-0? What kind of milk is included?
 - ◆ Low-fat goats milk without cheese.
16. Looking at the formula module codes, what 3 different forms or types of formula are available in WIC?
 - ◆ Powdered, concentrate, ready-to-feed
5. How can you tell which infant food modules include meat?
 - ◆ The M
6. What is the standard food template code for fully breastfed infants over 6 months old? What foods do they get?
 - ◆ I-FVCM: includes 256 oz of fruits & veggies, 77.5 oz of meat, and 24 oz of cereal.
7. What is the standard milk template code for children 13-23 months? List the milk products included in that module.
 - ◆ MWC-Y. Whole liquid cow's milk and cheese and whole milk yogurt.
8. What template code will you use if a participant does not receive any milk, food or formula in a mandatory module?
 - ◆ ZN (Z is used for infants not receiving any formula)

Practice Activity (page 33)

1. How much bid formula can a breastfed baby get in the month of their birth?
 - ◆ None
2. What is the maximum amount of powdered bid formula that a mostly breastfeeding infant age 1-3 months can receive?
 - ◆ Up to 4 cans
3. What is the amount of powdered bid formula that a some breastfeeding infant age 1-3 months can receive?
 - ◆ 5-8 cans

4. How many months can a postpartum woman who is mostly breastfeeding receive a food package?
 - ◆ Up to 12 months postpartum
5. How many months can a postpartum woman who is doing some breastfeeding receive a food package?
 - ◆ Up to 6 months postpartum

Lesson 1-3: Food package assignment process

Practice Activity (page 41 - 43)

Pertinent information may include:

Case Study 1

- ◆ pregnant, good appetite, expecting twins, allergic to peanuts.

Case Study 2

- ◆ child in a vegan family, family works hard to make sure they have nutritious foods, likes soy milk, uses organic fruits and veggies.

Case Study 3

- ◆ difficult living situation, lost job, evicted and living with friends (homeless), limited cooking or refrigeration capacity

Case Study 4

- ◆ breastfeeding, returning to work next week, supplementing with formula.

Case Study 5

- ◆ child on special formula, premature, no solid foods eaten by spoon, gagging.

Skill Check (page 44)

Compare student's answers to steps in the process for assigning a food package listed on **page 40** of the module.

Practice Activity (page 47-48)

- Standard
- Standard
- Modified
- Non-standard
- Modified
- Non-standard

Lesson 2-1: Food package issues based on participant category

Practice Activity (page 63)

1. For a pregnant woman who changes to a postpartum non-breastfeeding woman, how will her food package change?
 - ◆ 1.5 gallons less milk, 1 less container juice, no whole grains and 1 less pound dry beans.
2. For a pregnant woman who changes to a fully breastfeeding woman, how many additional quarts of lower fat milk will she receive?
 - ◆ 2 quarts
3. For a pregnant woman who changes to a fully breastfeeding woman, in addition to milk, what additional quantities of other foods will she receive?
 - ◆ 1 pound cheese, 1 dozen eggs, 30 oz canned fish
4. For a woman 6 months pregnant with twins, what modules would you assign?
 - ◆ Assign Milk module ML-C and food module WPB-M.

Practice Activity (page 66-67)

Scenario A: Diana & Anna

1. What is the appropriate amount of powdered formula to issue on Anna's food package?
 - ◆ 4 cans
2. What is the correct category for Anna?
 - ◆ IB
3. What is the correct category for Diana?
 - ◆ WB

Scenario B: Luanne & Samuel

1. What is the appropriate amount of powdered formula to issue on Samuel's food package?
 - ◆ 5 cans
2. What is the correct category for Samuel?
 - ◆ IBN
3. What is the correct category for Luanne?
 - ◆ WBN2

Practice Activity (pg. 72)

Scenario A: Bella

- ◆ She is eligible for the Woman Fully Breastfeeding Twins food package.

Scenario B: Suzanne

- ◆ Subjective. Explore with the student what they considered to arrive at their answer.

Scenario C: Tessa

- ◆ Possible options: If both babies remain an IE category (no formula from WIC), mom is eligible for the woman fully breastfeeding twins food package. 47f one baby is IE, and the second is IB (1-4 cans/mo.), mom's category is IB (mostly breastfeeding food package).

Practice Activity (pg. 74-75)

1. Which form of formula (concentrate, powder, ready-to-feed) is provided in the standard food package?
 - ◆ Powder
2. Under what conditions can ready-to-feed formula be provided?
 - ◆ The water supply that would normally be used to mix with the formula is unsanitary, tainted, or the supply is limited.
 - ◆ The caretaker is unable to correctly mix the concentrate or powdered formula.
 - ◆ The formula only comes in ready-to-feed form.
 - ◆ The participant has a qualifying medical condition that justifies the need for ready-to-feed
3. Infant receiving powdered Similac Advance, maximum number of cans at each age:
 - ◆ 1-3 months: **9 cans**
 - ◆ 4-6 months: **10 cans**
 - ◆ 7-12 month: **7 cans**

Practice Activity (pg. 78-80)

Scenario A: Amidala

- ◆ **Offer ready to feed formula.**

Scenario B: Sidni

1. What else would you assess for before offering the fresh fruit and vegetable option starting at 9 months?
 - ◆ If the caregiver is able to safely provide fruits and veggies to the infant, and is interested in receiving the foods.
2. What food template would be used to provide the fresh fruit and veggie benefit, for half of the baby food, starting at 9 months?
 - ◆ I-FVC-\$4, if IB or IN
 - ◆ I-FVCM-\$8, if IE
3. What nutrition education would you provide to the infant's mom when assigning the fruit and veggie benefit?
 - ◆ Address safe food preparation, storage and infant feeding practices.

Scenario C: Chucky

- ◆ Offer the fruit and veggie benefit to replace half of the jarred baby fruits and veggies.

Scenario D: Cara

- ◆ Offer the fruit and veggie benefit to replace half of the jarred baby fruits and veggies.

Scenario E: Jillian

- ◆ She doesn't have to buy the meat if she's not going to use it. Could modify the template to decrease or eliminate the meat.

Scenario F: Samir

- ◆ If none of the infant foods, formula or fruit and veggie benefit for the family have been spent during the month of the first birthday, then the infant food package can be changed to a child food package.

Scenario G: Monty

- ◆ **Offer M-2-C or M-2-O**

Lesson 2-2: Food package assignment based on personal preference

Practice Activity (page 88-89)

Suggestions to offer given the following statements:

- 6 “I’d like my child to eat more vegetables but I don’t buy them because they will just go to waste.”
- 1 or 10 “I already have a lot of infant cereal in our cupboards.”
- 4 “He just doesn’t like peanut butter that much.”
- 7 “Cow’s milk doesn’t seem to set very well with my daughter. I’m not sure what she should drink.”
- 5 “I really dislike fish of all types. I can’t stand the thought of having it in my house.”
- 8 “100% whole wheat bread doesn’t taste as good as white bread.”
- 3 “I only eat organic food because it is so much healthier”
- 9 “She’s my little vegetarian! She’ll eat anything other than meat.”
- 2 “Rice milk is the only type of milk that I serve my family. We try to stay as close to a vegan diet as possible.”
- 10 or 1 “I rarely use eggs.”

Lesson 2-3: Food package issues related to living situation

Practice Activity (page 94 – 95)

Scenario A: Micky

- ◆ She can purchase milk in half gallons. Or she can switch some or all the milk to powdered or evaporated. Also consider bottled juice.

Scenario B: Minnie

- ◆ Bottled juice, powdered or evaporated milk, no cheese, canned beans.

Scenario C: Daisy

- ◆ Review options from the Food List that don’t require water to prepare, such as: bottled juice, peanut butter, canned beans and bread or tortillas.

Scenario D: Simone

- ◆ Offer ready-to-feed formula for the time during construction.

Scenario E: Nora & baby Nick

- ◆ Nora can remain on WIC as a non-breastfeeding postpartum woman. Nick will not be able to get formula from WIC until he is out of the hospital.

Scenario F: Celine

- ◆ Celine can still get the WIC food package because she can keep her food separate, as long as the facility meets the requirements listed in Policy 655.

Lesson 2-4: Food package assignment based on risk factors

Practice Activity (page 107)

1. What food package options would you want to discuss with Kayleigh's mom?
 - ◆ Recommend the family discuss options with their HCP to assess whether Kayleigh has outgrown her allergies, or if she needs to stay on her medical formula.
2. Which of the following is **not** a food package option for a pregnant woman with lactose intolerance?
 - ◆ More Cheese and less milk
3. Which of the following WIC participants may be issued a special food package?
 - ◆ Infant born 4 weeks premature
 - ◆ 1-year-old child with a feeding disability
 - ◆ Pregnant woman who is vegan
 - ◆ Breastfeeding woman who is lactose intolerant

Lesson 2-5: Food package requiring medical documentation

Note: There may be more than one solution to the following Practice Activities.

Practice Activity (page 114-115)

Review the Job Aid – *Qualifying Conditions, ICD-9/10 Codes and WIC Risks* and questions below with the student.

1. List 3 qualifying conditions you might see for infants.
2. What would be an example of a non-qualifying condition for infants?
3. List 3 qualifying conditions you might see for children.
4. What would be an example of a non-qualifying condition for children?
5. List 3 qualifying conditions you might see for women.
6. What would be an example of a non-qualifying condition for women?

Practice Activity (page 119-120)

1. List 3 types of food packages which require medical documentation. Any 3 of the following:
 - ◆ medical formulas (such as Nutramigen) for infants
 - ◆ medical formulas/nutritionals for women and children, and to identify appropriate milk or foods
 - ◆ to provide whole milk to children (over 2) or women, who are also receiving medical formulas or nutritionals
 - ◆ to provide additional formula for infants whose HCP has determined they are not developmentally ready to start solids
 - ◆ for infants to continue WIC bid formula past 1 year of age.

2. Six types of HCPs that can provide the medical documentation:
 - ◆ 1) Medical doctors/physicians
 - 2) Physician Assistants
 - 3) Nurse Practitioners
 - 4) Doctors of Osteopathy
 - 5) Naturopathic Physicians
 - 6) Certified Nurse Specialists.

3. What is the difference between the processes identified in Option 1 and Option 2 for getting medical documentation from the health care provider?
 - ◆ In Option 1, the HCP initiates the medical documentation. WIC's role is to review and respond.
 - ◆ In Option 2, WIC initiates the medical documentation. WIC staff can complete most of the form before sending it to the health care provider.

Practice Activity (page 126-127)

1. What is the maximum length of time medical documentation can be written for?
 - ◆ 12 months

2. Which parts of the form can be completed by WIC staff prior to sending it to the health care provider?
 - ◆ All, except the medical diagnosis and the health care provider's signature. Only a WIC Nutritionist can complete Section B.

3. Which parts of the Medical Documentation Form must be completed by the health care provider before the WIC staff can consider it complete?
 - ◆ Section A: medical diagnosis, length of issuance and sufficient amount of information to correctly identify the WIC participant.
 - ◆ Parts of Section B: none/omit checked under Supplemental Foods. If blank, the food package appropriate to age/category is to be provided.
 - ◆ Section C: health care provider's signature and some form of contact information.

Practice Activity (page 131-141)

Note: There may be more than one correct solution to some situations.

Case Study A: Maribel

1. What qualifying condition is listed on the form?
 - ◆ Milk allergy severe enough to require an exempt formula.
2. Is it a qualifying condition for Maribel's age and the food package requested?
 - ◆ Yes.
3. If you are a certifier, what risk might you assign for this participant?
 - ◆ Risk 353 – Food Allergies
4. For how long is the medical documentation valid?
 - ◆ 3 months
5. Is the form complete?
 - ◆ Yes
6. If not, what information is missing?
 - ◆ none
7. What follow up, if any, is needed with the HCP?
 - ◆ For the WIC Nutritionist to call the HCP.
8. What food, milk, or formula templates would you assign for Maribel?
 - ◆ Nutramigen, maximum allowed for age/category.
No baby foods or infant cereal.

Case Study B: Johnny

1. What qualifying condition is listed on the form?
 - ◆ Eczema is a symptom of a milk allergy severe enough to require an exempt formula.
2. Is it a qualifying condition for Johnny's age and the food package requested?
 - ◆ Eczema is a qualifying condition for Nutramigen for a newborn.
3. If you are a certifier, what risk might you assign for this participant?
 - ◆ Risk 353, Food Allergies
4. How long is the medical documentation valid for?
 - ◆ 3 months
5. Is the form complete?
 - ◆ Does not specify supplemental foods, but infant is too young to receive any. Prescribed amount says "prn" which means "as needed."
6. If not, what information is missing?
 - ◆ May want to call the health care provider to clarify the amount of formula to assign.
7. What follow up, if any, is needed with the health care provider?
 - ◆ May want to call the health care provider to clarify the amount of formula to assign.
8. What food, milk, or formula templates would you assign for Johnny?
 - ◆ Nutramigen, amount to be determined after review by the WIC Nutritionist or discussion with the health care provider.

Case Study C: Quinton

1. What qualifying condition is listed on the form?
 - ◆ FTT or failure to thrive.
2. Is it a qualifying condition for Quinton's age and the food package requested?
 - ◆ Yes, FTT is a qualifying condition for children.
3. If you are a certifier, what risk might you assign for this participant?
 - ◆ Risk 134 – Failure to Thrive

4. How long is the medical documentation valid for?
 - ◆ 6 months
5. Is the form complete?
 - ◆ Yes
6. If not, what information is missing?
 - ◆ none
7. What follow up, if any, is needed with the health care provider?
 - ◆ none
8. What food, milk, or formula templates would you assign for Quinton?
 - ◆ ML-C, C, Ped-R. The HCP requested 3 cans per day for 31 days. (TWIST will help you decide the best package size to select to meet the HCP request.)

Case Study D: Melvin

1. What qualifying condition is listed on the form?
 - ◆ FFT, or failure to thrive.
2. Is it a qualifying condition for Melvin's age and the food package requested?
 - ◆ Yes, FTT is a qualifying condition for children.
3. If you are a certifier, what risk might you assign for this participant?
 - ◆ Risk 134, Failure to Thrive.
4. How long is the medical documentation valid for?
 - ◆ 12 months
5. Is the form complete?
 - ◆ Yes, although the health care provider says the WIC Nutritionist will determine amount, type and length of issuance of supplemental foods.
6. If not, what information is missing?
 - ◆ WIC Nutritionist will determine amount, type and length of issuance of supplemental foods.
7. What follow up, if any, is needed with the health care provider?
 - ◆ none
8. What food, milk, or formula templates would you assign for Melvin?

- ◆ Subjective. Discuss food package options with WIC Nutritionist.

Case Study E: Sommer

1. What qualifying condition is listed on the form?
 - ◆ Low maternal weight gain.
2. Is it a qualifying condition for Sommer's category and food package request?
 - ◆ Yes, low maternal weight gain is a qualifying condition.
3. If you are a certifier, what risk might you assign for this participant?
 - ◆ Risk 131, Low Maternal Weight Gain. TWIST selects this based on weights entered on the Medical Data screen.
4. How long is the medical documentation valid for?
 - ◆ 12 months
5. Is the form complete?
 - ◆ Yes.
6. If not, what information is missing?
 - ◆ None.
7. What follow up, if any, is needed with the HCP?
 - ◆ There are two kinds of Boost: Boost Plus Calories or Boost High Protein. Clarify with HCP which one to provide.
8. What food, milk, or formula templates would you assign for Sommer?
 - ◆ Because she is pregnant with twins, and HCP requested whole milk. MWC, WPB-M, and BCP or BHP, after review by the WIC Nutritionist or discussion with HCP about Boost. (TWIST will help you decide the best package size to select to meet the HCP request.)

Lesson 2-6: Formula Warehouse

Practice Activity (page 150)

Case Study: Maribel

1. Is Neocate Infant a formula that can be ordered from the Formula Warehouse?:
 - ◆ Yes
2. What is the maximum allowed for this 5 month old baby?
 - ◆ 11 cans

3. What is the information that you will need to have in order to place the FW order?
 - ◆ Mailing address
4. Who is your point person in your clinic that could help you with this FW order?
 - ◆ Name of person who handles FW orders for clinic.

Posttest Questions and Answers



This posttest is online and scored automatically.

1. **True** or False. The food package is assigned after a full assessment of the participant's nutrition risks.
2. Which WIC staff members can assign a food package? Select 2.
 - Clerk
 - **CPA or certifier**
 - **WIC Nutritionist or Dietitian**
 - Breastfeeding peer counselor
3. A standard food package:
 - Provides the maximum amount of food for the participant's category.
 - Is automatically selected by the data system
 - Contains the most common food choices
 - Can be adjusted by the CPA to meet the participant's needs
 - **All of the above**
4. Match the foods to the correct food package module.
 - Module A - Milk, cheese, yogurt, tofu
 - Module B - Eggs, peanut butter, fruit and vegetables, whole grains
 - Module C - Medical formula and medical food.
5. What type of food package does a participant receive when they are enrolled on or after the 20th of the month?
 - Full – the full quantity of foods
 - Partial – about 25% of the foods
 - **Partial – about 50% of the foods**

- None – no foods until the following month
6. **True** or False. The food package for breastfeeding participants is determined by the how much breast milk is provided for the baby.
 7. Match the WIC category to the breastfeeding definition.
 - Fully breastfeeding - The infant's main nutrition source is the parent's breastmilk and WIC does not provide supplemental formula.
 - Mostly breastfeeding - The infant's main nutrition source is the parent's breastmilk and WIC provides a small amount of supplemental formula.
 - Some breastfeeding - The infant's main nutrition source is formula. The parent's breastmilk is also provided.
 8. **True** or False. The WIC Food List shows which options, flavors and brands of food that participants can choose.
 9. **True** or False. The best food package to assign to a participant is one that will meet the participant's needs based on their category, risk, personal preferences and cultural context.
 10. When assigning a food package to a participant, which of these could influence the food package you assign?
 - Category
 - Special medical needs
 - Food preferences
 - Living situation
 - Access to grocery store
 - Cultural preferences
 - **All of the above**
 11. **True** or False. A pregnant woman and a mostly breastfeeding woman receive the same amount of food.
 12. **True** or False. A fully breastfeeding woman with twins (or more) receives 1.5 times the regular fully breastfeeding food package.

13. Which participants cannot receive milk, food or formula benefits? (Select 2)

- Children receiving medical formula from WIC
- **Fully breastfeeding infants under 6 months old**
- Pregnant participants the month after delivery
- **Participants who are “some breastfeeding” after the baby turns 6 months old**

14. **True** or False. Powdered formula is included in the standard food packages for non-breastfeeding infants.

15. **True** or False. Ready-to-feed formula is appropriate to assign to infants who live where the water supply is unsafe, toxic or limited.

16. **True** or False. Infants can start receiving baby cereal and baby foods at 6 months of age.

17. **True** or False. Children cannot receive a regular food package (milk, eggs, peanut butter, whole grains, etc.) before their first birthday.

18. What are two suggestions a certifier might make to a participant who does not want to purchase a particular food or won't use as much of a food as WIC provides? Select 3

- **It's okay to purchase only what you will use.**
- **The Food List shows all the different kinds of food that are available.**
- **The food package may be modified to better meet your needs.**
- Give away the WIC food you don't want.

19. **True** or False. When assigning a WIC food package, it is more important to take into consideration the needs of the participant rather than the needs of the participant's family.

20. Dry milk or evaporated milk might be a useful option for a participant who:

- Has limited access to refrigeration
- Is experiencing homelessness
- Is experiencing a natural disaster
- **All of the above**

21. What does the template code GL-0 stand for?

- Goat milk (lactose-free), no cheese
- **Goat milk (1% or fat free), no cheese**
- Goat milk (lactose-free), no yogurt

22. True or **False**. A food package can be provided to an adult participant who is living and eating shared meals in an institution, such as a hospital, jail or care facility

23. Which of the following are alternatives for women or children on WIC who have a cow's milk intolerance? Select 4

- **Goat milk**
- **Acidophilus milk**
- Chocolate milk
- Rice milk
- **Soy beverage**
- **Lactose free milk**

24. **True** or False. Some WIC food packages are vegetarian, but none are vegan.

25. Who should a participant be referred to when health conditions require special food package considerations and counseling?

- **WIC Nutritionist or dietitian**
- CPA
- Clerk
- None of the above

26. **True** or False. For the Medical Documentation Form, a qualifying condition is a medical diagnosis made by a health care provider that requires use of a medical food or formula to maintain good health or improve health outcomes for a participant.

27. **True** or False. To assign a medical food or formula in TWIST, mark the participant as "special"

28. **True** or False. Health care providers approve the issuance of foods along with a medical formula or they can request that the WIC Nutritionist determines the WIC foods the participant should receive.
29. At what age can an infant start receiving a fresh fruit and veggie benefit for half of their baby food?
- 6 months
 - 7 months
 - 8 months
 - **9 months**
 - 12 months
30. Which are the reasons that WIC would not provide medical formula or medical food to the participant?
- Medical formula is delivered by tube feeding.
 - Medical formula is for a metabolic disorder like PKU or galactosemia.
 - The food intolerance can be managed with another WIC food package.
 - When the participant does not have a qualifying medical condition.
 - **All of the above.**
31. Which of the following require medical documentation? (Select 4)
- Standard food packages
 - **Medical formulas**
 - Soy beverage for women
 - **Medical foods**
 - Bid infant formula
 - Whole milk for one-year old children
 - Soy beverage for children
 - **Medical infant formula**
 - **Whole milk for women on medical formula**
32. Who can complete and sign the medical documentation needed for WIC? (Select 5)
- **Medical doctors (MD)**
 - Registered Dietitian Nutritionist (RDN)
 - **Physician Assistant (PA)**
 - **Nurse Practitioners (MD)**

- **Doctors of Osteopathy (DO)**
- **Naturopathic Physicians (ND)**

33. **True** or False. Formula Warehouse orders will appear on the Benefits List with the indicator FW.

34. What is the maximum length of time that medical documentation can be written for?

- 1 month
- 3 months
- 6 months
- **12 months**
- To the end of the certification period only

35. **True** or False. The CPA is allowed to assign a medical formula or food after receiving the Medical Documentation form even if the WIC Nutritionist has not yet reviewed it.