



August 2026

Important: Changes to Milk Maximum Amounts (MMAs) in this module

The milk amounts shown in some materials in this training are **not updated for 2026**. This includes:

- Job aid: Standard Food Packages
- Job aid: Food Packages by Participant Category

What you need to do:

Ask your Training Supervisor for the current milk amounts.

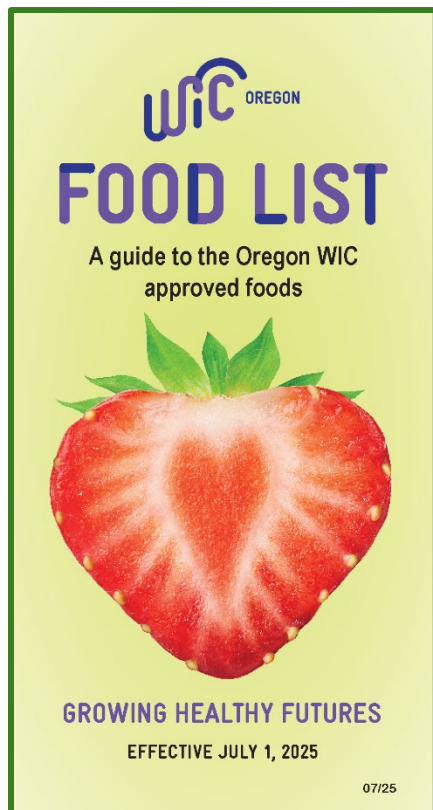
If you have questions, contact the State WIC Office or your assigned Nutrition Consultant.

Thank you,

- State WIC Training Team

Oregon WIC Training

Food Package for Certifying Staff Part 2



Staff Training



(08/2026)

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Introduction

Items needed

- Job aid: [Assigning Dry and Evaporated Cow and Goat Milk](#)
- Job Aid: [Decision Tree: Infant Foods for a Child](#)
- Job Aid: [Medical Documentation Definitions](#)
- Job Aid: [Qualifying Conditions, ICD-9/10 Codes and WIC Risks](#)
- Job Aid: [Medical Formulas](#)
- Handout: [WIC Food List](#)
- Form 57-636: [Medical Documentation Form](#)

WIC Policy

- Policy 769 – [Assigning WIC Food Packages](#)
- Policy 770 – [Authorized Foods](#)
- Policy 511 – [Food Benefit Issuance](#)
- Policy 588 – [Program Integrity: Complaints](#)
- Policy 635 – [Participant Notification: Eligibility and Rights and Responsibilities](#)
- Policy 655 – [Homeless Applicants](#)
- Policy 765 – [Medical Documentation](#)
- Policy 760 – [Medical Formulas](#)
- Policy 765 – [Medical Documentation](#)
- Policy 735 – [Exchange and Handling of Returned Formula](#)

Sections and objectives

After completing this module, you will be able to:

Chapter 1: Participant Preferences

- Provide allowable alternatives to participants with personal preferences about WIC foods.

Chapter 2: Living Situations

- Assign appropriate food packages to participants with limited refrigeration or who are homeless.
- Assign appropriate food packages to participants with unsafe water supply.
- Assign appropriate food packages to participants residing in institutions, such as a shelter, hospital, or jail.

Chapter 3: Risk Factors

- List the milk alternatives that are available and appropriate times to assign them.
- Describe food package assignment options available for participants with certain risks.

Chapter 4: Medical Documentation

- Determine which food packages require medical documentation.
- Determine if a Medical Documentation Form received from a health care provider is complete.

Chapter 5: Formula Warehouse

Food Package for Certifying Staff: Part 2

- Identify when to use the Formula Warehouse option in the WIC data system.
- Describe the process for using the Formula Warehouse function in the WIC data system to order medical formulas.

Chapter 1: Participant Preferences

Items needed

- Handout: [WIC Food List](#)
- Job aid: [Module A Templates and Codes](#)
- Job aid: [Module B Templates and Codes](#)

WIC Policy

- Policy 759: [Assigning WIC Food Packages](#)

Objectives

After completing this lesson, you will be able to:

- Provide allowable alternatives to participants with personal preferences about WIC foods.

Overview

We want participants to receive nutritious foods they need and want. CPAs work collaboratively with participants to tailor and modify food packages to meet participant's preferences. This process is sometimes called making a swap. A swap is a change that is made to the food package by WIC staff.

Participants also make their own food choices at the store. Participants may share a preference with a CPA that doesn't require a food package change. In this situation, CPAs provide food package education to help participants understand the choices they have at the store, how to use their benefits to meet their needs, and tailoring or modification options.

Food Package for Certifying Staff: Part 2

CPAs are required to provide food package education during each certification and recertification appointment and document when complete in the WIC data system. See [Policy 769 – Assigning WIC Food Packages](#) for more information on food package education requirements.

This module provides examples for how CPAs tailor food packages for a variety of participants with different food preferences and when food package education can be provided for participant preferences that don't require food package tailoring.

Handling participant food preferences

Each participant is unique. Their background, culture, or living situation can influence which foods they prefer. CPAs help participants choose WIC foods they will use.

Participant preferences vary. A participant may share that they do not want or don't ever use certain WIC foods. Maybe they have concerns about WIC foods for religious or cultural reasons.

Note: WIC provides food for WIC participants only. These foods are not to be used by other family members. Do not recommend participants purchase foods for other family members in their household.

CPAs have solutions for helping participants with different food preferences:

- Use the WIC Food List to show participants the options or alternatives that match their preferences.
- Encourage the participant to only buy foods they need or will use.
- Share with the participant that it is great to start small with new foods.
- Assign a different Module A or Module B template that meets their needs.
- Modify the food package with swaps that the participant is eligible for.

Reminder: Food package education is required

In Food Package for Certifying Staff Part 1, Chapter 2: Food Package Basics, we covered required food package education.

As a reminder, food package education must happen at each certification appointment.

Food package education topics

Best practice is to touch on all these topics during certification appointments:

- Explain the foods included in their food package
- Explain how they can spend their monthly maximum allowance (MMA)
- Review the participant's benefit list
- Review the Oregon Food List
- Review all tailoring options
- Answer participant questions about the food package

Required food package education topics

These topics must be touched on during certification appointments.

1. Foods in their food package
2. Review all tailoring options
3. How to spend their MMA
4. Review the Oregon Food List

Food Package for Certifying Staff: Part 2

Providing food package education can also help participants understand how their preferences can be met with WIC foods.

On the next pages, we'll walk through common preferences and how CPAs can both offer required food package education and offer optional tailoring options for participant preferences.

Food package tailoring and education for participant preferences

WIC standard food packages provide the maximum monthly amounts for each participant category. However, participants may not want or use certain foods based on their preferences.

Your role as a CPA is to:

- Provide required food package education, and
- Tailor the standard package so it better aligns with each participant's needs and preferences.

CPAs provide food package education while exploring tailoring options that help the participant use their benefits in a way that fits their needs and preferences.

Use these two jobs aids available to help you reference food package tailoring options and what they include. See tailoring options for the milk portion (Module A) or food portion (Module B) of participant food packages:

- [Job Aid: Module A Templates and Codes](#)
- [Job Aid: Module B Templates and Codes](#)

Scenario 1: Participant does not like or avoids cow's milk

CPAs provide food package education and can tailor it as needed for the participant. This may include:

- Reviewing milk tailoring options

- Showing alternative milk beverages on the Oregon WIC Food List
- Discussing substitutions such as tofu or yogurt
- Assigning a Module A template that substitutes milk for cheese, yogurt, tofu, or another milk type

Refer to the [Job Aid: Module A Templates and Codes](#) for a full list of allowable modifications.

Scenario 2: Participant prefers whole or 2% milk instead of 1% or fat free milk

This is a unique situation. WIC provides only fat free and 1% milk to adults and children two years and older. Participants may prefer whole or 2% milk, but CPAs cannot assign whole milk based on preference. For participants who have never used 1% or fat free milk, CPAs may support a short transition. This option:

- Does not require a medical condition
- Does not require a Medical Documentation Form
- Must be temporary (1-2 months)
- Applies to 2% milk only

CPAs provide food package education and can tailor it as needed for the participant. This may include:

- Review the participant's current milk assignment and explain why WIC provides 1% and fat free milk for adults and children over 2 years old.

- Use the Oregon WIC Food List to show the milk section and share available options.
- Assigning a Module A template that temporarily provides 2% milk for 1-2 months to support a gradual transition.
- Assigning 1% or fat free milk as the long-term milk type.

Medical exception (whole milk only)

Whole milk may only be assigned to adult participants and children ages 2 and older who:

- Have a qualifying nutrition risk, and
- Have a completed Medical Documentation Form.

You will learn more about nutrition risks and the Medical Documentation Form and food packages on later chapters of this module.

Scenario 3: Participant dislikes dairy foods (cheese or yogurt)

CPAs provide food package education and can tailor it as needed for the participant. This may include:

- Explaining swaps such as exchanging cheese or yogurt for milk.
- Reviewing dairy options on the Oregon Food List.
- Assigning a Module A template that swaps 1 quart of milk for tofu, excludes cheese, or another combination.

Refer to the [Job Aid: Module A Templates and Codes](#) for a full list of allowable modifications.

Scenario 4: Parent or caregiver wants juice for their child

CPAs provide food package education and can tailor it as needed for the participant. This may include:

- Explain that participant may request juice in place of the \$3 Fruit and Vegetable Benefit (FVB).
- Assign a Module B template that swaps \$3 of FVB for one container of bottled juice or frozen juice concentrate.



See [Job Aid: Module B Templates and Codes](#) for a full list of allowable modifications.

Scenario 5: Participant never buys eggs

CPAs provide food package education and can tailor it as needed for the participant. This may include:

- Review the participant's current food package to show where eggs appear.
- Share egg to bean or nut butter swap options.
- Explain how to reach maximum monthly allowance for beans and nut butters with different package sizes.

Food Package for Certifying Staff: Part 2

- Assigning a Module B template that removes eggs and adds one container of peanut, nut or seed butter or beans (dry or canned)



See [Job Aid: Module B Templates and Codes](#) for a full list of allowable modifications.

Scenario 6: Participant does not want fish

CPAs provide food package education and can tailor it as needed for the participant. This may include:

- Explaining that fish can be removed from their food package.
- Assigning a Module B template that removes fish.

See [Job Aid: Module B Templates and Codes](#) for a full list of allowable modifications.

Scenario 7: Parent prefers homemade baby food

Infants 7+ months receive 128 oz of jarred infant fruits and vegetables. Some parents prefer to make homemade baby food and may want to swap jarred foods for Fruit and Vegetable Benefit (FVB).

This is a unique situation because CPAs must provide anticipatory **nutrition education** to parents or caregivers. This ensures infants receive the nutrition they need safely and effectively.

Provide anticipatory guidance covering:

- Food safety (storage and handling)
- Developmental readiness
- Texture progression

Refer to the Job Aid: [Three Steps to Assigning an Infant Fruit and Veggie Benefits \(FVB\)](#) for step-by-step instructions.

CPAs provide food package education and can tailor it as needed for the participant. This may include:

- Review the infant's current food package to show the jarred infant fruits and vegetables.
- Assigning a Module B template that swaps half or all jarred infant fruits and vegetables for additional FVB.

See [Job Aid: Module B Templates and Codes](#) for a full list of allowable modifications.

Scenario 8: Participant prefers organic foods

CPAs provide food package education for the participant. This may include:

- Show the participant which food categories from the WIC Food List allow organic items (example: bagged whole grains).
- Remind them they do not need to purchase any WIC foods they will not use.

Bagged Whole Grains

 **BUY**

- 12 oz. to 32 oz. size
- Any brand
- Bagged or boxed is OK
- Must be a "whole grain"
- Instant "minute" and "brown" rice are OK
- Organic is OK
- Choose from these whole grains:

Amaranth

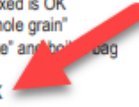
Black rice

Brown rice

(brown jasmine and brown basmati rice are OK)

 **DON'T BUY**

- No bulk
- No added seasonings, sugar, fat, oil or salt
- No white rice
- No milled, pearled, or sprouted



Scenario 9: Participant prefers peanut butter without hydrogenated oils

CPAs provide food package education and can tailor it as needed for the participant. This may include:

- Encouraging participants to choose natural peanut butters without hydrogenated oils or trans fats.



Scenario 10: Participant has celiac disease

CPAs provide food package education and can tailor it as needed for the participant. This may include:

- Reviewing gluten-free whole grain and cereal options from the WIC Food List.
- Reviewing milk-to-tofu and alternative milk swap options.

Food Package for Certifying Staff: Part 2

- Assigning a Module A template that includes soy or plant beverages, swaps cheese/yogurt for more of the new milk type, or swaps milk for tofu.



Refer to the [Job Aid: Module A Templates and Codes](#) for a full list of allowable modifications.

Practice activity

For each participant's statement, write in the appropriate food package suggestion.

Participant statements

_____ "I'd like my child to eat more vegetables, but I don't buy them because they will just go to waste."

_____ "I already have a lot of infant cereal in my cupboard."

_____ "He just doesn't like peanut butter that much."

_____ "Cow's milk doesn't seem to set very well with my daughter. I'm not sure what she should drink."

_____ "I really don't like fish. I can't stand the thought of having it in my house."

_____ "100% whole wheat bread doesn't taste as good as white bread."

_____ "I only eat organic food because it is so much healthier."

_____ "She's my little vegetarian! She'll eat anything other than meat."

_____ "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."

_____ "I rarely use eggs."

Food package suggestions

#1 "There is no penalty for purchasing less than what is listed on the Benefits List or on the remaining balance."

#2 "We can remove milk, cheese, and yogurt from your food package. You are welcome to pick foods from the WIC Food List that best match your diet, including soy beverage and tofu."

#3 "You can buy some organic items with your benefits, such as: fresh, canned, or frozen fruits and vegetables, organic oats, dried or canned beans, and bagged whole grains."

#4 "If peanut butter doesn't work, another option is to different nut or seed butters on the WIC Food List or dry or canned beans instead."

#5 "We can assign a food package that doesn't include fish."

#6 "One thing you could try is purchasing frozen vegetables with your fruit and vegetable benefits. That way you can prepare small amounts at a time and the vegetables will last longer in the freezer."

#7 "Some parents find that lactose-free or acidophilus milk works well as an alternative to cow milk for the situation you've described. What do you think about trying a milk alternative?"

#8 "There are other whole grain foods you can choose from like bagels, English muffins, oats, brown rice, bulgur, whole grain pasta, soft corn tortillas and whole wheat tortillas. How do you feel about trying a different whole grain option?"

#9 "You can choose to purchase foods only when you need them."

#10 "WIC foods work well for a vegetarian diet."

Skill Check: Self-evaluation

Browse the WIC Food List and write down some of the foods you would buy and eat if you were a WIC participant.

What would you choose and why?

Discuss what you wrote down with another WIC staff person.



Chapter 2: Living Situations

Items needed

- Job aid: [Food Package and Module Definitions](#)
- Job aid: [Module A Templates and Codes](#)
- Job aid: [Module B Templates and Codes](#)
- Job aid: [Assigning Dry and Evaporated Cow and Goat Milk](#)

WIC Policy

- Policy 769: [Assigning WIC Food Packages](#)
- Policy 655: [Homeless Applicants](#)

Objectives

After completing this lesson, you will be able to:

- Assign appropriate food packages to participants with limited refrigeration, access to food storage, or who have unstable housing.
- Assign appropriate food packages to participants with unsafe water supply.
- Assign appropriate food packages to participants residing in institutions, such as a shelter, hospital, or jail.

Overview

A participant's living situation impacts how they can shop, store, and prepare food. CPAs can tailor food packages for participants with limited storage of food, unsafe water, and participants experiencing homelessness or living in a shelter. This module covers what tailoring options CPAs can offer to participants with limited access to refrigeration or clean water. This

module also covers when a food package can or cannot be assigned to a participant who is experiencing homelessness.

Limited storage or refrigeration

Participants may not have enough storage space or access to a refrigerator to store food. This can make it difficult for participants to keep fresh food at a safe temperature.

CPAs provide food package education and can tailor it as needed for participants. This may include:

- Assigning a Module A template for dry or evaporated cow or goat milk.
 - Refer to Job Aid: [Assigning Dry and Evaporated Cow and Goat Milk](#) for how to change the milk type for participants without refrigeration.
- Highlighting shelf-stable options such as canned fruits, canned vegetables, canned beans, and fish in cans or pouches.
- Explaining that milk can be purchased in quarters or half-gallon containers for small refrigerators.

Unsafe or limited water supply

Safe water is needed for participants to prepare WIC foods or formula. A participant may not have access to safe, clean water or have very limited access to water in general.

CPAs provide food package education and can tailor it as needed for the participant. This may include:

- Assign a Ready-to-Feed formula for infants.
 - CPAs must document the reason for issuing this type of formula in the participant's record in the WIC data system.
- Highlighting foods that do not require water to prepare, such as canned beans, nut and seed butters, cold cereal, and whole grains options.

Participants in hospitals, jails, or shelters

WIC food benefits cannot be issued for participants living in a facility or institution that provides all the meals for a participant. Substance abuse treatment centers, jail, correctional facilities, mental health residential facility, or long-term care facilities are places where all meals may be provided for a participant.

Participants who do not receive WIC foods because of their living situation can receive other WIC services including nutrition education and counseling, breastfeeding peer counseling, health assessments, and community referrals.

See [Policy 655 – Homeless Applicants](#) for more detail on how food packages are assigned to participants in these situations.

Participants in a hospital or correctional facility cannot receive a food package

A participant may be staying in a hospital or is in correctional facility. A WIC food package cannot be assigned until a participant is discharged from

the hospital or released from a correctional facility. In this situation, CPAs document why a food package is not provided for a participant.

Participants can receive WIC foods when they are no longer staying in the facility or institution during a current certification period.

Participants living in a shelter may receive a food package depending on the shelter

Some shelters provide meals for individuals or space for individuals to store their own food. A food package can only be assigned if shelters meet certain criteria.

A participant living in a shelter **can** receive a food package if they are:

- Are not given meals from the shelter
- Can attend WIC appointments
- Can shop for WIC foods
- Can store their food separately from communal food.

A participant living in a shelter **cannot** receive a food package if they:

- Are given meals from the shelter
- Cannot attend WIC appointments
- Cannot shop for WIC foods
- Cannot store their food separate from the shelter's general food supply

Practice activity

For each scenario below, write food package education or tailoring or education options you might offer.

Possible food package education topics include:

- Explain the foods included in their food package
- Explain how they can spend their monthly maximum allowance (MMA)
- Review the participant's benefit list
- Review the Oregon Food List
- Review all tailoring options
- Answer participant questions about the food package

Use the Job Aids: [Module A Templates and Codes](#) and [Module B Templates and Codes](#) to help you decide what food package tailoring you might offer to a participant.

Scenario A

Micky lives in a small trailer with an under-counter refrigerator. Her small fridge does not have a freezer.

What food package tailoring or education would you offer?



Example: *Share that milk can be purchased in quarts or half-gallon containers.*

Scenario B

Minnie is staying at a local campground for a while. She uses a cooler to store her food but can't afford to buy enough ice to keep things cold all day.

What food package tailoring or education would you offer?



Scenario C

Patricia is pregnant and lives in a rural area. She gets her water from a well. The water is safe to wash clothes with, but not safe to drink.

What food package tailoring or education would you offer?



Scenario D

Simone is formula feeding her baby. Her landlord told her that the water in her apartment won't be safe to drink for up to three months while the sewer line is being fixed.

What food package tailoring or education would you offer?



Skill check: Self-evaluation

Discuss your answers from the Practice Activity with your Training Supervisor.

Additional resources

[Infant Formula and Well Water: What caregivers need to know](#)

For parents or caregivers concerned about safely preparing infant formula or foods with well water.



Infant Formula and Well Water: What caregivers need to know.

Nearly 23% of Oregonians use domestic or private wells as their primary source of drinking water. The owner or user of the well is responsible for finding out about the water quality, and is encouraged to review the Oregon Water Well Owner's Handbook—available in [English](#) and [Spanish](#) online, and in print upon request. For families who use well water to prepare infant formula or infant foods, it is important to understand the safety of your water first. The guidance in this document focuses on infant formula, although the same recommendation applies to infant foods prepared with well water, such as infant cereal.

Should I boil my well water for formula?

It is important to know about well water quality before deciding to boil the water. There could be harmful bacteria, chemicals or minerals in your well water. Boiling will remove certain bacteria but **will not** remove chemicals or minerals. Boiling the water may even increase the concentration of potentially dangerous chemicals, such as nitrates, sulfate, certain bacterial toxins and sodium.

Should I have my well water tested?

If your family prepares infant formula with well water or drinks well water, annual testing is recommended. Testing well water is easy and can be low cost. Testing can help families decide if well water is the best choice for preparing infant formula. It is recommended that you test your well water if it has not been tested within the past year.

What if I am unable to test my well water?

All infant formula should be prepared with purchased bottled water or water from a public water system if you are unable to test your well water. If you receive formula through WIC, talk with your WIC staff about other formula options.

This document was adapted from the Western Upper Peninsula District Health Department and Michigan WIC.
This institution is an equal opportunity provider.

Chapter 3: Risk Factors

Items needed

- Job Aid: [Decision Tree: Infant Foods for a Child](#)

WIC Policy

- Policy 769: [Assigning WIC Food Packages](#)
- Policy 765: [Medical Documentation](#)

Objectives

After completing this section, you will be able to:

- List the milk alternatives that are available and appropriate times to assign them.
- Describe food package assignment options available for participants with certain risks.

Overview

A CPA may find that a participant has nutrition risks that influence which food package is assigned. In most cases, the CPA can assign the appropriate food package for a risk. This module covers several common risks and the appropriate food package modifications the CPA can make.

Sometimes a CPA will need to assign a special food package for a participant with a specific health condition. In these situations, medical documentation is required. The WIC nutritionist reviews this documentation and the food package assigned by the CPA. The WIC Nutritionist will also

provide nutrition education for high-risk participants with special medical concerns.

Food allergies or intolerances could be a risk

An adverse food reaction is any negative physical reaction caused from eating a specific food. There are two different groups of adverse food reactions: food allergies and food intolerances.

A **food allergy** is an autoimmune system response triggered after a person eats a specific food. Symptoms of food allergies can show up in different parts of the body, like the digestive or respiratory tract, nervous system, or skin and mucous membranes. Food allergies can be mild or life-threatening.

A **food intolerance** is not an autoimmune system response. People with food intolerances experience uncomfortable symptoms after eating specific foods. Food intolerances can be mild or severe but are not life-threatening.

When a participant has a food allergy or intolerance to a WIC food, CPAs tailor food packages for the participant that exclude the food they are allergic or intolerant to.

To support participants with food allergies or intolerances, CPAs can make food package adjustments, provide education, and refer to a WIC Nutritionist. This may include:

- Assigning a Module A template that excludes the food the participant is allergic or intolerant to.

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- Reviewing the WIC Food List with the participant or caregiver to identify WIC foods they can safely eat.
- Encouraging the participant to check food labels to avoid ingredients they are allergic or intolerant to.
- Referring the participant to the WIC Nutritionist for additional nutrition counseling or food package recommendations.

The difference between milk allergies and lactose intolerance

Milk allergies and lactose intolerance are two different adverse food reactions.

A participant has a milk allergy when their immune system is triggered by proteins in milk. These proteins are usually casein or albumin.

Participants have lactose intolerance when they have trouble digesting a carbohydrate in milk called lactose. This can happen when a person is missing or does not make enough of the enzyme lactase, which helps the body digest lactose.

Milk allergy	Lactose intolerance
• Immune system response to proteins casein or albumin in milk • Symptoms can happen in multiple places in the body • Life threatening • Infants typically develop milk allergies in first year of life and outgrow allergy by age 5	• Difficulty or inability to digest carbohydrate lactose because digestive enzyme lactase is low or missing • Symptoms include nausea, cramping, gas, bloating, and diarrhea • Not life threatening • Infants may temporarily have low lactase after they are sick, but will go away after they recover

Food package tailoring for participants with milk allergies

Infants with a milk allergy

To support infants with a milk allergy, CPAs can:

- Assign the formula recommended by the health care provider on the Medical Documentation Form (MDF).
- Refer the caregiver to the WIC Nutritionist for nutrition counseling and food package recommendations.

Adults or children with a milk allergy

To support adults or children with a milk allergy, CPAs can:

- Assign a Module A template that includes soy or plant-based milk.
- Reviewing the WIC Food List with the participant or caregiver to identify foods that do not contain milk.
- Encouraging the participant or caregiver to check labels on WIC foods to avoid milk ingredients.
- Referring the participant or caregiver to the WIC Nutritionist for nutrition counseling or food package recommendations.

Note: Individuals with a milk allergy often avoid milk from other domestic animals. Goat milk also contains albumin, casein, and lactose.

Food package tailoring for participants with lactose intolerance

Lactose intolerance has a broad spectrum of symptoms and severity. Sometimes participants with lactose intolerance can eat a little bit of milk foods, while others cannot eat any at all. CPAs collaborate with participants to assign a Module A template that works for the participant. Participants may need to have their food package tailored more than once to find what foods work for them.

Food packages can be tailored for adults, infants, and children with lactose intolerance.

Tailoring a food package for infants with lactose intolerance

Infants sometimes experience lactose intolerance for short amounts of time. This can happen when an infant is sick because illnesses can disrupt the infant's ability to digest lactose. It can also happen when an infant stops breastfeeding. Symptoms of lactose intolerance for infants include gas, fussiness, and constipation.

To support infants with lactose intolerance, CPAs can make food package adjustments, provide education, and refer to a WIC Nutritionist. This may include:

- Assigning the hydrolyzed formula recommended by the health care provider on the Medical Documentation Form (MDF).
- Providing counseling to help caregivers manage symptoms such as fussiness, constipation, or spitting up.

Food Package for Certifying Staff: Part 2

- Reviewing formula storage, feeding, and preparation techniques.
- Referring the caregiver to the WIC Nutritionist for additional support or food package recommendations.

A caregiver may try formula, and the infant may still experience mild lactose intolerance symptoms like gas, fussiness, spitting up, or constipation.

When formula isn't improving the infant's lactose intolerance, a CPA can:

- Provide counseling to help with the infant's symptoms of fussiness, constipation, or spitting up.
- Review formula storage, feeding, and preparation techniques with the caregiver using [Common Infant Problems](#) handouts.

Tailoring a food package for adults and children with lactose intolerance

To support adults and children with lactose intolerance, CPAs can make food package adjustments, provide education, and refer to a WIC Nutritionist. This may include:

- Assigning a Module A template with lactose-free milk, with or without cheese or yogurt.
- Assigning a Module A template with soy or plant-based beverages and a template without cheese, yogurt, or tofu.
- Offering to swap regular milk for acidophilus milk.
- Referring the participant or caregiver to the WIC Nutritionist for additional counseling or food package recommendations.

Notes: The milk template assigned depends on how much dairy the participant can tolerate and their preferences for other Module A foods (yogurt, cheese, tofu).

Food package assignment for weight risks and weight management

During an assessment, CPAs may find a participant has a health risk or issue that can impact weight loss or weight gain.

Examples of participant health issues or risks that impact weight:

- A family history of being underweight or overweight
- Abnormal growth patterns
- Feeding behaviors or feeding dynamics in the family
- Health issues diagnosed by their health care provider

To support participants with weight-related risks or weight-management concerns, CPAs can make food package adjustments, provide education, and refer to a WIC Nutritionist. This may include:

- Reviewing the participant's growth patterns, feeding behaviors, and family feeding dynamics.
- Reviewing the WIC Food List and discussing foods that support healthy weight gain or weight management
- Assigning a Module A or Module B template that aligns with the participant's weight-related needs.
 - **Note:** CPAs document the reason they assign a specific Module A or Module B template based on the weight risk or concern they find during an assessment.
- Providing nutrition counseling within their scope to address feeding practices, meal patterns, or growth concerns.

Food Package for Certifying Staff: Part 2

- Referring the participant to the WIC Nutritionist for additional counseling or specialized food package recommendations.

Overweight risks

CPAs may find growth related issues or assign overweight risks during a participant's health assessment.

- [Risk 111: Overweight Women](#)
- [Risk 113: Overweight Children – 2 to 5 Years](#)
- [Risk 114: At Risk for Overweight Children – 2 to 5 Years](#)
- [Risk 115: High Weight for Length Under Age 2 Years](#)

To support participants with overweight risks, CPAs can make food package adjustments, provide education, and refer to a WIC Nutritionist. This may include:

- Review the WIC Food List with the participant to show food options with lower calories.
- Assign a Module A template that includes low-fat or nonfat milk for children ages 12 to 23 months if the child is assigned [Risk 115: High Weight for Length](#).
- Provide nutrition counseling based on the age and participant category of the participant on how to prepare WIC foods without increasing calories.
- Refer the participant to the WIC Nutritionist if the participant is high risk for further nutrition counseling.

Underweight risks

CPAs may find growth related issues or assign risks related to underweight during a participant's health assessment.

- [Risk 101: Underweight Women](#)
- [Risk 103: Underweight Infants and Children](#)
- [Risk 131: Low Prenatal Weight Gain](#)
- [Risk 134: Failure to Thrive](#)
- [Risk 135: Infant Weight Loss Birth to 6 months](#)

To support participants with underweight risks, CPAs can make food package adjustments, provide education, and refer to a WIC Nutritionist. This may include:

- Review the WIC Food List with the participant or caregiver to identify food options that are higher in calories.
- Assign a Module A template that includes whole milk for adults and children 24 to 60 months if medical documentation is provided.
- Provide nutrition counseling appropriate to the participant's category on how to prepare WIC foods to increase calories.
- Refer the participant or caregiver to the WIC Nutritionist if the participant is high risk or for further nutrition counseling.

Eating a very low calorie or low nutrient diet risks

CPAs may find a participant is eating a diet that is very low in calories or low in nutrients. Participants who eat a diet very low in calories or very low in essential nutrients can be at risk. Some participants also have reduced caloric intake and low nutrient absorption after a surgery that reduces the size of the stomach (bariatric surgery) for weight loss.

- [Risk 358: Eating Disorders](#)
- [Risk 425.6: Feeding a Very Low Calorie or Nutrient Diet](#)
- [Risk 427.2: Eating a Very Low Calorie or Nutrient Diet](#)

Participants eating restrictive diets are at risk for nutrient deficiencies, especially during critical developmental periods like pregnancy. Participants are not at risk if they eat enough calories and essential nutrients.

Examples of low calorie or low nutrient diets are strict vegan diets, low carbohydrate and high protein diets, and macrobiotic diets.

To support participants who are eating a very low calorie or low nutrient diet, CPAs can make food package adjustments, provide education, and refer to a WIC Nutritionist. This may include:

- Review the WIC Food List with the participant or caregiver to identify food options appropriate for their needs.
- Assign a Module A or Module B template to include foods a participant prefers to eat.
- Refer the participant or caregiver to the WIC Nutritionist if the participant is high risk or for further nutrition counseling.

Developmental delay or disability

Most food packages are assigned based on participant category and age. However, infants and children do not all develop at the same rate. Some may not be physically able to eat the same foods as peers their age, including children with developmental delays or disabilities. Food packages can be tailored to meet the needs of infants and children who require modified food textures or forms to eat safely.

[Risk 362: Developmental, Sensory, or Motor Disabilities Interfering with Eating](#)

Assigning [Risk 362](#) changes a participant's risk level to high. CPAs must refer high risk participants to a WIC Nutritionist to coordinate getting a medical documentation form for medical formulas or to modify food types.

WIC can provide WIC foods to a child using formula when it is appropriate. A child receiving formula may be issued jarred infant fruits and vegetables or infant cereal in addition to regular WIC foods when authorized by the health care provider on the medical documentation form. The WIC Nutritionist or CPA must follow several steps to assign infant foods to a child. Refer to the Job Aid: [Decision Tree: Infant foods for a Child](#) for a breakdown of steps to assign infant foods to a child.

The WIC Nutritionist or CPA must contact their assigned state Nutrition Consultant to assign the appropriate substitutions for a child with Risk 362 who requires bid or medical WIC formula. This scenario may occur when a participant has recently had oral surgery or has difficulty progressing from infant food to table foods.

CPAs can modify food packages for participants that need changes to meet their specific dietary needs.

To support participants with developmental delays or disabilities, CPAs can make food package adjustments, provide education, and refer to a WIC Nutritionist. This may include:

- Reviewing the WIC Food List with the participant or caregiver to identify foods appropriate for their developmental needs.
- Modifying the food package to exclude foods the participant is unable to eat safely.
- Referring the participant to the WIC Nutritionist for nutrition counseling and food package recommendations.
- Referring to the WIC Nutritionist to issue formula for participants with delayed feeding skills or who receive nutrition through tube feeding.

Tailoring food packages for medical formula or medical foods

Adults and children can be issued medical formula or medical foods in their food package for specific medical conditions. There are rules to which formulas and foods WIC can provide for participants.

WIC cannot provide medical formulas or foods that:

- Do not contain iron
- Contain thickeners
- Are larger in quantity than what is federally allowed
- Are toddler or follow-up formulas

WIC does not provide medical formula for participants who:

- Are enrolled in the Oregon Health Plan (OHP) and fed by tube feeding
- Need a metabolic formula for an inborn error of metabolism, or metabolic disease

Participants in these scenarios may request medical formula through their health plan, not WIC.

CPAs may refer these participants to a WIC Nutritionist. The WIC Nutritionist will coordinate with the participant's health care provider and assign WIC foods that are appropriate for their diagnosis.

To support participants who require medical formula or medical foods, CPAs can make food package adjustments, provide education, and refer to a WIC Nutritionist. This may include:

- Reviewing the participant's medical documentation and identifying allowable WIC formulas or foods.
- Assigning a Module A or Module B template that aligns with the participant's medical needs.
- Referring the participant to the WIC Nutritionist for coordination with the health care provider.
- Ensuring the WIC Nutritionist manages medical documentation and food package recommendations.

Assigning medical formula for medically fragile or premature infants

Medically fragile or premature infants need to be seen by a WIC Nutritionist to monitor their diet and growth. These infants may require special medical formula. Medical documentation is required to assign and issue these formulas to infants.

Post-discharge premature formula

This medical formula is assigned to infants after they are discharged from the hospital. Post-discharge premature formulas are 22 kcal/oz and are designed for infants who weigh less than 4.5 pounds or 2000g at birth.

Examples of medical formula for medically fragile or premature infants include:

- Enfacare
- Neosure

The WIC Nutritionist manages the WIC care plan for assigning post-discharge premature formulas for the appropriate amount of time.

To support medically fragile or premature infants, CPAs can make food package adjustments, provide education, and refer to a WIC Nutritionist. This may include:

- Referring the infant to the WIC Nutritionist for ongoing monitoring of growth and feeding.
- Assigning medical formula only with required medical documentation.
- Reviewing feeding, preparation, and storage guidance with caregivers.

Food Package for Certifying Staff: Part 2

- Coordinating with the WIC Nutritionist to ensure the correct formula type and amount are issued.

Practice activity

Answer the questions related to risks and food package assignment below.

1. Kayleigh and her mom have an appointment for Kayleigh's one-year certification. Kayleigh has been receiving a medical formula called Pregestimil because she is allergic to milk and soy-based formula.

What food package options would you want to discuss with Kayleigh's mom?



2. Which of the following is not a food package option for a pregnant woman with lactose intolerance?
 - ☐ Acidophilus or lactose-free milk
 - ☐ Swap milk for more cheese
 - ☐ Soy beverage
3. Which of the following WIC participants may be issued a special food package? Mark all correct options.
 - ☐ Infant born four weeks premature
 - ☐ One-year-old child with a feeding disability
 - ☐ Pregnant adult who is vegan
 - ☐ Three-year-old child at risk for overweight
 - ☐ Breastfeeding woman who is lactose intolerant

Skill check: Self-evaluation

Meet with a WIC Nutritionist from your agency. Review two or three recent interactions with high-risk WIC participants.

Discuss the risk factors the participants had and how those risk factors affected food package assignment.

Chapter 4: Medical Documentation

Items needed

- Job Aid: [Medical Documentation Definitions](#)
- Job Aid: [Qualifying Conditions, ICD-9/10 Codes and WIC Risks](#)
- Job Aid: [Medical Formulas](#)
- Job Aid: [Special Food Package for Adults & Children](#)
- Form 57-636: [Medical Documentation Form](#)

WIC Policy

- Policy 760 – [Medical Formulas](#)
- Policy 765 – [Medical Documentation](#)

Objectives

After completing this lesson, you will be able to:

- Identify which food packages require medical documentation
- Determine if a Medical Documentation Form received from the health care provider is complete

Overview

WIC can provide special food packages if the participant has a qualifying medical condition with documentation from a health care provider (HCP). The form we use to collect this information is called the Medical Documentation Form (MDF). Special food packages include medical formulas and nutritionals.

Food Package for Certifying Staff: Part 2

This section covers the CPA's and WIC Nutritionist's role in assigning special food packages that require medical documentation.

What is medical documentation?

Medical documentation is how HCPs, WIC participants, and WIC staff communicate and coordinate care. Medical documentation helps WIC staff because HCPs provide medical oversight and dietary management of our shared patients. Medical documentation ensures WIC staff meet the medical needs of the participant.

The [MDF](#) covers special formulas or changes to a food package that is appropriate for the participant's medical condition. An MDF or a verbal order from the HCP is required before a CPA can issue a food package to a participant with a qualifying medical condition. Verbal orders allow a special food package to be assigned for a short period of time before documentation is received. A written MDF must be received within 2 weeks of receiving a verbal order.

Medical Documentation Form

(page 1 of 2)

OREGON Women, Infants and Children (WIC) Medical Documentation Form

Local WIC Clinic: Phone #: Fax #: Contact Name:

• This request is subject to WIC approval per policy and procedure.
• Please fax or return the completed form to your local WIC clinic.
• Patient must be under the medical supervision of the provider signing this form.
• Medicaid is the primary payer for medical formulas. WIC can provide this until OHP insurance is established.

A. Patient information

Patient's name (Last, First, MI): DOB: CH#:

Parent/Caregiver's name (Last, First, MI): Phone #:

☐ Provide WIC Dietitian consult ☐ Patient on tube feeding (provide name of formula, enteral company in section C)

B. Medical formula - Check all that are acceptable

Medical diagnosis or qualifying condition:

Length of issuance: ☐ 3 months ☐ 6 months ☐ until 12 months of age ☐ other: (not to exceed 12 months)

☐ Prescribed amount ☐ per day ☐ OR ☐ maximum allowable

INFANTS/CHILDREN

Prematurity: ☐ EnfliCare ☐ Neosure

Extensively Hydrolyzed: ☐ Nutramigen ☐ Pregestimil ☐ Extensive HA ☐ Alimentum ☐ Allow store brand Alimentum

Added rice starch: ☐ Enfamil AR ☐ Allow store brand Enfamil AR

CHILDREN

Similac Infant: ☐ Advance ☐ Soy ☐ Sensitive ☐ Total Comfort

Milk-based, lactose free: ☐ PediaSure ☐ Boost Kid Essentials 1.0 ☐ Boost Kid Essentials 1.5

Extensively Hydrolyzed: ☐ PediaSure Peptide ☐ Peptamen Jr. 1.0 ☐ Peptamen Jr. 1.5

ADULTS ONLY

☐ Ensure ☐ Ensure Plus ☐ Boost Plus ☐ Boost High Protein

☐ OTHER (ONLY formulas listed on page 2 can be issued):

C. WIC Supplemental foods

☐ Check here to request WIC Nutritionist determine supplemental foods.

Infants 7-12 months: ☐ Infant cereal ☐ Infant jarred fruit/vegetables

Children older than 12 months and adults: ☐ Milk ☐ Cheese ☐ Eggs ☐ Peanut butter ☐ Other

Include: ☐ Infant cereal in place of breakfast cereal ☐ Jarred infant fruit and vegetable in place of cash produce benefit

Plant-based alternatives (beans, nut, seed butters) for eggs: ☐ Plant-based milk alternative

Changes to milk-fat: ☐ Low/no-fat milk and yogurt for children 12-23 months ☐ Whole milk and yogurt for adults and children older than 23 months receiving formula from WIC or Medicaid (no exceptions)

D. Health care provider information

Signature of health care provider: Date:

Provider's name (please print): MD DO NP PA ND CNM

Medical office/clinic: Clinical RD name:

Phone #: Fax #: Email:

WIC USED ONLY Date form received: Exp. Date: HCP/Institute signature & review date: Priced user: WIC ID:

<http://www.healthreport.org/oregon> For questions regarding this form, contact Oregon WIC State Office 503-473-0300 503-473-0300 (1/10/2025)

Food Package for Certifying Staff: Part 2

The back page of the medical documentation section provides a complete list of formulas that Oregon WIC offers, including bid or contract formulas. It also includes information about the product characteristics or medical reason for requests.

Medical Documentation Form (page 2 of 2)

Oregon WIC Approved Contract and Non-Contract Formulas	
The Oregon WIC Nutrition Program is federally required to obtain a contract for standard infant formulas for cost containment. The current contract is with Abbott Nutrition for milk-based and soy-based formulas until 2025.	
Infant Formulas	Contract 20 kcal/oz formulas: Do not require medical documentation
Similac Advance	Milk-based, 100% lactose
Similac Soy Isomil	Soy-based, lactose free. Appropriate for vegetarian diet. Not indicated for premature infants
Similac Sensitive	Milk-based, 2% lactose. Similar to Gentlease
Similac Total Comfort	Milk-based, 100% whey protein, partially hydrolyzed, 2% lactose. Similar to Gentlease, Soothe
WIC participants with a qualifying medical condition are eligible to receive formulas listed below:	
Noncontract Infant Formulas	Product characteristics/medical reason for request
EnfaCare, Neosure	22 kcal/oz. Prematurity, birthweight <2000g. Not indicated after 1-year corrected age
Nutramigen, Alimentum Pregestimil, Extensive HA	20kcal/oz. Extensively hydrolyzed protein. Protein allergy, multiple food allergies. Nutramigen powder contains probiotic LGG. Pregestimil 55% MCT (medium chain triglycerides), Alimentum 33% MCT, Nutramigen has no MCT
Elecare Infant, PurAmino, Alfamino, Neocate: Infant, Syneo, Nutra	20kcal/oz. Free amino acid. Severe malabsorption, protein/multiple food allergy, GERD, eosinophilic esophagitis (EoE), short bowel syndrome, necrotizing enterocolitis. Neocate Nutra: 22kcal/scoop. Semi-solid, amino acid based first food.
Enfamil AR	20kcal/oz. Added rice starch. Uncomplicated GERD. Thickened formulas are not appropriate for premature infants <38 weeks. 20% whey, trace lactose.
EnfaPort	30 kcal/oz. Chyllothorax or LCHAD deficiency 84% MCT
Similac PM 60/40	20kcal/oz. 60% whey, low in iron. Lowered mineral level. Renal conditions, neonatal hypocalcemia
Noncontract Adult & Child Formulas	Product characteristics/medical reason for request
Nutren Jr, PediaSure, Boost Kid Essentials (BKE) 1.0, 1.5	30kcal/oz. Milk-based. BKE 1.5 is 45kcal/oz. Chronic illness, oral motor dysfunction, conditions increasing caloric needs beyond what is expected for age with functional gut status.
PediaSure Peptide Peptamen Jr 1.0, 1.5	30kcal/oz. Extensively hydrolyzed whey protein. Peptamen Jr 1.5 is 45kcal/oz. Protein/multiple food allergies
Elecare Jr, Neocate Jr Syneo, Alfamino Jr, Neocate Splash	30kcal/oz. 100% free amino acid. Severe protein/multiple food allergy. Splash is lactose, whey, soy and milk protein free. Severe malabsorption, food allergies, multiple protein intolerance, GI impairment (EoE, short bowel syndrome and/or GERD)
Compleat Pediatric	30kcal/oz. Blenderized foods for tube feeding-refer patients to Medicaid. WIC to provide only temporarily until Medicaid coverage for the tube feeding is set up, same as all non-bid formulas administered by tube feeding.
Ketocal 3:1 and 4:1	Nutritionally complete, high fat, low carbohydrate (CHO). Seizure disorders
Duocal	42 kcal/Tbsp powder. CHO, fat (35% MCT), no protein, sucrose, fructose or lactose. Not complete.
Monogen, Portagen	Monogen may be mixed to 22kcal/oz. Lactose free, 85-90% MCT oil. Chyllothorax
Liquigen	Liquigen 50/50 MCT/Water, 4.5 kcal/ml. Fat malabsorption, ketogenic diet, chyllothorax, short bowel syndrome
Ensure Clear	18 kcal/oz, milk-based, lactose and fat-free, clear liquid, nutritionally incomplete; not for tube feeding 8 g whey protein/10 oz. Malabsorption, GI impairment, increased calorie needs, oral motor feeding issues/aversions
Ensure, Ensure Plus, Boost: Plus, High Protein	Adults only. 30kcal/oz. Plus versions: 45 kcal/oz. Boost High Protein provides 15 grams protein per serving. Conditions requiring increased protein: illness, cancer, wounds, recovering from surgery
Glucerna	Adults only. 24kcal/oz. Blend of low glycemic CHO, 10 g protein, 6 g sugar per svq. Diabetes
Suplena CarbSteady	Adults only. 54 kcal/oz. Low in protein, lactose free for chronic kidney disease (stage 3, 4)

57-636-ENGd (3/19/2025)

Providing medical formulas and special food packages

Medical formulas include special formulas and foods for participants with qualifying medical conditions. Medical formulas provide nutrition in a form that meets the unique feeding or nutrient needs of a participant.

Participants only receive medical formulas if they have a diagnosis of a qualifying condition that meets USDA requirements. Qualifying conditions must require the use of medical formula or a special diet to maintain or improve the health of a participant.

An HCP requests medical formulas to help improve the nutritional intake of participants with medical conditions. The HCP requests the formula or foods needed and provides medical oversight of the participant's condition. The WIC Nutritionist reviews the MDF filled out by the HCP and assigns the appropriate food package. Participants who use medical formulas require special follow-up and nutrition counseling by the WIC Nutritionist or HCP. CPAs must receive a written MDF or verbal order from the HCP before issuing medical formula or nutritionals.

CPAs and WIC Nutritionists document a participant's qualifying condition in the WIC data system and assign risk factors if appropriate. Risk factors related to a qualifying condition often make a participant high risk. High risk participants must be referred to the WIC Nutritionist.

Medical documentation is required for:

- Medical infant formulas like Nutramigen, Pregestimil, Alimentum, Neosure, or Enfacare

Food Package for Certifying Staff: Part 2

- Medical formula for children and adults like PediaSure, Nutren Junior, Peptamen Junior, Boost, or Duocal
- Infants to continue WIC bid formula past one year of age
- Whole milk for children over two years of age or women who are also receiving medical formulas or nutritionals
- More formula for infants whose HCP has determined they are not developmentally ready to start eating solid foods
- Infant foods for children over one year of age who are using formula

Participants that need medical formulas can also receive standard WIC foods as long as the HCP determines the WIC foods are safe for the participant's medical condition.

See page 2 of the [MDF](#) for a complete list of Oregon WIC approved formulas.

Medical formula for participants enrolled in Medicaid/Oregon Health Plan (OHP)

OHP is the first payor of medical formulas and nutritionals for participants who are enrolled in both OHP and WIC. WIC can provide the medical formula for participants until OHP issuance is established.

Qualifying medical conditions

A qualifying medical condition has a diagnosis from an HCP that requires the use of a medical formula or a special diet to maintain or improve the health of a participant. Only the HCP can diagnose a qualifying medical condition for a participant.

Examples of qualifying medical conditions

- Premature birth
- Low birth weight
- Failure to thrive
- Gastrointestinal disorders
- Malabsorption disorders
- Immune system disorders
- Severe food allergies that require elemental formula
- Life threatening conditions that impair ingestion, digestion, absorption, or utilization of nutrients

Examples of non-qualifying conditions

- Food intolerance or allergy that can be managed with a different WIC food or formula
- Picky eating
- Personal preferences
- Need to increase nutrient intake without an underlying qualifying condition
- Need to manage body weight without an underlying qualifying condition

Practice activity: Qualifying conditions and medical formula

Use the job aid: [Qualifying Conditions, ICD-9/10 Codes and WIC Risks](#) to practice finding what conditions might require the use of WIC approved medical formula.

List three qualifying conditions you might see for infants.



What would be an example of a non-qualifying condition for infants?



List three qualifying conditions you might see for children.



What would be an example of a non-qualifying condition for children?



Food Package for Certifying Staff: Part 2

List three qualifying conditions you might see for adults.



What would be an example of a non-qualifying condition for adults?



Who can provide the medical documentation needed by WIC?

An HCP must be licensed by the State of Oregon to write prescriptions to can complete medical documentation for a WIC participant.

See the titles and credentials of health care providers in the table below.

Health care providers who can complete an MDF 	Health care providers who cannot complete an MDF 
Medical Doctor or physician (MD) Physician assistant (PA) Nurse Practitioner (NP) Certified Nurse Specialist (CNS) Doctor of Osteopathy (DO) Naturopathic Doctor or physician (ND) Certified Nurse Midwife (CNM)	Registered Dietitian Nutritionist (RDN) Registered Nurse (RN) Medical office staff Certified Midwife (CM)

How does WIC get the medical documentation from the HCP?

The MDF is the standard form HCPs must use to provide WIC with the information needed to provide special formulas. This form must be completed and reviewed by the WIC Nutritionist before special food packages or formula are issued. WIC staff may need to explain to participants what the form is and why it is necessary.

There are times when an HCP may need to provide medical information over the phone for a participant. This is called a verbal order. A verbal order acts as a temporary medical documentation. After an HCP provides a verbal order over the phone, a WIC Nutritionist can assign special formulas and nutritionals and a CPAs can issue them for a participant for two weeks. Local agencies must receive a written MDF from the HCP within two weeks of accepting a verbal order over the phone. Verbal orders must be documented in the WIC data system.

HCPs can send the MDF with the participant or WIC staff can send it to the HCP for completion. Follow-up with an HCP is needed when medical documentation is received on a prescription form.

There are two ways medical documentation is completed for a WIC participant. Each of these options follow different steps:

Option 1: The health care provider starts the medical documentation

Option 2: The WIC agency or participant starts the medical documentation

Option 1: Health care provider starts medical documentation

Step 1. HCP diagnoses the WIC participant with a qualifying medical condition.

Step 2. HCP decides which medical formula or nutritionals the participant needs and fills out the MDF.

Step 3. MDF is sent to the WIC clinic.

Step 4. WIC Nutritionist reviews, approves, and signs the MDF.

Step 5. WIC Nutritionist or CPA enters medical documentation information in the WIC data system.

Step 6. CPA uses the MDF to assign the medical formula or nutritionals.

Step 7. CPA issues benefits.

Step 8. WIC Nutritionist makes updates to participant's care plan in the WIC data system.

Note: The role of the CPA or WIC Nutritionist might look different at your clinic. Check with your Training Supervisor or WIC Coordinator about the medical documentation roles at your agency.

Option 2: WIC agency or participant starts the medical documentation

Step 1. HCP diagnoses the WIC participant with a qualifying medical condition. They decide which medical formula or nutritionals the participant needs.

Step 2. Participant tells WIC staff about the medical formula or nutritionals they need.

Step 3. CPA contacts the participant's HCP for a verbal order and documents the verbal order in the WIC data system.

Step 4. CPA assigns appropriate medical formula or nutritionals based on verbal order.

Step 5. CPA issues medical formula or nutritionals for two weeks.

Step 6. MDF is sent to the HCP by fax or with the participant. WIC staff may fill in allowed sections of the MDF to begin the process.

Step 7. HCP completes the MDF and sends it back to WIC agency within two weeks.

Step 8. WIC Nutritionist reviews, approves, and signs the MDF.

Step 9. WIC Nutritionist or CPA enters medical documentation information in the WIC data system.

Step 10. CPA uses the MDF to assign the medical formula or nutritionals.

Step 11. CPA issues benefits.

Step 12. WIC Nutritionist makes any updates to the care plan in the WIC data system.

Note: The role of the CPA or WIC Nutritionist might look different at your clinic. Check with your Training Supervisor or WIC Coordinator about the medical documentation roles at your agency.

Practice activity

Answer the following questions.

1. List three food package items that require medical documentation.



2. List four types of health care providers who can provide the medical documentation needed by the WIC program to provide special food packages.



3. What is the difference between the steps in Option 1 and Option 2 on the previous pages for getting medical documentation from a health care provider?



Sections of the Medical Documentation Form

Once the health care provider fills out the MDF, the WIC Nutritionist reviews, approves, and signs it. The CPA uses the information from the MDF to assign a food package.

Let's take a look at the different sections of the form to understand each part that needs to be filled out for the MDF to be complete.

WIC Clinic Information

Local WIC Clinic:	
Phone #:	
Fax #:	
Contact Name:	

This section gives the HCP contact information for your WIC clinic. When a local agency starts the MDF process, this portion can be filled out before its sent to the HCP.

A CPA or WIC Nutritionist fills out this section. The contact name is the CPA or WIC Nutritionist the HCP contacts if they have questions.

A. Patient information		
Patient's name (Last, First, MI):	DOB:	OHP#
Parent/Caregiver's name (Last, First, MI):	Phone #:	
☐ Provide WIC Dietitian consult ☐ Patient on tube feeding (provide name of formula, enteral company in section C)		

Section A. Patient information

This section has information about the patient and their parent or caregiver. The HCP has the option to check boxes to request a WIC dietitian consult or to document the participant is on tube feeding.

A CPA or WIC Nutritionist can fill in the participant's or caregiver's name before it's sent to the HCP.

When box "Patient on tube feeding" is checked by HCP, a CPA must:

- Assign [Risk 362](#) in the WIC data system.
- Document the risk and details in Progress Notes.
- Refer to the WIC Nutritionist to coordinate assigning supplemental foods.
- Verify with WIC Nutritionist that medical formula will be provided by the enteral company.

When box "Provide WIC Dietitian consult" is checked by HCP, a WIC Nutritionist conducts a comprehensive health and nutrition assessment.

Section B. Medical formula

B. Medical formula - Check all that are acceptable			
1 ► Medical diagnosis or qualifying condition: _____			
2 ► Length of issuance: ☐ 3 months ☐ 6 months ☐ until 12 months of age ☐ other: _____ (not to exceed 12 months)			
3 ► Prescribed amount: ☐ _____ per day OR ☐ maximum allowable			
INFANTS/CHILDREN		CHILDREN	
Prematurity:	☐ EnfaCare ☐ Neosure	Similac infant:	☐ Advance ☐ Soy ☐ Sensitive ☐ Total Comfort
Extensively Hydrolyzed:	☐ Nutramigen ☐ Pregestimil	Milk-based, lactose free:	☐ PediaSure ☐ Nutren Jr. ☐ Boost Kid Essentials 1.0 ☐ Boost Kid Essentials 1.5
	☐ Extensive HA ☐ Alimentum ☐ Allow store brand Alimentum	Extensively Hydrolyzed:	☐ PediaSure Peptide ☐ Peptamen Jr. 1.0 ☐ Peptamen Jr. 1.5
Added rice starch:	☐ Enfamil AR	ADULTS ONLY	
	☐ Allow store brand Enfamil AR	☐ Ensure ☐ Ensure Plus ☐ Boost Plus ☐ Boost High Protein	
☐ OTHER (ONLY formulas listed on page 2 can be issued): _____			

This section is for the HCP to indicate the medical formula an infant, child, or adult needs. The HCP fills out this section before sending it to a WIC agency.

Medical diagnosis or qualifying condition

Only the HCP can provide the qualifying medical condition. An HCP may use ICD-9 and ICD-10 codes used by insurance companies to justify the participant's medical condition.

Refer to the [Job Aid: Qualifying Conditions, ICD-9/10 Codes and WIC Risks](#) to identify which diagnosis and WIC risk is associated with the ICD-9/10 codes the HCP selects.

A WIC Nutritionist or HCP must review qualifying medical condition to ensure the participant can be assigned the food package requested.

Medical formula selection, length of issuance, and prescribed amount

An HCP checks the box with the medical formula they request for a participant or writes it in the OTHER section.

The HCP identifies the length of time and amount of formula the participant needs. Medical formula may be prescribed by the HCP for three, six, twelve, or some other number of months. The length of issuance cannot go longer than twelve months because that is the maximum amount of time a special food package can be assigned at WIC. The length of issuance may overlap across two certification periods for a participant.

The WIC Nutritionist contacts the HCP for questions about the formula selected when they review the MDF.

CPAs:

- Document MDF information in the WIC data system.
- When the HCP does not fill in the prescribed amount, CPAs assign the maximum allowable or check with the WIC Nutritionist.
 - Multiply the listed amount the HCP marked by 31 to find the closest number of cans of requested formula.
 - WIC Nutritionist can confirm quantity assigned when they review the medical documentation.

Food Package for Certifying Staff: Part 2

- Follow up with the HCP for any changes to the participant's formula.
- Speak with the participant or participant's parent or caregiver to clarify the flavor or fiber information.

Section C. WIC supplemental foods

C. WIC Supplemental foods	
☐ Check here to request WIC Nutritionist determine supplemental foods.	
Infants 7-12 months Omit: ☐ Infant cereal ☐ Infant jarred fruits/vegetables	Children older than 12 months and adults: Omit: ☐ Milk ☐ Cheese ☐ Eggs ☐ Peanut butter ☐ Other _____ Include: ☐ Infant cereal in place of breakfast cereal ☐ Jarred infant fruit and vegetable in place of cash produce benefit ☐ Plant-based alternatives (beans, nut, seed butters) for eggs ☐ Plant-based milk alternative Changes to milk-fat: ☐ Low/nonfat milk and yogurt for children 12-23 months ☐ Whole milk and yogurt for adults and children older than 23 months receiving formula from WIC or Medicaid (no exceptions) Additional Instructions: _____

This section is for an HCP to request that the WIC Nutritionist determines supplemental foods. It also lets the HCP provide more instructions or information for the participant's supplemental food needs.

When this box is checked, a WIC Nutritionist works with participant to determine supplemental foods based on preference and dietary needs.

A CPA assigns the formula selected by the HCP and the foods appropriate to age and category of participant in a situation where the WIC Nutritionist is unavailable. CPAs select the closest milk and food template or modify to meet the participant's food package needs.

When necessary, a clinic's assigned state Nutrition Consultant can be consulted to help with the food package assignment.

Section D. Health care provider information

D. Health care provider information			
Signature of health care provider:		Date:	
Provider's name (please print):		☐ MD ☐ DO ☐ NP ☐ PA ☐ ND ☐ CNM	
Medical office/clinic:		Clinical RD name:	
Phone #:	Fax #:	Email:	

This section shows that a licensed health care professional who can write prescriptions in Oregon has completed the MDF.

This section must include the health care provider's signature and some contact information. Contact information may include a phone or fax number of the clinic where they work.

CPAs can write in the date the form was received at the WIC clinic if the Date box is blank.

WIC USE ONLY section

WIC USE ONLY	Date form received:	Exp. Date:	RDN review (signature & review date):	☐ FW order	WIC ID:
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This section is for WIC staff use only. The staff person receiving the MDF enters the date the form is received by the WIC office. The expiration date ("Exp. Date") would be the last day of the last month the medical documentation is good for. This date is found in Section B-3 ("Prescribed amount per day") earlier in the MDF.

The WIC Nutritionist reviews the form for correct assignment of the appropriate food package, makes any necessary updates to the care plan in the WIC data system, enters the date reviewed, and signs the form.

The timing of the WIC Nutritionist review may depend on the WIC clinic and does not interfere with the food package assignment by the CPA. If the WIC Nutritionist is not available to review the form quickly, the review and entering of the care plan in the WIC data system can be completed by the WIC health professional in the clinic.

Check with your Training Supervisor to identify the person responsible for the review of the MDFs and documentation of the care in WIC data system for your clinic.

Tips for completing medical documentation with HCPs

Health care providers are just as busy as CPAs and WIC Nutritionists. While they have the best interest of participants at heart, the MDF adds extra steps to their day.

Anything we can do to make the documentation process easier for them can help improve the collaboration between WIC and the HCP.

Tips to help complete medical documentation with HCPs

- Attempt to contact a participant's HCP for a verbal order and follow up with the HCP to request the MDF within two weeks.
- Complete all parts of the MDF you can before you send it to the HCP.
- Highlight the portions of the MDF that the HCP needs to complete.
- Never fill out Medical Diagnosis section.
- Never sign the form at the bottom.
- Follow up with the HCP to fill out a MDF if they send a food package request on a standard prescription pad.
- Share this information with HCPs from the Oregon WIC website:
 - Local agency phone number or fax number
 - Electronic version of the Medical Documentation Form
 - Current listings of WIC formulas

Clinic issues and solutions with medical documentation

Issue #1 Participant does not have an MDF yet and needs a special food package with medical formula or nutritionals assigned today

Solution: CPAs cannot issue special food packages without a written MDF or verbal order from the participant's HCP. CPAs can contact a participant's HCP for a verbal order for medical documentation while the MDF is being completed by the HCP. Once a CPA receives the verbal order, they can issue two weeks of the medical formula or nutritional for the participant. CPAs must document verbal orders in the WIC data system.

The local agency must receive the written MDF from the HCP within two weeks of the verbal order.

Issue #2 MDF is unclear or incomplete

Solution: When information is missing from the MDF, a CPA or WIC Nutritionist can contact the HCP over the phone. The CPA or WIC Nutritionist never makes a diagnosis or signs the form for the health care provider. When a revision is made to a participant's MDF, the CPA or WIC Nutritionist must document on the form and in the WIC data system that a change was made.

Issue #3 Length of issuance expires, or medical formula changes

A new MDF is needed when the length of issuance has expired or if the type of medical formula changes.

Practice activity

Find out where Medical Documentation Forms are kept on file in your clinic and who oversees this process.

Write here what you find out.



Observe a colleague enter the medical documentation information from a HCP into WIC data system.

What information from the Medical Documentation Form is entered into the Medical Documentation pop-up in WIC data system?



Talk to your Training Supervisor about your agency's procedure for having the WIC Nutritionist review special food package assignments and how this happens in your clinic.

Skill check: Self evaluation

Work with your Training Supervisor to review some Medical Documentation Forms that are on file for your clinic.

Look up the WIC data system record for each participant to see what information was entered on the medical documentation screen and what food, milk or formula modules were assigned to the participant.

Talk to your Training Supervisor about what happens when the HCP checks the box marked "I am requesting a nutrition assessment and consult by the WIC Dietitian/Nutritionist for this patient," in Section A. of the Medical Documentation Form.

Chapter 5: Formula Warehouse

Items needed

- Job Aid – [Medical Formulas](#)

WIC Policy

- Policy 760 – [Medical Formulas](#)
- Policy 765 – [Medical Documentation](#)
- Policy 735 – [Exchange and Handling of Returned Formula](#)

Objectives

After completing this section, you will be able to:

- Identify when to use the Formula Warehouse option in the WIC data system.
- Describe the process for using the Formula Warehouse function in the WIC data system to order medical formulas.

Overview

At times it is difficult for families to find medical formulas they need at their local stores and pharmacies. Oregon WIC has a special vendor to help in those situations called Formula Warehouse (FW). FW delivers hard-to-find medical formulas directly to WIC participants or WIC clinic. Providence Home Medical Equipment (Providence HME) provides this service for Oregon WIC across the state.

After a FW order is placed in the WIC data system, the formulas are delivered to participants homes. FW orders can also be sent to a participant's local WIC agency or another Oregon address, like a relative's or neighbor's house. FW cannot deliver formula to a P.O. Box or out of state for any reason.

A Formula Warehouse order may be needed for a family when:

- The medical formula is hard to find at the participant's local store or pharmacy
- The family does not live near a pharmacy that carries the formula
- The infant is medically fragile, and traveling is difficult

Completing FW orders

To complete a FW order, a CPA assigns the formula package and enters information from the Medical Documentation Form (MDF) in the food package assignment screen of the WIC data system. A FW order is placed on the Family Summary screen in the WIC data system.

Check with your Training Supervisor or WIC Nutritionist to see if there is a FW point of contact at your agency. A FW point of contact in an agency can review FW orders, which can prevent mistakes or delays.

In the Formula Warehouse Order Form, a CPA:

- Selects the participant's preferred address and phone number
- Selects the flavor or fiber choice of formula, if applicable
- Writes in other important information for the order to the Notes field

The screenshot displays the 'Client Processes - [CP4205 - Family Summary Screen]' window. The 'Family Information' section shows the first cardholder as 'LEXINGTON, LEXI Z' with Family ID '00753406'. Below this is a table of family members:

ID	Name	DOB	Clinic	Ca
01	Lexi Z Lexington	06/14/1991	01	W
02	Levi Z Lexington	10/14/2021	01	C

The 'Appointment/Food Benefit Schedule' section shows a table with columns for ID, Name, E, B, T, Appt, Sep-2025, Fd Pkg, FB, Appt, Oct-2025, and Fd Pkg. It lists appointments for Lexi and Levi.

The 'Formula Warehouse Order Form' is open, showing the 'Ship to Name' as 'Levi Z Lexington' and 'DOB' as '10/14/2021'. It includes a table for formula orders:

Month	Address	Phone	Formula Details	Qty
October	HOME: 333 Kevin Ct, PORTLAND, OR 97232	503-119-2992	Boost Kid Essentials 1.0 vanilla 8 oz RTF	113.00
September	HOME: 333 Kevin Ct, PORTLAND, OR 97232	503-119-2992	Boost Kid Essentials 1.0 vanilla 8 oz RTF	113.00

Below the table, there is a list of clinic addresses: HOME: 333 Kevin Ct, PORTLAND, OR 97232; CLINIC: Bronco, 123 TWISTER ROAD, BRONCO, OR 97002; CLINIC: Escort, 100 ECONOCAR STREET, ESCORT, OR 97003; CLINIC: Explorer, 400 HAVINFUN WAY, EXPLORER, OR 97004; CLINIC: MASTER, 12 HEALTH DEPT AVE, FORD, OR 97000; OTHER:

The 'Notes' field is empty, and the 'Insert' button is visible. The 'Save / Send' and 'Cancel' buttons are at the bottom right.

The FW order is completed with input from the participant or caregiver. FW orders can be placed after the medical formula has been assigned in the participant's food package.

The participant shares with the CPA the best address to receive the formula delivery. Most deliveries go to the participant's home address, but FW orders can also be delivered to the WIC clinic or another address. FW orders cannot be sent to out-of-state addresses or P.O boxes.

Examples of why a FW order may need to be sent to a WIC clinic or another address:

- No one will be home to receive the delivery
- There is not a safe place to leave the delivery
- Another family member or friend can receive the package for the family and keep it safe
- The parents or guardians have shared custody and the address for the delivery changes every month

Selecting the medical formula for a FW order

The Formula Warehouse Order Form on the Family Summary Screen in the WIC data system shows all the varieties of the formula available to order. The specific flavor and fiber of the formula must be selected to ensure the correct product is sent to the participant. More than one formula per month can be ordered, as well as more than one flavor or fiber.

Use the [Job Aid: Medical Formulas](#) to assist you with ordering.

The HCP provides the information about the brand of formula needed for the participant on the MDF. There may be a time where information about the formula is missing from the MDF. When this happens, the family should confirm the formula type with their HCP. The WIC clinic can also follow up with the HCP directly to get formula information missing from the MDF.

The WIC data system gives the option to select specific flavors or fiber varieties for some formulas that may be personal preference and not specified by the health care provider. For example, PediaSure comes in multiple flavors. Discuss with the family in the clinic which flavor or fiber of formula they prefer to ensure the correct product is sent to the participant. If the family is trying out a new flavor, suggest ordering less of that flavor in case they do not like it.

It is important that the FW orders are correct each month (type, variety, flavor) to avoid having formulas returned by a participant. A participant can return or exchange FW formulas that do not work for them to a local agency. This may happen when a participant has difficulty digesting certain

formulas because of a food intolerance. Clinics must dispose of medical formula returned by participants.

For more information see [Policy 735 – Exchange and Handling of Returned Formulas](#).

Institutional versus store versions of PediaSure, Boost, and Ensure

PediaSure, Boost, and Ensure are packaged differently for grocery stores than the version available from the FW. Containers sold in the stores come six containers in each pack and do not allow for the maximum issuance WIC is required to provide.

For example, the maximum formula issuance WIC provides is 113 containers, but stores carry formula in even six packs or 108 containers maximum. This means participants cannot get their maximum amount allowed buying them at the store.

FW product has a different look for the same formula. It is provided per bottle rather than six packs. When the MDF requests the maximum issuance of formula, ordering from the FW makes sure the participant gets their maximum issuance.

Checking the status of FW orders

The status of FW orders is found on the Food Package Assignment and Family Summary screens of the WIC data system.

Client Processes - [CP3105 - Infant/Child Certification State ID:2352039 Name: Lexington, Levi Z DOB:10/14/2021]

File Edit Window Help

WIC ID: 00753406-02 Name: Lexington, Levi Z DOB: 10/14/2021 WIC Cat.: CHILD, 24-60 MONTHS OLD Tr.Type: C

Medical Data Health History Diet Assessment NE Plan Progress Notes **Food Package Assignment**

Food Package Assignment

FP Start Date	WIC Category	Module A	Qty A	Unit A	Module B	Module C	Qty C	Unit C	Med Doc	Partia	Status
10/01/2025	C2-5	ML-C	2.75	gal	C	BKE-1.0-R	113	box	Y		BI FW
09/01/2025	C2-5	ML-C	2.75	gal	C	BKE-1.0-R	113	box	Y		BI FW

Modify FR and FX Med. Doc. Info Forecast Row Summary FPA History ☒ Special Client ☐ Twins or More ☐ BI/FW

Enrollment Family Summary Screen Immunizations Status Change Transaction Type Determine Eligibility

On the Food Package Assignment screen in the Status column, you can see both "BI" for Benefits Issued and "FW" for Formula Warehouse. This shows you the FW orders that have been placed for certain months.

Food Package for Certifying Staff: Part 2

Client Processes - [CP420S - Family Summary Screen]

File Edit Window Help

Family Information

First Cardholder: LEXINGTON, LEXI Z Second Cardholder: No Second Cardholder

Family ID: 00753406

ID	Name	DOB	Clinic	Cat	Status	Start Date	End Date	Risk	Wait	Benefit	Reason	Select
01	Lexi Z Lexington	06/14/1991	01	WP	EN	05/10/2025	11/30/2025	M	N			☐
02	Levi Z Lexington	10/14/2021	01	C2-5	EN	05/10/2025	10/31/2025	L	N			☒

Current Certification Issuance Last Month

Find Appointment
Create Request
Modify Request
Put on Wait List
Farmer's Market
Set Issue Months
Formula Warehouse !

Appointment/Food Benefit Schedule

ID	Name	E B T	Sep-2025			Oct-2025			Nov-2025			Dec-2025			Jan-2026	
			Appt	Fd Pkg	FB	Appt	Fd Pkg	FB	Appt	Fd Pkg	FB	Appt	Fd Pkg	FB	Appt	Fd Pkg
01	Lexi			ML-C WPB	☒		ML-C WPB	☒	RW-r	ML-C WPB	☒					
02	Levi			ML-C C BKE-1.0-R	☒	RC-r	ML-C C BKE-1.0-R	☒								

Issue Benefits Remove Benefits Benefit List Old FSS

On the Family Summary Screen, you will see a red exclamation point (!) indicator on the FW button. This means a FW order has been entered.

Note: FW orders for the current month are sent electronically to Providence HME at the end of each day. FW orders for future months are sent electronically on the first day of each month. The WIC data system automatically sends future month orders to Providence HME for each month indicated on the Food Package Assignment screen.

Making changes to a FW order

Changes to a FW order depends on the status of the order and if it is for the current month or future months.

How to make changes to orders in the current month

Changes to the FW order can be made on the same day you entered the order. When a medical formula needs to be changed, go to the Food Package Assignment screen and assign the new formula. Then go to Family Summary Screen to place a new FW order for that formula.

After a FW order is changed:

- Reissue the benefits on the Family Summary screen.
- Re-enter the address information and formula specifications on the Formula Warehouse order screen.

There may be times when a participant calls to change or cancel a FW order after it was placed one or several days ago. FW order changes cannot be made after the order has been shipped. In this case, a participant needs to bring in the formula they don't want any more for a formula exchange.

Contact your assigned state Nutrition Consultant for assistance, if needed.

How to make changes to future month orders

Changes can be made to future month orders until the last day of the current month.

Helping participants understand their FW order on their Benefits List

FW orders will appear on the WIC Benefits List, even though the participant does not buy the formula at the store. The Benefit List shows an "FW" next to a FW order.

It is best to highlight the FW order on the Benefits List and remind participants to notify the clinic if their address changes or they need changes made to the formula (e.g. flavor, fiber or type of formula).

Client Processes - [CP4205 - Family Summary Screen]

File Edit Window Help

CP050R - Family Benefits List

Language Selection
☒ English
☐ Spanish

Print Select Printer Close

Family Information
 First Cardholder: LEXINGTON, LEXI Z Second Cardholder: No Second Cardholder
 Family ID: 00753406

ID	Name	DOB	Clinic	Ca
01	Lexi Z Lexington	06/14/1991	01	WI
02	Levi Z Lexington	10/14/2021	01	C2

Appointment/Food Benefit Schedule

ID	Name	E B T	Sep-2025 Appt	Fd Pkg	FB	Appt	Oct-2025 Fd Pkg
01	Lexi			_ML-C WPB	BI		_ML-C WPB
02	Levi			_ML-C C BKE-1.0-R	BI RC-r		_ML-C C BKE-1.0-R

<

Issue Benefits Remove Benefits Benefit List

WIC Benefits List
 Benefits Available as of 09/08/2025 10:53 AM

WIC Family ID: 753406
 First Cardholder: LEXINGTON, LEXI Z Second Cardholder: No Second Cardholder

Benefits for: 09/08/2025 through 09/30/2025
 Family Member/s: Lexington, Lexi Z - WP
 Lexington, Levi Z - C2-5

Quantity	Unit	Food Item Description
79	\$\$\$	Fruit and vegetables - fresh/frozen/canned
72	OZ	Whole grains
6	GAL	Fat free or 1% milk
2	LB	Cheese
2	DOZ	Eggs
2	CTR	Peanut butter / beans dry or canned
1	CTR	Beans, dry or canned
16	OZ	Fish - canned tuna / salmon / sardines
72	OZ	Cereal - hot / cold
113	BOX	Boost Kid Essentials 1.0 cal 8 oz

FW

Benefits for: 10/01/2025 through 10/31/2025
 Family Member/s: Lexington, Lexi Z - WP
 Lexington, Levi Z - C2-5

Practice activity

Answer the questions for the following case study.

Case Study

Maribel Torres is a five-month-old infant who is mostly breastfeeding. At her last doctor's appointment, her formula was changed to Neocate Infant for the maximum amount allowed for 3 months.

Use the [Job Aid: Medical Formulas](#) to answer the questions below.

Is Neocate Infant a formula that can be ordered from the Formula Warehouse?



What is the maximum formula allowed for this 5-month-old baby?



What information do you need to place the FW order?



Who is the point person in your clinic that could help you with this FW order?



Skill check: Self-evaluation

Discuss any questions you have about FW with your Training Supervisor.