

Oregon WIC Food Package Module

WIC Benefits List
Benefits Available as of 12/28/2015 14:23

WIC Family ID: _____
First Cardholder: Bear, Mama Second Cardholder: _____
Benefits for: 12/28/2015 through 1/2/2016
Family Member/s: 1 - C2-5

Quantity	Unit	Food Item Description
1	LB	Cheese
1	DOZ	Eggs - large
36	OZ	Cereal - hot / cold
1	CTR	Peanut butter / dry beans / peas / lentils
32	OZ	100% Whole wheat bread/corn tortillas/brown rice
8	\$\$\$	Fruit and vegetables - fresh / frozen
3.25	GAL	Fat free or 1% milk
2	CTR	6-oz bottle / 15oz frozen juice

Benefits for: 1/1/2016 through 1/31/2016
Family Member/s: _____

WIC Food List
A shopper's guide to the Oregon WIC approved foods

Women, Infants and Children (WIC) Medical Formula and Supplemental Foods

- This request is subject to WIC provision based on program policy.
- Please fax or return the completed form to your local WIC clinic.

A. Patient Information
Patient's name (Last, First, MI): _____
Parent/Caregiver's name (Last, First, MI): _____
 I am requesting a nutrition assessment and consult by the WIC dietitian.

B. Medical Formula and WIC Supplemental Foods
Name of formula: _____
Medical diagnosis or qualifying condition: _____
See the back of this form for qualifying conditions.
Requesting formula for: 3 months 6 months until formula needs and amounts will be evaluated on a periodic basis and _____ per day OR
Prescribed amount: _____ per day OR

WIC supplemental foods: Check the issuance appropriate for to age and category of the participant will be provided.
 WIC Dietitian/Nutritionist to determine amount, type and length of issuance.
 None: Do not provide any supplemental foods at this time; issuance contraindicates intake of solid foods.
 Omit: Based on the patient's medical condition, check the foods
For infants 7-12 months omit: Infant cereal Infant fruits
For children older than 12 months or women omit: Milk
 Substitute whole milk: For women only.

Training Supervisor's Guide

Instructions for Training Supervisor

Overview

Welcome to the Training Supervisor's Guide for the *Food Package Training Module*. In addition to this guide, you will need a copy of the student's version of the *Food Package Module*.

Training Supervisor's Role

Your role as the Training Supervisor is to oversee the staff members at your local agency and/or clinic who are completing the *Food Package Module*. You will:

- ◆ Help the student begin using the *Food Package Module*.
- ◆ Be available to answer questions about the module and help the student find the answers within the module, or in other reference books.
- ◆ Meet with the student to review and evaluate progress.
- ◆ Document the student's competency achievement and module completion.

To Do Before Training

1. Read the *Food Package Module*.
2. Make sure you know the following information specific to your local agency and/or clinic:
 - ◆ The location of the *Items Needed* (Section S-4 in "Starting the Module") at your local agency.
 - ◆ The role of the person completing the module.
 - ◆ Who is responsible in your agency for completing each step in the food package assignment process.
 - ◆ How your agency handles postpartum women in the month immediately after delivery.

- ◆ How your agency handles temp newborn certifications.
- ◆ Where *Medical Documentation Forms* are filed in your clinic.
- ◆ What role the WIC Nutritionist from your agency has in reviewing special food package assignments.

NOTE

All staff will complete all lessons in this module.

When To Meet With the Student

Before the student begins the module

1. Make a training plan and timeline using the *Steps for Completing the Module* (see Section S-3 in “Starting the Module”) and discuss it with the student.
2. Show the student where to find the *Items Needed* to complete the module (see Section S-4 in “Starting the Module”).

After the student completes each chapter

1. Review *Practice Activities* and *Skill Checks* from the lessons just completed.
2. Complete the *Review Activity* with the student.
3. Document completion of *Review Activities* on a copy of the *Competency Achievement Checklist* (see pages 31 and 32).

When the Student has completed the module

1. Review with the student the *Steps for Completing the Module*.
2. Ask the student to complete the *Posttest*.
3. Check the *Posttest* for correct answers (see pages 24 through 29).
4. Discuss incorrect answers.
5. If the student scores less than 90%, guide the student on areas to review and reissue the *Posttest* when student is ready.
6. Document completion of the *Posttest* on the *Competency Achievement Checklist*.

To finalize completion of the module

1. Congratulate the student on their achievement!
2. Give the completed *Competency Achievement Checklist* to the Local Agency Coordinator to file in accordance with WIC Policy 440.
3. Send the link to the online *Training Evaluation* survey to the student.
4. Document the student's module completion in TWIST.
5. Acknowledge the student's completion of the module and provide a certificate of completion (available on the Oregon WIC website).

NOTE

It is estimated that you will spend 1 – 2 hours meeting with the student.

Guidance for Review Activities

The following pages are copies of the *Review Activities* from the end of each chapter of the *Food Package Module*, along with additional information to help with your interaction with the student.

This additional information includes:

1. Instructions for completing the *Review Activity* with the student.
2. Relevant WIC policies pertaining to the module.
3. Answers to *Review Activity* questions.
4. Answers to *Practice Activities* and *Skill Check* questions **for which there is a specific, objective answer.**

NOTE

Answers are not included for all *Practice Activities* and *Skill Checks* because in most cases there is not one solution to the situation. If a student has a question about a *Practice Activity* or *Skill Check*, or is having problems completing the activities, help them find the solution within the lesson they just completed.

Chapter 1

Guidance for Training Supervisor

1. This *Review Activity* requires the Training Supervisor to meet with the student. During the meeting:
 - ◆ Discuss the *Review Activity* questions.
 - ◆ Talk about how the student did on the *Practice Activities* and *Skill Checks* in each of the lessons in Chapter 1.
 - ◆ Ask the student if he or she has any questions.
 - ◆ Review the student's WIC Notebook.
2. Document when the student has met the objectives for Chapter 1 on the *Competency Achievement Checklist*.

WIC Policies

511 – *Food Benefit Issuance*

588 – *Program Integrity: Complaints*

769 – *Assigning WIC Food Packages*

Lesson 1-1: Food packages – Staff roles

NOTE

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

Practice Activity and 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)

1. 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**
2. What does the second letter in milk template codes indicate?
 - ◆ **Fat content of milk**
3. What is included in a milk template with the code GL-0?
What kind of milk is included?
 - ◆ **Low-fat goats milk without cheese.**
4. 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.
 - ◆ **MW-C. Whole liquid cow's milk and cheese.**
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

Chapter 2

Guidance for Training Supervisor

1. This *Review Activity* requires the Training Supervisor to meet with the student. During the meeting:
 - Discuss the *Review Activity* questions.
 - Talk about how the student did on the *Practice Activities* and *Skill Checks* in each of the lessons in Chapter 2.
 - Ask the student if he or she has any questions.
3. Role-play with the student how to work with a participant to select the food package that is most appropriate for a given situation.
4. Have the student review a recently *received Medical Documentation Form*, identify that the form is complete and what food package should be assigned to the participant from the form.
5. Review the materials in the student's WIC Notebook.
6. Document when the student has met the objectives for Chapter 2 on the *Competency Achievement Checklist*.

WIC Policies

769 – *Assigning WIC Food Packages*

720 – *General Information on Formula Use*

605 – *Processing Standards*

713 – *Breastfeeding: Use of Supplemental Formula*

655 – *Homeless Applicants*

760 – *Medical Formulas and Medical Foods*

765 – *Medical Documentation*

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. If 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.**

Answers - Posttest

1. Where does food package assignment fit in the certification process?
 - ◆ **Follows completion of a full assessment and nutrition education.**
2. Which WIC staff members can assign a food package?
 - ◆ **Competent Professional Authority (CPAs or certifiers.)**
3. Define a standard food package.
 - ◆ **A food package that provides the maximum quantity of food in the most commonly used combination of foods for a specific participant category.**
4. List the type of modules that make up food packages.
 - ◆ **A = milk, cheese or formula**
 - ◆ **B = foods**
 - ◆ **C = medical formula**
5. What type of food package does a participant receive when they are enrolled after the 20th of the month?
 - ◆ **A partial food package**
6. What determines the amount of food that a breastfeeding woman will receive?
 - ◆ **The amount of breastfeeding that a woman does**
7. Describe the difference between mostly breastfeeding and some breastfeeding.
 - ◆ **Mostly Breastfeeding women are partially breastfeeding and supplementing with a small amount of formula.**
 - ◆ **Some Breastfeeding women are partially breastfeeding and supplementing with a substantial amount of formula.**

8. Where will a participant find information about the options of flavors or brands of food that they can choose from?
 - ◆ **WIC Food List**
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.
 - ◆ **True**
10. List the steps in the process for assigning a food package.
 - ◆ (1) **Identify the category.**
 - ◆ (2) **Identify factors that might influence which food package to assign.**
 - ◆ (3) **Identify any client designations such as "Special," or "Twins or More."**
 - ◆ (4) **If no concerns, assign the standard food package.**
 - ◆ (5) **If a factor is identified, discuss available food options to meet participant's needs.**
 - ◆ (6) **If *Food List* options do not meet their need, assign a non-standard food package, with appropriate milk, food, or formula template for the participant's category.**
 - ◆ (7) **If needed, modify the food package further by using the Modify function**
 - ◆ (8) **Save selection in TWIST**
11. When could a pregnant woman receive the same amount of food as a fully breastfeeding woman?
 - ◆ **When a woman is pregnant with multiple babies.**
12. At what age can WIC begin providing supplemental formula to a breastfed infant?
 - ◆ **After one month of age**

13. In what situation could a fully breastfeeding woman receive 1.5 times the regular fully breastfeeding food package?
 - ◆ **When she is fully breastfeeding more than one infant (not receiving any formula from WIC).**
14. What are the two categories that are ineligible for milk, food or formula modules?
 - ◆ **Fully breastfeeding infants under 6 months of age.**
 - ◆ **Some breastfeeding women after 6 months postpartum (Could also mention breastfed infants under 1 month of age should not be assigned formula.)**
15. Which form of formula is included in the standard packages for non-breastfeeding infants?
 - ◆ **Powdered**
16. Describe a scenario where ready-to-feed formula may be assigned.
 - ◆ **unsanitary, tainted or limited water supply**
 - ◆ **caretaker is unable to prepare powdered or concentrate formula correctly**
 - ◆ **formula is only available in ready to feed form**
 - ◆ **participant has a qualifying medical condition that justifies the need for ready-to-feed**
17. At what age can WIC begin providing baby foods for infants and regular foods for children?
 - ◆ **At 7 months for infants. After their first birthday for children.**

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?
- ◆ **Options from the *Food List* that could work for their situation**
 - ◆ **Purchase only what they will need or use (no penalty for purchasing less than what's listed on Benefit List.)**
 - ◆ **Select modules with an alternate food appropriate for their category and situation**
 - ◆ **Select modules with a smaller amount of food**
19. When assigning a food package, is it more important to take into consideration the needs of the participant or the needs of the participant's family?
- ◆ **Participant**
20. In what situation might evaporated or dry milk be a useful option?
- ◆ **When a participant has limited storage, limited access to refrigeration, or is homeless.**
21. What does the template code GL-0 stand for?
- ◆ **Goat's milk, non-fat or 1%; no cheese.**
22. What food package can be provided to an adult participant who is living and eating meals in an institution?
- ◆ **None, until the participant is no longer living at that institution.**
23. Which of the following are alternatives for women or children on WIC who have a cow's milk allergy or intolerance?
- a. **Goat's milk**
 - b. **Acidophilus milk**
 - e. **Soy beverage**
 - f. **Lactose free milk**
 - g. **Soy formula**

24. True or False. WIC food packages are vegetarian but not vegan.
- ◆ **True**
25. Who should a participant be referred to when health conditions require special food package considerations and counseling?
- ◆ **WIC Nutritionist**
26. Fill in the blank: A _____ 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.
- ◆ **Qualifying condition**
27. In TWIST, what identifier is used so that women and children can be assigned medical foods or formulas?
- ◆ **The “special” flag on the food package assignment screen.**
28. True or False. Health care providers do not need to approve the issuance of foods along with a medical formula.
- ◆ **False.**
29. At what age can an infant receive a fresh fruit and veggie benefit for half of their baby food?
- ◆ **9 months**
30. Identify one situation where WIC would not provide a medical food or formula.
- ◆ **if the condition can be managed with one of the other WIC food packages**
 - ◆ **when the request is made solely to enhance nutrient intake**
 - ◆ **for management of body weight without an underlying qualifying condition**
 - ◆ **based only on personal preference**

31. Which of the following require medical documentation?
- b. **Medical formulas**
 - d. **Medical foods**
 - f. **Regular foods provided with medical formulas**
 - i. **Non-bid infant formulas**
 - j. **Whole milk for women**
32. Who can provide the medical documentation needed for WIC?
- 1) **Medical doctors/physicians**
 - 2) **Physician Assistants**
 - 3) **Nurse Practitioners**
 - 4) **Doctors of Osteopathy**
 - 5) **Naturopathic Physicians**
 - 6) **Certified Nurse Specialists.**
33. True or False? Formula Warehouse orders will appear on the Benefits List, even though the participant will not purchase the formula at the store.
- ◆ **True**
34. What is the maximum length of time that medical documentation can be written for?
- ◆ **12 months**
35. How many months of benefits for medical foods or formula can be provided without medical documentation?
- ◆ **One month**
36. What happens when a *Medical Documentation Form* is received at the WIC Office?
- ◆ **Review for completeness, document in TWIST, issue appropriate benefits, keep forms on file**

Competency Achievement Checklist Food Package Module

Master Copy – make copies before using

Staff (Student) Name _____

Local Agency _____

Training Supervisor: Evaluate student competency and achievement of the learning objectives at each checkpoint in the following table.

At this checkpoint:	Evaluate this:	Competency Achievement Date:	Initials
Chapter 1 <i>Review Activity</i>	Student has achieved the appropriate learning objectives in Chapter 1.		
	Student is able to explain the process involved in assigning a food package.		
Chapter 2 <i>Review Activity</i>	Student has achieved the appropriate learning objectives in Chapter 2.		
	Student is able to select the appropriate food package given a particular situation.		
<i>Posttest</i>	Student has achieved a score of 90% or better.		
Review WIC Notebook	Student has completed their WIC Notebook.		

I verify that _____ has achieved the learning objectives of the *Food Package Module* and is competent to continue with WIC training. The student meets the criteria set by the state to receive a certificate of completion for this module.

Signed _____ Date _____

Upon completion of this form:

1. File the form in the appropriate personnel file in accordance with WIC Policy 440.
2. Enter the module completion date information in TWIST.