

Job Aid

Food packages for postpartum adults and infants

The amount of breastfeeding determines the adult's and infant's food packages.

Overview of standard food packages for postpartum adults

Foods	Fully Breastfeeding (WE)	Mostly Breastfeeding (WB)	Some Breastfeeding (WBN)	Non- Breastfeeding (WN)
Fruit and Vegetable Benefit (FVB)	\$55	\$55	\$50	\$50
Cereal	36 oz.	36 oz.	36 oz.	36 oz.
Whole grains	48 oz.	48 oz.	48 oz.	48 oz.
Milk	3 gal	3 gal	3 gal	3 gal
Yogurt	32 oz.	32 oz.	32 oz.	32 oz.

Foods	Fully Breastfeeding (WE)	Mostly Breastfeeding (WB)	Some Breastfeeding (WBN)	Non-Breastfeeding (WN)
Cheese	1 lb.	1 lb.	1 lb.	1 lb.
Eggs	2 dozen	1 dozen	1 dozen	1 dozen
Beans and/or peanut butter	1 lb. dry beans or (4) 15-16 oz. canned beans AND 18 oz. peanut butter	1 lb. dry beans or (4) 15-16 oz. canned beans AND 18 oz. peanut butter	1 lb. dry beans or (4) 15-16 oz. canned beans OR 18 oz. peanut butter	1 lb. dry beans or (4) 15-16 oz. canned beans OR 18 oz. peanut butter
Fish	20 oz.	15 oz.	10 oz.	10 oz.

Notes on postpartum adult standard food packages

- Fully Breastfeeding (WE) and Mostly Breastfeeding (WB) participants can replace 18 oz. peanut butter with 16 oz. dry beans or four cans of 15 to 16 oz. canned beans. Peanut butter can be substituted with 16 to 18 oz. nut and seed butters at the grocery store.
- TWIST will not allow benefits to be issued if the adult and infant categories don't match.
- Fully Breastfeeding (WE) and Mostly Breastfeeding (WB) participants are eligible for a food package up to one year postpartum.
- Non-Breastfeeding (WN) and Some Breastfeeding (WBN) participants are only eligible for a food package up to 6 months postpartum.
- When a participant's category changes (example: WBN to WN), the participant cannot keep the remainder of their current month's unspent benefits that are over the maximum amount for their new participant category.
- Pregnant participants (WP) have two different food package options after they give birth to the infant. They can receive:
 - The WP food package until the new postpartum recertification appointment
 - A WE, WB, WBN, or WN food package depending on the amount of breast milk they are providing to the infant

Overview of standard food packages for infants

		Age of Infant		
Category	Each month	0 to 3 months	4 to 6 months	7 to 12 months
Fully Breastfeeding	Adult gets:	WE		
	Infant gets:	Breast milk only		Breast milk and IE: 16 oz. infant cereal 128 oz. baby food fruits and vegetables 40 oz. baby food meat
WE/IE				

		Age of Infant		
Category	Each month	0 to 3 months	4 to 6 months	7 to 12 months
Mostly Breastfeeding	Adult gets:	WB		
	Infant gets:	Breast milk and IB: 1 to 4 cans powder	Breast milk and IB: 1 to 5 cans powder	Breast milk and IB: 1 to 4 cans formula 8 oz. infant cereal 128 oz. baby food fruits and vegetables
WB/IB				

		Age of Infant		
Category	Each month	0 to 3 months	4 to 6 months	7 to 12 months
Some Breastfeeding	Adult gets:	WBN		No food package
	Infant gets:	Breast milk and IBN: 5 to 8 cans powder	Breast milk and IBN: 6 to 9 cans powder	Breast milk and IBN: 5 to 6 cans powder 8 oz. infant cereal 128 oz. baby fruits and vegetables

		Age of Infant		
Category	Each month	0 to 3 months	4 to 6 months	7 to 12 months
Non-Breastfeeding	Adult gets:	WN		No food package
	Infant gets:	IN: 9 cans powder	IN: 10 cans powder	IN: 7 cans powder 8 oz. infant cereal 128 oz. baby food fruits and vegetables
WN/IN				

Notes on infant food packages

- All infants receive 128 oz. baby food fruits and vegetables starting at 7 months. CPA may offer to replace half or all baby food with Fruit and Vegetable Benefit (FVB).
 - Replacing half = \$11 FVB and 64 oz. baby food fruits and vegetables
 - Replacing all = \$22 FVB
- CPA must provide and document nutrition education for families who request replacing baby food fruits and vegetables to FVB.