**POLICY:**
Local WIC programs shall adopt policies for tailoring infant food packages to encourage continued breastfeeding when mothers are not fully breastfeeding.

**PURPOSE:**
To support breastfeeding women and infants by providing appropriate counseling and food packages consistent with their nutritional needs.

**RELEVANT REGULATIONS:**
7 CFR 246.10 Supplemental Foods
7 CFR 246.11 (c) (7) (iv) Breastfeeding promotion mandate

**OREGON WIC PPM REFERENCES:***
♦560—Replacing Food Instruments
♦730—Bid Formula: Use and Descriptions
♦769—Assigning WIC Food Packages

**DEFINITIONS:**

- **Breastfeeding woman**
The generic term for women who provide breast milk to their infant(s). See definitions under fully breastfeeding, mostly breastfeeding, some breastfeeding and non-breastfeeding for important distinctions.

- **Bid formulas**
Infant formulas purchased at competitive bid by the Oregon WIC Program.

- **Breast milk substitute**
Infant formula.

- **Supplement**
Breast milk substitute provided to an infant who is primarily breastfed.

- **Fully breastfeeding infant**
A breastfeeding infant who is up to one year of age and does not receive infant formula from WIC.

- **Fully breastfeeding woman**
A breastfeeding woman who is up to one year postpartum, whose infant does not receive formula from WIC.

- **Mostly breastfeeding infant**
A mostly breastfed infant who is one month to one year of age and receives infant formula from WIC up to the maximum provided for a mostly breastfed infant.

- **Mostly breastfeeding woman**
A breastfeeding woman who is up to one year postpartum, whose infant receives infant formula from WIC up to the maximum provided for a mostly breastfeeding infant.
Some breastfeeding infant

A breastfeeding infant who is one month to one year of age and receives more than the maximum amount of infant formula from WIC provided for a mostly breastfeeding infant, but less than the amount provided for a non-breastfeeding infant.

Some breastfeeding woman

A breastfeeding woman who is up to one year postpartum, whose infant receives more than the maximum amount of infant formula from WIC provided for a mostly breastfeeding infant, but less than the amount provided for a non-breastfeeding infant.

Non-breastfeeding infant

An infant who is not breastfeeding and is up to one year of age and receives infant formula from WIC.

Non-breastfeeding woman

A mother who is not breastfeeding and is less than six months postpartum.

APPENDIX: 713.4 Appendix A: Determining Supplemental Formula Amounts for the Partially Breastfed Infant

BACKGROUND: WIC encourages all women to fully breastfeed for at least six months, to continue to breastfeed along with appropriate complementary foods at least until the infant is one year of age, and to continue thereafter for as long as mutually desired. When a breastfeeding mother requests formula from WIC, she may not be fully aware of the impact of formula supplementation on breastfeeding, or of the increased health risks of feeding formula in place of breastfeeding. In particular, giving infant formula to a breastfeeding infant in the first month interferes with the establishment of breastfeeding and often leads to a decrease in a mother’s breast milk production. For this reason, WIC does not allow issuance of formula for babies less than one month of age. Breastfeeding counseling is required to support the continuation of breastfeeding. Breastfeeding counseling builds a mother’s confidence and ensures that she is making an informed decision on the impact that formula feeding will have on her milk production and on her continued breastfeeding.

PROCEDURE:

1.0 A Competent Professional Authority (CPA) shall provide counseling to a breastfeeding woman who requests supplemental formula for her infant. The CPA who provides the counseling must first complete Level 1 and 2 Oregon WIC Training: Breastfeeding.

Counseling by CPA

1.1 Whenever possible, the counseling shall be provided by an RD, RN, Health Professional, or designated breastfeeding specialist who has completed advanced breastfeeding training.

1.2 Provide assessment and counseling before issuing FIs for formula.
1.3 Counseling by the CPA shall include the following steps:

1.3.1 The first priority is to help the woman achieve her breastfeeding goals. See guidelines at the end of this policy.

1.3.2 Assess the mother’s understanding of the impact of supplemental formula on her breast milk production and potentially on her and her baby’s optimal health and nutrition.

1.3.3 Inform the breastfeeding mother that her food package will change and will be based upon how much she is breastfeeding. See policy ♦769—WIC Food Packages, for details.

1.3.4 Provide the minimum amount of formula that meets but does not exceed the infant’s nutritional needs.

1.4 Issuance of formula is not allowed for breastfeeding infants less than one month of age.

**Infant’s food package**

2.0 When the decision is made to provide supplemental formula, issue the breastfed infant a food package consistent with her or his nutritional needs.

2.1 If supplementation is indicated, use the bid milk-based formula as the first option for supplementation per ♦730—Bid Formula: Use and Descriptions.

2.2 Provide powdered formula as a supplement because it can be prepared in as small a quantity as needed.

2.3 Determine the amount of supplement necessary and assign the appropriate food package.

2.3.1 If the infant is receiving no formula and the mother is unsure of how many formula feedings she will be using, assess and counsel the mother on the impact of formula as in 1.3.2 above. If formula issuance is deemed appropriate, issue the lowest amount of formula indicated, usually starting with one can of powder.

2.3.2 If the mother is already giving the infant some formula, issue the lowest amount the infant is currently using. See Appendix A for additional guidance on calculating the amount of supplemental formula.

2.3.3 Supplemental formula can be increased up to the maximum allowed based on infant’s age and category. See ♦769—WIC Food Packages for quantities allowed.

2.3.4 Provide additional follow-up visits with the mother and baby to continue to support breastfeeding success.
**Food package adjustment**

2.4 A breastfeeding infant who receives any formula from WIC is no longer in the fully breastfeeding category. The infant’s status and mother’s status will need to be changed to the appropriate breastfeeding category of mostly breastfeeding or some breastfeeding. Once the categories are changed, the appropriate food packages can be selected.

2.4.1 A woman who is over six months postpartum and is in the “some breastfeeding” category will not receive a food package; however she will continue to receive all other WIC services.

**Documentation**

3.0 Document in the participant’s TWIST record the counseling and follow-up provided. ★

**REFERENCES:**


Determining Supplemental Formula Amounts for the Partially Breastfed Infant

Have you started offering a supplement?

↓

YES

↓

How much supplement is the infant getting each day?

<table>
<thead>
<tr>
<th>For Similac Advance or Gerber Good Start Soy</th>
</tr>
</thead>
<tbody>
<tr>
<td>0 - 3 oz. per day → 1 can powder per month</td>
</tr>
<tr>
<td>4 - 6 oz. per day → 2 cans powder per month</td>
</tr>
<tr>
<td>7 - 9 oz. per day → 3 cans powder per month</td>
</tr>
<tr>
<td>10 - 12 oz. per day → 4 cans powder per month</td>
</tr>
<tr>
<td>13 - 15 oz. per day → *5 cans powder per month</td>
</tr>
<tr>
<td>16 - 18 oz. per day → *6 cans powder per month</td>
</tr>
<tr>
<td>19 - 21 oz. per day → *7 cans powder per month</td>
</tr>
<tr>
<td>22 - 24 oz. per day → *8 cans powder per month</td>
</tr>
<tr>
<td>25 - 27 oz. per day → *9 cans powder per month</td>
</tr>
</tbody>
</table>

One can of Similac Advance powder yields 90 ounces of reconstituted infant formula and Gerber Good Start Soy powder yields 91 ounces.

* This quantity may exceed the maximum allowed as determined by infant age and category. See ◆769—Assigning WIC Food Packages for quantities allowed.