



Food Package Training #1

Food Package Changes
by Participant Category

Facilitator Guide

Food Package Training #1: Food Package Changes by Participant Categories

Overview

Food Package Training #1 includes information on changes related to the food packages and participant categories. It also covers guidance on Food Package Nutrition Education requirements. This includes confirming participants understand their options related to the new food packages, including tailoring options, maximums, and shopping choices.

Timeline

This training is the first of three sections of Food Package and Food List training. Food Package #1 and Food Package #2 are designed to be offered individually or as a combined training.

1. January 24, 2025: Food Package #1 Training (this training)
2. February 21, 2025: Food Package #2 TWIST Training
3. TBD: Food List Training

We encourage local agencies to complete Food Package Training #1 and Food Package #2 by March 23, 2025 to coincide with TWIST changes. However, both must be completed before assigning or issuing the new Participant Food Packages.

How to use this guide

Use this guide as a companion to the PowerPoint slide show. Most of what is included in this workbook is also available in the “Notes” section of the PowerPoint slides. This includes additional information about the slide content.

Tips for faciliators

- Use the PowerPoint slides and this guide to share with the group.
- Tailor the slide show to fit your agency needs. For example, you may want to combine this training with "Food Package #2".
- You can "hide" slides you would like to cover in a different way. Hidden slides will not show during a presentation.
- It may be helpful for staff to have Food Package Job Aids available while reviewing these slides.
- Some slides include up and down arrows, that indicates changes in the amount of the new food package. ↓
- Slides that have animation are indicated at the top of the Notes section in red:

***** **Animated Slide** *****

The animation reveals each section when you click. This allows you to discuss each one briefly before showing the next category.

Slide 2

Objectives:

At the end of this training staff will be able to:

- ✓ Demonstrate an understanding of the new food packages for each participant category
- ✓ Find information about maximums and tailoring options for each food package
- ✓ Use participant-centered practices to help participants understand tailoring options and maximum amounts for the food package assigned
- ✓ Describe ways to complete the four required elements when issuing the new food packages: Assign, Discuss, Document, Offer

Goal

For local agency staff to be able to navigate the changes related to the food packages and participant categories.

Note: This training is separate from how to assign and tailor food packages in TWIST.

- The next installment will be how to do all this in TWIST.
- The last installment is sharing the new foods on the food list.

Learning Objectives

At the end of this training participants will be able to:

Demonstrate an understanding of the new food packages for each participant category by:

- Defining the food package participant categories.
- (For currently trained staff) Describe the changes to participant categories.

- Listing what is included in the new food packages for each participant category including tailoring options and maximums.
- Locating and listing the maximum food quantities for each participant category
- Locating and listing food package partial amounts for each food group in the package.
- Describing the allowed substitutions based on participant category.
- Explaining what has changed for each participant food package.

Use participant-centered practices to assist participants by:

- Tailoring food packages to address participant food preferences and dietary needs based on the food quantities and substitutions allowed in participant categories using participant-centered practices.

Slide 3



Food Package Timeline

The transition of existing participants from their old to the new food packages will begin when they are assigned and issued July 2025 benefits, staff will see the new food packages April 2025.

Slide 4



***** Animated Slide *****

The animation reveals each section when clicked. This allows you to discuss each one briefly before showing the next category.

This is the implementation timeline for the food package process. Things to note:

The new food packages will be available to practice in TWIST practice on **March 10, 2025**

- We encourage you to get into TWIST practice to see what it looks like!
- We will be providing some scenarios to use in TWIST practice in the next training – but you are not limited to those!
- TWIST will look different on **March 24, 2025**
- We recommend you complete training by March 24 and no later than April 1, 2025.
- Training about the Food List will follow.

This is a tight timeline! We know it's a lot of work. - And a lot of change!

Training about Special food packages includes a change to the Medical Documentation form. This information will be covered after changes to the form are finalized.

Slide 5

New Section: FNS Goals and Food Rule

Revisions in
the WIC Food
Packages

released April 18, 2024

USDA made changes based
on the 17,000 comments from
the 2022 proposed rule

Over 40 food list and food
package revisions were made

Slide 6



USDA goals

- Provide more choice with a wider variety of foods that align with the latest **nutritional science**
- Greater **flexibility** to accommodate dietary, personal and cultural food preferences
- Provide foods in amounts that are more consistent with the **supplemental** nature of the Program
- Better promote and support **individual breastfeeding goals** to help establish successful long-term breastfeeding
- More **equitable access** to supplemental foods

The changes to the food packages and food list allowed Oregon WIC to take advantage of some new foods. The changes affect the options available for tailoring food packages **and** new foods to the food list overall.

The changes:

- Offer more culturally appropriate food option,
- Accommodate more food allergies and intolerances, and
- Offer different packaging sizes to make it easier to find foods at the store.

Slide 7

New Section: Participant Category Changes

Participant category changes

- Infant 0-3 months – Released December 2024
- Mostly Breastfeeding
 - Mostly breastfeeding participants will get more food benefits
 - Participants Pregnant with two or more babies included in this category
- Fully Breastfeeding
 - Fully breastfeeding participant
 - Women Mostly breastfeeding multiple infants from the same pregnancy
 - Pregnant women who are also fully or mostly breastfeeding singleton infants
- Pregnant – New category

***** Animated Slide *****

The animation reveals each section when you click. This allows you to discuss each one briefly before showing the next category.

Mostly Breastfeeding

Mostly Breastfeeding and Pregnant participant are now separate categories.

Mostly Breastfeeding category receives more FVB dollars and more fish. The new Mostly BF package is also for women pregnant with 2 or more.

Fully Breastfeeding

Fully BF food package is now for these 3 situations:

- Fully breastfeeding participant

- Women Mostly breastfeeding multiple infants from the same pregnancy
- Pregnant women who are also fully or mostly breastfeeding singleton infants

Pregnant

Is now a separate category. Staff may not see “pregnancy” as a new category.

From a practical point of view as this change is not noticeable when working in TWIST. It’s notable because the food amounts are different – so you can no longer think of them as having the same foods in their package as mostly breastfeeding. For some who have worked with the outgoing food packages for a long time, it may take time to get the food amounts correct when talking about the food packages.

Slide 8

New Section: Overall Food Package Changes



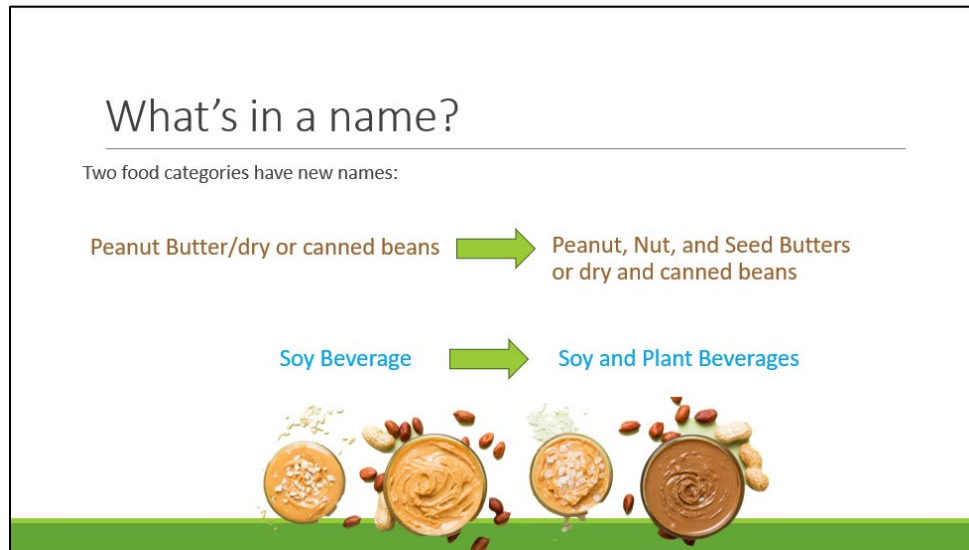
Now for the big reveal!

We will be reviewing the changes of the food categories for each food package.

Tip #1: It may be helpful for staff to have Food Package Job Aids available while reviewing these slides.

Tip #2: Consider moving Slide 18 to this place provide an overview of the Job Aids.

Slide 9



Food Category Name Changes for all Participant Categories


There are food category name changes for every food package:

1. **Peanut Butter** becomes **Peanut, Nut, and Seed Butters**
2. **Soy Beverage** becomes **Soy and Plant Beverages**

Slide 10

Fruit and Vegetable Benefit (FVB)

Participant Category		New Amount
Children 13 - 23 months	↑	\$29
Children 24 – 60 months	↑	\$29
Pregnant	↑	\$50
Mostly Breastfeeding	↑	\$55
Fully Breastfeeding	↑	\$55
Fully Breastfeeding Multiples (Odd Month/ Even Month)	↑	\$84 / \$81
Postpartum Non Breastfeeding, Some Breastfeeding	↑	\$50



Tailoring

- Swap \$3 of FVB for juice
(64 oz bottled or 11.5-12 oz frozen)

Changes to note


- The standard food package does **not** include juice
- Participants may only get juice by swapping \$3 FVB
 - Maximum 1 Juice

Also added to the food list for this category is fresh herbs. (this does not affect the package structure)

Changes to note

- The standard food package does **not** include juice
- Participants may only get juice by swapping \$3 FVB
- **Maximum 1 Juice**

Slide 11

Infant Foods 7-12 months				 Tailoring <ul style="list-style-type: none"> • Infant FVB may now be issued at 7 months • 64 oz of jarred fruit and vegetable infant food can be swapped for \$11 FVB • All jarred fruit and vegetable infant food can be swapped for \$22 FVB
Participant Category	Infant Cereal	Infant Fruits and Vegetables	Infant Food Meat	
Infant Fully Breastfeeding	16 ounces ↓	128 ounces ↓	40 ounces ↓	
Infant Mostly Breastfeeding	8 ounces ↓	128 ounces		
Infant Some Breastfeeding	8 ounces ↓	128 ounces		
Infant Non Breastfeeding	8 ounces ↓	128 ounces		

What's changed:

- All amounts are reduced.
- All infants, 7-12 months receive the same amount of FVB Max (\$22 total).
- FVB may now be issued at 7 months instead of 9 months.

Tailoring or swaps (done by staff)

- 64 ounces of jarred fruit and veggies can be swapped for \$11 FVB.
This is half of the jarred fruits and vegetables, or 16 jars.
- This can happen twice leaving \$0 jarred food and \$22 FVB.
This is ALL of the jarred infant food or 32 jars.

Important note: For an infant to receive FVB, the caregiver must receive education on safe food preparation, storage techniques, and progression of feeding (textures). This is done by the certifier and documented in nutrition education drop down. (like you are already doing).

Slide 12

Infant formula

Breastfeeding status	Age	Cans of formula
Mostly Breastfeeding	0-3 months	Up to 4 cans
	4-6 months	Up to 5 cans
	7-12 months	Up to 4 cans
Some Breastfeeding	0-3 months	5-8 cans
	4-6 months	6-9 cans
	7-12 months	5-6 cans
Not Breastfeeding	0-3 months	9 cans
	4-6 months	10 cans
	7-12 months	7 cans

Tailoring


See the December Breastfeeding Inservice for details

Infant Formula Table – See the December 2024 Breastfeeding Inservice for details.

Slide 13

Whole Grains

Participant Category	Amount
Children 13 - 23 months	↓ 24 oz
Children 24 – 60 months	↓ 24 oz
Pregnant	48 oz ↑
Mostly Breastfeeding	48 oz ↑
Fully Breastfeeding	48 oz ↑
Fully Breastfeeding Multiples (Odd Month and Even Month)	72 oz ↑
Postpartum Non Breastfeeding, Some Breastfeeding	48 oz ↑



Notes:


- Updates of the approved whole grains will be released with the food list training.

Changes to Whole Grain category are small, but notable.

- Children are receiving a smaller amount of Whole Grains
- Every other category has increased amounts.

Slide 14

Milk			
Participant Category	Amt	Quarts	
Children 13 - 23 months	2 gal	↓ (8 qt)	
Children 24 – 60 months	2.5 gal	↓ (10 qt)	
Pregnant	3 gal	↓ (12 qt)	
Mostly Breastfeeding	3 gal	↓ (12 qt)	
Fully Breastfeeding	3 gal	↓ (12 qt)	
Fully Breastfeeding Multiples (Odd Month and Even Month)	4.25 gal	↓ (17 qt)	
Postpartum Non Breastfeeding, Some Breastfeeding	3 gal	(12 qt)	



Tailoring

Cheese

- 3 qts Milk for 1 lb cheese

Yogurt

- Up to 2 ctr of yogurt may be substituted for milk

Most categories received a reduction in the amount of milk allowed. This helps our packages align with the Dietary Guidelines for Americans (DGA) related to daily nutrient needs without exceeding DGA recommendations.

NEW: the addition of plant beverages in Soy and Plant Beverages category in TWIST. These can be substituted 1:1 for Milk.

These Swap 1qt for 1 qt

- Lactose-free milk
- Goat milk
- Soy and Plant Beverages

These swap in the following way

- Tofu swaps 1 qt Milk = 1 lb tofu up to the maximum amount of Milk.
- Yogurt: swaps 1 qt Milk = 1 ctr yogurt up to the 2 qt maximum for Yogurt.

There are no changes to Evaporated or dry milk Swap values.

Here are the other changes to other dairy foods:

Yogurt:

- The standard food package for Children 13-23 months is Whole Milk Yogurt. Caregivers may request a swap for low fat yogurt.


Cheese:

- Only changes to the Cheese category is that the Fully Breastfeeding Multiples maximum is 2 cheese for both Odd and Even months.
- Cheese can be swapped for more milk (1 lb cheese = 3 qts milk).

Slide 15

Fish

Participant Category	Amount
Children 13 - 23 months	6 oz ↑
Children 24 – 60 months	6 oz ↑
Pregnant	10 oz ↑
Mostly Breastfeeding	15 oz ↑
Fully Breastfeeding	↓ 20 oz
Fully Breastfeeding Multiples (Odd Month and Even Month)	↓ 30 oz
Postpartum Non-Breastfeeding, Some Breastfeeding	10 oz ↑



Notes:

- Canned fish is now offered to children and all adults.
- Fish safety education drop down in nutrition education.

Canned fish is added for:

- Pregnant
- Partially (Mostly) Breastfeeding
- Postpartum
- All Children

Canned fish is updated for:

- Fully Breastfeeding
- Fully Breastfeeding Multiples


Guidance on Fish amounts can be found on this handout available to download.

<https://www.oregon.gov/oha/PH/HEALTHYPEOPLEFAMILIES/WIC/Documents/advice-eating-fish.pdf>

(This link can also be found in Shopify)

Slide 16

Eggs	
Participant Category	New Amount
Children 13 - 23 months	1 doz
Children 24 – 60 months	1 doz
Pregnant	1 doz
Mostly Breastfeeding	1 doz
Fully Breastfeeding	2 doz
Fully Breastfeeding Multiples (Odd month and Even month)	3 doz
Postpartum Non Breastfeeding, Some Breastfeeding	1 doz



Tailoring

- 1 dozen Eggs can be replaced with 1 ctr Peanut, Nut, and Seed Butter or Beans

The big change for Eggs is the options for modifying this benefit.

Eggs can now be substituted for the Peanut, Nut, or Seed Butter and Bean benefit, which would allow for an extra Peanut, Nut or Seed Butters or dry or canned beans

One dozen eggs can be swapped for 1 container of peanut butter or one container of beans (from the peanut butter or beans category). Participants choose whether they will choose one of the Nut Butter or dry or canned beans when shopping.


For most packages this means a Max of 2 from the Peanut, Nut, and Seed Butter or Beans category. Here are some things to note on the job aids:

Fully Breastfeeding: participant in this category can substitute up to 2 dozen eggs. This means the MAX from the Peanut, Nut, or Seed Butter or Beans category is 3.

Fully Breastfeeding Multiples: participants in this category substitute up to 3 dozen eggs. This means the max for the Peanut, Nut, and Seed Butter or beans category is Odd Month = 5 ctrs, Even Month = 4 ctrs.

Slide 17

Cereal	
Participant Category	New Amount
Children 13 - 23 months	36 oz
Children 24 – 60 months	36 oz
Pregnant	36 oz
Mostly Breastfeeding	36 oz
Fully Breastfeeding	36 oz
Fully Breastfeeding Multiples (Odd Month and Even Month)	54 oz
Postpartum Non Breastfeeding, Some Breastfeeding	36 oz



Tip:
There are no changes to this category

Look for big changes with the upcoming Food List!

No changes to the cereal amount benefit. New cereals will be released with the food list training.

Slide 18

New Section: Tools to Help

Job aids

Child 24-60 Months (C2)					
Food Category	Standard	Partial	Changes	Tailoring (done by staff)	Maximum
Fruits & Vegetables (FVB)	\$29	\$29	Increased from \$26 to \$29	Swap \$3 FVB for Juice 1 Juice = 64 oz or 11.5-12 oz frozen juice	\$29 FVB 1 Juice
Whole Grains	24 oz	12 oz	Reduced from 32 to 24 oz		
Fat Free or 1% Milk	2.5 gal (10 qt)	1.25 gal (5 qt)	Reduced from 3 gal (12 qt) to 2.5 gal (10 qt)	<ul style="list-style-type: none">Lactose-free milkGoat milkSoy and Plant BeverageEvaporated or dry milkTofu: 1 qt Milk = 1 lb tofuYogurt: 1 qt Milk = 1 ctr yogurt	14 qt, if no yogurt or cheese All milk can be replaced by tofu up to the milk max if no other dairy is selected
Cheese	1 lb	1 lb		Milk: 1 lb cheese for 3 qts Milk	1 lb

1/2025

Page 2 of 4

Please introduce the list of job aids before going over each column.

***** Animated Slide *****

The animation reveals each section when you click. This allows you to discuss each one briefly before showing the next category.

We've shared the overall changes by food group in these slides. Job aids are available for each food package by participant type. Each job aid includes standard package amounts, partial package amounts, changes to the package, tailoring options, and the maximum amounts for the package.

These job aids are designed to help staff understand what has changed with the food package for the different participant categories.

The job aids are for these categories:

- IE - Infant fully breastfeeding
- IB - Infant mostly breastfeeding
- IBN - Infant some breastfeeding (IBN?)
- IN - Infant non-breastfeeding

- C1 - Child 13 – 23 months
- C2 - Child 23-60 months

- WE - Fully breastfeeding adult
- WB - Mostly breastfeeding adult
- WBN - Some breastfeeding adult (WBN?)
- WN - Post partum (non-breastfeeding) adult
- WP - Pregnant
- WE - M - Breastfeeding multiples

What's included in each job aid:

1. The first page includes information about the food package participant category:
2. A description of which participant types are included in the category
3. A reminder of the key points to cover with each participant
4. A reminder to document the discussion (nutrition education) and shopper education for returning participants (Policy 635)

The following pages for each job aid is a table with specific information about the food package category.

*****Animation*** Each click highlights one of these.**

This table that includes:

- Food category for the participant category

- Standard/Default amounts for the new food package for the participant category
- Partial package amounts
- Changes from the last food package (increase or decrease)
- Tailoring available that is done only by staff
- Maximum amounts for each food package category. NOTE: This does not apply to partial issuances.)

New Section: Staff Requirements

Talk it Over

- 1 Assign the appropriate package**
 - Make sure Breastfeeding levels match for the dyad
- 2 Discuss** (Nutrition Education – Food Package)
 - **Tailor** or **modify** options (done by staff)
 - **Choices** (done in the store)
 - Food category maximums
 - How to make swaps later (done with staff)
- 3 Document**
 - Food Package Nutrition Education
- 4 Offer**
 - Shopper education
 - Resources for learning more about food packages

*******This slide has animation. Click to reveal each point*******

1 – Assign the appropriate package

2 – Discuss

This discussion needs to happen with each assignment done with a participant.

Discussions about the new food packages, tailoring, and food list options may be counted as Nutrition Education. Be diligent in documenting the discussion.

A key point to make: Tailoring is not “one and done.” The key to flexibility is understanding how to make changes. Remind participants they can make “swaps” required by staff at any time.

These questions are included at the top of the job aid for each category. We received mixed reviews for including them on the job aid. We decided to keep them as a reminder.

When discussing food package with participant, provide participant with information about:

- **Choice (done at the store)**
- **Tailoring options or swapping (done at the clinic)**
- Food category maximums
 - Oregon WIC made the choice to assign the maximum amount available in the standard food package. That also means that when making modifications, they are receiving the maximum amount available.

What does it mean to talk about the "maximum amounts"?

Here's one way that can be done:

When assigning individual participant food packages, let the participant know that "This is the standard food package for you. It includes the maximum amounts of each food category for the month. We can tailor your package to better meet your family's preferences."

3 – Document

Document discussions as Food Package Nutrition Education

4 – Offer

Offer shopper education for a new participant. You can also offer assistance with shopping if it is a returning participant (policy 635).

What is Food Package Nutrition Education?

Offer food package nutrition education at **each certification and recertification**

FP Nutrition Education includes:

- Talking about **maximum amounts** for the food package assigned
- Describing **tailoring options** (these require WIC Staff)
- **Choices** participants can make at the store (Done without WIC Staff)
- Use participant centered skills to listen for modifications that will **fit the participant's culture, lifestyle, and family needs**
- Instructions about changing **modifications after the appointment**
- **Document** Food Package Nutrition Education in the data system.

We are required to ensure participants understand their maximum monthly allowance and their options related to tailoring the new food package. All of these points must be covered to count as Food Package Nutrition Education.

Think about the process of the appointment – you do this every time you see a participant. Use participant-centered listening skills and open-ended questions to guide the tailoring process. Document this good work as Food Package Nutrition Education in the data system.

Slide 21

Documenting Food Package Nutrition Education

How to document:

- 1 Nutrition Education (NE) Topic Drop down:
"Food package tailoring and maximums"
- OR**
- 2 Progress Notes: when tailoring happens for a reason other than participant preference, such as a Medical Documentation Form (MDF)

To streamline the required documentation a new NE Topic Drop Down was added. Utilizing the "Food package tailoring and maximums" drop down means that any food package tailoring was done per participant preference. Only use the progress notes to document tailoring that occurs for other reason.

Remember utilizing the NE Topic drop down also means that the required food package education, mentioned in the previous slide, was addressed.

Food Package Nutrition Education includes:

- Talking about maximum amounts for the food package assigned
- Describing tailoring options (these require WIC Staff)
- Choices participants can make at the store (Done without WIC Staff)
- Use participant centered skills to listen for modifications that will fit the participant's culture, lifestyle, and family needs.
- Instructions about changing modifications after the appointment.
- Document the Food Package Nutrition Education from the drop down in TWIST.

Slide 22



Thank you to those who were able to provide feedback for this training:
Richard Lau, Sara Sloan, Hallie Hopkins, Heather Rush, Christine Shepherd
(before she came to work at the state), and Beth Braunstein

Stay tuned for the next installment: How to do it in TWIST.