

Pregnant Food Package (WP)

Who qualifies for this package?

Participants who are pregnant with one fetus.

What needs to happen:

- Discuss food package with participant
- Provide participant with information about:
 - Food category maximums,
 - Tailoring vs Swap options.
- Document discussions as Food Package Nutrition Education.
- Offer shopper education for a new participant or offer assistance with shopping if a returning participant (policy 635).

Food Category Name Changes for all Participant Categories

There are food category name changes for every food package:

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

The TWIST abbreviations will be shared in the Food Package #2 materials.

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Food Category	Standard	Partial	Changes	Tailoring (done by staff)	Maximum
Fruits & Vegetables (FVB)	\$50	\$50	Increased from \$47 to \$50	Swap \$3 FVB for 1 Juice 1 Juice = 64 oz or 11.5-12 oz frozen juice	\$50 FVB 1 Juice
Whole Grains	48 oz	24 oz	Increased from 16 oz to 48 oz		
Fat Free or 1% Milk	3 gal (12 qt)	1.5 gal (6 qt)	Reduced from 4.5 gal to 3 gal	<ul style="list-style-type: none"> Lactose-free milk Goat milk Soy and Plant Beverage Evaporated or dry milk Tofu: 1 qt Milk = 1 lb tofu Yogurt: 1 qt Milk = 1 ctr yogurt 	16 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

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Food Category	Standard	Partial	Changes	Tailoring (done by staff)	Maximum
Low or nonfat Yogurt 32 oz = 1 ctr	1 ctr	1 ctr		Milk: 1 ctr yogurt for 1 qt milk	2 ctr
Eggs	1 doz	1 doz		1 dozen eggs can be replaced with 1 ctr Peanut, Nut and Seed Butter or Beans	1 doz
Peanut, Nut, and Seed Butters or Bean 1 ctr is one of the below: <ul style="list-style-type: none"> 18 oz Peanut, Nut and Seed Butter 16 oz dry Beans 4 cans beans (15-16 oz)	1 ctr	1 ctr			1 ctr 2 ctr if swapping Eggs for Peanut, Nut, and Seed Butters or Beans

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Beans 1 ctr is one of the below: <ul style="list-style-type: none"> • 16 oz dry or • 4, 15-16 oz canned 	1 ctr	1 ctr			1 ctr
Fish	10 oz	5 oz	Added 10 oz		
Hot or Cold Cereal	36 oz	18 oz			