



Health Care Providers

**The New WIC Food Packages:
What you should know
about the changes
October 1, 2009**



Module 7 1

Welcome to this overview of the new WIC food packages for health care providers.



After 30 years, the WIC food package is changing



Module 7

2

WIC food packages have remained almost unchanged for the past 30 years. Therefore we are excited to tell you about some of the new additions to our foods. We also want to talk about some of the changes that will take place with regard to formula and some WIC foods that require new medical documentation.



The goal is to help families meet:

- Dietary Guidelines for Americans
- Healthy People 2010 Goals and Objectives
- American Academy of Pediatrics Recommendations
- AND to:
- Strengthen WIC's breastfeeding support and promotion

Module 7 3

WIC's goal is to help families meet the following nutritional standards and health recommendations:

The Dietary Guidelines for Americans,
The Healthy People 2010 Goals and Objectives,
The American Academy of Pediatrics Recommendations,
and the strengthening of WIC's breastfeeding support and promotion.



Institute of Medicine Recommendations 2005

The Institute of Medicine provided USDA with a sound scientific basis for developing a new set of food packages for the WIC Program.



Module 7

4

In 2005, the Institute of Medicine conducted research and developed recommendations for the WIC food packages. The Institute of Medicine provided the United States Department of Agriculture (also known as USDA) with a sound scientific basis for developing a new set of food packages for the WIC Program. These recommendations were adopted by the USDA Food and Nutrition Service.



New WIC Food Packages Reinforce Nutrition Education Messages

- “Babies are meant to be breastfed”
- “Eat more fruits and vegetables”
- “Lower saturated fat”
- “Increase whole grains and fiber”
- “Drink less sweetened beverages and juice”



Module 7

5

The new WIC food packages reinforce these important nutrition messages:

“Babies are meant to be breastfed”

“Eat more fruits and vegetables”

“Lower saturated fat”

“Increase whole grains and fiber”

AND

“Drink less sweetened beverages and juice”



WIC Food Packages

- Women
 - Pregnant
 - Breastfeeding
 - Postpartum
- Infants
- Children
 - 1 year
 - 2 to 5 years



The WIC food packages are designed for pregnant women, breastfeeding women, postpartum women, infants from birth through 11 months, children from 1 year to less than 2 years of age, and children 2 years of age until the 5th birthday.

New & Improved WIC FOODS

WIC Foods for Women & Children

- Milk and Cheese
- Soy milk*
- Juice
- Breakfast cereal and whole grains*
- Eggs
- Beans and peanut butter
- Fruits and vegetables*




***NEW**

Module 7 7

Based on the Institute of Medicine recommendations and a participant survey, Florida WIC has determined our WIC eligible foods for women and children.

WIC gives whole milk to children 1 year of age to less than 2 years of age. All women and children 2 years of age and older will be given 1% lowfat and fat free milk.

Most women and children will have the option of one pound of cheese in place of some of their milk allowance.

Soy milk for women and children 2 years of age and older can be provided. Children receiving soy milk must have a request from a health care provider prior to its issuance.

Children under 2 years of age can receive soy formula with medical documentation from a health care provider.

The amount of juice is decreased for women and children.

More than half of the cereal options have whole grain as the primary ingredient.

New whole grains will include brown rice, 100% whole wheat bread, and corn tortillas.

Only 1 dozen eggs is provided per month instead of 2 dozen previously provided to women and children.

Most clients have a choice of canned beans, dry beans, or peanut butter.

Most exciting is the addition of a cash value voucher for fruits and vegetables for women and children. Although fresh is encouraged, frozen and canned fruits and vegetables are also allowed to be purchased with the voucher.

New & Improved
WIC FOODS

WIC Foods for Infants

- Baby Cereal
- Baby Fruits and Vegetables*
- Baby Meats*
- No Fruit Juice for Infants*



***NEW**

Module 7 8

At 6 months of age, WIC offers infants checks for baby foods such as cereal, fruits, and vegetables. Fully breastfed infants are also offered baby food meats, in addition to the baby cereal and baby fruits and vegetables.

These baby foods add some of the extra calories and other nutrients that babies need at this age.

WIC no longer provides fruit juice to infants. By providing baby fruits and vegetables, additional nutrients and fiber are consumed and this is better for babies.



Breastfeeding

- WIC supports the American Academy of Pediatrics' Statement on Breastfeeding and encourages mothers to exclusively breastfeed for at least six months.
- WIC is committed to the Healthy People 2010 goals for improving the health and nutritional status of children.




Module 7

9

WIC supports the American Academy of Pediatrics' Statement on Breastfeeding and encourages mothers to exclusively breastfeed for at least six months. WIC is committed to the Healthy People 2010 goals for improving the health and the nutritional status of infants and children.

Local WIC agencies have staff that can assist WIC mothers with breastfeeding or make appropriate referrals.



Infant Food Package

Determined by age and breastfeeding status

Fully Breastfed – no formula from WIC

- birth to 6 months
- 6 to 11 months

Partial Formula – only ½ of full formula amount

- Birth to 1 month
- 1 month to 3 months
- 4 to 5 months
- 6 to 11 months

Full Formula – will change based on age of infant

- birth month to 3 months
- 4 to 5 months
- 6 to 11 months

Module 7 10

The amount of artificial baby milk – infant formula - will vary based on the breastfeeding status and the age of the infant. Fully breastfed infants do not need formula and will not be given any by WIC. Newborn infants who are partially breastfed may receive only 1 can of powdered formula in their first month of life. WIC encourages and supports mothers' breastfeeding plans. After a baby is 1 month old, breastfed infants can receive up to a maximum of no more than half the amount of formula that a fully formula fed infant receives.

Infants require different amounts of calories as they grow. They will receive different amounts of formula depending on their age. WIC is a supplemental nutrition program and is not able to meet the total formula or food needs of some infants. It is critical that WIC mothers understand that their baby's health depends on carefully following the mixing directions on the formula can label or the mixing directions given by the health care provider.



Example of Maximum Formula Amounts

Fully Formula Fed Infant

- Birth to 3 months
31 cans concentrate
- 4 to 5 months
34 cans concentrate
- 6 to 11 months
24 cans concentrate



Module 7

11

How much formula does this equate to?

From birth to 3 months, WIC provides 31 cans of concentrate or approximately 26 ounces of reconstituted formula a day.

Months 4 and 5, WIC provides 34 cans of concentrate or approximately 30 ounces of reconstituted formula a day.

At age 6 months, when most infants are consuming solid foods, WIC provides 24 cans of concentrate or approximately 20 ounces of reconstituted formula a day.

Parents who want to use powdered formula get a corresponding amount per month.



Summary of When Medical Documentation is Needed for Women and Children


- Whole milk for women and children 2 years of age and older
- Soy milk for children 2 years of age and older
- Soy formula for children under 2 years of age
- All cheese and no milk

Module 7


13

Here are some examples of when exceptions to the regular WIC foods can be made for women and children. In all of these cases, medical documentation will need to be provided.

- Whole milk for women and children 2 years of age and older
- Soy milk for children 2 years of age and older
- Soy formula for children under 2 years of age
- All cheese and no milk



Cow's Milk for Women and Children



- Children 1 year to less than 2 years of age
 - whole milk only
- Women and Children 2 years of age and older
 - 1% lowfat or fat free milk only unless a medical condition requires 2% or whole milk.
- Only the health care provider can assess and approve the need for whole milk for women or children over 2 years of age.
- WIC needs medical documentation from the health care provider.

Module 7

14

Children 1 year to less than 2 years of age are only able to receive whole milk in accordance with current American Academy of Pediatrics' recommendations. 1% lowfat or 2% reduced fat milk are not allowed for these children even if requested by a health care provider.

Women and children 2 years of age and older receive 1% lowfat or fat free milk. 2% reduced fat milk can only be provided based on medical or nutritional need to be determined by the WIC nutritionist. An assessment of a need for additional calories and fat due to poor weight gain or growth, or a medical condition that is usually treated with additional dietary fat can qualify a woman or a child 2 years of age and older to receive 2% reduced fat milk.

A Physician, PA, or ARNP needs to assess and request whole milk for women or children 2 years of age and older. Federal requirements state WIC must have documentation of the qualifying medical condition that necessitates whole milk. The Medical Documentation for Formula and Food form can be used for this documentation.



Soy Milk for Women & Children Over 2 Years

May be requested for:

- lactose intolerance
- allergies
- vegan diets
- preference reasons



Module 7

15

WIC can provide soy milk to women and children 2 years of age and older who have lactose intolerance, allergies, follow a vegan diet, or have a personal preference for this type of milk. Women can request soy milk without written approval from a health care provider. However, children 2 years of age and older will need a written request from the health care provider to receive soy milk. Due to the nutritional differences between cow's milk and soy milk, WIC wants the health care provider to know and approve the provision of soy milk for children 2 years of age and older.

The only soy milk at this time that meets federal nutrition guidelines is 8th Continent Soy Milk Original.



Soy Formula for Children Under 2 Years

- Children under the age of 2 can only receive soy formula, not soy milk.
- Medical documentation from a health care provider is required.



Module 7

16

The 8th Continent Soymilk Original is a 1% fat product that is lower in calories per ounce than whole milk. Therefore, it is not appropriate for children under the age of 2 years. If a health care provider feels that a child under the age of 2 years needs to continue with a soy formula, WIC offers Good Start 2 Soy Plus (a product for ages 9 to 24 months) or Bright Beginnings Soy Pediatric drink (a product for children 1 to 10 years of age). Both of these products will require medical documentation from a health care provider.



Milk Substitutes for Women and Children

- Lactose-free or lactose-reduced milk
- Acidophilus or bifidus milk
- Religious dietary patterns



Module 7

17

WIC will provide lactose-free or lactose-reduced milk for clients who are lactose intolerant. WIC also has acidophilus and bifidus milk available if needed by the client. No medical documentation from a health care provider is required. The nutritionist can authorize these milks when a request is made by the client. WIC can also provide milks and formulas that meet certain religious dietary patterns.



Cheese for Women and Children

- 1 pound of cheese is provided in the standard monthly food package for most women and children
- Some women may receive 3 or more pounds of cheese each month in a standard food package
- Additional cheese to replace all of the cow's milk may be provided for women and children with medical documentation of lactose intolerance



WIC provides most women and children 1 pound of cheese per month. Some women and children with lactose intolerance who cannot tolerate cow's milk and do not want lactose-free cow's milk or soy milk, can be provided additional cheese to replace all of the cow's milk. WIC requires medical documentation from the health care provider to offer the additional cheese above the standard amounts.



Medical Documentation for Formula and Food Form

MILK SUBSTITUTES - Only complete this section when applicable.

Children 1 year to less than 2 years old - WIC provides **whole** cow's milk or lactose-free/lactose-reduced cow's milk

No milk; give additional cheese due to lactose intolerance

Formula instead of cow's milk and cheese for: lactose intolerance milk allergy vegan

Check which formula: Good Start 2 Soy Plus Good Start Soy Plus Bright Beginnings Soy Pediatric

Children 2 years and older - WIC provides **1% lowfat or fat free** cow's milk or lactose-free/lactose-reduced cow's milk

No milk; give additional cheese due to lactose intolerance

Soy milk instead of cow's milk and cheese for: lactose intolerance milk allergy vegan other _____

Whole cow's milk (must include anthropometric data) for: underweight inadequate growth Failure to Thrive

Other medical condition requiring high fat diet, please specify: _____

Date Anthropometric data obtained: _____ **Height:** _____ inches **Weight:** _____ lb

Women - WIC provides **1% lowfat or fat free** cow's milk, lactose-free/lactose-reduced cow's milk, or **soy** milk

No milk; give additional cheese due to lactose intolerance

Whole cow's milk (must include anthropometric data) for: underweight low weight gain weight loss

Other medical condition requiring high fat diet, please specify: _____

Date Anthropometric data obtained: _____ **Height:** _____ inches **Weight:** _____ lb

When medical authorization is required for women or children, the bottom portion of the form must be completed. The medical professional must print their name, provide a signature, title such as MD, DO, PA, or ARNP, and date. The form must have the office stamp or complete practice address and phone number in case the WIC office needs to contact the health care provider for additional information.



Summary of When Medical Documentation is Needed

- Non-contract Infant Formula
- Exempt Infant Formulas
- Medical Foods



Module 7

20

There are requirements for infants who do not receive a WIC contract infant formula. All non-contract infant formulas, exempt infant formulas, and medical foods require medical documentation.



What are Infant Formulas?

- FDA definition in the Infant Formula Act
- Standard formulas typically found in the grocery store
- Contract Formulas
- Non-Contract Formulas

The Food and Drug Administration or FDA has definitions for different types of formulas. Artificial baby milk is referred to as infant formula in the Infant Formula Act of 1980 as amended. Infant formulas must meet certain nutritional requirements. These are the majority of formulas found on grocery store shelves. These products include both contract and non-contract infant formulas.




Florida's Contract Formulas: Nestlé Nutrition

- Good Start Gentle Plus
 - Good Start Soy Plus
 - Good Start Protect Plus
- 9 months and older only:**
- Good Start 2 Gentle Plus
 - Good Start 2 Soy Plus
 - Good Start 2 Protect Plus

Module 7

22

Nestlé Nutrition is the contract provider of infant formula for the Florida WIC Program. The formulas at this time include: Good Start Gentle Plus, Good Start Soy Plus, and Good Start Protect Plus. The Good Start number 2 formulas can be provided beginning at 9 months of age if needed. The rebates WIC receives from use of these contract formulas allows the Florida WIC Program to serve approximately 30 percent more eligible women and children. WIC clients who are not fully breastfeeding will receive one of these formulas unless they have a qualifying medical condition which warrants the use of a different formula.



Medical Documentation: Non-Contract Formulas

- Enfamil Lipil
- Enfamil Prosobee Lipil (renamed Enfamil Soy Lipil)
- Enfamil Gentlease Lipil
- Enfamil AR
- Similac Advance
- Isomil Advance
- Similac Sensitive
- Similac Sensitive RS

Module 7 23

WIC does not want to compromise the health of clients so we do allow non-contract formulas. WIC requires documentation of a qualifying medical condition from the health care provider for any formula other than a contract formula. This includes Mead Johnson formulas Enfamil Lipil, Enfamil Prosobee Lipil (which will be renamed Enfamil Soy Lipil), Enfamil Gentlease Lipil, and Enfamil AR. Abbott formulas include Similac Advance, Isomil Advance, Similac Sensitive, and Similac Sensitive RS.



Medical Documentation: Exempt Infant Formulas

- Enfacare, Neosure, and premature formulas
- 24 calorie per ounce formulas
- Alimentum, Nutramigen and Pregestimil
- Elecare and Neocate
- Similac RCF and Similac PM 60/40
- Metabolic formulas for infants

Module 7

24

Exempt infant formulas are formulas made specifically for infants but these formulas do not meet the FDA defined nutritional requirements of an infant formula. It may be that the calorie levels are not 20 calories per ounce or the protein, carbohydrates, fats, or mineral amounts do not meet the defined levels. It may be because the protein is hydrolyzed – broken down from its complete form. The more medically involved infants may need an exempt infant formula. WIC will require documentation of a qualifying medical condition from a health care provider to provide these formulas. Some examples of exempt infant formulas include:

Enfacare, Neosure and other premature formulas,

Formulas that are 24 calories per ounce,

Alimentum, Nutramigen and Pregestimil,

Elecare and Neocate,

Similac RCF and Similac PM 60/40,

and metabolic formulas for infants.



Medical Documentation: Medical Foods

- Neocate Jr and Neocate One+
- Vital Jr and Vivonex Pediatric
- Peptamen Junior
- Pediasure, Boost Kid Essentials, Nutren Junior
- Metabolic formulas for children and women
- Polycose, Microlipid, MCT Oil

Module 7

25

Medical foods include all formulas made for women or children and modular products that are not nutritionally complete. WIC has many products available and should be able to assist with the nutritional needs of individuals with complex medical conditions. Documentation of the qualifying medical condition from a health care provider is required. Some examples of these medical foods are:


Neocate Jr and Neocate One+,

Vital Jr and Vivonex Pediatric,


Peptamen Junior,

Pediasure, Boost Kid Essentials, and Nutren Junior


Metabolic formulas for children and women and modular products such as Polycose, Microlipid, and MCT Oil.



Medical Documentation for Formula and Food Form



Medical Documentation for Formula and Food



The Florida WIC Program supports the American Academy of Pediatrics' Statement on Breastfeeding. Final determination of the approval and provision of formula and food will be based on Florida WIC Program policies and procedures.

Client's Name: _____ Date of Birth: _____

The WIC Program provides Nestlé Good Start formulas. To request a substitute, complete all fields below.

FORMULA(S) Please read the back of this form for Florida WIC policies and list of qualifying medical conditions.

Have Good Start formulas been tried? yes no Are they contraindicated? yes no Why? _____

Formula Name: _____ maximum amount allowed OR specify ounces required per day _____

Formula Name: _____ maximum amount allowed OR specify ounces required per day _____

Length of use (cannot exceed 6 months): 1 month 3 months 6 months other, please specify _____

Qualifying medical condition(s): _____

Failure to Thrive must be accompanied by current height or length and weight:

Date Anthropometric data obtained: _____ Height or Length: _____ inches Weight: _____ lb

FOOD OPTIONS – This section must be completed in addition to formula request above.

Module 7 26

A request can be made using the top portion of the Medical Documentation for Formula and Food form. Please make sure the form is completed with all information. This will help to avoid a delay in meeting the patient's needs. Without all required information, WIC may need to call the office or send the patient back to their health care provider's office for the needed information.



Required Information

- Name of formula or medical food
- Amount of formula/medical food needed each day
- Qualifying medical condition
- Length of time not to exceed 6 months
- Signature, date, contact information
- Must have office stamp or complete practice address

The documentation must include the name of the formula or medical food and the amount requested each day. A specific amount per day can be indicated or the maximum amount allowed box can be checked. The health care professional must print their name, provide a signature, title such as MD, DO, PA, or ARNP, and date. The form must have the office stamp or complete practice address and phone number in case the WIC office needs to contact the health care provider for additional information.



Qualifying Medical Conditions?

- Premature birth until 1 year of age
- Low birth weight until 6 months of age
- Inborn errors of metabolism
- Metabolic disorders
- Immune system disorders
- Life threatening disorders

Module 7

28

Qualifying medical conditions that will be considered include:

Premature birth until 1 year of age,
Low birth weight until 6 months of age,
Inborn errors of metabolism,
Metabolic disorders,
Immune system disorders,
And life threatening disorders.



More Qualifying Medical Conditions

- Gastrointestinal disorders and malabsorption syndromes that impair ingestion, digestion, absorption or utilization of nutrients that could affect nutritional status.

If a gastrointestinal disorder or malabsorption syndrome impairs ingestion, digestion, absorption or utilization of nutrients to the degree that it will adversely affect the nutritional status of an individual, WIC will consider the health care provider's request for an alternative formula.



More Qualifying Medical Conditions

- A hydrolyzed or amino acid based formula can be provided for a diagnosed formula intolerance or food allergy to lactose, sucrose, milk protein, or soy protein.
- Non-contract infant formulas cannot be provided for one of these reasons.

A hydrolyzed or amino acid based formula can be provided for a diagnosed formula intolerance or food allergy to lactose, sucrose, milk protein, or soy protein. However, non-contract infant formulas cannot be provided for one of these reasons.



More Qualifying Medical Conditions

- Failure to Thrive documented by
 - drop in one growth channel over past 6 months,
 - below 10th percentile weight for length,
 - or below 10th percentile BMI for age and sex
- Current weight and length/height must be included

The form is titled "Medical Documentation for Formula and Food" and includes fields for Client's Name, Date of Birth, Formula Name, Length of use, and Date Anthropometric data obtained. A pink arrow points to the section: "Failure to Thrive must be accompanied by current height/length and weight." Below this, it says "Date Anthropometric data obtained" and "Weight or Length" with sub-fields for "Inches" and "Weight" in "Lbs".

Module 7

31

Infants and children diagnosed with Failure to Thrive require more information and documentation than has previously been required. Failure to Thrive for WIC purposes is defined as a drop in one growth channel over the past 6 months; below the 10th percentile weight for length; or below the 10th percentile BMI for age and sex. Current weight and length or height information must be included along with a diagnosis of Failure to Thrive.



Non-Qualifying Conditions

- Colic, spitting up, fussiness or gassiness
- Diarrhea, vomiting, or constipation that is of short duration or intermittent
- Feeding difficulty without a medical diagnosis
- Medically necessary without a medical diagnosis
- Participant preference
- Enhancing nutrient intake/managing body weight
- Non-specific formula or food intolerances

Module 7

32

These symptoms are not considered qualifying conditions and will therefore not be accepted by WIC to provide any formula other than our contract formulas. WIC will not be able to approve a request solely for one or more of these reasons.

Colic, spitting up, fussiness or gassiness;

Diarrhea, vomiting, or constipation that is of short duration or intermittent;

Feeding difficulty without giving a medical diagnosis;

Medically necessary without giving a medical diagnosis;

Participant preference;

Enhancing nutrient intake or managing body weight;

And non-specific formula or food intolerances.



Back of Form

- Qualifying medical conditions
- Non-qualifying medical conditions



The back of the Medical Documentation for Formula and Food form lists the allowable qualifying medical conditions and non-qualifying conditions.



Food Options


FOOD OPTIONS – This section must be completed in addition to formula request above.

- Issue full provision of age-appropriate WIC supplemental foods.
- Do not issue WIC supplemental foods; provide formula only.
- Issue a modified food package omitting the WIC supplemental foods checked below:
 - Infants: No baby cereal at 6 months of age No baby fruits and vegetables at 6 months of age
 - Women and Children 1 year and older: No milk No cheese No fruit juice No beans No cereal
 - No whole wheat bread, brown rice, or corn tortillas No eggs No fruits and vegetables
 - No peanut butter (only provided for 2 years and older) No canned fish (only provided for some women)

Any special instructions or additional restrictions: _____

MILK SUBSTITUTES - Only complete this section when applicable.

All clients must have the Food Options section completed when a formula or medical food is requested.



Medical Documentation

- Medical documentation for additional WIC supplemental foods with formula must indicate one of the following:
 - Provide all age appropriate foods
 - Provide no foods, provide formula only
 - Omit specific foods

Module 7 35

WIC can provide WIC foods in addition to the formula or medical food for women, infant, and children. The responsibility for medical oversight and instruction remains with the health care provider. WIC is responsible for ensuring that only the amounts and types of supplemental foods requested are issued in the participant's food package. Therefore, WIC will ask the health care provider to indicate one of the following on the Medical Documentation for Formula and Food form:

Issue full provision of age-appropriate WIC supplemental foods, or

Do not issue WIC supplemental foods; provide formula only, or

Issue a modified food package omitting the WIC supplemental foods checked below



What if an infant needs more formula?

- There are some circumstances when WIC can provide more formula to infants 6 through 11 months of age. However, they will not be able to receive any of the baby foods when this happens and the additional amount of formula is approximately 10 ounces a day.
- A qualifying medical condition must be documented with a written request from the health care provider.

Module 7

36

Some infants have such serious medical conditions that they require more exempt infant formula or medical food than WIC typically provides. In these situations, it may be in the best interest of the patient to provide an additional amount of exempt infant formula or medical food and forgo the provision of the infant foods (cereal, fruits, and vegetables). This is possible for infants 6 through 11 months of age with a written request from the health care provider. WIC can only offer approximately 10 additional ounces of reconstituted exempt infant formula or medical food per day. WIC cannot provide additional amounts of contract or non-contract infant formula, nor can WIC provide a healthy infant with more formula for monetary or preference reasons.



What if a child needs more formula?

- Food Package Regulations do not allow additional formula for children or women above our maximum amount.
- Additional WIC foods with the formula when not contraindicated by allergies or tube feedings.

WIC cannot provide additional formula for children or women above the maximum amount. WIC can provide additional WIC foods when not contraindicated by situations such as allergies or tube feedings.



When is formula for children not allowed?

- Not allowed only to manage weight
- Not allowed for picky eaters



Module 7

38

Some children simply do not gain weight at a steady rate and this may be due to “pickiness”. WIC is not allowed to give formulas only to manage weight or to address picky eating. WIC has professional nutritionists and dietitians who can work with the caregiver to increase the calories in the child’s diet and help them gain more weight with regular foods. WIC reserves the formula and food combination for the more medically involved children.



Summary



- Excited about the new food package
- Positive health outcomes for our clients
- Provide for medical and nutritional needs

Module 7

39

WIC is excited about the new WIC food package and knows our clients will be happy to receive additional types of foods. We also believe the changes in the food package will ultimately provide better nutrition and result in positive health outcomes for our clients. WIC wants to assist in meeting the medical and nutritional needs of your patients at risk. To do this we ask that all appropriate medical documentation be provided to help better serve our clients.



Questions?

If you have specific questions, please call the local WIC office in your county or the State WIC Office at 1(800)342-3556 and speak with a Licensed Dietitian/Nutritionist.



If you have specific questions, please call the local WIC office in your county or the State WIC Office at 1-800-342-3556 and speak with a Licensed Dietitian/Nutritionist. Thank you for your time and assistance.