

Section 7.11: Food Package 5 for Pregnant Women and Mostly-Breastfeeding Women

1/2011

6/2025 - Note:

- Exhibit 7-E: Authorization of Milk Substitute has been retracted (link removed). Documentation for soy foods is no longer required.

References: 7 CFR 246.10

Policy: Food packages must be prescribed by CPAs, in consultation with the participant or parent/caregiver. The food package must be appropriate to the category of eligibility and must be specifically tailored to address the nutritional needs, circumstances, and preferences of the participant.

Purpose: To provide a food package that will best meet the participant's needs and will be used by the participant.

Procedures

Issuance requirements

Food Package 5 is issued to two categories of participants:

- Pregnant women with singleton pregnancies;
- Mostly-Breastfeeding women, up to 1 year postpartum, whose Mostly-Breastfed infants receive formula from WIC in amounts that do not exceed the maximum formula allowance for Mostly-Breastfed infants and who do not have a condition qualifying them to receive [Food Package 3](#).

For maximum formula allowances, refer to:

- Food Package 1 (infants 0-5 months): [MN WIC Contract Formula Amounts Guide](#)
- Food Package 2 (infants 6-11 months): [MN WIC Contract Formula Amounts Guide](#)
- Food Package 3: [MN WIC Medical Formula Amounts Guide](#)

For maximum formula allowances in ounces: [MN WIC Formula Amounts Guide: Maximum Amounts by Federal Regulation](#).

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For breastfeeding dyads, the infant's food package will determine mom's food package. For infant food packages, refer to Exhibit 7-J: [Mom and Baby WIC Food Packages](#).

Issue the food package as indicated in the table below.

- Allowed substitutions are described below.
- Medical documentation is required for some substitutions. Refer to [Section 7.6: Medical Documentation](#).

Do not provide a food if the participant cannot consume or will not use the food. Examples include:

- Food allergy
- Medical condition for which the food is inappropriate
- Vegan family who will not use the food

Milk

Low-fat 1% and fat-free skim are the only types of milk allowed for women.

- Participants with reported lactose intolerance must try lactose-free milk before other milk substitutes may be considered.
- Other cow's milk options include acidophilus, evaporated and powdered milk. Provide the lowfat and/or fat free versions if available as a food package selection.
- Goat milk may be provided upon participant request.
- More than one type of milk or milk substitute may be issued.
- 1 pound cheese may be substituted for milk (see table below).

Soy-based beverage

Soy-based beverage may be provided as a milk substitute **without medical documentation** to replace some or all of the milk, up to the total maximum milk allowance (22 quarts).

Tofu

Up to 4 pounds tofu may be substituted for milk without medical documentation. See table below for substitution rates.

- Amounts > 4 pounds tofu may be provided in cases of qualifying medical need, up to the total maximum milk allowance. Medical documentation must be obtained prior to issuance using Exhibit 7-E: Authorization of Milk Substitutes.
 - For qualifying conditions, see table below.
 - Medical authorization may be provided **by telephone** to a CPA, when necessary to prevent a delay that would place a participant at increased nutritional risk (determined on case-by-case basis) and until written confirmation is received, **which must be within 1**

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month. Voucher issuance is limited to 1 month with verbal verification. Document the temporary verbal approval in the participant's record.

- Refer to [Section 7.6: Medical Documentation](#).

Bean/Peanut Butter issuance options

Participants receive 2 choices, with multiple options for issuing beans and peanut butter. These include:

- 1 (18 ounce) jar peanut butter and 1 pound dry beans
- 1 (18 ounce) jar peanut butter and 4 (16 oz.) cans of beans
- 4 (16 ounce) cans of beans and 1 pound dry beans (no peanut butter)
- 2 (18 ounce) jars of peanut butter (no beans)
- 2 pounds dry beans (no peanut butter)
- 8 (16 ounce) cans of beans (no peanut butter)

Homeless Package

To better meet the needs of homeless participants, adjust the food package accordingly.

- Fluid milk quantities may be issued in quart containers.
- Powdered and evaporated milk are also available.
- Juice quantities may be issued in the small juice box containers.
- See [Section 7.14: Homeless Food Package](#).

See table on next page.

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Food package 5: Pregnant and Mostly-Breastfeeding Participants

Food Item	Maximum monthly allowances	Allowed Substitutions	Substitution rates and Maximums
Milk, Fluid Cow and goat milk Low-fat 1% or fat-free skim milk	22 quarts	Cheese	1 pound cheese / 3 quarts of milk Max: 1 pound
		Acidophilus milk Lowfat 1% or Fat free	Max: 11 half-gallon containers
		Lactose-free milk Lowfat 1% or Fat free	Max: 11 half-gallon containers
		Evaporated milk Lowfat 1% or Fat free	16 fluid ounces evap. / 32 fluid ounces of fluid milk (1:2 ratio) Max: 22 reconstituted quarts= 29 (12 oz.) cans
		Powdered milk Nonfat	Reconstituted amount equal to fluid milk Max: 22 reconstituted quarts
		Soy-based beverage	1 quart soy-based beverage / 1 quart fluid milk Max: 22 quarts = 11 half-gallons
		<i>Tofu**</i>	1 pound tofu / 1 quart of milk Max: 4 pounds If > 4 pounds (Medical Documentation required)** Max: 22 pounds
Juice, single variety	144 fluid ounces juice	NA	
Breakfast Cereal	36 ounces	NA	
Eggs	1 dozen eggs	NA	
Fruits and Vegetables	\$10.00 Cash value voucher	NA	
Whole grains including: bread, tortillas, oatmeal, and brown rice	1 pounds	NA	
Peanut butter	18 ounces peanut butter		
Dry/Canned beans	1 pound dry beans or 64 ounces canned beans		

****Tofu substitutions > 4 pounds** for milk require medical documentation. Qualifying reasons include:

- Milk allergy
- Sever lactose maldigestion (cannot tolerate lactose-free milk)
- Vegan/vegetarian diet

- Medical condition requiring use of soy-based beverage
- Religious or cultural observance or practice

Guidance

Lactose intolerance

Assess the degree of the intolerance. Often lactose intolerance does not require complete avoidance of dairy foods. Determine what approaches the participant has used to reduce symptoms. Individualize counseling. Some approaches include:

- Introduce milk slowly (e.g. $\frac{1}{4}$ - $\frac{1}{2}$ cup); gradually increase the amount if tolerated.
- Drink only small amounts of milk at a time; spread milk intake out during the day (rather than drinking a large amount at one time).
- Drink milk with food. This will help slow digestion and release of lactose.
- Try yogurt with live and active cultures which may help digest the lactose.
- Try lactose-free milk.
- Consider some chocolate milk which may be better tolerated.

Discuss food package options. Several different types of milk may be provided based on the participant's need.

- Lactose-free milk
- Lactose-free milk + cheese
- Lactose-free milk + regular milk
- Lactose-free milk + regular milk + cheese

Instruct the participant on how to identify the lowfat version in the grocery store. It may be helpful to show a picture or sample carton. When issuing lactose-free milk in the Information System select "Fat Free or Lowfat 1%" lactose-free milk.

If the participant expresses reluctance to try lactose-free milk, use open-ended questions to identify and address participant perceptions and concerns.

Lactose-free milk may taste different to the participant. Offer suggestions *if* this is an issue (*note: do not suggest to the participant that taste will be an issue*).

- Make sure the milk is served cold.
- Use on cereal, mixed with other foods, in hot cocoa, etc. where the difference in taste will not be noticed.
- If some regular milk is tolerated, mix with lactose-free milk.
- Try different brands of lactose-free milk.

- Give it time. Assure the participant that most people become accustomed to the slight difference.

Goat milk may be preferred by some participants.

Goat milk may be useful in some cases of cow milk insensitivity/intolerance or allergy to soy-based beverage. The types of casein in goat milk, plus the evaporation process (for evaporated milk), may render the milk more digestible and less allergenic. The fat has a high proportion of short chain and medium-chain fatty acids and thereby may be more digestible.

Goat milk is not appropriate in these situations:

- Cow's milk protein allergy: cross-reactivity of proteins may increase allergic potential to goat milk.
- Lactose intolerance: goat milk may not be helpful since the lactose content is comparable to cow's milk.

WIC-allowed goat milk is pasteurized and fortified with Vitamin D. Evaporated goat milk is also fortified with folic acid.

Peanut butter

Allergy prevention for the infant: updated AAP guidance states that there is lack of evidence that maternal dietary restrictions during pregnancy or lactation play a significant role in the prevention of allergies in infants. More study is needed to draw any definite conclusions. (Source: [Effects of Early Nutritional Interventions on the Development of Atopic Disease in Infants and Children](#); PEDIATRICS Volume 121, Number 1, January 2008.)

Refer to the Health Care Provider if there are concerns.

Soy-based beverage and tofu

When milk substitutes are used, assess intake and counsel to ensure adequate intake of nutrients that would have been provided by milk. For example:

- Tofu: does not contain Vitamin D.
- Tofu often contains less calcium than milk. A 3-ounce tofu serving typically contains 2% to 30% of the Daily Value for calcium, depending on the brand. This is in comparison with 30 % DV for calcium found in 1 cup of milk.

Reference – Complete Listing of Hyperlinks

[Section 7.9: Food Package for Infants, Women, and Children with Qualifying Medical Conditions \(Food Package 3\)](#)

(https://www.health.state.mn.us/docs/people/wic/localagency/program/mom/chsctns/ch7/sctn7_9.pdf)

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[MN WIC Contract Formula Amounts Guide](#)

(<https://www.health.state.mn.us/docs/people/wic/localagency/nutrition/formula/contract.pdf>)

[MN WIC Medical Formula Amounts Guide](#)

(<https://www.health.state.mn.us/docs/people/wic/localagency/nutrition/formula/medical.pdf>)

[MN WIC Formula Amounts Guide: Maximum Amounts by Federal Regulation](#)

(<https://www.health.state.mn.us/docs/people/wic/localagency/nutrition/formula/maxamounts.pdf>)

Exhibit 7-J: [Mom and Baby WIC Food Packages](#)

(<https://www.health.state.mn.us/docs/people/wic/localagency/program/mom/exhbts/ex7/7j.pdf>)

[Section 7.14: Homeless Food Package](#)

(https://www.health.state.mn.us/docs/people/wic/localagency/program/mom/chsctns/ch7/sctn7_14.pdf)

[Effects of Early Nutritional Interventions on the Development of Atopic Disease in Infants and Children](#) (<https://pubmed.ncbi.nlm.nih.gov/18166574/>)

Minnesota Department of Health - WIC Program 625 Robert St N, PO BOX 64975, ST PAUL MN 55164-0975; 1-800-657-3942, health.wic@state.mn.us, www.health.state.mn.us. To obtain this information in a different format, call: 1-800-657-3942

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