

Food Prescription 1A – Overview and Infant Food Packages

REVISED MAY 2026 – WINNIE ONLINE TRAINING MODULE

Introduction

Intro

This online training module is provided by the Minnesota (MN) Department of Health WIC Program. It's an overview of food packages and infant default food packages in WINNIE, the MN WIC Information System.

Date

All dates in this module are based on today's date being October 5, 2023.

Module updates

Updates 1

The WIC food packages have been updated since October 5, 2023, based on federally mandated changes and efforts to increase shopping flexibility for our WIC families.

Although the WINNIE food package training modules are updated when impactful changes occur, the food packages may not always accurately reflect MN WIC's current food items.

Updates 2

In most cases, the dates these modules are based on are not updated and because of this, will not reflect when the new food packages or food items were actually implemented in either WINNIE or MN WIC.

Click the button to continue.

Updates 3

Other modules may also not reflect the current food packages. However, in these modules the processes are the same regardless of the food package.

Overview

Overview 1

The WIC foods, and their quantities, are defined by Federal Regulations and determined by a participant's WIC Category, age when issued, assigned risk factors, and Breastfeeding Amount when applicable.

The current foods provided and allowed by MN WIC can be reviewed in the WIC Shopping Guide (<https://www.health.state.mn.us/docs/people/wic/vendor/fpchnng/shopguide.pdf>) which is available on the MDH WIC website as well as through the WIC App.

Click to view the Shopping Guide, which will open in a new browser window.

Click the button to continue the module when ready.

Overview 2

Food packages for each type of participant are assigned a number.

Food package 1 is for infants 0 to 5 months old and is only contract formula.

2 is for infants 6 to 11 months old and adds infant jarred fruits and vegetables, a cash-value benefit (or CVB) for fruits and vegetables, and infant jarred meats if fully breastfeeding.

Overview 3

3 is for infants, children and women with qualifying conditions and allows provision of special or medical formula.

It is denoted as Food Package III in WINNIE.

Overview 4

Food package 4 is for children.

There is a 5A for pregnant women and pregnant women who are also some-breastfeeding (SBF) their infants.

5B is for postpartum women mostly-breastfeeding their infants and those pregnant with multiples.

6 is for some-breastfeeding (SBF) and non-breastfeeding (NBF) postpartum women, as well as women who are some-breastfeeding more than one infant.

Click the button to continue.

Overview 5

7 is most commonly for fully breastfeeding (FBF) women but is also provided to many different combinations of breastfeeding women, including women who are breastfeeding more than one infant where one is fully, and the other is mostly or some; women mostly-breastfeeding more than one infant; and pregnant women who are also fully or mostly-breastfeeding.

7+ is for women fully breastfeeding more than one infant.

<Transition Slide>

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Infant age categories

NBF infant 1

Let's start by looking at infants and food packages 1 and 2.

Tally Hoe, who was born on 9/21, is a two-week-old certified infant.

Since mom is non-breastfeeding, so is Tally.

Double-click on Tally's card to open her Participant Folder.

<Waiting>

<screen description – no audio> Spin icon displays.

NBF infant 2

Go ahead and select Food Prescription from the sidebar.

<Waiting>

<screen description – no audio> Waiting...please wait and spin icon display.

Food prescription 1

The Food Prescription page lists all past, current, and future food packages by Effective Date, or food package start date, with the most future at the top.

Add Food Prescription is enabled as long as the participant is in a current certification.

Age categories 1

Infants have 5 age categories: 0-1 month, 1-3, 4-5, 6-8, and 9-11 months, which along with breastfeeding amount dictate the amount of formula and, at 6 months, infant foods WIC provides.

Age categories 2

To issue benefits to an infant once they are 1, 4, 6 or 9 months old, they must have a food package for that age category.

When certified, WINNIE automatically generates a food package with an Effective Date of the Cert Date, as well as these “default food packages” with an Effective Date of their birthdate, which in Tally’s case was 9/21/23, plus 1 month, 4 months, 6 months, and 9 months.

Child DFP 1

If they have a risk factor that can be assigned to children as well as infants, the system will also generate the 1-year child default food package during the certification.

Food prescription overview

Expand/collapse 1

We can expand, or collapse, the food prescription card by clicking the Effective Date or the toggle accordion icon.

Go ahead and do that.

<no audio> Click to expand.

Food prescription 2

Because this food package’s Effective Date is in the past, most functionality is disabled.

Past food packages cannot be edited or deleted.

Both Show Details and Add General Note are always enabled.

The card displays the food items, their quantities, and the Unit of Measure or UOM.

BF status

BF infants 1

Infants and their food prescriptions are usually described by their breastfeeding status: non, some, mostly or fully.

For instance, Tally is a non-breastfeeding infant.

BF infants 2

If an infant is breastfeeding at all, even if only once a day, she should be considered breastfeeding, and is assigned the breastfeeding amount of some, mostly or fully based on the amount of formula WIC is providing.

All infants, regardless of breastfeeding status, receive the same default quantities at 6 and 9 months of jarred infant fruits and vegetables and the CVB.

The difference is in the number of cans of formula they are receiving.

Food package 1

Food package 1-1

Food package 1 provides only contract formula to infants up to 5 months old.

WIC has a 5-year agreement with a formula company to provide milk and soy-based formula for rebate, which is one of the funding sources for WIC.

These formulas are our “contract formula” and are provided to all WIC infants receiving formula unless they are Food Package III and receiving special or medical formula.

Food package 1-2

MN WIC provides a general WIC Contract Formula – Powdered food item which allows families to easily purchase any kind of powdered contract formula when at the store.

Unless we are issuing a contract formula using direct ship, which we’ll explain in the Issue Benefits training modules, we should always provide this formula food item when issuing powdered contract formula.

Food package 1-2A

The current kinds of contract formula offered by the MN WIC Program are listed on the [WIC Formula](#) page on the MDH WIC website.

Go ahead and click the link to view them. A new browser page will open.

Return to the module and click the button to continue.

Contract formula amounts guide

<Transition slide>

The MN WIC Contract Formula Amounts Guide...

<screen description – no audio> Slide transitions to MN WIC Contract Formula Amounts Guide.

Contract guide 1

...also found on the MDH WIC website, provides the maximum allowed amount of formula by type (powder, concentrate or ready-to-feed), Breastfeeding Amount, and Age Category.

Contract guide 2

Since breastfed infants usually receive powder, although that is up to mom, we'll look at powder.

In WINNIE, the default amount for mostly-breastfed infants is 1 can, but they can receive up to 4 or 5 cans depending on the infant's age when the benefits are issued.

Contract guide 3

If the infant is receiving more than the maximum number of cans for mostly-breastfeeding, they are some-breastfeeding.

Contract guide 3A

Some-breastfeeding has a range with a maximum equal to the amount provided to non-breastfed (or fully formula fed) infants, which is why they share a column.

It's also why some-breastfeeding women do not receive WIC foods after 6 months; their infants may be receiving the same number of cans as non-breastfeeding women.

Click the button to continue.

Food prescription overview continued

Food package 1-2

Go ahead and expand the 1-3 then 4-5-month food packages.

Food package 1-3

<no audio> Expand the 1-3 then 4-5-month food packages.

Food prescription 3

Now that the Effective Date is in the future, it is enabled and can be modified.

The Delete icon to the far right of the card deletes the entire food package.

The header above the grid impacts the contents of the grid, and we can add, edit, and delete the food items listed in the grid.

Food package 1 continued

Food package 1-4

Returning to Food Package 1, as we can see from the number of items, only formula is provided up to 5 months, with a little increase for the 4-5-month age category.

At 6 months, there are 4 items.

Expand the 6-8-month food package.

Food package 2

Food package 2-1

Food Package 2 adds foods for infants 6 to 11 months old.

At 6 months, the system automatically adds infant cereal, infant jars of fruits and vegetables, and a cash-value benefit or CVB, along with a decrease in formula.

The CVB allows families to purchase fresh, frozen, and canned fruits and vegetables.

There are 3 default items in the 9-11-month food package. Go ahead and expand it.

Food package 2-2

At 9 months, we replace all of the infant jarred foods with an increased cash-value benefit.

CVB 1

The Unit of Measure for the CVB is “cent” in WINNIE only, so it displays cents within the system and as dollars anywhere the participant might see.

<Transition slide>

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Infant substitutions

Infant DFP options

Our default food packages attempt to meet the most common preferences.

However, the quantities of the infant jarred fruits and vegetables and CVB can be modified in both the 6-8 and 9-11 months food packages if that better fits the family’s preferences.

These options are the **same** for non, some, mostly and fully breastfed 6-11 months old infants.

All infants 6-11 months can receive any one of these options:

- Half infant jarred fruits and vegetables and half the maximum allowed CVB dollar amount, which is the default for 6-8 month food packages.
- Maximum allowed CVB dollar amount and no infant jarred fruits and vegetables, which is the default for 9-11 month food packages.
- OR all infant jarred fruits and vegetables and no CVB.

Click the button when ready to continue.

<Transition slide>

Let's take a look at a fully breastfed infant's Food Prescriptions.

<screen description – no audio> Slide transitions to Tex Boone's Food Prescription page.

FBF food packages

FBF infants 1

Tex Boone is a fully breastfed infant, as indicated by just the 6-8 and 9-11-month food packages.

Since fully breastfed infants do not use any formula, they only receive Food Package 2.

Go ahead and expand the 6-8-month food package.

FBF infants 2

Fully breastfed infants receive a bit more cereal and are the only type of infant that receives jars of infant meats.

Go ahead and expand the 9-11-month food package.

FBF infants 3

Like other infants, the default 9-11 months food package for fully breastfeeding infants now has the full CVB amount.

We'll continue our review of default food packages for children and women in the next module.

Click the button to continue.

End

End slide

Thank you for reviewing this WINNIE online training module presented by the Minnesota Department of Health WIC Program.

If you have any feedback, comments, or questions about the information provided, please submit the [WINNIE Questions for the State WIC Office](#) form.

Revisions

May 2026 – Phase 3 food package changes; added substitution information; divided 1A into two modules (new 1a and 1b).

July 2025 – updated formula to WIC Contract Formula – Powder, updated milk food items and CVB for infants to WIC-ALLOWED (June 2025 food package changes), and updated images of the WIC Contract Formula Amounts Guide.

September 2023 – original version.

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