

# Food Prescription 1B – Children and Women’s Default 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 children and women’s 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.

### <Transition slide>

<screen description – no audio> Slide transitions to Tally Ho’s food prescription page.

## Food package 4

### Food package 4-1

Returning to Tally’s folder...

Let’s expand the 1-year food package.

### Food package 4-2

Food package 4 is issued to children 1 year old and older.

Children also have age categories: 1 up to 2, 2 up to 3, and 3-5.

A change in food package occurs at 1 and 2, but not at 3.

### Food package 4-3

Obviously, the change at one year old is from Food Package 2 to 4.

From 1 up to two years, the default Food Package 4 provides whole milk and higher-fat yogurt options.

## Food package 4-3A

At two, only lower fat milks and yogurt are offered and whole milk and higher-fat yogurt become Food Package III, or medically prescribed, food items.

2% milk can only be added for Food Package III.

## General milk food item

### Food package 4-3B

Similar to powdered contract formulas, MN WIC provides a general milk food item that allows families to purchase any kind of milk, including lactose-free, soy beverage, evaporated, powdered, and goat milk.

Click the button to continue.

## Milk substitutions

### Yogurt sub

There are a few food package substitutions we can make for children and women.

Let's start with milk products.

As we can see, 1 quart of yogurt is equal to 1 quart of milk.

We can decrease milk by 1 quart and increase yogurt to 2 quarts.

Conversely, we can delete the yogurt and increase the milk by 1 quart.

Click the button to continue.

### Cheese sub

1 pound of cheese is equal to 3 quarts of milk.

Like yogurt, we can delete 1 pound of cheese and increase the milk by 3 quarts.

However, unlike yogurt, cheese can only be increased for food package 7 and 7+.

For food package 7, we can decrease the milk by 3 quarts and increase the cheese to 2 pounds.

For food package 7+, we can decrease the milk by up to 6 quarts and increase cheese up to 3 pounds.

Click the button to continue.

### Tofu sub

Tofu is another substitution option, and one pound of tofu is equal to one quart of milk.

For women and children, we can replace up to the maximum amount of milk with tofu.  
Click the button to continue.

## Other substitutions

### Juice sub

We can also delete the container of juice and add 3 more dollars to the CVB.

Note that we cannot provide more than 1 container of juice.

That is the maximum allowed for all food packages (except for 7+, which we'll see in a minute).

Click the button to continue.

### Eggs sub

For our last substitution option, we can delete the 1 dozen eggs and add 1 quantity of peanut butter and beans.

We can replace the entire quantity of eggs in food packages 7 and 7+, which provide more than 1 dozen eggs.

Note that like juice the substitution is one-way.

We cannot provide more eggs in lieu of peanut butter and beans.

Click the button to continue.

## Age categories

### Age categories 3

Moving on.

Just like infants, a food package must exist for a child age category change to be able to issue benefits.

Again, the system will create a food package during the cert for any age category changes occurring during the certification period.

### Validation 1

We might wonder why we don't just create them all at once, they are just default food packages, but we cannot create a food prescription with an Effective Date greater than the Cert End Date.

## Food package 5

## Women's DFPs 1

Let's take a look at women's default food packages.

Switch to Tally's mom's (or Heidi's) folder. Click anywhere for a hint.

<failure hint> Click the Participant Menu (participant's name in header).

<audio – hint> Click the Participant Menu.

## Women's DFPs 2

<no audio> Switch to Heidi's folder. Click anywhere for a hint.

<audio – hint> Select Hoe, Heidi from the Other Household Members list.

## Women's DFPs 3

Let's start by expanding her 4/28/23 pregnancy food package, or Food Package 5A.

## Food package 5A-1

This is Food Package 5-A for pregnant women and pregnant women who are also some-breastfeeding.

In general, women's food packages are the same as Food Package 4 for children 2 to 5 years old, except for some increased quantities.

Click the button to continue.

## Food package 5B

Food Package 5-B for mostly-breastfeeding postpartum women and women pregnant with multiples is just slightly different from 5-A in that it has a little bit more CVB and tuna/salmon.

An indicator will display above the food prescription if it is for someone pregnant with multiples.

Click the button to continue

## CVB amounts vary

### CVB varied

We also need to note that CVB amounts are dependent on the federal government and can vary.

These training modules may not always reflect what our current amounts are and may not be consistent between food packages within the modules.

Go ahead and expand Heidi's 9/23/23 non-breastfeeding food package.

## Food package 6

### Food package 6-1

If we compare Food Package 6 for some and non-breastfeeding to the 5-A women's food package, which has a little less than 5-B, again we find a couple decreased quantities.

Click the button to continue.

## NBF 18 age category

### NBF 18 YO

Although women, in general, do not have age categories, there is an age category change for non-breastfeeding women turning 18, and WINNIE does not auto-generate a food prescription for this age category like it does for children.

The age category change doesn't impact their food package, but we aren't able to issue benefits without a food prescription with an Effective Date on their 18<sup>th</sup> birth date.

So, best practice is to create a food package for non-breastfeeding women who are 17 years old if they will turn 18 before their Cert End Date.

## Food package 7

### <Transition slide>

Now let's look at a fully breastfeeding woman...

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

### Food package 7-1

Food Package 7 is most commonly associated with fully breastfeeding women but is also for those breastfeeding more than one infant where one is fully and the other is mostly or some-breastfeeding, women mostly breastfeeding more than one infant, and pregnant women who are fully breastfeeding or mostly-breastfeeding.

Compared to 5-B, which has more foods than 5-A or 6, it again has some increased quantities.

Click the button to continue.

## Food package 7+

## Food package 7+ 1

One last food package.

Food Package 7+ is only provided to women fully breastfeeding more than one infant and it is the same whether they are twins or triplets.

When assigned, it will display Fully Breastfeeding Multiples above the grid.

## Food package 7+ 2

Food package 7+ provides 1-and-a-half times the Food Package 7 quantities, resulting in a half quantity of juice.

This is a good opportunity to take a look at the Show Details function.

Click the Juice row to select it.

## Show details

### Show details 1

Go ahead and click the Show Details button.

<Waiting>

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

### Show details 2

Show Details opens the Food Prescription Item Details modal.

It provides read-only information about the distribution of the selected food item beginning with the month of the Effective Date across either 6 months or until the Cert End Date, whichever arrives first.

### Show details 3

This applies if the Effective Date is the most-recent food package.

There are rules around what displays based on cert dates, future food packages, etc.

We aren't going into those. If interested, refer to Help.

### Show details 3A

The information in the middle of the modal is what is entered into the back end of WINNIE when setting up this food item.

The next statement indicates the amount per month, the total distribution, and the math that provides the distribution across the time period displayed below.

The green arrow will only display under the current benefit month.

## Show details 4

The rotation begins by rounding up for the month a participant is certified, then down, up, down, etc., which we'll actually look at a number of times in the Adjust Benefits modules.

## Show details 5

Go ahead and close the modal.

<no audio> Click the Close button.

## <Transition slide>

<screen description – no audio> Slide transitions to topic slide.

## BF multiple infants

### BF multiples 1

Women breastfeeding more than one infant can be assigned Food Package 7+, 7, 5-B or 6.

The default food package is determined by the infant who is breastfeeding the most.

We'll continue our review of Food Prescription in the next training module.

Click the button when ready to continue.

## Test your knowledge

### T/F Q#1

True or False?

There aren't any age categories for women, so we don't have to worry about creating food packages with Effective Dates on their birthdates like we do with children.

### Answer #1

The answer is False.

There is a second age category for non-breastfeeding women turning 18 years old.

If a non-breastfeeding participant is 17 years old and will turn 18 before their cert ends, we must create a food package with an Effective Date on their 18<sup>th</sup> birthday.

Otherwise, we will not be able to issue benefits until one is created.

## Multiple choice Q#2

Which statement is **not** true?

- A. We must have a food package for an age category change if it occurs during the time period we are issuing benefits for.
- B. Infants have 3 age categories: 1-3, 4-5, and 6-11.
- C. For women and children, we can substitute 1 quantity of peanut butter/beans for 1 dozen eggs, but not vice-versa.
- D. Past food packages cannot be edited or deleted.
- E. Fully breastfed infants do not receive Food Package 1; they only receive Food Package 2.

## Answer #2

The answer is B.

Infants have 5 age categories: 0-1, 1-3, 4-5, 6-8, and 9-11.

A food package with an Effective Date for each of these age category changes is auto-generated by WINNIE during the certification.

## 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. New substitution items.

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.

*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](mailto:health.wic@state.mn.us), [www.health.state.mn.us](http://www.health.state.mn.us); to obtain this information in a different format, call: 1-800-657-3942.*

*This institution is an equal opportunity provider.*