

Food Prescription 2A – Risk Factors & BF Dyads - WINNIE Online Training Module

OCTOBER 2023

Introduction

Intro

This online training module is provided by the Minnesota (MN) Department of Health WIC Program. It's an overview of risk factors and breastfeeding dyads that affect food prescriptions in WINNIE, the MN WIC Information System.

Date

All dates in this module are based on today's date being October 10, 2023.

<Transition Slide>

<screen description – no audio> Slide transitions to Search page.

Scenario 1

Breastfeeding dyads, or the combination of breastfeeding mother and infant, impact food prescriptions as we saw when reviewing the default food packages.

But certain risk factors do as well.

For our first scenario, let's take a look at a mostly-breastfeeding dyad whose mom is lactose intolerant or assigned Risk Factor 355.

Scenario 2

We are certifying Graye Blue and her breastfeeding infant, Perry Winkle.

We created a two-way link between their records by linking from within mom's Infants Born from This Pregnancy modal in Health Information.

<Transition Slide>

<screen description – no audio> Slide transitions to Risk Factors page.

Scenario 3

We've also assigned risk factors, including 355 Lactose Intolerance.

Since Food Prescription is dependent on WIC Category, Age, Breastfeeding Amount and assigned Risk Factors, most certification assessments and requirements should be completed before opening the Food Prescription page.

Go ahead and open the Food Prescription page.

<no audio> Select Food Prescription from the sidebar.

<Waiting>

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

Food Package 5-1

As we already know, during certification, WINNIE auto-generates the appropriate default food package, which in this case is Food Package 5.

Lactose Intolerance 1

However, notice that this default food package provides the full nutritional benefit for milk in the form of Lactose Free and no cheese or yogurt.

We can still provide cheese and yogurt upon request, but the default doesn't have it.

Click the button when ready to continue.

WIC STAFF: Your WIC foods have lactose free milk and no cheese or yogurt because of your lactose intolerance. Is that OK?

PARTICIPANT: "Sure. But is it possible to also get a little bit of soy drink, which I also use, and some tofu? I make a mean tofu spaghetti bake."

Soy Foods 1

In fact, Graye would like, after some discussion, a gallons-worth of soy beverage and 2 pounds of tofu.

For women, and Food Packages 5, 6, 7 and 7+, we can substitute all of the milk with soy beverage and provide up to 4 pounds of tofu.

Any more than 4 pounds of tofu **requires** CPA documentation.

This is different for Food Package 4 for children, which **requires** CPA documentation to provide any soy beverage or tofu.

WIC STAFF: We can replace as much of the milk with soy beverage as you would like and add up to 4 pounds of tofu in place of 1 gallon of milk, or 1 pound per quart.

PARTICIPANT: “Hmmm. Could I a gallon of soy and 2 pounds of tofu?”

Edit FP5 1

In order to be able to substitute other food items for some of the milk, we must first remove the amount we want to substitute so that we have some quarts available to assign to the other food items.

We are adding 2 lbs of tofu, equal to 2 quarts of milk, and 4 quarts of soy beverage.

So, we need a total of 6 quarts. 22 minus 6 equals 16.

How do we edit, without using the Edit button? Go ahead. Click anywhere for a hint.

<audio – hint> Double-click the Lactose Free Milk row.

Edit FP5 2

This time, let’s double-click on the quantity to highlight it and type our new quantity of 16.

Edit FP5 3

<no audio> Double-click on the quantity to highlight the type: 16

Edit FP5 4

OK. We have 6 remaining. Click Save.

<no audio> Click the Save button.

<Waiting>

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

Edit FP5 5

Now we want to add our new food items.

We add individual food items by clicking the Add button.

Do you think you can do the rest?

Go ahead and add the 4 quarts of soy beverage then 2 pounds of tofu. Follow any cues that display. Click anywhere for a hint.

<audio – hint> Click the Add button.

Edit FP5 6

<no audio> Add the 4 quarts of soy beverage then 2 pounds of tofu. Follow any cues that display. Click anywhere for a hint.

<audio – hint> Click the Base Food Category dropdown.

Edit FP5 7

<no audio> Add the 4 quarts of soy beverage then 2 pounds of tofu. Follow any cues that display. Click anywhere for a hint.

<audio – hint> Select MILK.

Edit FP5 8

<no audio> Add the 4 quarts of soy beverage then 2 pounds of tofu. Follow any cues that display. Click anywhere for a hint.

<audio – hint> Click the Food Item dropdown.

Edit FP5 9

<no audio> Add the 4 quarts of soy beverage then 2 pounds of tofu. Follow any cues that display. Click anywhere for a hint.

<audio – hint> Select Soy Beverage (unflavored).

Edit FP5 10

Double-click the quantity to highlight it.

<no audio> Add the 4 quarts of soy beverage then 2 pounds of tofu. Follow any cues that display. Click anywhere for a hint.

Edit FP5 11

Type the quantity.

<no audio> Add the 4 quarts of soy beverage then 2 pounds of tofu. Follow any cues that display. Click anywhere for a hint.

<audio – hint> Type 4.

Edit FP5 12

Click below the scroll bar.

<no audio> Add the 4 quarts of soy beverage then 2 pounds of tofu. Follow any cues that display. Click anywhere for a hint.

Edit FP5 13

<no audio> Add the 4 quarts of soy beverage then 2 pounds of tofu. Follow any cues that display. Click anywhere for a hint.

<audio – hint> Click the Save button.

Edit FP5 14

<no audio> Add the 4 quarts of soy beverage then 2 pounds of tofu. Follow any cues that display. Click anywhere for a hint.

<audio – hint> Click the Add button.

Edit FP5 15

<no audio> Add the 4 quarts of soy beverage then 2 pounds of tofu. Follow any cues that display. Click anywhere for a hint.

<audio – hint> Click the Base Food Category dropdown.

Edit FP5 16

<no audio> Add the 4 quarts of soy beverage then 2 pounds of tofu. Follow any cues that display. Click anywhere for a hint.

<audio – hint> Select MILK.

Edit FP5 17

<no audio> Add the 4 quarts of soy beverage then 2 pounds of tofu. Follow any cues that display. Click anywhere for a hint.

<audio – hint> Click the Food Item dropdown.

Edit FP5 18

There are two things to take note of: Neither Soy Beverage nor Lactose Free milk are in the dropdown since they are already included in the food package, and the types of milk food items available are only those appropriate for women. OK. Continue.

<no audio> Add the 4 quarts of soy beverage then 2 pounds of tofu. Follow any cues that display. Click anywhere for a hint.

<audio – hint> Select Tofu (12 to 16 oz pkg).

Edit FP5 19

The system defaults the quantity we have left to result in a remaining value of 0, since it cannot exceed our max.

Click below the scrollbar and complete adding the tofu.

<no audio> Add the 4 quarts of soy beverage then 2 pounds of tofu. Follow any cues that display. Click anywhere for a hint.

Edit FP5 20

<no audio> Add the 4 quarts of soy beverage then 2 pounds of tofu. Follow any cues that display. Click anywhere for a hint.

<audio – hint> Click the Save button.

Documenting Soy 1 - Women

Although documenting why soy and tofu were provided is not required for women receiving soy beverage and 4 lbs or less of tofu (except for FBF women who can receive up to 6 lbs of tofu without documentation), it may be best practice to document why they were added in Nutrition Assessment or a note to provide continuity of care.

This practice will help inform other staff that help her so that she isn't asked the same follow-up questions in subsequent visits.

Documenting Soy 1 - Children

As we noted before, if providing soy beverage or tofu to children, we would be required to document the reason and any concerns.

There are multiple ways we could document this and how this is documented can vary based on our agency, and we should be familiar with how our agency addresses this.

Documenting Soy 2

Let's take this opportunity to use the Add General Note function found right here.

Go ahead and click on it.

<no audio> Click the Add General Note button.

Documenting Soy 3

The General Note modal opens, and we have to select a Subject.

Again, the note subject selected may vary according to our agency guidance but there is one that specifically applies to soy foods.

Go ahead click the Subject dropdown then click below the scrollbar until you find the Soy Foods subject.

Documenting Soy 4-5

<no audio> Click the Subject dropdown the click below the scrollbar and select the appropriate subject.

Documenting Soy 6

<no audio> Click the Subject dropdown the click below the scrollbar and select the appropriate subject.

<audio – hint> Select Soy Food - Issuance Reason.

Documenting Soy 7

Click into the Note Text field and we'll add a quick note.

Documenting Soy 8

<screen description – no audio> Note text field selected.

Documenting Soy 9

<screen description – no audio> Mom uses lactose free milk but also soy beverage and cooks with tofu. Requested some of both. Provided 4 qts soy bev and 2 lbs tofu along with LF milk.

Documenting Soy 10

Click Save.

<no audio> Click the Save button.

<Transition Slide>

The note can be viewed...

<screen description – no audio> Slide transitions to Perry Winkle's Risk Factors page.

Documenting Soy 11

...on Graye's Manage Notes page.

Click the button to continue.

<Transition Slide>

Let's transition to Perry's Risk Factor's page...

<screen description – no audio> Slide transitions to Perry Winkle's Risk Factors page.

Scenario 4

We've almost completed certifying Perry.

Go ahead and open his Food Prescription page.

<no audio> Select Food Prescription from the sidebar.

Select Formula 1

The Select Formula modal opens when the system creates infant default food packages so that we can choose the formula that will be provided.

The Formula Type defaults to Contract as long as the participant is not Food Package III.

Click the Food Item dropdown.

Select Formula 2

The list is our current contract formulas, and mom has informed us that she uses powdered Enfamil.

Go ahead and select that from the list.

<no audio> Select Enfamil Infant powder.

WIC STAFF: What kind of formula do you give Perry?

PARTICIPANT: "Enfamil powder."

Select Formula 3

And save.

<no audio> Click the Save button.

<Waiting>

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

Infant DFPs 1

As expected, the system created a food package with an Effective Date of today and all future age categories.

Go ahead and click above the scroll bar to view them.

Infant DFPs 2

Click above the scroll bar again.

Infant DFPs 3

Click the button to continue.

MBF 1 Can 1

Did you happen to notice that the default quantity of formula for each age category is 1 can?

For the age category of 0-1 for mostly-breastfed infants, Federal Regulations stipulate the maximum number of cans we can provide of powdered formula is 1, and the equivalent to 1 can of powder, for concentrate and Ready-to-Feed.

For MN WIC, we also default the quantity to 1 for all age categories for mostly-breastfed infants receiving either of our two primary contract formulas, Enfamil Infant or Similac Isomil Soy (powdered, concentrate or ready-to-feed).

MBF 1 Can 2

Since breastfeeding promotion is a large part of WIC, we want to encourage discussion and assessment of mom's supplemental formula needs before providing the maximum amount of formula to our mostly-breastfeeding mothers.

We never want to automatically provide the maximum number of cans and should always assess before issuing benefits.

All of that said, it is up to mom as to what she might need, and we should always be helpful, encouraging, and non-judgmental.

Change Formula 1

Upon further discussion with Graye, she told us she was actually using powdered Enfamil Gentlease, so we need to correct the formula in all of our food packages.

Go ahead and double-click on the Enfamil Infant in today's food package.

PARTICIPANT: "Oh! I'm sorry. I'm so distracted. I use Enfamil but it's the Gentlease."

WIC STAFF: No worries! I can easily change that...

WIC STAF (though bubble): I'll need to make sure the formula is correct in all the future food packages...

Change Formula 2

Click below the scrollbar.

Change Formula 3

Notice the current maximum.

Go ahead and select Enfamil Gentlease then save the change.

Change Formula 4-5

<no audio> Select Enfamil Gentlease then save the change.

Change Formula 6

Notice that Enfamil Gentlease has replaced Enfamil Infant in the 1-3 month food package and that the default quantity is now 4, or the maximum number allowed.

Click above the scroll bar and view the formula and its quantities in the future food packages.

Change Formula 7

<no audio> Click above the scrollbar.

Change Formula 8

Click the button to continue.

Change Formula 9

Changes to the kinds of formula are pushed forward to the future months whether it's changed while in Cert Mode or in the Participant Folder.

Decrease Formula 1

Discussing further with Graye, she is OK with only 1 can on the benefits for today but would like 2 cans for the next 2 benefits sets.

Which we should be able to do...

PARTICIPANT: "1 can is OK for today but I would like 2 cans for the next two times."

WIC STAFF (thought bubble): I can issue the 1-3 month food package on the next set of benefits, right?

WIC STAFF: Of course! Next time, we can see how the 2 cans are working for you...

Decrease Formula 2

As we'll learn in the Issue Benefits modules...

Perry must be 1 month old when the benefits are issued, or 1 month old on or before the first date of the future set's benefit cycle, to receive this food package.

Since his next cycle begins on 10/26 after he's one month old, we can provide 2 cans for his next set.

Decrease Formula 3

Since this is Gentlease, the 1-3 month default is 4 cans, so we need to decrease the quantity.

Go ahead and do that.

Double-click to edit, use the spin arrows to decrease the amount, and save the change.

Decrease Formula 4

<no audio> Double-click to edit, use the spin arrows to decrease the amount, and save the change.

Decrease Formula 5

<no audio> Double-click to edit, use the spin arrows to decrease the amount, and save the change.

<audio – hint> Hover over the Quantity field to display the spin arrows, then click the down arrow.

Decrease Formula 6

<no audio> Double-click to edit, use the spin arrows to decrease the amount, and save the change.

Decrease Formula 7

Click above the scroll bar one more time.

Decrease Formula 8

Changes to the quantity are not pushed forward like changes to the formula are.

Since these food packages are providing the max for future benefit sets, we may want to decrease them to 2 as well or write an alert to remind staff to assess breastfeeding and formula supplementation before issuing the next sets.

Conversely, if the formula were Enfamil Infant or Similac Isomil Soy and we had **increased** the quantity, we would want to **keep** the minimum amounts for the future food packages.

End Review

We'll continue reviewing Risk Factors and Breastfeeding Dyads and their impact on Food Prescriptions in the next training module.

Click the button to continue.

Test Your Knowledge

T/F Q#1

True or False?

Soy documentation is a best practice, and not required, regardless of whether soy beverage or tofu is issued to women or children.

Answer #1

The answer is False.

Soy documentation is best practice for women receiving soy beverage and up to (and including) 4 lbs of tofu (6 lbs for fully breastfeeding women). However, providing more than 4 lbs (or more than 6 lbs for fully BF) does require the CPA to document.

For children, documentation is required by the CPA when soy beverage or tofu is provided.

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.

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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