

SECTION: Nutrition Services**SUBJECT: Issuance of Milk (Whole, 2%, 1%, skim) and Yogurt**

Federal Regulation: §246.10

Whole milk is the standard milk of issuance for children 12 months to 23 months of age. The standard milk of issuance for children in categories C2, C3, C4 (≥ 24 months to 60 months of age) and women in Food Packages IV-VII is low-fat (1%) or non-fat (skim) milk. The issuance of milk includes fluid, evaporated, non-fat powder and lactose-reduced forms.

Yogurt may be substituted for 1 quart of milk up to a maximum of 1 quart of yogurt.

Exceptions to Standard Milk Issuance for 1 year olds

Fat-reduced milk (2%, 1% or skim) and/or fat-reduced yogurt can be provided to 1 year old children (12- to 23 months of age) when overweight or obesity is a concern. The WIC Nutritionist should make the determination for the need for fat-reduced milks and/or fat-reduced yogurt based on an individual nutrition assessment and consultation with the child's health care provider.

Issuance of Whole Milk and Whole fat yogurt to children 2 years of age and over and for women

Whole milk/Whole fat yogurt may be issued to medically fragile children over 2 years of age and women only in Food Package III, with medical documentation of a qualifying medical condition and corresponding ICD code, along with the need for a nutritional supplement.

Issuance of Reduced fat (2%) milk

Reduced fat (2%) milk is authorized only for participants with certain qualifying conditions (see below with corresponding CT-WIC risks codes). The need for reduced fat (2%) milk for children ≥ 24 months of age (Food Package IV) and women (Food Packages V, VI and VII) must be determined following a complete nutrition assessment but does not require a Medical Documentation Form. Identifying the cause of these conditions is critical in ensuring positive health outcomes for WIC participants and may require the Nutritionist providing referrals to local food banks, SNAP or contacting the participant's health care provider (HCP) for further discussion. As always, partnering with the participant to ensure positive health outcomes is the main goal.

The qualifying risks for reduced fat 2% milk issuance for women are; severe underweight or underweight (101), and low maternal weight gain or weight loss (131), (132) and for children; at risk of underweight or underweight (103), inadequate growth (135) and failure to thrive (134).

It is critical that adequate documentation is provided in the Nutrition Notes Screen, of why reduced fat 2% milk was issued and the necessity for continual issuance is reassessed throughout the certification process. Please be advised that the State agency will be monitoring the issuance of 2% milk to ensure compliance with this policy.

Issuance of Soy Based Beverage

The determination of issuance of soy based beverage will be based on an individual nutrition assessment. Medical documentation is not required for issuance of soy milk as a milk substitute. Rationale may include milk allergy, lactose intolerance, vegan diets and religious preference.

Additional information:

Please refer to the Highlights of Food Package Changes presentation from the Statewide Meeting on September 19, 2014 for additional resources to support WIC participants in their transition to low-fat milk. Below are the links that were shared during the presentation.

Note these education documents are not mandatory for locals to use, however they may help assist Nutrition staff in discussing the change to low-fat milk with participants.

On the California Department of Public Health's WIC website, under News and Updates, <http://www.cdph.ca.gov/programs/wicworks/Pages/LowfatMilkChangeEducation.aspx>

The handout can be downloaded at <http://www.cdph.ca.gov/programs/wicworks/Documents/NE/WIC-NE-MilkChange-HealthyMilkChoicesWorksheetEnglish.pdf>

The MA Touching Hearts, Touching Minds handout can be located at: http://www.nal.usda.gov/wicworks/Sharing_Center/MA/NewMAMaterials/Milk.pdf