



United States Department of Agriculture

WIC Participant and Program Characteristics 2016 Food Package Report



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WIC Participant and Program Characteristics 2016 Food Package Report



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Chapter 1. Introduction

The Special Supplemental Nutrition Program for Women, Infants and Children (WIC) is administered by the U.S. Department of Agriculture’s (USDA) Food and Nutrition Service (FNS). WIC’s mission is to safeguard the health of low-income women, infants, and children up to age 5 who are at nutritional risk. This mission is carried out by providing nutritious foods to supplement diets, nutrition education (including breastfeeding promotion and support), and referrals to healthcare and other social services. The food packages provided through WIC are designed to supplement participants’ diets with specific nutrients. WIC supplemental foods have been associated with longer, safer pregnancies, with fewer premature births and infant deaths; improved dietary outcomes for infants and children; improved maternal health; and improved performance at school.

To receive WIC benefits, an individual must be categorically eligible: a pregnant woman during pregnancy and up to 6 weeks after the end of her pregnancy, a breastfeeding woman up to 1 year after the birth of her infant, a nonbreastfeeding postpartum woman up to 6 months after the end of her pregnancy, an infant up to age 1 (the first birthday), or a child up to age 5 (the fifth birthday). Each applicant must meet income eligibility and State residency requirements. The applicant must also be individually determined to be at “nutrition risk” by a health professional or a trained health official. In most WIC State agencies, food benefits are delivered to participants through food instruments in the form of paper checks or vouchers, or electronic benefit transfer (EBT) cards. Participants may redeem these food instruments for foods they have been prescribed (e.g., milk, juice, cereal) from authorized retail vendors at no charge.

WIC was established as a pilot program in 1972 by an amendment to the Child Nutrition Act of 1966 (Pub. L. 89–642; Pub. L. 92–433 as amended) and made permanent in 1974. In April 2016, the number of participants enrolled in WIC was 8.8 million (Thorn et al., 2017, p. i). For the purposes of this report, WIC participants are persons who were certified to receive WIC benefits in April of the reference year, including individuals who did not claim a food instrument that month. The full fiscal year 2016 appropriation for the program was \$6.35 billion. WIC is not an entitlement program but rather a discretionary Federal grant program for which Congress authorizes a specific amount of funding each year.

Since 1988, FNS has produced biennial reports on WIC participant and program characteristics (PC). This information is used for general program monitoring and managing WIC information needs such as estimating budgets, submitting civil rights reports,¹ identifying research needs, and reviewing current and proposed WIC policies and procedures.

This report on WIC food packages is a supplement to the recently published PC report for 2016. Similar to all PC reports issued since 1992, the 2016 report (PC2016) is based on data collected by the reporting system developed by FNS to compile participant information collected by WIC State agencies.² Each PC report presents information on a census of participants conducted in the reference month of April of the reference year.³

¹ The collection and reporting of racial and ethnic participation data.

² State agencies coordinate WIC services in each State, the District of Columbia, and U.S. territories and Indian tribal organizations served by WIC.

³ For PC2016, Connecticut submitted data for August 16 through September 15, 2016, rather than for April 2016.

The reporting system collects information not only on the characteristics of participants but also on the food packages, or prescriptions, that State agencies issue to these participants. In April 2016, WIC served 8,729,527 clients in the 50 States, the District of Columbia, and Puerto Rico.⁴ State agencies were able to provide valid food package data for 8,002,140, or 91.7 percent, of these clients. For this report, the most frequently reported food packages were coded⁵ until 95 percent of participants with food package data in each certification category had a coded food package. As part of this process, all packages providing exempt infant formula WIC-eligible nutritionals were identified and coded. This yielded food package descriptions for 7,844,035 clients (89.9 percent of all clients served by the 52 State agencies).⁶ The analyses that follow are based on this sample.

A. WIC PC Food Package Data

The tabulations and analyses included in this report are based on PC2016 data reporting. This section describes some of the variable definitions and State agency data reporting procedures used in the PC2016 dataset, particularly those pertaining to breastfeeding women, age of infants, inclusion of null food packages, and level of detail in reported food packages.

1. Certification Category

PC2016 data include information on the category under which each participant was certified as eligible for benefits. The five certification categories are as follows: (1) pregnant women, during pregnancy and up to the first 6 weeks after pregnancy; (2) breastfeeding women, up to 1 year postpartum; (3) postpartum women (not breastfeeding), up to 6 months postpartum; (4) infants up to age 1 (the first birthday); and (5) children up to age 5 (the fifth birthday).

It should be noted that unlike FNS administrative data on State agency level participation, the certification category variable in the PC2016 dataset does not distinguish between women who are fully breastfeeding versus partially breastfeeding and does not identify infants according to whether they are fully breastfed, partially breastfed, or fully formula fed. This specificity within the infant and breastfeeding woman certification category was not part of the minimum dataset for PC2016.

Partially breastfeeding women between 6 and 12 months postpartum who receive no food package are reported with a certification category of “breastfeeding woman.” These women are still considered participants and may receive benefits other than supplemental foods; for example, they may receive nutrition education. See section B of this chapter for more information on the participant categories used in the analyses in the food package report.

⁴ Analysis of food packages excludes 4 U.S. territories (American Samoa, Guam, the Northern Mariana Islands, and the U.S. Virgin Islands), and all 34 Indian tribal organizations served by WIC. The number of participants is higher than indicated in FNS administrative data because it includes those who may not have received or used their benefits (for additional information, see Thorn et al., 2017, chapter 1, section E).

⁵ The coding process uses the State agency food code documentation, translating it into a uniform format across all State agencies, which is necessary for the food package analysis. For each food item or package, the amount and characteristics of each food included is entered into an intermediate file that is used to create the final food package analytical file.

⁶ Connecticut, Iowa, and Oregon were in the midst of a system change during the reference month of April 2016, which affected their ability to provide quality PC data, including food package data. These States have been excluded from the food package analysis and tables.

2. Age

PC2016 data include each participant's date of birth; no ages are reported. For the purposes of this report, each infant is assigned an age category (0–0.9 months, 1–3.9 months, 4–5.9 months, or 6 months and older) using infant ages calculated based on the date of birth and a reference date of April 1, 2016, and age categories. Infant participants born in the month of April 2016 were assigned an age of zero months.

A portion of participants, particularly infants, moved between two distinct age range categories during the month of April 2016. This should be kept in mind when considering very narrow infant age range categories. Depending on a State agency's computer system and protocols, PC2016 food package data for a participant may include data for a food package based on the age of the participant as of another April date (i.e., not April 1, 2016) or data for a combination of two food packages based on the two age ranges appropriate for that month. The date used by State agencies to determine age range category for the April food package is obviously later than April 1 for infant participants born in that month, and it may well be later than April 1 for other infants. For example, tabulations for this report show that a small percentage of participants certified as infants (1.7 percent) received food packages that included milk. This does not necessarily reflect errors on the part of State agencies but more likely infants who turned 1 year old during April.

3. Missing Food Package Data

For each PC report, a participant is defined as a person who was certified to receive benefits in April of the reference year, including individuals who did not claim a food instrument in April. In accordance with WIC regulations,⁷ this definition includes fully breastfeeding infants who were certified to receive benefits but were not prescribed a food package, as well as partially breastfeeding women who were not prescribed a food package but whose infants were prescribed a food package. In contrast, for administrative purposes, FNS reports monthly participation based on the number of certified individuals who claimed their food instruments each month. Some State agencies are unable to report food package information for those participants who failed to pick up or redeem their food instruments. The analysis in this report includes only participants for whom the State agencies reported a valid food package, with the two exceptions described below.

State agencies differed in how they reported food packages for partially (minimally) breastfeeding women between 6 and 12 months postpartum who were not eligible to receive food packages under WIC regulations but were counted as participants. PC2016 data showed seven State agencies prescribed these participants a food package that did not provide any food, known as a null food package. During coding, a value of zero was assigned for all food quantities for these participants. These women represent 14.2 percent of all partially breastfeeding women⁸ included in this report's tabulations. All breastfeeding women (partially [minimally], partially [mostly], and fully breastfeeding) in these seven State agencies represent 41 percent of all breastfeeding women served by the 52 State agencies in April 2016. The other 45 State agencies⁹ did not have a code representing a null food package for these partially (minimally) breastfeeding women. Because the data did not distinguish between partially

⁷ For all references to the WIC regulations in this report, see USDA FNS. (2016), 7 CFR 246.10, 1-1-2016.

⁸ Partially breastfeeding includes both minimally and mostly breastfeeding women; see section B.1 for a more detailed definition, including how partially and fully breastfeeding participant categories are assigned in analysis.

⁹ The 45 State agencies include Connecticut, Iowa, and Oregon.

(minimally) breastfeeding women who did not receive a food package because they are not eligible to receive a food package and partially breastfeeding women who were missing food package data for some other reason, all participants missing food package data in these State agencies are excluded from the tabulations.

State agencies also differed in how they reported food packages for fully breastfed infants. Similar to partially (minimally) breastfeeding women, fully breastfed infants younger than 6 months were not eligible to receive food packages but were eligible for other WIC services. For PC2016, 18 State agencies assigned a null food package to these infants. During coding, a value of zero was assigned for all food quantities for these participants. The tabulations in this report include the data for these infants. Infants in these 18 State agencies represent 57 percent of all infants served by the 52 State agencies in April 2016. Within these 52 State agencies, the remaining 34 State agencies did not have a code representing a null food package for these fully breastfed infants. Because the data did not distinguish between infants that did not receive a food package because they were fully breastfed and infants who were missing food package data for some other reason, all infants missing food package data in these State agencies were excluded from the tabulations.

4. Specificity of Food Package Descriptions

State agencies varied in how they reported specific food package prescriptions. Some State agencies may issue prescriptions that allow multiple types or forms of a supplemental food.¹⁰ Some purchasing options may be as follows: 1 gallon of either 1-percent or nonfat milk; either 1 pound of dry beans or 64 ounces of canned beans; 1 pound of either whole-grain bread or brown rice; an 11- or 12-ounce can of concentrated juice or 48 ounces of single-strength juice; or 30 ounces of canned light tuna, salmon, sardines, or mackerel. For this report, all the types or forms included in the prescription information were coded as part of the food package. The study team used the prescription information as reported in the State agency data to tabulate the amounts, types, and forms of a food. For prescriptions that allowed more than one type or form of a supplemental food, this report uses the term “allowed” or “allowable.” This means the prescription did not specify the exact form or type the participant was prescribed. Therefore, tables show allowable types and forms that are not mutually exclusive.

B. Participant Categories for Food Package Analysis

As noted in section A, participants are enrolled in one of five certification categories. For this report, the study team examined the foods prescribed for participants according to a slightly modified certification category indicator, referred to as the participant category. The study team disaggregated the certification category of breastfeeding women into two subgroups: partially breastfeeding women and fully breastfeeding women. This distinction was inferred from the State agency’s food package type variable, with fully breastfeeding women defined as breastfeeding women receiving Food Package VII; all other breastfeeding women were defined as partially breastfeeding.

¹⁰ For further information on State agency options, see the WIC Food Packages Policy Options II Final Report at <https://fns-prod.azureedge.net/sites/default/files/ops/WICFoodPolicyOptions2.pdf>

There are two problems with this distinction:

- ▶ Food Package VII is assigned not only to fully breastfeeding women whose infants do not receive infant formula from WIC, but also to women partially breastfeeding multiple infants from the same pregnancy (and women pregnant with multiples). The two breastfeeding subgroups cannot be distinguished because the PC data did not allow the study team to link the mothers' records with those of their infants. Therefore, women partially breastfeeding multiple infants from the same pregnancy are identified as fully breastfeeding in this analysis.
- ▶ The information provided by State agencies on food package types was not entirely complete and reliable; see appendix C for more information.

A substantial amount of the data submitted by some State agencies was missing information on food package type. Breastfeeding women with missing food package type information were classified as partially breastfeeding.

Three State agencies were unable to provide sufficient information on food package type for women (Georgia, Louisiana, and New Mexico). For these State agencies, the study team categorized breastfeeding women as fully breastfeeding based on the presence of canned fish in their food packages. This method undercounts fully breastfeeding women because it fails to count those women who, for whatever reason, were not prescribed fish.

1. Partially (Mostly) Breastfeeding Women and Partially (Minimally) Breastfeeding Women

Women who were categorized as partially breastfeeding for the purposes of this report were either mostly breastfeeding or minimally breastfeeding as measured by the amount of formula their infants received from WIC.¹¹ Mostly breastfeeding women and minimally breastfeeding women were prescribed different food packages with different types and amounts of food, as indicated throughout this report.

As used in this report, the term “partially (mostly) breastfeeding women” refers to breastfeeding women up to 1 year postpartum whose partially breastfed infants receive some formula after their first month postpartum, but not more than the maximum amount allowed for a partially breastfed infant. These mothers receive Food Package V, which provides extra quantities and varieties of foods—more than mothers who mostly formula-feed their infants.

The term “partially (minimally) breastfeeding women” refers to women whose infants received more formula than allowed for a partially breastfeeding infant. Partially (minimally) breastfeeding women up to 6 months postpartum receive the same Food Package VI as nonbreastfeeding postpartum women (up to 6 months postpartum). Partially (minimally) breastfeeding women more than 6 months postpartum do not receive a food package but may receive other benefits such as breastfeeding support, nutrition education, and referrals to health and social services.

For PC data reporting, all State agencies reported a certification category of “breastfeeding” for partially breastfeeding women.

¹¹ These definitions can be found at <http://www.fns.usda.gov/wic/breastfeeding-promotion-wic-current-federal-requirements>

C. Organization of the Report

This report presents the results of the PC2016 food package analysis. Chapter 2 describes the food packages prescribed for participants with regard to amounts and types of food. Chapter 3 discusses the Final Rule revisions to the food packages, and the resulting changes seen in participant prescriptions, as well as other trends in food package prescriptions since PC2012. Appendix A presents an overview of food packages, and appendix B provides additional tabulations for PC2016 by food package type.

Chapter 2. Contents of WIC Food Packages in 2016

In September 2003, FNS asked the Institute of Medicine (IOM; now known as the Health and Medicine Division) to independently review the WIC food packages. FNS charged IOM with reviewing the nutritional needs of the WIC population and recommending scientifically based, cost-neutral changes to the WIC food packages.

In making its recommendations, IOM considered nutrient intakes and dietary patterns, the major diet-related health problems and risks faced by WIC's target population, the characteristics of the WIC program, and the diversity of its participants. FNS published the Special Supplemental Nutrition Program for Women, Infants and Children (WIC): Revisions in the WIC Food Packages ("Interim Rule") in the *Federal Register* on December 6, 2007, with a final implementation date of October 2009. FNS published the Special Supplemental Nutrition Program for Women, Infants and Children (WIC): Revisions in the WIC Food Packages ("Final Rule") in the *Federal Register* on March 4, 2014, with a final implementation date of April 2015. The Final Rule provided additional clarification on the provisions in the Interim Rule and considered public comments received in response to the changes made under the Interim Rule. The updated food packages better promote and support the establishment of successful, long-term breastfeeding; provide participants with a wider variety of foods, including fruits and vegetables and whole grains; and provide State agencies greater flexibility in prescribing food packages to accommodate the cultural food preferences of participants. PC2016 is the first PC report on data collected after implementation of all the Final Rule provisions.

The foods provided through WIC are designed to supplement participants' diets with specific nutrients. Different foods are provided to each category of participants. Under WIC regulations, foods provided include milk, eggs, legumes (peanut butter, dry beans/peas), whole-wheat or whole-grain bread, breakfast cereal, juice, fresh fruits and vegetables, canned fish, cheese infant formula, and infant foods (cereal, fruits and vegetables, and meat). See Appendix A for more information on specific foods and amounts offered to each participant type. The State agency may offer alternatives such as soy-based beverage, tofu, yogurt, and cheese for milk; canned beans, including refried beans, for dry beans/peas; brown rice and other whole grains for whole-wheat bread; and processed forms of fruits and vegetables for fresh.

Federal WIC regulations describe the minimum requirements and specifications for supplemental foods in food packages and the maximum monthly allowance (MMA) for each food, as well as allowable food substitutions. Beyond these stipulations, State agencies have broad discretion in the brands, types, and forms of the foods they authorize.¹² WIC offers seven food packages (I through VII) with various types and amounts of foods. These packages are offered to the following categories of participants:

- I. Infants younger than 6 months
- II. Infants aged 6–11 months
- III. Participants with qualifying medical conditions that require special foods
- IV. Children aged 1–4 years

¹² For further information on State agency options, see the WIC Food Packages Policy Options II Final Report at <https://fns-prod.azureedge.net/sites/default/files/ops/WICFoodPolicyOptions2.pdf>

- V. Women who are pregnant or partially (mostly) breastfeeding¹³ up to 1 year postpartum
- VI. Women who are nonbreastfeeding or partially (minimally) breastfeeding¹⁴ up to 6 months postpartum
- VII. Women who are fully breastfeeding or pregnant with or partially (mostly) breastfeeding multiples

Federal WIC regulations contain detailed food package type categories that State agencies assign to participants based on infant age and breastfeeding status, child age, the pregnancy or breastfeeding status of the mother, and whether the participant has a qualifying medical condition.¹⁵ Table 2.1 defines the population (Participant Category) eligible for each of the food packages (Food Package Number) and the detailed food package categories (Food Package Type).

Table 2.1. WIC Food Packages: Broad and Detailed Categories

Participant Category	Food Package Number	Food Package Type	Age of Participant	Breastfeeding Status of Participant
Infants	Food Package I	I-FF-A	0–3.9 months	Fully formula fed
		I-FF-B	4–5.9 months	Fully formula fed
		I-BF/FF-A	0–0.9 months	Partially breastfed
		I-BF/FF-B	1–3.9 months	Partially breastfed
		I-BF/FF-C	4–5.9 months	Partially breastfed
		I-BF-A	0–3.9 months	Fully breastfed
	Food Package II	I-BF-B	4–5.9 months	Fully breastfed
		II-FF	6–11.9 months	Fully formula fed
		II-BF/FF	6–11.9 months	Partially breastfed
		II BF	6–11.9 months	Fully breastfed

¹³ Partially (mostly) breastfeeding food packages are for mothers whose infants are mostly breastfed but also are prescribed some formula by WIC after the first month postpartum; the amount of formula the infant is prescribed is not more than the maximum allowed for a partially breastfed infant. A mother is eligible for this food package until her infant’s first birthday. For mothers, this package provides extra quantities and varieties of foods—more than for mothers who mostly formula-feed. For infants, formula amounts are tailored to help mothers continue to successfully breastfeed (see <http://www.fns.usda.gov/wic/breastfeeding-promotion-wic-current-federal-requirements>).

¹⁴ Women who are not breastfeeding or breastfeeding only minimally receive Food Package VI. Minimally breastfeeding women whose infants are older than 6 months and receive more formula from WIC than is allowed for a partially breastfeeding infant do not receive a food package (see <http://www.fns.usda.gov/wic/breastfeeding-promotion-wic-current-federal-requirements>).

¹⁵ See <https://www.gpo.gov/fdsys/pkg/CFR-2016-title7-vol4/pdf/CFR-2016-title7-vol4-part246.pdf>. Appendix tables A.1 and A.2 describe the food packages and show types of foods and quantities prescribed for different categories of WIC participants.

Participant Category	Food Package Number	Food Package Type	Age of Participant	Breastfeeding Status of Participant
Participants with a qualifying condition	Food Package III	III I-FF-A	0–3.9 months	Fully formula fed
		III I-FF-B	4–5.9 months	Fully formula fed
		III I-BF/FF-A	0–0.9 months	Partially breastfed
		III I-BF/FF-B	1–3.9 months	Partially breastfed
		III I-BF/FF-C	4–5.9 months	Partially breastfed
		III II-FF	6–11.9 months	Fully formula fed
		III II-BF/FF	6–11.9 months	Partially breastfed
		III IV-A	1–1.9 years	N/A
		III IV-B	2–4.9 years	N/A
		III V	Women	Pregnant and partially breastfeeding (up to 1 year postpartum)
III VI	Women	Nonbreastfeeding postpartum and partially (minimally) breast feeding (up to 6 months postpartum)		
III VII	Women	Fully breastfeeding (up to 1 year postpartum)		
Children	Food Package IV	IV-A	1–1.9 years	N/A
		IV-B	2–4.9 years	N/A
Women	Food Package V	V	Women	Pregnant; partially (mostly) breastfeeding (up to 1 year postpartum)
	Food Package VI	VI	Women	Nonbreastfeeding postpartum and partially (minimally) breastfeeding (up to 6 months postpartum)
	Food Package VII	VII	Women	Fully breastfeeding (single or multiples); partially (mostly) breastfeeding multiples; pregnant with multiples
	No Food Package	N/A	Women	Partially (minimally) breastfeeding (more than 6 months postpartum)

This report discusses the quantities of foods prescribed by participant category in relation to the regulatory MMAs.¹⁶ MMAs vary for the seven food packages. When examining food package prescriptions by certification or participant category, it is important to keep in mind that participants in the same category may be prescribed different food packages with different MMAs. For example,

¹⁶ See <https://www.gpo.gov/fdsys/pkg/CFR-2016-title7-vol4/pdf/CFR-2016-title7-vol4-part246.pdf>. Appendix tables A.1 and A.2 describe the food packages and show types of foods and quantities prescribed for different categories of WIC participants.

partially breastfeeding women may be prescribed one of three different food packages or no food package:

- ▶ As noted earlier in this section, women may be prescribed Food Package VII if they are partially (mostly) breastfeeding multiple infants (a situation that is indistinguishable in the PC data from women fully breastfeeding one infant).
- ▶ Food Package V may be prescribed for women who are partially (mostly) breastfeeding a single infant.
- ▶ Food Package VI may be prescribed for partially (minimally) breastfeeding up to 6 months postpartum.
- ▶ Women who are partially (minimally) breastfeeding between 6 and 12 months postpartum are not prescribed a food package.

Similar situations apply to pregnant women, who are prescribed different food packages for a singleton pregnancy (Food Package V) versus a multiple pregnancy (Food Package VII); fully breastfeeding women who may receive an extra half package if they are fully breastfeeding multiples; and infants, depending on their age and breastfeeding status.

A participant may receive less than the MMA if the prescribed food package has been individually tailored. According to Federal WIC regulations, the full MMA must be prescribed for WIC participants except when—

- ▶ Medically or nutritionally warranted (e.g., to eliminate a food because of a food allergy)
- ▶ A participant refuses or cannot use the MMA
- ▶ The quantity necessary to supplement another program's contribution to fill a prescription for WIC-eligible nutritionals would be less than the MMA (7 CFR 246.10(c), 1-1-2016)

The remainder of this chapter presents tabulations of the amounts, types, and forms of prescriptions for each of the components of food packages: formula, milk and milk substitutes, juice, cereal, eggs, legumes, canned fish, whole grains, infant foods, and fruit and vegetable cash value vouchers.

A. Formula

Formula is provided to participants in Food Packages I, II, and III. Packages I and II provide formula to formula-fed and partially breastfed infants. Formula may be prescribed to all categories of participants with qualifying conditions receiving Food Package III. Not all infants receive formula. First, some infants are not prescribed formula because they are fully breastfed. Second, some older infants (1.65 percent) are prescribed milk in lieu of formula—notably, those with birthdays during the issuance month (see this discussion in chapter 1).

This section discusses only formula prescribed for infants. The table and figures report data for all infants, including those who were prescribed Food Package III.

1. Formula for Infants by Age

Food prescriptions for formula are designed to ensure that infants receive formula amounts consistent with the nutritional and health goals of WIC. To allow State agencies flexibility in meeting these goals, there is both an MMA and a full nutritional benefit (FNB) for formula. The FNB is the minimum amount an infant should receive (except when the package is individually tailored to meet the needs of the infant). The FNB of formula varies by infant age and breastfeeding status. According to WIC regulations, the FNB for fully formula-fed infants aged 4 to 5.9 months is 884 ounces of reconstituted liquid concentrate, whereas older and younger infants who are fully formula fed have lower FNBs: 806 ounces of reconstituted liquid concentrate for infants aged 0 to 3.9 months and 624 ounces reconstituted liquid concentrate for infants aged 6 to 11.9 months. Partially breastfed infants may be issued 104 ounces of reconstituted powder in the first month of life to encourage breastfeeding; thereafter, the FNB is 312 to 442 ounces of reconstituted liquid concentrate, depending on the infant's age. The MMA is higher than the FNB and varies based on infant age and breastfeeding status as does the FNB, but the MMA also varies based on formula form (powder, ready-to-feed, or concentrate). The MMA is highest for powdered formula and lowest for reconstituted liquid concentrate formula. Table 2.2a shows the FNB to MMA ranges for each infant age group.

Because of the various physical forms (powder, ready-to-feed, or concentrate), container sizes, and reconstitution yields of formula, WIC regulations allow State agencies to round up to the next whole container of infant formula if necessary to ensure participants receive the FNB over the timeframe of the food package prescribed (the timeframe for the food package is typically greater than 1 month). When a State agency uses rounding up to the next whole container of infant formula, the number of reconstituted ounces of formula may exceed the MMA or be less than the FNB in any given month. However, State agencies must issue enough formula to meet FNB for the participant on average over the timeframe of the food package. This gives the State agency some flexibility in providing the FNB to participants (7 CFR 246.10(h)(1), 1-1-2016). Infant formula issuance, whether using monthly issuance or rounding methodology, should be based on providing the amount of infant formula that most closely provides the FNB to all infant participants as deemed appropriate based on breastfeeding assessment and infant food package and feeding method. At a minimum, State agencies must provide the FNB to all nonbreastfed infants. For breastfed infants, even those receiving the fully formula fed package, infant formula amounts should be tailored based on the assessed needs of the breastfed infant and provide the minimal amounts of formula that meets but does not exceed the infant's nutritional needs.

The prescribed formula amounts reported in the data may vary from the FNB–MMA ranges for other reasons. First, each participant receives a nutrition assessment before being prescribed a food package. The results of the assessment may indicate the need for a food package to be individually tailored. For example, one of the goals of formula issuance is to tailor the amount of formula prescribed based on the breastfeeding assessment. Therefore, for partially breastfeeding infants who receive formula through WIC, it is possible for them to receive less than the FNB. Second, the exact age in months of an infant at the time of issuance is not always clear from the recorded data (see chapter 1). For example, infants aged 3 to 3.9 months on April 1 are substantially more likely than other infants aged 1 to 3.9 months to be prescribed more than the age-appropriate amount for fully formula-fed infants, presumably because if the date that was used to assign the April food package was later than April 1, some of these infants would already be 4 months old and therefore entitled to a higher FNB.

For this report, the data on quantities prescribed have been tabulated in broad bands (at least 800, at least 600 but less than 800, at least 400 but less than 600, at least 200 but less than 400, and less than 200) that are sufficient to show the percentages of infants who are prescribed formula amounts corresponding to fully formula-fed packages versus partially breastfeeding packages (see tables 2.2a, 2.2b, 2.2c, and figure 2.1). For infants younger than 6 months, a prescription of 800 ounces or more indicates a fully formula-fed package; such a package was prescribed for 54 to 67 percent of these infants. For infants aged 6 months and older, a prescription of at least 600 ounces indicates a fully formula-fed package, which was prescribed for 82 percent of these infants.

Table 2.2a. Quantity and Types of Formula Prescribed for Infants by Age of Infant

Formula Prescriptions	Age of Infant ^a					Total Infants ^b
	0-0.9 Months	1-3.9 Months	4-5.9 Months	6+ Months	Age Not Reported	
FNB-MMA for fully formula-fed (oz)^c	806-870	806-870	884-960	624-696	884-960	-
FNB-MMA for partially breastfed (oz)^c	104	364-435	442-522	312-384	442-522	-
Quantity (oz)	-	-	-	-	-	-
Mean, all ^d	597	684	682	541	575	604
Mean, receiving formula ^d	702	761	760	613	685	683
Percent Prescribed	-	-	-	-	-	-
Quantity Issued (oz)	-	-	-	-	-	-
At least 800	55.0	66.9	53.7	1.4	24.0	31.2
At least 600 but less than 800	11.6	9.4	25.4	80.2	52.0	47.2
At least 400 but less than 600	4.3	4.2	6.1	0.9	4.0	2.9
At least 200 but less than 400	8.2	7.3	3.5	5.1	4.0	5.6
Less than 200	6.0	2.1	1.1	0.5	0.0	1.5
None (fully breastfed) ^e	15.0	10.1	10.2	11.9	16.0	11.5
Form Allowable^f	-	-	-	-	-	-
Powdered	-	-	-	-	-	-
Concentrate	2.5	2.0	1.8	1.6	4.8	1.8
Ready-to-feed	0.7	0.8	0.7	0.5	0.0	0.6

Formula Prescriptions	Age of Infant ^a					Total Infants ^b
	0–0.9 Months	1–3.9 Months	4–5.9 Months	6+ Months	Age Not Reported	
Formula Type^g	–	–	–	–	–	–
Type Allowable^f	–	–	–	–	–	–
Nonexempt infant formula	93.9	90.8	91.0	92.5	95.2	92.0
Milk based	90.1	85.1	84.7	86.2	90.5	86.1
Soy based	14.8	17.7	18.9	20.0	4.8	18.7
Exempt infant formula	6.1	9.2	9.0	7.5	4.8	8.0
WIC-eligible nutritionals	< 0.1	< 0.1	< 0.1	< 0.1	0.0	< 0.1
N	180,499	421,586	302,456	876,552	25	1,781,118

Source: PC2016 participant characteristics data; analysis included all States except Connecticut, Iowa, and Oregon; the District of Columbia; and Puerto Rico.

Notes:

^a Age calculations based on the data reported by State agencies may have resulted in some age group misclassifications for infants (see chapter 1 for more on age calculations).

^b Some older infants (1.65 percent) were prescribed milk in lieu of formula—notably, those with birthdays during the issuance month. These infants are excluded from this table.

^c The lower number in this range is the FNB, which represents the minimum monthly amount of formula each participant should receive (in the absence of individual tailoring). The higher number in this range is the MMA for infant formula and differs depending on the form: concentrate, powder, or ready-to-feed. The range shown includes the three forms: the MMA is highest for powdered formula and lowest for reconstituted liquid concentrate formula.

^d In ready-to-feed or reconstituted ounces; reconstituted fluid ounce is the form prepared for consumption as directed on the container.

^e The “None (fully breastfed)” category includes infants who were prescribed a food package that provided zero ounces of formula. As discussed in chapter 1, not all State agencies reported a null food package for fully breastfed infants. For this reason, fully breastfed infants younger than 6 months were undercounted; these infants represented 15.0 percent of 0–0.9-month-olds, 10.1 percent of 1–3.9-month-olds, and 10.2 percent of 4–5.9-month-olds in the data. Fully breastfed infants aged 6 months and older receive supplemental foods and are prescribed a food package, so there is no reason to think they were undercounted. These infants represented 11.9 percent of infants aged 6 months and older in the data.

^f Responses were not mutually exclusive, so percentages may add to more than 100 percent.

^g Formula types:

- *Nonexempt infant formula* in this report means infant formula as described in WIC regulations. Infant formula is defined as a food that meets the definition of an infant formula in section 201(z) of the Federal Food, Drug, and Cosmetic Act (21 U.S.C. 321(z)) and that meets the requirements for an infant formula under section 412 of the Federal Food, Drug, and Cosmetic Act (21 U.S.C. 350a) and the regulations at 21 CFR parts 106 and 107. Infant formula meets FDA requirements and also meets WIC requirements for iron (at least 1.5 milligrams of iron per 100 kilocalories and at least 20 kilocalories per fluid ounce at standard dilution).
- *Exempt infant formula* means an infant formula that meets the requirements for an exempt infant formula under section 412(h) of the Federal Food, Drug, and Cosmetic Act (21 U.S.C. 350a(h)) and the regulations at 21 CFR parts 106 and 107. Exempt infant formula is infant formula intended for commercial or charitable distribution that is represented and labeled for use by infants with inborn errors of metabolism, low birthweight, or other unusual medical or dietary problems (21 CFR 107.3).
- *WIC-eligible nutritionals* refers to certain enteral products that are specifically formulated to provide nutritional support for individuals with a qualifying condition, when the use of conventional foods is precluded, restricted, or inadequate. WIC-eligible nutritionals must serve the purpose of a food, meal, or diet (may be nutritionally complete or incomplete) and provide a source of calories and one or more nutrients; be designed for enteral digestion via an oral or tube feeding; and may not be a conventional food, drug, flavoring, or enzyme. WIC-eligible nutritionals include many but not all products that meet the definition of medical foods in Section 5(b)(3) of the Orphan Drug Act (21 U.S.C. 360ee(b)(3)).

Table 2.2b. WIC-Eligible Nutritionals Prescribed for Infants by Age of Infant

WIC-Eligible Nutritional Prescriptions	Age of Infant ^a					Total Infants ^b
	0-0.9 Months	1-3.9 Months	4-5.9 Months	6+ Months	Age Not Reported	
WIC-Eligible Nutritionals ^c	–	–	–	–	–	–
Metabolics	85.7	23.8	15.5	13.5	N/A	16.7
Modulars	0.0	4.8	10.3	6.8	N/A	7.0
N	7	42	58	222	0	329

Source: PC2016 participant characteristics data; analysis included all States except Connecticut, Iowa, and Oregon; the District of Columbia; and Puerto Rico.

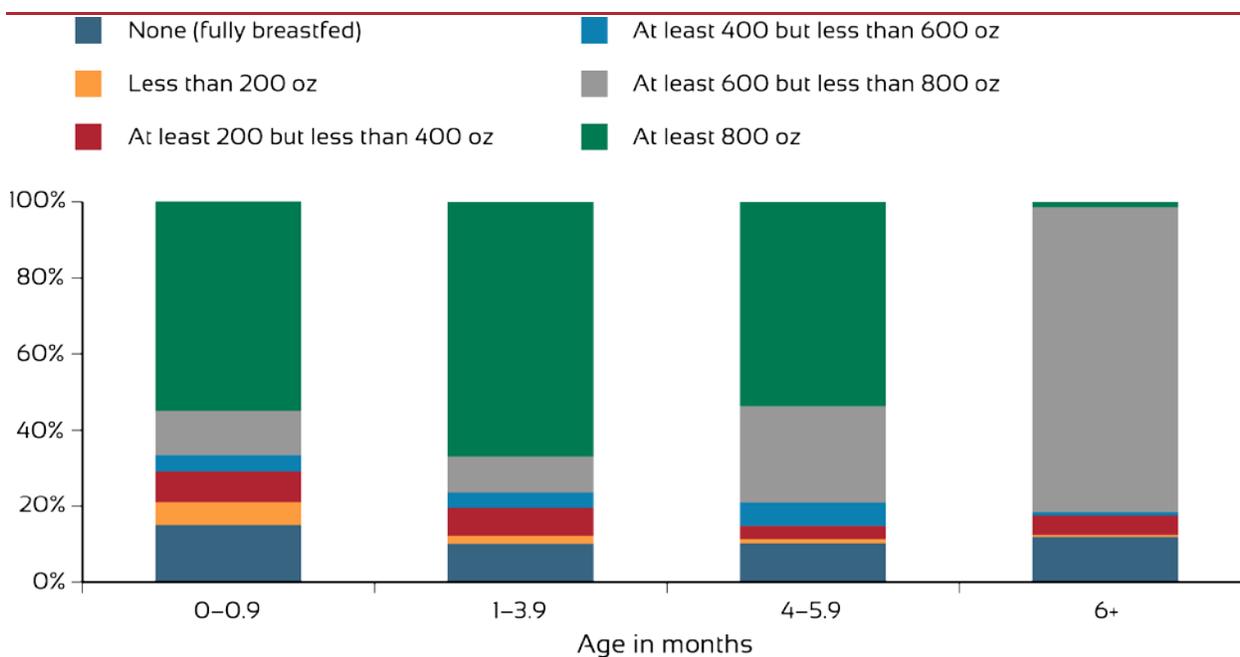
Notes:

^a Age calculations based on the data reported by State agencies may have resulted in some age group misclassifications for infants (see chapter 1 for more on age calculations).

^b All infants receiving WIC-eligible nutritionals. Total infants column includes infants of all ages and those missing age.

^c WIC-eligible nutritionals refers to certain enteral products that are specifically formulated to provide nutritional support for individuals with a qualifying condition, when the use of conventional foods is precluded, restricted, or inadequate. WIC-eligible nutritionals must serve the purpose of a food, meal, or diet (may be nutritionally complete or incomplete) and provide a source of calories and one or more nutrients; be designed for enteral digestion via an oral or tube feeding; and may not be a conventional food, drug, flavoring, or enzyme. WIC-eligible nutritionals includes many but not all products that meet the definition of medical food in Section 5(b)(3) of the Orphan Drug Act (21 U.S.C. 360ee(b)(3)).

Figure 2.1. Quantity of Formula (oz) Prescribed for Infants by Age



Notes:

The “None (fully breastfed)” category includes infants who were prescribed a food package that provided zero ounces of formula. As discussed in chapter 1, not all State agencies reported a null food package for fully breastfed infants. For this reason, fully breastfed infants younger than 6 months were undercounted; they represented 15.0 percent of 0–0.9-month-olds, 10.1 percent of 1–3.9-month-olds, and 10.2 percent of 4–5.9-month-olds in the data. Fully breastfed infants 6 months and older receive supplemental foods and are prescribed a food package, so there is no reason to think they would be undercounted; these infants represented 11.9 percent of infants aged 6 months and older in the data. Age calculations based on the data reported by State agencies may have resulted in some age group misclassifications for infants (see chapter 1).

Comparing the formula amounts prescribed with the FNB–MMA ranges for formula for partially breastfed infants suggests that partially breastfeeding packages were prescribed for about 6 percent of infants aged 0 to 0.9 months (less than 200 ounces), 12 percent of infants aged 1 to 3.9 months (at least 200 but less than 600 ounces), 10 percent of infants aged 4 to 5.9 months (at least 200 but less than 600 ounces), and 5 percent for infants aged 6 months and older (at least 200 but less than 400 ounces). Quantities prescribed between the partially breastfeeding and fully formula feeding FNB–MMA ranges are common for infants younger than 6 months.

Age calculations based on the data reported by State agencies (calculations based on participant age as of April 1, 2016) may have resulted in some age group misclassifications for infants who aged into an older category during the reference period (see chapter 1). For example, in table 2.2a, infants categorized as 4 to 5.9 months old who were prescribed between 600 and 800 ounces of formula may have been correctly prescribed a (smaller) fully formula-fed package for an infant aged 6 months and older. This partially explains the distribution of formula amount prescribed for 4- to 5.9-month-olds, with a decreased percentage prescribed 800 ounces or more (the fully formula-feeding FNB–MMA range) and an increased percentage prescribed 600 to 800 ounces compared with 1- to 3.9-month-olds.

The infants shown as receiving no formula were prescribed a fully breastfeeding package.¹⁷ As discussed in chapter 1, not all State agencies reported a null food package for fully breastfed infants. For this reason, fully breastfed infants younger than 6 months were undercounted; they represented 15.0 percent of 0- to 0.9-month-olds, 10.1 percent of 1- to 3.9-month-olds, and 10.2 percent of 4- to 5.9-month-olds in the data. Fully breastfed infants 6 months and older receive supplemental foods and are prescribed a food package, so there is no reason to think they would be undercounted; these infants represented 11.9 percent of infants aged 6 months and older in the data.

Prescription data received from State agencies did not always specify one formula in one form (e.g., Enfamil powder). For prescriptions that included multiple forms or types of formula, the study team coded all forms and characteristics and used “allowed” or “allowable” in the report to discuss the contents of the prescriptions. State agency-reported food package data may also encompass prescriptions for multiple brands, types, or forms. For example, in some State agencies, the prescription code reported in the PC2016 data set might include all State agency contract formula. While the prescription code in the PC2016 data set may encompass a number of contract formulas, the actual prescription received by the participant would specify just one formula. In cases where the formula code in the PC2016 data encompasses more than one formula, the study team coded the prescription for analysis with all “allowed” formulas types (milk based and soy based) and their forms (powder and concentrate). In these cases, the study team tabulated all the form(s) and characteristics encompassed by the State agency’s PC2016 formula code, and therefore these form(s) and characteristics are not mutually exclusive. (For additional information on forms of food allowed by a prescription, refer to chapter 1, section A.)

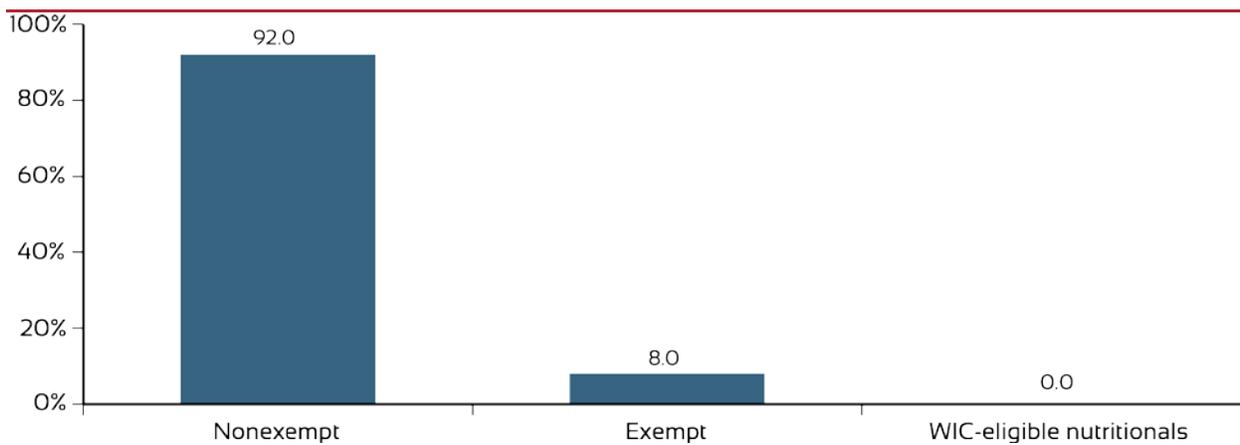
Nearly all (98.0 percent) infant prescriptions allowed powdered formula; concentrate and ready-to-feed forms were permitted in 1.8 and 0.6 percent of infant prescriptions, respectively. Milk-based formula was allowed in 86.1 percent of infant prescriptions. Soy-based formula was allowed in 18.7 percent of infant prescriptions.

¹⁷ A small number of infants received food packages with formula that was provided by an organization outside of WIC. Because these packages were coded with a formula quantity of zero, they are included in the “None (fully breastfed)” category.

Some infants have special dietary needs that prohibit the use of standard infant formula; with medical documentation, these infants are prescribed Food Package III, which is intended for medically fragile participants with qualifying conditions (see figure 2.2). For example, premature and low-birthweight infants may need formula that supplies extra calories and nutrients. These participants were issued prescriptions for exempt infant formula (formula for infants with special medical or dietary needs)¹⁸ or WIC-eligible nutritionals.¹⁹ Local agencies prescribed exempt infant formula for 8.0 percent of infants and WIC-eligible nutritionals for less than 0.1 percent of infants.²⁰

Of exempt infant formula prescriptions, approximately 60 percent were hydrolysate²¹ formulas, and 19 percent were premature infant formulas.

Figure 2.2. Formula Types Prescribed for Infants



Notes:

Percentages for nonexempt, exempt, and WIC-eligible nutritionals are cumulative and total 100 percent. WIC-eligible nutritionals were prescribed to less than 0.1 percent of infants.

B. Milk and Milk Substitutes

The MMA for fluid milk is 24 quarts per month for fully breastfeeding women, women mostly breastfeeding multiples, and women pregnant with multiples (recipients of Food Package VII); 22 quarts per month for other pregnant and partially breastfeeding women; and 16 quarts per month for children and nonbreastfeeding postpartum women (see table 2.3).²² Women who are fully breastfeeding multiples are entitled to 1.5 times the standard MMA for fluid milk and for all other foods (e.g., 36 quarts of fluid milk per month).

¹⁸ Exempt infant formula is infant formula intended for commercial or charitable distribution that is represented and labeled for use by infants who have inborn errors of metabolism or low birthweight or who otherwise have unusual medical or dietary problems (21 CFR 107.3).

¹⁹ WIC-eligible nutritionals are enteral products that are specifically formulated to provide nutritional support for individuals with a qualifying condition when the use of conventional foods is precluded, restricted, or inadequate. WIC-eligible nutritionals must serve the purpose of a food, meal, or diet (may be nutritionally complete or incomplete) and provide a source of calories and one or more nutrients; be designed for enteral digestion via an oral or tube feeding; and may not be a conventional food, drug, flavoring, or enzyme. WIC-eligible nutritionals include many but not all products that meet the definition of medical food in Section 5(b)(3) of the Orphan Drug Act (21 U.S.C. 360ee(b)(3)).

²⁰ Women and children with special nutritional needs receive Food Package III, which contains WIC formula (infant formula, exempt infant formula, and WIC-eligible nutritionals) in addition to standard supplemental foods. There were 958 women and 70,709 children who were prescribed WIC formula. The maximum monthly allowance for these groups is 455 ounces of concentrate or 910 ounces of reconstituted WIC formula.

²¹ A hydrolysate formula is an exempt infant formula or WIC-eligible nutritional that contains proteins that are partially or extensively broken down, or hydrolyzed.

²² Some State agencies reclassified 11-month-old infants without recertifying them; these infants then were prescribed children's food packages that included milk. Such infants are excluded from these tabulations.

Allowed fluid milk substitutions include cheese, tofu, and yogurt. The maximum amount of cheese substitution permitted is 1 pound of cheese in lieu of 3 quarts of milk for most women and children; it is 2 pounds of cheese in lieu of 6 quarts of milk for fully breastfeeding women and mostly breastfeeding and pregnant women with multiples (recipients of Food Package VII). Food Package VII includes an additional pound of cheese. The State agency may allow participants to substitute tofu at the rate of 1 pound of tofu for 1 quart of milk up to a maximum of 6 pounds in Food Package VII and up to a maximum of 4 pounds for children and other women (Food Packages V and VI). Yogurt may be substituted for fluid milk at the rate of 1 quart of yogurt per 1 quart of milk up to a maximum of 1 quart of yogurt. No more than 4 quarts of milk may be substituted for a combination of cheese, tofu, or yogurt for children and women receiving packages IV–VI. No more than 6 quarts of milk may be substituted for a combination of cheese, tofu, or yogurt for women receiving Food Package VII. If allowed by State agency policy, tofu may be substituted up to the maximum allowance of fluid milk for women and children with lactose intolerance or other qualifying conditions.

1. Milk by Participant Category

Most participants were not prescribed the full fluid milk MMA in the form of milk because of the substitution of cheese and yogurt for milk (see section B2). Still, 18.8 percent of fully breastfeeding women were prescribed 24 quarts or more of milk,²³ and most of the remainder were prescribed between 16 and 22 quarts (see table 2.3 and figure 2.3). Most pregnant women (88.9 percent) were prescribed between 16 and 22 quarts. Among children and nonbreastfeeding postpartum women, more than 80 percent were prescribed less than the MMA of 16 quarts.

The category of partially breastfeeding women represents three subgroups with different MMAs: partially (mostly) breastfeeding women up to 1 year postpartum (22 quarts); partially (minimally) breastfeeding women up to 6 months postpartum (16 quarts); and partially (minimally) breastfeeding women more than 6 months postpartum (no milk; these participants are not authorized to receive a food package). This composition is reflected in the distribution of the issuances: 40.6 percent received at least 16 but less than 22 quarts, 37.5 percent were issued less than 16 quarts, and 18.6 percent were issued none. As explained in chapter 1, around 14 percent of partially breastfeeding women were considered partially (minimally) breastfeeding and were not prescribed any food, including milk.

²³ The participant category for fully breastfeeding women includes women who were fully breastfeeding multiples and were allowed 36 quarts of milk, or 1.5 times the milk MMA of Food Package VII.

Table 2.3. Quantity and Types of Milk Products Prescribed by Participant Category

Milk Prescriptions	Participant Category				
	Pregnant Women	Fully Breastfeeding Women ^a	Partially Breastfeeding Women ^b	Postpartum Women	Children
Quantity (qt)^c	–	–	–	–	–
MMA	22–24 ^d	24–36 ^a	0–22 ^b	16	16
Mean amount prescribed	18.2	20.1	12.8	12.7	12.6
Mean amount prescribed to those prescribed any	18.6	20.7	15.8	13.0	12.9
Percent Prescribed	–	–	–	–	–
Quantity Issued (qt)^c	–	–	–	–	–
24 or more	0.8	18.8	0.9	0.4	0.3
At least 22 but less than 24	6.2	4.8	2.4	0.1	< 0.1
At least 16 but less than 22	88.9	70.9	40.6	13.8	12.7
Less than 16	2.4	3.1	37.5	82.9	84.7
None	1.8	2.5	18.6	2.8	2.3
Form Allowable^e	–	–	–	–	–
Fluid	99.6	99.8	99.0	99.8	99.7
Evaporated	4.8	1.0	4.7	2.8	1.7
Dry	7.1	6.6	9.3	4.4	5.1
Percent Fat Allowable^e	–	–	–	–	–
Skim or nonfat (0.5% or less)	94.8	96.8	97.1	97.9	66.9
Low fat (1 or 1 ½%)	97.2	99.3	98.6	99.4	69.2
Reduced fat (2%)	7.3	5.0	3.6	2.0	5.2
Whole	2.0	0.2	1.0	0.3	30.9
Type Allowable^e	–	–	–	–	–
Cow's milk	81.4	81.7	72.2	86.6	85.6
Buttermilk	18.1	13.6	22.0	15.9	11.3
Acidophilus	9.4	9.0	12.1	8.3	8.8
Lactose free or reduced	6.3	7.3	6.6	4.7	5.6
Flavored	2.5	1.6	1.5	3.2	1.8
UHT	1.6	0.8	1.1	2.2	1.8
Soy	2.5	2.6	2.0	2.4	2.1
Kosher	0.6	1.5	1.1	0.1	0.7
N	722,801	240,339	354,787	531,447	4,163,403

Source: PC2016 participant characteristics data; analysis included all States except Connecticut, Iowa, and Oregon; the District of Columbia; and Puerto Rico.

Notes:

qt = quart; UHT = ultra-high-temperature pasteurized

^a Fully breastfeeding women category included women fully breastfeeding one infant up to 1 year postpartum and women partially (mostly) breastfeeding multiples, with an MMA of 24 quarts. Women fully breastfeeding multiples were included in this category with an MMA of 36 quarts.

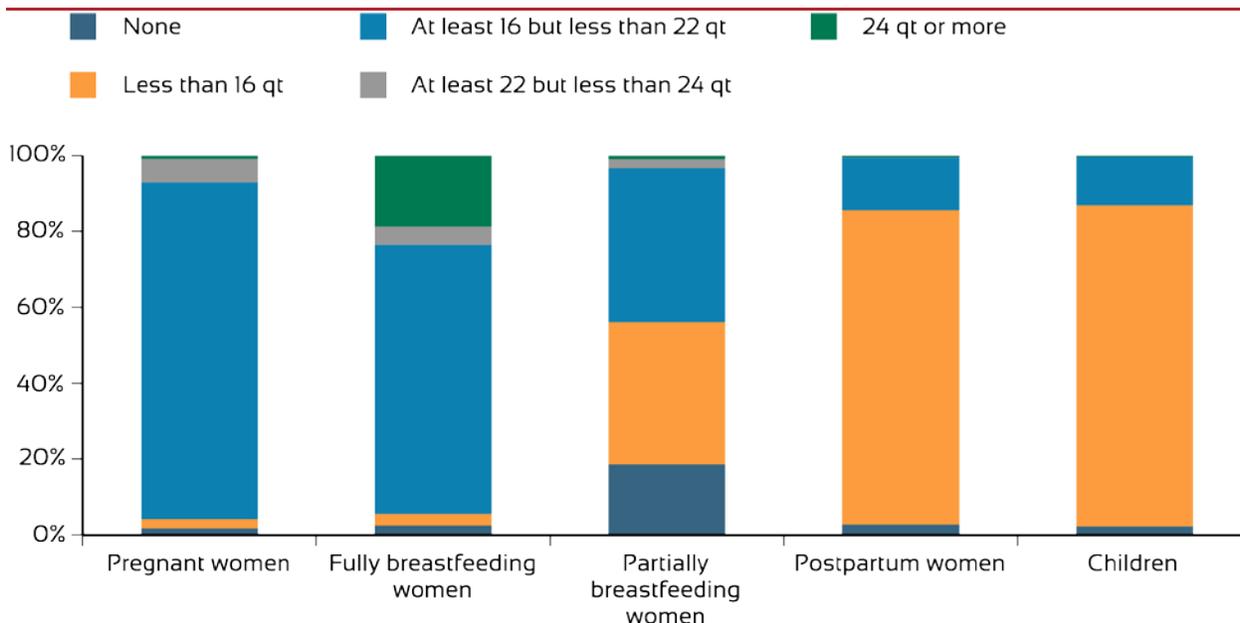
^b Partially breastfeeding women category included partially (minimally) breastfeeding women up to 6 months postpartum with an MMA of 16 quarts, partially (mostly) breastfeeding women up to 1 year postpartum with an MMA of 22 quarts, and partially (minimally) breastfeeding women more than 6 months postpartum with an MMA of zero quarts.

^c Fluid milk; evaporated and dry milk were converted to fluid equivalent. The MMA is for fluid milk. The MMA can be met by combining fluid, dry, and evaporated milk and by substituting cheese, tofu, or yogurt for part of the fluid milk allowance. This table does not include prescription data for cheese, tofu, or yogurt.

^d The pregnant women category included women pregnant with one fetus with an MMA of 22 quarts and women pregnant with multiples with an MMA of 24 quarts.

^e Responses were not mutually exclusive, so percentages may add to more than 100.0.

Figure 2.3. Quantity of Milk Prescribed for Participants



Notes:
 qt = quart
 Values of less than 1 percent are not shown.

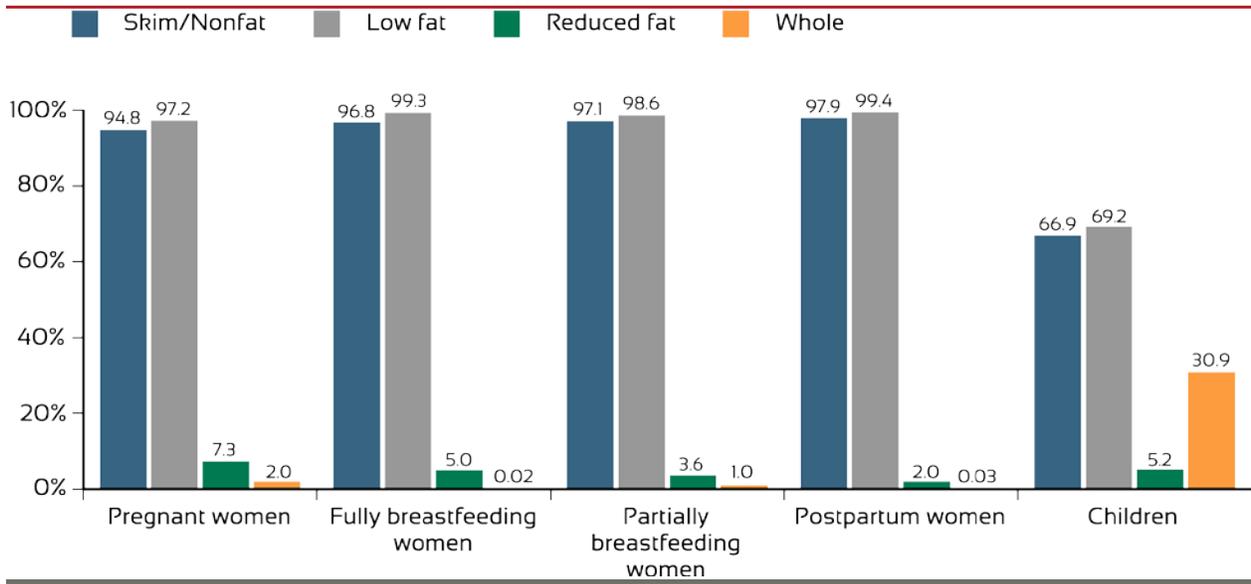
Prescriptions often allowed more than one form or type of milk. Virtually all prescriptions allowed fluid milk; allowed milk types were cow’s milk, buttermilk, acidophilus, lactose free or lactose-reduced, flavored, ultra-high-temperature (UHT) pasteurized, soy-based beverage, and kosher milks. Dry and evaporated milks were prescribed at much lower rates. Dry milk was allowed in approximately 4 to 9 percent of prescriptions, and evaporated milk was allowed in 1 to 5 percent of prescriptions.

The allowable fat content of milk is of particular interest as WIC regulations require that nonfat and low-fat milks are the standard issuance for children older than 24 months and women. Whole and reduced-fat (2 percent) milk can be prescribed for children and women with certain medical conditions as determined by an individual nutritional assessment.²⁴ Whole milk is required for children aged 12–23 months. Less than 2 percent of prescriptions for women allowed whole milk (see table 2.3 and figure 2.4). Virtually all prescriptions allowed low-fat and nonfat milk; reduced-fat milk was allowed in only 2 to 7 percent of women’s food packages. Whole milk was more likely to be permitted for children (31 percent of prescriptions). Low-fat milk was permitted in 69.2 percent of children’s milk prescriptions, and nonfat milk was allowed in 66.9 percent of prescriptions.

State agencies allow participants not only different forms and fat contents of milk but also different types of milk—for example, buttermilk, soy-based beverage, or flavored milk. These milks are allowed at much lower rates than fluid cow’s milk. Fluid cow’s milk was allowed in 72 to 87 percent of prescriptions. Buttermilk was allowed in 11 to 22 percent of prescriptions, and acidophilus milk in 8 to 12 percent. Lactose-free or lactose-reduced milk was allowed in 5 to 7 percent of prescriptions. Other special kinds of milk (UHT, kosher, soy-based beverage, flavored) were allowed at rates of 3 percent or less.

²⁴ According to WIC regulations, with medical documentation, whole or reduced-fat (2-percent) milk may be substituted for low-fat (1 percent) or nonfat milk for children older than 24 months and women who receive Food Package III. See appendix table B.4 for milk types allowable by child age and food package type.

Figure 2.4. Types of Milk Allowable by Participant Category



2. Milk Substitutes: Cheese, Tofu, and Yogurt by Participant Category

Under WIC regulations, participants receiving milk can choose to substitute 1 pound of cheese for 3 quarts of milk. Fully breastfeeding women and other recipients of Food Package VII can substitute up to 2 pounds of cheese for 6 quarts of milk in addition to the 1 pound of cheese that Food Package VII already provides, for a total of up to 3 pounds of cheese. Consequently, women and children are typically prescribed 1 pound of cheese, but fully breastfeeding women are prescribed 2 pounds (see table 2.4 and figure 2.5). The proportion of participants that chose not to substitute cheese for milk was only 1 percent among fully breastfeeding women and 11 to 27 percent among the other participant categories. As explained in chapter 1, around 14 percent of partially breastfeeding women were considered partially (minimally) breastfeeding and were not prescribed any food, including milk.

Table 2.4. Quantity of Cheese Prescribed by Participant Category

Cheese Prescriptions	Participant Category				
	Pregnant Women	Fully Breastfeeding Women ^a	Partially Breastfeeding Women ^b	Postpartum Women	Children
Quantity (lb)	–	–	–	–	–
MMA	0–1 ^c	1–1.5 ^a	N/A	N/A	N/A
Maximum substitution allowance	1–2 ^c	2 ^a	0–1 ^b	1	1
Mean amount prescribed	0.9	1.8	0.7	0.8	0.8
Mean amount prescribed to those receiving any	1.0	1.8	1.0	1.0	1.0
Percent Prescribed	–	–	–	–	–
Quantity Issued (lb)	–	–	–	–	–
3 or more	0.1	6.2	0.1	< 0.1	< 0.1
At least 2 but less than 3	1.9	65.8	1.2	0.4	0.2
At least 1 but less than 2	86.6	26.8	71.6	83.7	82.5
Less than 1	< 0.1	< 0.1	0.2	0.3	0.1
None	11.4	1.2	26.8	15.6	17.2
N	722,801	240,339	354,787	531,447	4,163,403

Source: PC2016 participant characteristics data; analysis included all States except Connecticut, Iowa, and Oregon; the District of Columbia; and Puerto Rico.

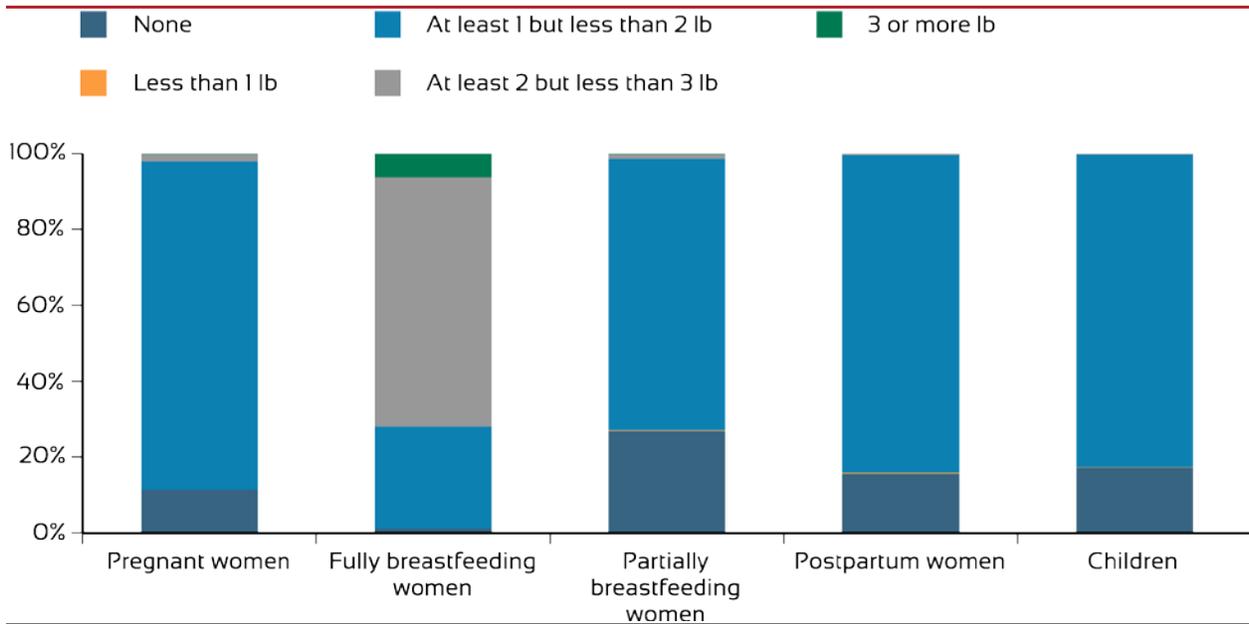
Notes:

^a Fully breastfeeding women category included women fully breastfeeding one infant up to 1 year postpartum and women partially (mostly) breastfeeding multiples, with an MMA of 1 pound. Women fully breastfeeding multiples were also included in this category with an MMA of 1.5 pounds. These women were allowed to substitute up to an additional 2 pounds of cheese for 6 quarts of milk.

^b Partially breastfeeding women category included partially (minimally) breastfeeding women up to 6 months postpartum and partially (mostly) breastfeeding women up to 1 year postpartum; cheese is not standard in these food packages, but 1 pound of cheese may be substituted for 3 quarts of milk. Also included in this category are partially (minimally) breastfeeding women more than 6 months postpartum, with a maximum substitution allowance of zero.

^c Pregnant women category included women pregnant with one fetus who are allowed to substitute 1 pound of cheese for 3 quarts of milk and women pregnant with multiples with an MMA of 1 pound of cheese who may substitute up to 2 pounds of cheese for 6 quarts of milk.

Figure 2.5. Pounds of Cheese Prescribed by Participant Category



Notes:
 lb = pounds
 Values of less than 1 percent are not shown.

Few participants were prescribed any tofu—0.3 to 2.1 percent of women and almost no children (see table 2.5). Under WIC regulations, tofu can be substituted for milk based on an individual nutritional assessment without medical documentation at the rate of 1 pound of tofu for 1 quart of milk up to the maximum substitution allowance shown in table 2.5. If allowed by State agency policy, women and children may substitute additional tofu up to the maximum allowance of fluid milk for reasons including lactose intolerance (see table 2.3 for fluid milk MMA). The mean amount prescribed for those who were prescribed any tofu ranged from 1.3 to 1.9 pounds for pregnant, partially breastfeeding, and postpartum women and 3.0 pounds for fully breastfeeding women. The few children who were prescribed tofu were prescribed nearly 2.5 pounds.

Table 2.5. Quantity of Tofu Prescribed by Participant Category

Tofu Prescriptions	Participant Category				
	Pregnant Women	Fully Breastfeeding Women ^a	Partially Breastfeeding Women ^b	Postpartum Women	Children
Quantity (lb)	–	–	–	–	–
MMA	N/A	N/A	N/A	N/A	N/A
Maximum substitution allowance ^c	4–6 ^d	6	0–6 ^b	4	0
Mean amount prescribed	< 0.1	< 0.1	< 0.1	< 0.1	< 0.1
Mean amount prescribed to those prescribed any	1.3	3.0	1.9	1.6	2.4
Percent Prescribed	–	–	–	–	–
Quantity Issued (lb)	–	–	–	–	–
4 or more	0.1	0.3	0.1	< 0.1	< 0.1
Less than 4	2.0	0.5	0.4	0.3	0.1
None	97.9	99.2	99.6	99.7	99.9
N	722,801	240,339	354,787	531,447	4,163,403

Source: PC2016 participant characteristics data; analysis included all States except Connecticut, Iowa, and Oregon; the District of Columbia; and Puerto Rico.

Notes:

^a Fully breastfeeding women category included women fully breastfeeding (single and multiple infants) up to 1 year postpartum and partially (mostly) breastfeeding multiples.

^b Partially breastfeeding women category included partially (minimally) breastfeeding women up to 6 months postpartum with a maximum substitution allowance of 6 pounds, partially (mostly) breastfeeding women up to 1 year postpartum with a maximum substitution allowance of 6 pounds, and partially (minimally) breastfeeding women more than 6 months postpartum with a maximum substitution allowance of zero.

^c Tofu can be substituted for milk based on individual nutritional assessment without medical documentation at the rate of 1 pound of tofu for 1 quart of milk up to the maximum substitution allowance shown. If allowed by State agency policy, women and children may substitute additional tofu up to the maximum allowance of fluid milk (see table 2.3 for fluid milk MMA).

^d Pregnant women category included women pregnant with one fetus with a maximum substitution allowance of 4 pounds and women pregnant with multiples with a maximum substitution allowance of 6 pounds.

Under WIC regulations, participants may substitute yogurt for fluid milk at the rate of 1 quart of yogurt for 1 quart of milk. Nearly half of participant prescriptions included yogurt. The mean amount issued to participants receiving yogurt was slightly less than 1 quart for women and 1 quart for children. See table 2.6.

Table 2.6. Quantity of Yogurt Prescribed by Participant Category

Yogurt Prescriptions	Participant Category				
	Pregnant Women	Fully Breastfeeding Women ^a	Partially Breastfeeding Women ^b	Postpartum Women	Children
Quantity (qt)	–	–	–	–	–
MMA	N/A	N/A	N/A	N/A	N/A
Mean Substitution Allowance ^c	1	1	1	1	1
Mean amount issued	0.5	0.5	0.4	0.4	0.5
Mean amount issued to those receiving any	0.9	0.9	0.8	0.9	1.0
Percent Prescribed	–	–	–	–	–
Quantity Issued (qt)	–	–	–	–	–
1 or more	43.7	50.2	32.7	37.4	40.1
Less than 1	11.4	8.1	15.2	8.6	10.2
None	44.8	41.6	52.1	54.0	49.7
N	722,801	240,339	354,787	531,447	4,163,403

Source: PC2016 participant characteristics data; analysis included all States except Connecticut, Iowa, and Oregon; the District of Columbia; and Puerto Rico.

Notes:

^a Fully breastfeeding women category included women fully breastfeeding (single and multiple infants) up to 1 year postpartum and partially (mostly) breastfeeding multiples.

^b Partially breastfeeding women category included partially (minimally) breastfeeding women up to 6 months postpartum, partially (mostly) breastfeeding women up to 1 year postpartum, and partially (minimally) breastfeeding women more than 6 months postpartum.

^c Yogurt can be substituted for milk at the rate of 1 quart of yogurt for 1 quart of milk up to a maximum substitution allowance of 1 quart for all participants, with the exception of partially (minimally) breastfeeding women more than 6 months postpartum with an MMA of zero.

C. Juice

Under WIC regulations, the MMA for juice is 96 ounces for nonbreastfeeding and partially (minimally) breastfeeding postpartum women; 128 ounces for children; and 144 ounces for pregnant, partially (mostly) breastfeeding, and fully breastfeeding women (see table 2.7). Women fully breastfeeding multiple infants may receive the equivalent of 1.5 times the MMA of foods prescribed in Food Package VII, or 216 ounces of juice. Table 2.7 and figure 2.6 show that 68 to 78 percent of participants in each category (except partially breastfeeding) were prescribed at least the MMA of juice for their respective categories. Only a handful of participants were prescribed no juice. Approximately a quarter to a third of participants in each of these categories were prescribed some juice but not the full MMA.

The category of partially breastfeeding women represents three subgroups with different MMAs: partially (mostly) breastfeeding women (144 ounces); partially (minimally) breastfeeding women up to 6 months postpartum (96 ounces); and minimally breastfeeding women more than 6 months postpartum (no juice; these participants are not authorized to receive a food package). This composition is reflected in the distribution of the prescription amounts: 30 percent were prescribed 144 ounces or more, 48 percent were prescribed at least 96 ounces but less than 144; 4 percent were prescribed less than 96 ounces; and 17 percent were prescribed none (see figure 2.6). As explained in chapter 1, around 14 percent of partially breastfeeding women were considered partially (minimally) breastfeeding and were not prescribed a food package after 6 months postpartum.

Table 2.7. Quantity of Juice Prescribed by Participant Category

Juice Prescriptions	Participant Category				
	Pregnant Women	Fully Breastfeeding Women ^a	Partially Breastfeeding Women ^b	Postpartum Women	Children
Quantity (oz)^c	–	–	–	–	–
MMA	144	144–216 ^a	0–144 ^a	96	128
Mean amount prescribed	141.5	140.9	97.6	92.0	123.3
Mean amount prescribed to those prescribed any	141.8	141.7	118.3	92.2	124.6
Percent Prescribed	–	–	–	–	–
Quantity Issued (oz)	–	–	–	–	–
144 or more	75.5	68.4	30.6	1.8	1.9
At least 128 but less than 144	21.7	28.6	9.6	0.3	71.5
At least 96 but less than 128	1.4	0.8	38.0	76.0	23.1
Less than 96	1.2	1.6	4.4	21.6	2.4
None	0.2	0.6	17.4	0.2	1.0
N	722,801	240,339	354,787	531,447	4,163,403

Source: PC2016 participant characteristics data; analysis included all States except Connecticut, Iowa, and Oregon; the District of Columbia; and Puerto Rico.

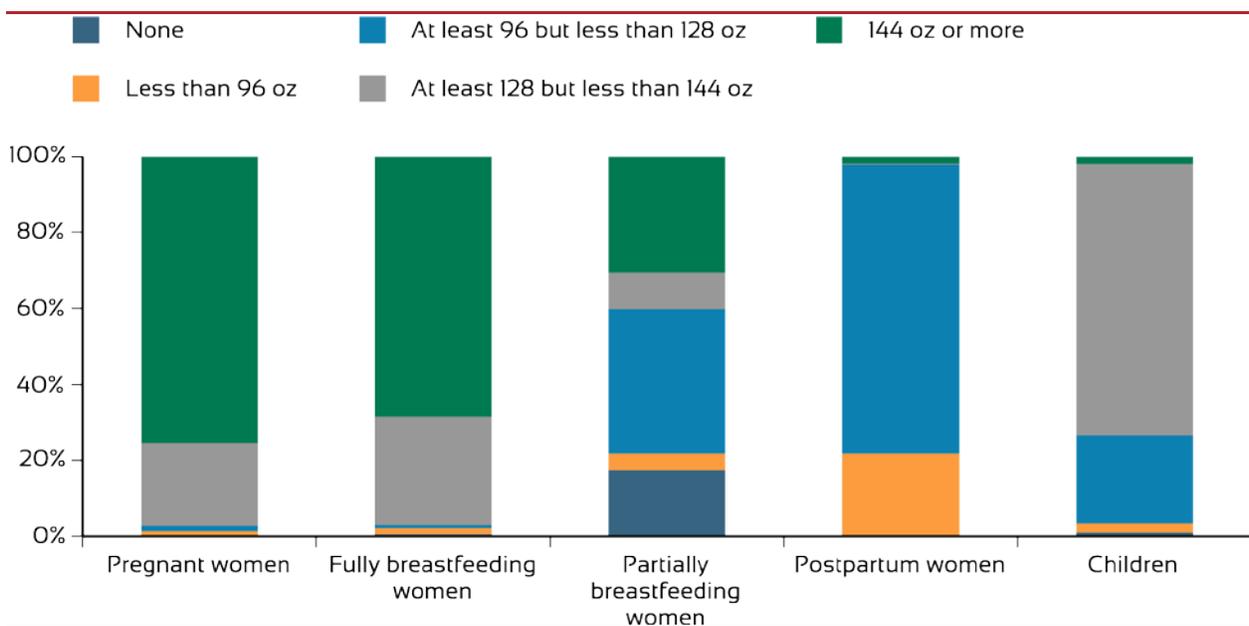
Notes:

^a Fully breastfeeding women category included women fully breastfeeding one infant up to 1 year postpartum and partially (mostly) breastfeeding multiples with an MMA of 144 ounces. Women fully breastfeeding multiples were also included in this category with an MMA of 216 ounces.

^b Partially breastfeeding women category included partially (minimally) breastfeeding women up to 6 months postpartum with an MMA of 96 ounces, partially (mostly) breastfeeding women up to 1 year postpartum with an MMA of 144 ounces, and partially (minimally) breastfeeding women more than 6 months postpartum with an MMA of zero.

^c Single-strength juice; concentrated juice converted to single-strength equivalent

Figure 2.6. Ounces of Juice Prescribed by Participant Category



Notes:

oz = ounces

Values of less than 1 percent are not shown.

D. Cereal

Under WIC regulations, the MMA for cereal is 24 ounces per month for infants aged 6 months and older and 36 ounces per month for all WIC categories of women and children. Nearly all participants who were prescribed cereal were prescribed at least that amount (see table 2.8). As was the case for other foods, no cereal was prescribed for approximately 18 percent of partially breastfeeding women. As explained in chapter 1, approximately 14 percent of partially breastfeeding women were considered partially (minimally) breastfeeding and were not prescribed any food, including cereal.

Table 2.8. Quantity of Cereal Prescribed by Participant Category

Cereal Prescriptions	Participant Category					
	Pregnant Women	Fully Breastfeeding Women ^a	Partially Breastfeeding Women ^b	Postpartum Women	Infants 6+ Months	Children
Quantity (oz)^c	–	–	–	–	–	–
MMA	36	36–54 ^a	0–36 ^b	36	24	36
Mean amount prescribed	35.7	35.2	29.8	35.8	23.5	35.5
Mean amount prescribed to those prescribed any	35.9	36.1	36.1	35.9	24.2	35.9
Percent Prescribed	–	–	–	–	–	–
Quantity Issued (oz)	–	–	–	–	–	–
36 or more	98.5	96.9	82.0	98.8	3.3	98.0
At least 24 but less than 36	0.1	0.1	< 0.1	0.1	90.9	0.4
Less than 24	0.9	0.6	0.5	0.9	3.2	0.5
None	0.6	2.4	17.5	0.3	2.5	1.1
N	722,801	240,339	354,787	531,447	906,468	4,163,403

Source: PC2016 participant characteristics data; analysis included all States except Connecticut, Iowa, and Oregon; the District of Columbia; and Puerto Rico.

Notes:

^a *Fully breastfeeding women* category included women fully breastfeeding one infant up to 1 year postpartum and partially (mostly) breastfeeding multiples with an MMA of 36 ounces. Women fully breastfeeding multiples were also included in this category with an MMA of 54 ounces.

^b *Partially breastfeeding women* category included partially (minimally) breastfeeding women up to 6 months postpartum with an MMA of 36 ounces, partially (mostly) breastfeeding women up to 1 year postpartum with an MMA of 36 ounces, and partially (minimally) breastfeeding women more than 6 months postpartum with an MMA of zero.

^c Infants received infant cereal; all others received adult cereal.

E. Eggs

Under WIC regulations, the MMA for eggs is 2 dozen per month for fully breastfeeding women and other recipients of Food Package VII and 1 dozen eggs per month for other women and for children. Virtually all participants in all categories were prescribed at least the MMA (see table 2.9) except for partially breastfeeding women, 17 percent of whom were prescribed no eggs. As explained in chapter 1, around 14 percent of partially breastfeeding women were considered partially (minimally) breastfeeding and were not prescribed any food, including eggs.

Table 2.9. Quantity of Eggs Prescribed by Participant Category

Egg Prescriptions	Participant Category				
	Pregnant Women	Fully Breastfeeding Women ^a	Partially Breastfeeding Women ^b	Postpartum Women	Children
Quantity (doz)^c	–	–	–	–	–
MMA	1–2 ^d	2–3 ^a	0–1 ^b	1	1
Mean amount prescribed	1.0	2.0	0.8	1.0	1.0
Mean amount prescribed to those prescribed any	1.0	2.0	1.0	1.0	1.0
Percent Prescribed	–	–	–	–	–
Quantity Issued (doz)	–	–	–	–	–
2 or more	2.6	96.7	1.9	0.6	0.1
At least 1 but less than 2	97.1	3.0	80.7	99.1	97.7
Less than 1	0.0	0.0	0.0	0.0	0.0
None	0.3	0.3	17.4	0.3	2.2
N	722,801	240,339	354,787	531,447	4,163,403

Source: PC2016 participant characteristics data; analysis included all States except Connecticut, Iowa, and Oregon; the District of Columbia; and Puerto Rico.

Notes:

^a Fully breastfeeding women category included women fully breastfeeding one infant up to 1 year postpartum and partially (mostly) breastfeeding multiples with an MMA of two dozen. Women fully breastfeeding multiples were also included in this category with an MMA of three dozen.

^b Partially breastfeeding women category included partially (minimally) breastfeeding women up to 6 months postpartum with an MMA of one dozen, partially (mostly) breastfeeding women up to 1 year postpartum with an MMA of 1 dozen, and partially (minimally) breastfeeding women more than 6 months postpartum with an MMA of zero.

^c Fresh eggs; dried egg mix converted to fresh equivalent

^d Pregnant women category included women pregnant with one fetus with an MMA of 1 dozen and women pregnant with multiples with an MMA of 2 dozen.

F. Legumes

Women's and children's food packages provide legumes in the form of dry beans, peanut butter, and/or canned beans. Under WIC regulations, the MMA for pregnant women, fully breastfeeding women, and partially (mostly) breastfeeding women up to 6 months postpartum is 1 pound of dry beans and 18 ounces of peanut butter. Canned beans may be substituted for dry beans at the rate of 64 ounces of canned beans for 1 pound of dry beans. WIC regulations allow participants in these categories to choose any combination of two of these three items. Children and nonbreastfeeding and partially (minimally) breastfeeding women up to 6 months postpartum can receive 1 pound of dry beans or 18 ounces of peanut butter. These participants may also substitute canned beans for dry beans at the same rate as above. As stated earlier, partially (minimally) breastfeeding women 6 or more months postpartum are not eligible to receive a food package.

The mean amount of legumes prescribed for pregnant and fully breastfeeding women was 33 ounces, and 95 percent of those women received the MMA. Children were prescribed an average of 17 ounces of legumes, and postpartum (nonbreastfeeding women) were prescribed an average of 18 ounces of legumes; 98 percent of participants in these categories were prescribed the MMA. Among partially breastfeeding women with food packages, approximately equal numbers were prescribed at least the higher and lower MMAs (see table 2.10).

Data limitations did not allow for an analysis of the types and combinations of legumes participants were prescribed. The majority of participant packages did not specify the type of legume but instead allowed, for example: dry beans or peanut butter; dry or canned beans; or dry beans, canned beans, or peanut butter. The study team was able to discern the legume types that were allowed and the types that were prescribed. A legume type is *allowed* in a food package when it is an option in the food package. For example, a prescription that is described as providing 16 ounces of dry beans or 18 ounces of peanut butter would be counted in both the type allowed dry beans category and the type allowable peanut butter category. A legume type is *prescribed* when the food package description specifies the type of legume in the prescription. For example, a food package with dry beans *and* peanut butter would be counted under each of those types prescribed, whereas dry beans *or* peanut butter would be counted under not specified.

State agencies typically offer a choice between the different forms of legumes, treating as equivalent 16 ounces of dry beans, 18 ounces of peanut butter, and 64 ounces of canned beans. Participants entitled to 32–36 ounces of legumes typically were able to choose any combination of foods (e.g., two 18-ounce jars of peanut butter, or 1 pound of beans and one 18-ounce jar of peanut butter). Peanut butter was prescribed in the most packages (17 to 48 percent), followed by dry beans (8 to 13 percent) and canned beans (7 to 14 percent) for all participant categories. Many food packages allowed more than one type of legume (i.e., peanut butter or dry beans): 55 to 70 percent of packages did not specify the type of legume (see figure 2.7).

Table 2.10. Quantity of Legumes Prescribed by Participant Category

Legume Prescriptions	Participant Category				
	Pregnant Women	Fully Breastfeeding Women ^a	Partially Breastfeeding Women ^b	Postpartum Women	Children
Quantity (oz)	–	–	–	–	–
MMA	36/32	36/32–54/48 ^a	0–36/32 ^b	18/16	18/16
Mean amount prescribed	33.3	33.1	20.8	17.5	16.9
Mean amount prescribed to those prescribed any	33.3	33.4	25.2	17.6	17.1
Percent Prescribed	–	–	–	–	–
Quantity Issued (oz)	–	–	–	–	–
36/32 or more	95.8	94.7	39.8	3.4	1.3
At least 18/16 but less than 36/32	3.9	4.4	42.1	95.1	96.6
Less than 18/16	0.1	0.1	0.5	0.9	1.0
None	0.2	0.8	17.5	0.6	1.1
Type Allowable^c	–	–	–	–	–
Dry beans	76.9	76.5	75.5	70.6	76.6
Peanut butter	64.4	61.4	65.6	78.4	69.8
Canned beans	70.4	72.1	67.1	60.9	63.7
Type Prescribed^d	–	–	–	–	–
Dry beans	12.6	12.2	10.0	7.7	10.9
Peanut butter	48.4	47.1	26.2	23.2	17.0
Canned beans	12.8	14.0	7.7	8.3	7.3
Not specified	70.4	68.3	55.0	62.8	65.0
N	722,801	240,339	354,787	531,447	4,163,403

Source: PC2016 participant characteristics data; analysis included all States except Connecticut, Iowa, and Oregon; the District of Columbia; and Puerto Rico.

Notes:

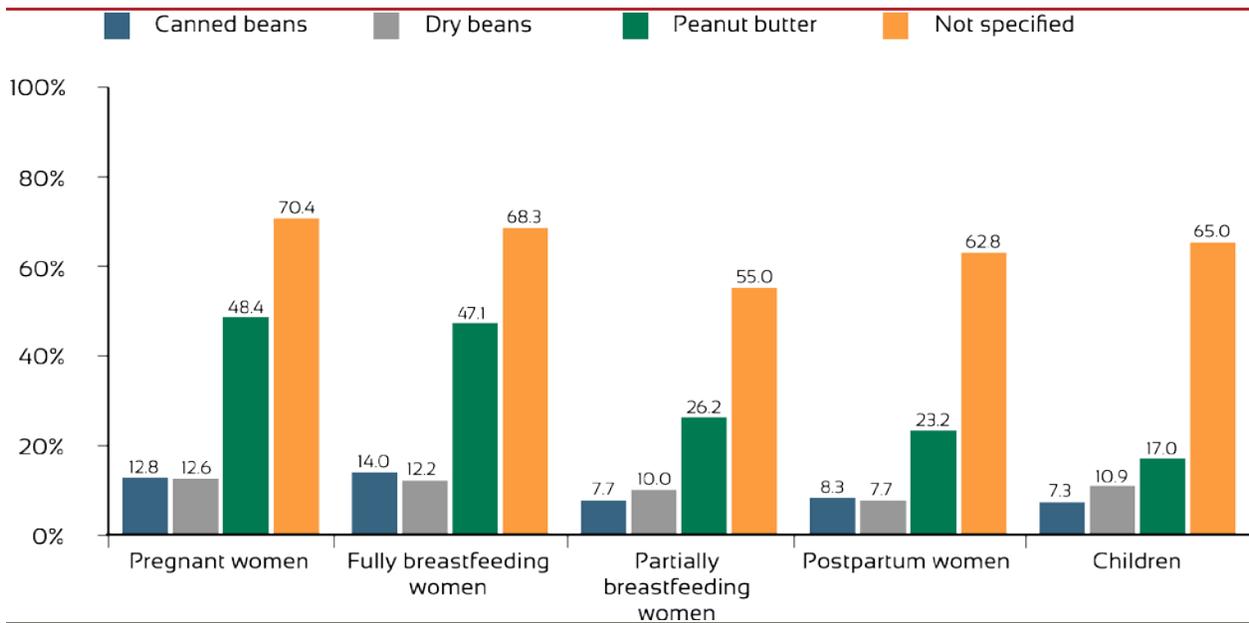
^a Fully breastfeeding women category included women fully breastfeeding one infant up to 1 year postpartum and partially (mostly) breastfeeding multiples with an MMA of 32 ounces dry beans or 36 ounces peanut butter. Women fully breastfeeding multiples were also included in this category with an MMA of 48 ounces dry beans or 54 ounces peanut butter.

^b Partially breastfeeding women category included partially (minimally) breastfeeding women up to 6 months postpartum with an MMA of 16 ounces of beans or 18 ounces of peanut butter, partially (mostly) breastfeeding women up to 1 year postpartum with an MMA of 32 ounces beans or 36 ounces of peanut butter, and partially (minimally) breastfeeding women more than 6 months postpartum with an MMA of zero.

^c Food package provides peanut butter, beans, canned beans, or a combination of these types. Responses were not mutually exclusive, so percentages may add to more than 100 percent. Type allowable percentages include food packages where that type was included in the prescription. For example, a prescription that provided 18 ounces of peanut butter or 16 ounces of dry beans would be counted in both the type allowed dry beans category and the type allowed peanut butter category. Type prescribed counts include food packages with descriptions that specified the legume type in the prescription. For example, a food package with dry beans and peanut butter would be counted under each of those types prescribed, whereas dry beans or peanut butter would be counted under not specified.

Canned beans may be substituted for dry beans at the rate of 64 ounces of canned beans for 16 ounces of dry beans.

Figure 2.7. Types of Legumes Prescribed by Participant Category



G. Canned Fish

Canned fish is prescribed for recipients of Food Package VII, which is for fully breastfeeding women and women who are partially breastfeeding multiple children or pregnant with multiples. WIC regulations allow State agencies to prescribe light tuna, salmon, sardines, and mackerel. Virtually all fully breastfeeding women were prescribed the MMA of 30 ounces (see table 2.11).

Light tuna and salmon were both permitted in nearly all prescriptions (96.6 percent and 94.7 percent, respectively). Sardines were allowed in just under half (46.3 percent) and mackerel in 29.1 percent (see figure 2.8).

Table 2.11. Quantity of Canned Fish Prescribed to Fully Breastfeeding Women

Canned Fish Prescriptions	Fully Breastfeeding Women ^a
Quantity (oz)	–
MMA	30
Mean amount prescribed	29.2
Mean amount prescribed to those prescribed any	30.0
Percent Prescribed	–
Quantity Issued (oz)	–
30 or more	96.5
Less than 30	0.8
None	2.7
Type Allowable^b	–
Light tuna	96.6
Salmon	94.7
Sardines	46.3
Mackerel	29.1
N	240,339

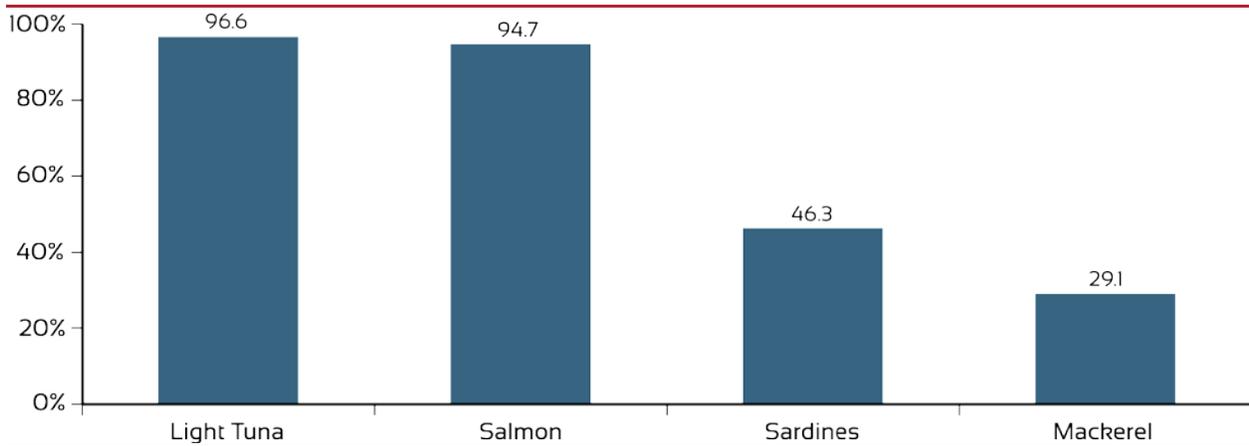
Source: PC2016 participant characteristics data; analysis included all States except Connecticut, Iowa, and Oregon; the District of Columbia; and Puerto Rico.

Notes:

^a Fully breastfeeding women category included women fully breastfeeding up to 1 year postpartum and women partially (mostly) breastfeeding multiples.

^b Responses were not mutually exclusive, so percentages may add to more than 100 percent.

Figure 2.8. Types of Canned Fish Allowed in WIC Prescriptions



H. Whole-Grain Alternatives

Under WIC regulations, children are entitled to 2 pounds of whole-grain alternatives, and women who are pregnant, fully breastfeeding, breastfeeding multiples, or partially (mostly) breastfeeding (Food Packages V and VII) are entitled to 1 pound. Nonbreastfeeding postpartum women do not receive any whole-grain alternatives.

Except for partially breastfeeding women, more than 99 percent of participants in each certification category were prescribed at least the MMA (see table 2.12). Whereas partially breastfeeding women who are mostly breastfeeding are prescribed a food package providing whole grains, partially (minimally) breastfeeding women (less than 6 months postpartum) are not eligible for a food package.

Whole-wheat or other whole-grain bread, brown rice, and soft-corn or whole-wheat tortillas were allowed in more than 95 percent of prescriptions, whole-wheat pasta in 71 to 77 percent, oatmeal in nearly half, and bulgur and whole-grain barley in 19 to 29 percent of prescriptions (see figure 2.9).

Table 2.12. Quantity of Whole-Grain Products Prescribed by Participant Category

Whole-Grain Prescriptions	Participant Category			
	Pregnant Women	Fully Breastfeeding Women ^a	Partially Breastfeeding Women ^b	Children
Quantity (lb)	–	–	–	–
MMA	1	1–1.5 ^a	0–1 ^b	2
Mean amount issued	1.0	1.0	0.4	2.0
Mean amount issued to those receiving any	1.0	1.0	1.0	2.0
Percent Prescribed	–	–	–	–
Quantity Issued (lb)	–	–	–	–
2 or more	0.1	0.5	0.2	98.0
At least 1 but less than 2	99.1	98.9	40.5	1.3
Less than 1	< 0.1	< 0.1	< 0.1	< 0.1
None	0.8	0.6	59.3	0.7
Type Allowable^c	–	–	–	–
Whole-wheat/whole-grain bread	97.2	97.9	97.2	97.8
Soft-corn or whole-wheat tortillas	95.6	95.7	94.6	95.8
Brown rice	94.6	94.7	93.5	94.7
Oatmeal	47.6	50.7	47.6	48.5
Bulgur	22.4	29.1	23.2	23.6
Whole-grain barley	19.0	25.0	20.8	20.6
Whole-wheat pasta	71.0	76.5	75.7	73.2
N	722,801	240,339	354,787	4,163,403

Source: PC2016 participant characteristics data; analysis included all States except Connecticut, Iowa, and Oregon; the District of Columbia; and Puerto Rico.

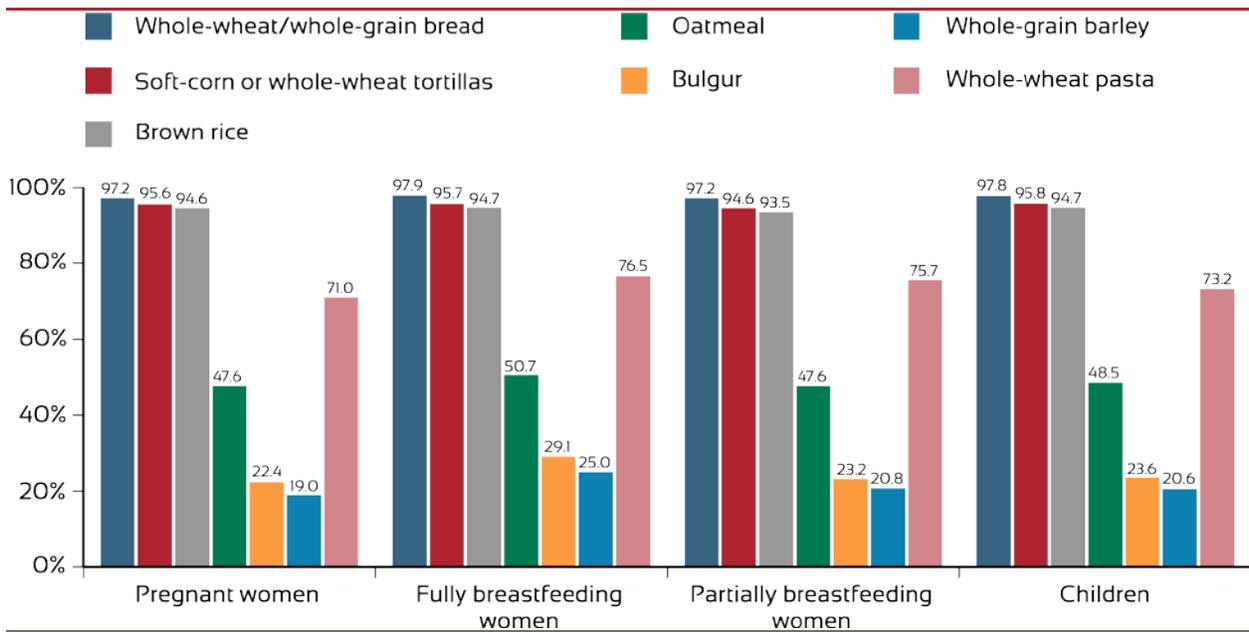
Notes:

^a Fully breastfeeding women category included women fully breastfeeding one infant up to 1 year postpartum and women partially (mostly) breastfeeding multiples with an MMA of 1 pound. Women fully breastfeeding multiples were also included in this category with an MMA of 1.5 pounds.

^b Partially breastfeeding women category includes partially (minimally) breastfeeding women up to 6 months postpartum with an MMA of 1 pound, partially (mostly) breastfeeding women up to 1 year postpartum with an MMA of 1 pound, and partially (minimally) breastfeeding women more than 6 months postpartum with an MMA of zero.

^c Responses were not mutually exclusive, so percentages may add to more than 100 percent.

Figure 2.9. Types of Whole-Grain Alternatives Allowable by Participant Category



I. Infant Foods

Under WIC regulations, infants aged 6 months and older are issued an MMA of 256 ounces of infant fruits and vegetables and 77.5 ounces of infant meat if fully breastfed and 128 ounces of infant fruits and vegetables if not fully breastfed. State agencies have the option to authorize bananas as a substitute for a portion of the jarred infant fruits and vegetables. The *WIC Food Packages Policy Options II Final Report* (Thorn et al., 2015) found that 10 State agencies had authorized this substitution as of fiscal year 2015. Additionally, 10 States included in the 2016 food package analysis also reported codes allowing for this substitution.

Of all infants, 9.2 percent were prescribed at least 256 ounces of fruits and vegetables, and an additional 75 percent were prescribed at least 128 ounces but less than 256 ounces (see table 2.13). The mean amount prescribed across all infants was 127.6 ounces. Similarly, 9.4 percent of infants were prescribed at least 77.5 ounces of meat. Virtually all the remaining infants were prescribed no meat. These infants are presumed to be infants who were not fully breastfed and therefore not authorized to receive infant meat.

Table 2.13. Quantity of Infant Foods Prescribed for Infants Aged 6 Months and Older

Infant Food Prescriptions	Infants 6+ Months
Fruits and Vegetables	
Quantity (oz)	–
MMA	128–256 ^a
Mean amount prescribed	127.6
Mean amount prescribed to those prescribed any	134.9
Percent Prescribed	–
Quantity Issued (oz)	–
256 or more	9.2
At least 128 but less than 256	75.3
Less than 128	10.1
None	5.5
N	906,468
Meat	
Quantity (oz)	–
MMA	0–77.5 ^b
Mean amount prescribed	7.8
Mean amount prescribed to those prescribed any	75.7
Percent Prescribed	–
Quantity Issued (oz)	–
77.5 or more	9.4
Less than 77.5	0.9
None	89.7
N	906,468

Source: PC2016 participant characteristics data; analysis included all States except Connecticut, Iowa, and Oregon; the District of Columbia; and Puerto Rico.

Notes:

^a The MMA for infant fruits and vegetables is 128 ounces for fully formula-fed and partially breastfed infants aged 6 months and older and 256 ounces for fully breastfed infants aged 6 months and older.

^b The MMA for infant meat is 77.5 ounces of meat for fully breastfed infants aged 6 months and older and zero ounces for fully formula-fed and partially breastfed infants aged 6 months and older.

J. Fruit and Vegetable Cash Value Vouchers

WIC food packages include cash value vouchers for purchasing fruits and vegetables in the amount of \$8 for children and \$11 for women. State agencies must authorize both fresh fruits and vegetables but may choose to authorize processed (i.e., canned, frozen, and/or dried) fruits and vegetables. WIC regulations also allow, at State agency option, infants aged 9 through 11 months to receive a cash value voucher in place of a portion of the infant food fruits and vegetables. Partially (mostly) breastfed and fully formula-fed infants may receive a \$4 voucher and 64 ounces of infant food fruits and vegetables; fully breastfeeding infants may receive an \$8 voucher and 128 ounces of infant food fruit and vegetables. Between 93 and 95 percent of pregnant women, fully breastfeeding women, and postpartum women, and 98.5 percent of children received at least the MMA (see table 2.14). The majority of infants (92 percent) did not receive cash vouchers; about equal proportions received at least \$4 but less than \$8 and at least \$8 but less than \$11. About 80 percent of partially breastfeeding women received the MMA,

and 18 percent received no voucher. As shown earlier, around 14 percent of partially breastfeeding women were considered partially (minimally) breastfeeding and were not prescribed a food package.

Most vouchers allowed for canned or frozen produce in addition to fresh fruits and vegetables. Some women's vouchers also allowed for dried products (see figure 2.10).

Table 2.14. Amount of Fruit and Vegetable Voucher Prescribed by Participant Category

Fruit and Vegetable Prescriptions	Participant Category					
	Pregnant Women	Fully Breastfeeding Women ^a	Partially Breastfeeding Women ^a	Postpartum Women	Children	Infants
Amount (\$)^c	–	–	–	–	–	–
MMA	11	11/16.50 ^a	0/11/11 ^b	11	8	4/8 ^c
Mean amount prescribed	11.10	11.01	9.08	10.84	8.24	0.51
Mean amount prescribed to those prescribed any	11.24	11.22	11.08	11.00	8.31	6.39
Percent Prescribed	–	–	–	–	–	–
Quantity Issued (\$)	–	–	–	–	–	–
11 or more	94.7	93.4	79.9	94.6	6.6	0.3 ^d
At least 8 but less than 11	4.1	4.6	2.0	3.9	91.9	3.9
At least 4 but less than 8	< 0.1	< 0.1	< 0.1	< 0.1	0.7	3.8
Less than 4	< 0.1	< 0.1	< 0.1	< 0.1	< 0.1	< 0.1
None	1.2	1.9	18.1	1.4	0.8	92.0
Type Allowable^e	–	–	–	–	–	–
Fresh	100.0	100.0	100.0	100.0	100.0	100.0
Frozen	83.9	85.0	90.6	81.7	84.3	N/A
Canned	61.3	65.2	64.0	59.0	64.2	N/A
Dried	17.0	23.7	12.6	13.6	0.2	N/A
N	722,801	240,339	354,787	531,447	4,163,403	906,468

Source: PC2016 participant characteristics data; analysis included all States except Connecticut, Iowa, and Oregon; the District of Columbia; and Puerto Rico.

Notes:

^a Fully breastfeeding women category included women fully breastfeeding one infant up to 1 year postpartum and partially (mostly) breastfeeding multiples with an MMA of \$11 for fruit and vegetable vouchers. Women fully breastfeeding multiples were also included in this category with an MMA of \$16.50 for fruit and vegetable vouchers.

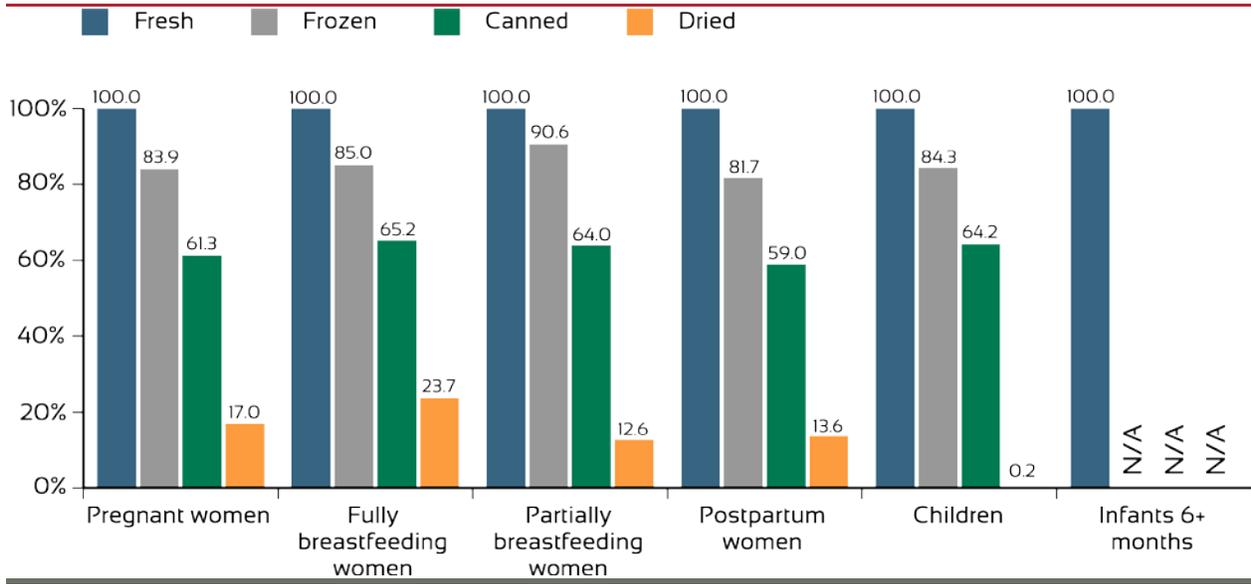
^b Partially breastfeeding women category included partially (minimally) breastfeeding women up to 6 months postpartum with an MMA of \$11, partially (mostly) breastfeeding women up to 1 year postpartum with an MMA of \$11, and partially (minimally) breastfeeding women more than 6 months postpartum with an MMA of \$0.

^c At State agency option, infants 9 – 11 months of age may receive a cash-value voucher to purchase fresh fruits and vegetables as a substitution for a portion of infant food fruits and vegetables. Partially (mostly) breastfed and fully formula fed infants may receive a \$4 cash-value voucher plus 64 ounces of infant food fruits and vegetables; fully breastfeeding infants may receive a \$8 cash-value voucher plus 128 ounces of infant food fruit and vegetables.

^d The voucher amounts reflect what was specified in State agency food package data and documentation. A voucher amount exceeding the MMA may reflect supplementation through a local program.

^e Responses were not mutually exclusive, so percentages may add to more than 100 percent.

Figure 2.10. Types of Fruits and Vegetables Allowable by Participant Category



Chapter 3. Changes in WIC Food Prescriptions Since 2012

The Final Rule revising the WIC food packages was published on March 4, 2014, with all provisions implemented by April 2015. This rule completes implementation of the first comprehensive revisions to the WIC food packages since 1980. The PC2016 data is the first WIC PC data to be collected after the final implementation of all revisions to the food packages.

The revisions are designed to improve the nutrition and health of the nation's low-income pregnant women, new mothers, infants, and young children by providing more healthy choices to meet their needs during critical periods of growth and development. The modifications in the Final Rule reflect the experiences of State agencies in implementing the Interim Rule, while continuing to fulfill the intent of the recommendations of the IOM that serve as the basis for the food package changes. Selected Final Rule revisions include the following:

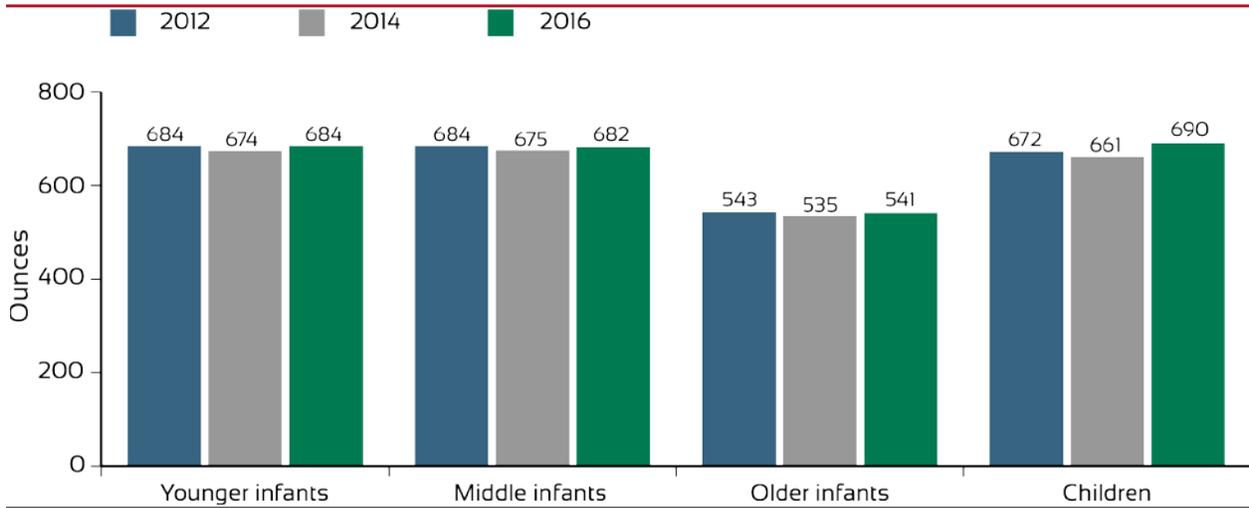
- ▶ Reduced-fat (2-percent) milk is authorized only for participants with certain conditions. Nonfat and low-fat (1-percent) milks are the standard issuance to children \geq 24 months of age and women.
- ▶ State agencies may authorize yogurt as a partial milk substitute for children and women.
- ▶ State agencies may authorize whole-wheat pasta as a substitute for whole-grain bread.
- ▶ Cash value voucher for fruits and vegetables increased from \$6 to \$8 for children.
- ▶ State agencies may authorize dried fruit and vegetables to be purchased with cash value vouchers for children.
- ▶ State agencies may authorize a cash value voucher for fresh fruits and vegetables as a partial substitute for jarred infant fruit and vegetables for infants.

This chapter explains how the above changes were reflected in the prescriptions issued by comparing tabulations from April 2012, April 2014, and April 2016. Other trends in food package prescriptions during this timeframe are also described. The 2012 tabulations are presented in the *WIC Participant and Program Characteristics 2012: Food Package Report* (Burstein et al, 2014). The 2014 tabulations can be found in the *WIC Participant and Program Characteristics 2014: Food Package Report* (Patlan & Mendelson, 2016).

A. Formula

From 2012 to 2014, mean amounts of formula prescribed decreased slightly for all categories: by 2 percent for younger and older infants and children and by 1 percent for middle infants. In 2016, mean amounts of formula increased slightly (0.8 to 1.5 percent) for infants and 3.6 percent for children (see figure 3.1).

Figure 3.1. Mean Ounces of Infant Formula Prescribed for Selected Participant Groups: 2012, 2014, 2016



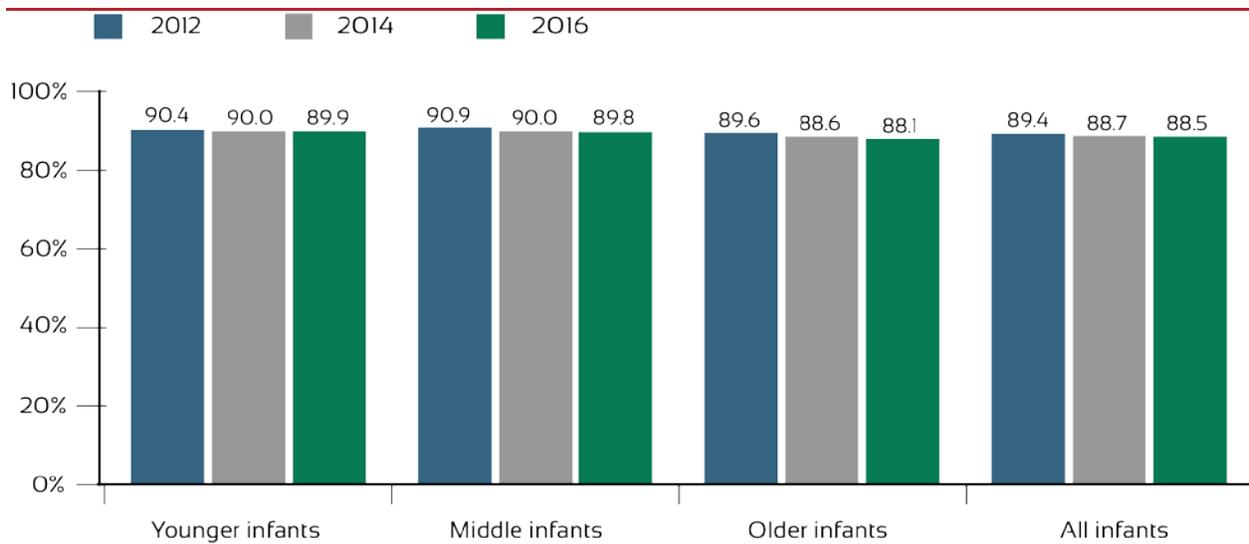
Source: Table II.2, WIC PC 2012: Food Package Report; table II.2, WIC PC 2014: Food Package Report; table 2.2a

Notes:

“Younger infants” were those aged 1 to 3.9 months; “middle infants” were those aged 4 to 5.9 months; and “older infants” were those aged 6 to 11.9 months. The chart includes data for infants who received no formula.

Given the continued focus on promoting breastfeeding, examining the proportion of infants prescribed any formula is also of interest. Between 2012 and 2014, these proportions fell only slightly: by 0.4 percentage points for younger infants and by about 1 percentage point for middle and older infants. Between 2014 and 2016, the proportion of infants prescribed any formula fell less than 0.5 percentage points for all infants (see figure 3.2). As discussed in chapter 1, there were 34 State agencies that did not report a food package for fully breastfed infants, and these participants were excluded from these tabulations.

Figure 3.2. Proportion of Infants Prescribed Any Formula: 2012, 2014, 2016



Source: Table II.2, WIC PC 2012: Food Package Report; table II.2, WIC PC 2014: Food Package Report; table 2.2a

Notes:

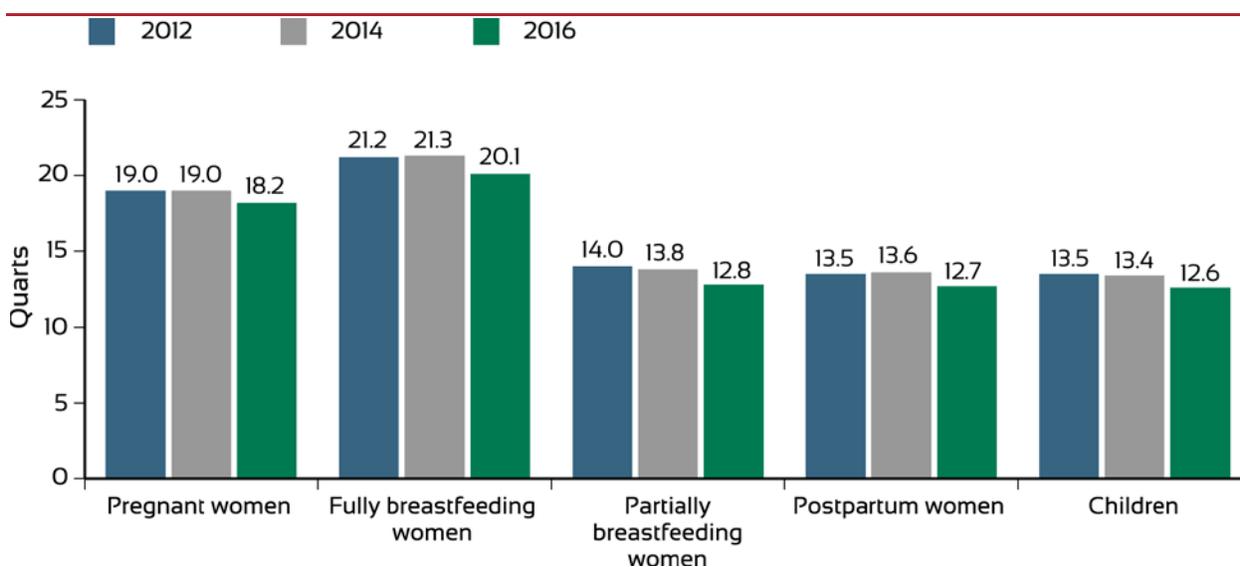
“Younger infants” were those aged 1 to 3.9 months; “middle infants” were those aged 4 to 5.9 months; and “older infants” were those aged 6 to 11.9 months. The chart includes data for infants who received no formula.

B. Milk and Milk Substitutes

The mean quantities of milk prescribed were similar for all categories in 2012 and 2014. The mean quantities of milk prescribed in 2016 were lower by approximately 4 to 5 percent for all participant categories, or approximately 1 quart, compared to 2014 (see figure 3.3).

The decrease in the mean amount of milk prescribed in 2016 may reflect two provisions included in the March 2014 food package revisions. First, yogurt was added as a substitute for milk. Yogurt has been a popular milk substitute, with nearly 50 percent of participants receiving it. Second, requirements for medical documentation for milk substitutions such as tofu or soy-based beverage have been relaxed. Both of these provisions may have contributed to decreasing the amount of milk prescribed.

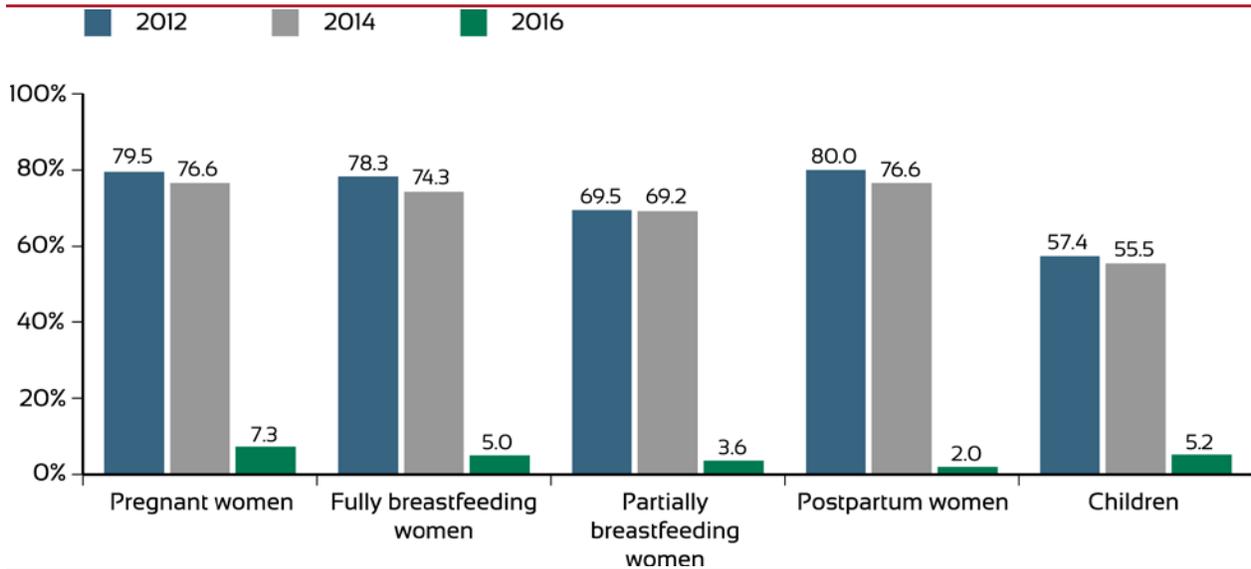
Figure 3.3. Mean Quarts of Milk Prescribed by Participant Category: 2012, 2014, 2016



Source: Table II.3, WIC PC 2012: Food Package Report; table II.3, WIC PC 2014: Food Package Report; table 2.3

A major change under the March 2014 food package revisions was that nonfat and low-fat (1-percent) milks became the standard issuance for children greater than 24 months of age and women. Reduced-fat milk (2 percent) is allowed for children and women with certain medical conditions, as determined by an individual nutritional assessment. As a consequence, the proportion of prescriptions that allowed reduced-fat milk dropped substantially between 2014 and 2016—by between 66 and 75 percentage points for the various categories of women, and by 50 percentage points for children (see figure 3.4).

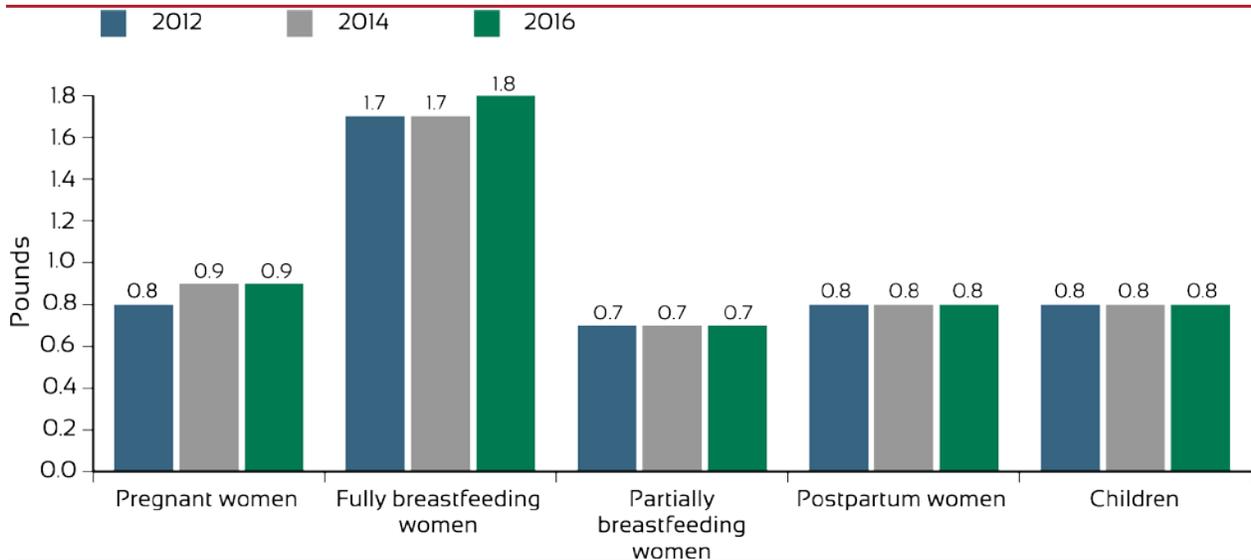
Figure 3.4. Percentage of Participants Allowed Reduced-Fat (2-Percent) Milk by Participant Category: 2012, 2014, 2016



Source: Table II.3, WIC PC 2012: Food Package Report; table II.3, WIC PC 2014: Food Package Report; table 2.3

Figure 3.5 shows the mean pounds of cheese prescribed by participant category. The amount of cheese prescribed has not changed in WIC regulations since 2012, and therefore the mean prescribed amount has remained the same from 2012 to 2014 and 2014 to 2016 for all categories.

Figure 3.5. Mean Pounds of Cheese Prescribed by Participant Category: 2012, 2014, 2016

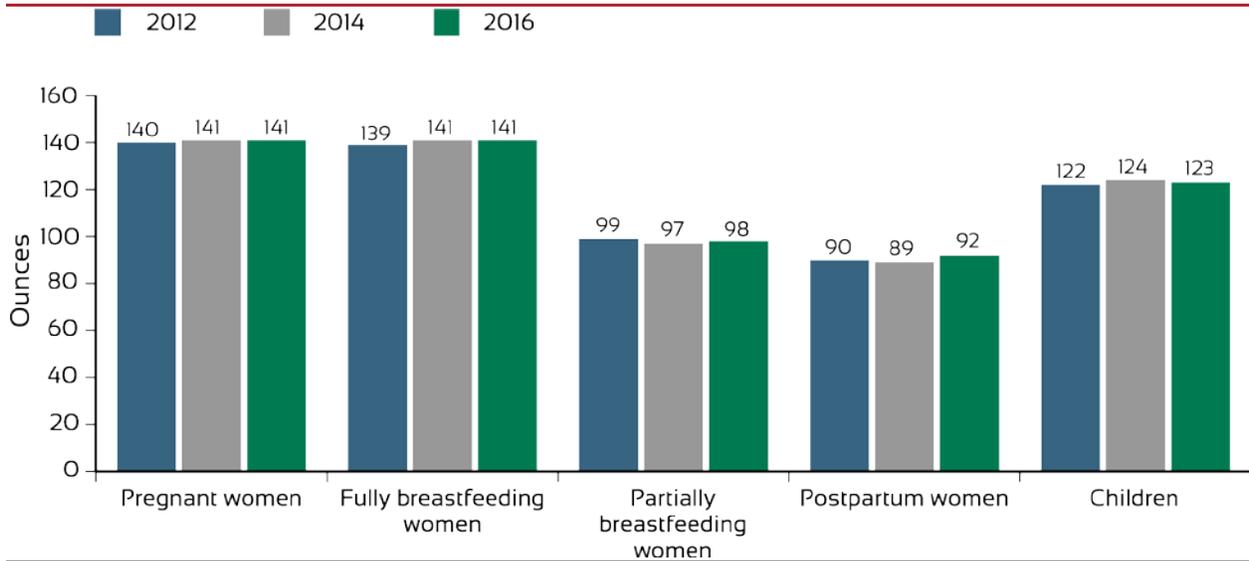


Source: Table II.4, WIC PC 2012: Food Package Report; table II.4, WIC PC 2014: Food Package Report; table 2.4

C. Juice

Because there have been no changes to the prescription of juice laid out in WIC regulations since 2012, the mean amount of juice prescribed has remained steady from 2012 to 2014 and 2014 to 2016 for all categories. See figure 3.6.

Figure 3.6. Mean Ounces of Juice Prescribed by Participant Category: 2012, 2014, 2016

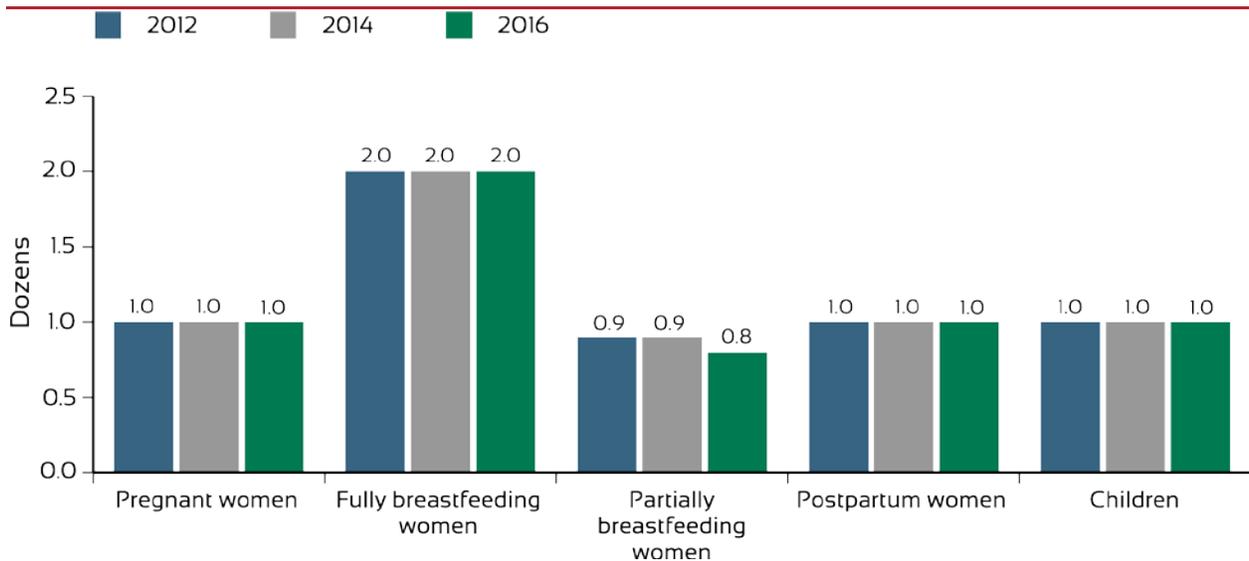


Source: Table II.6, WIC PC 2012: Food Package Report; table II.6, WIC PC 2014: Food Package Report; table 2.7

D. Eggs

The mean amount of eggs prescribed remained the same from 2012 to 2014 and 2014 to 2016 for all participant categories. This result is expected because there has been no significant change in WIC regulations related to the prescription of eggs since 2012 (see figure 3.7).

Figure 3.7. Mean Amount of Eggs Prescribed in Dozens by Participant Category: 2012, 2014, 2016



Source: Table II.8, WIC PC 2012: Food Package Report; table II.8, WIC PC 2014: Food Package Report; table 2.9

E. Legumes

The March 2014 food package revisions did not change the types or amounts of legumes allowed by participant category. However, between 2014 and 2016 there was a decrease in the proportion of packages that prescribed dry beans, most noticeably for pregnant women (22 percentage points), fully breastfeeding women (29 percentage points), and partially breastfeeding women (12 percentage points; see figure 3.8a). Small decreases in packages prescribing peanut butter were also observed (see figure 3.8b). The proportion of packages containing canned beans remained approximately the same since 2012 (see figure 3.8c). These decreases were somewhat offset by an increase in food package prescriptions that did not specify the type of legume prescribed (see figure 3.8d).

Figure 3.8a. Dry Beans Prescribed by Participant Category: 2012, 2014, 2016

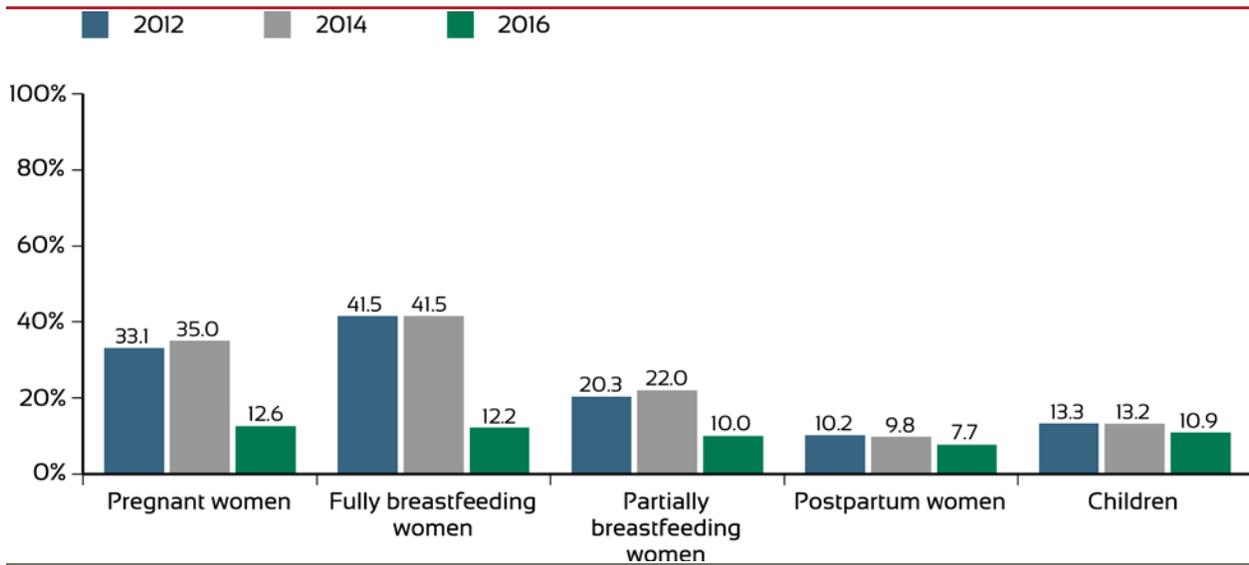


Figure 3.8b. Peanut Butter Prescribed by Participant Category: 2012, 2014, 2016

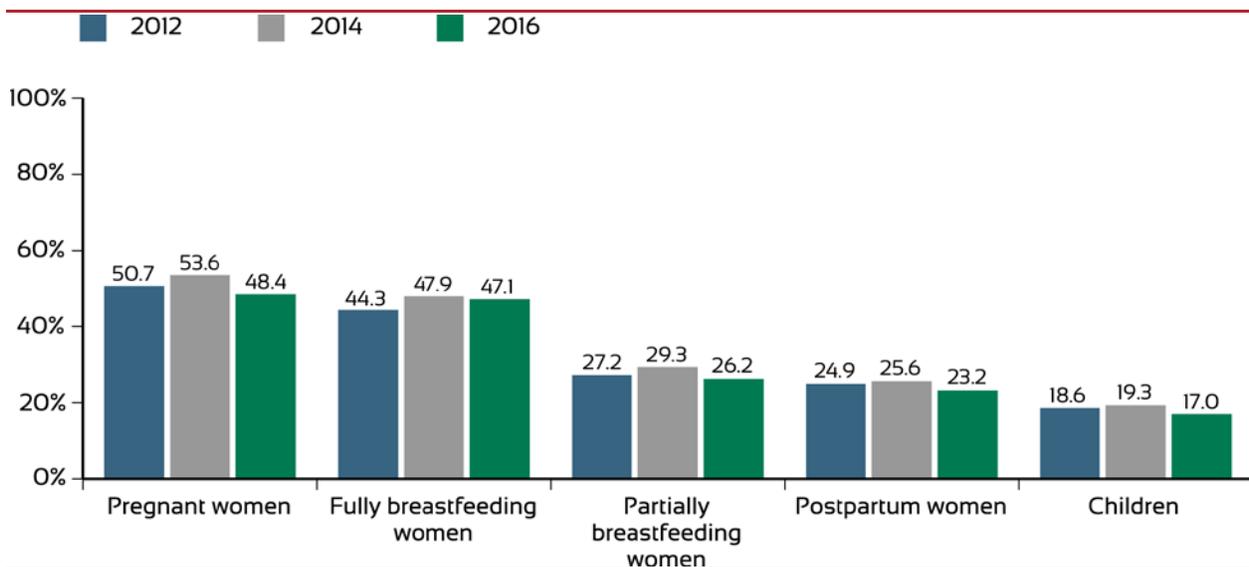


Figure 3.8c. Canned Beans Prescribed by Participant Category: 2012, 2014, 2016

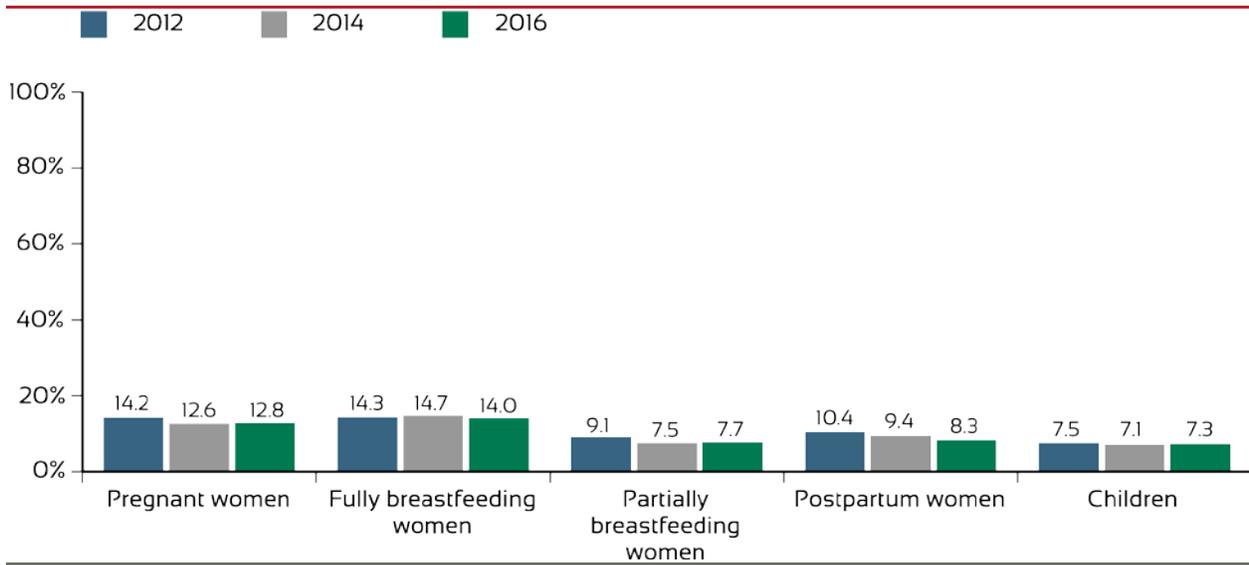
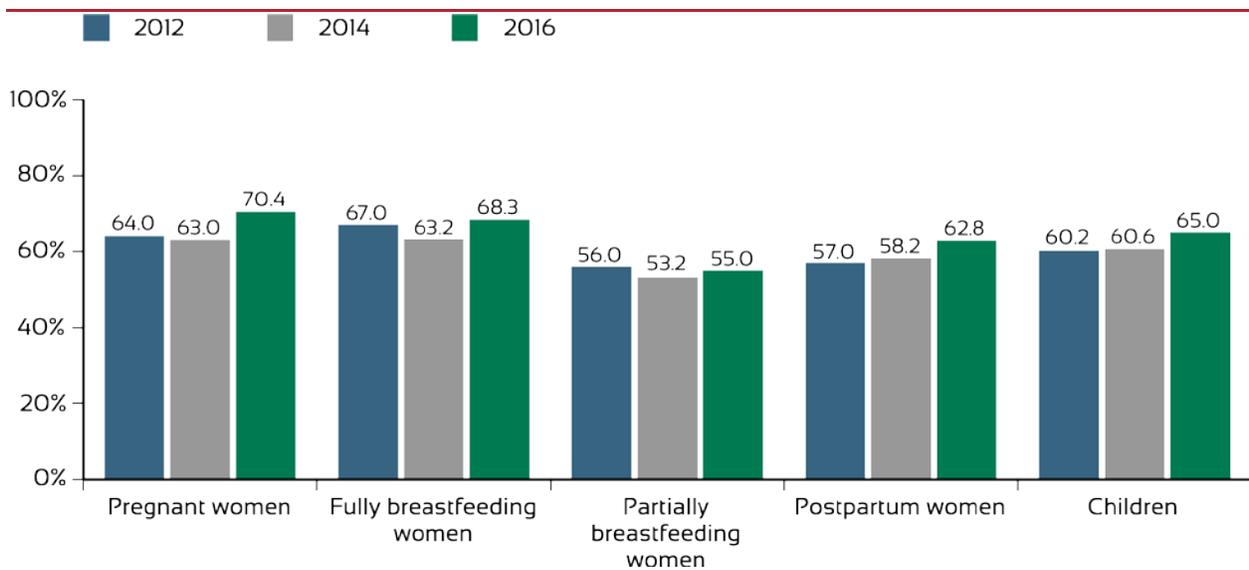


Figure 3.8d. Types of Legumes Not Specified Prescribed by Participant Category: 2012, 2014, 2016

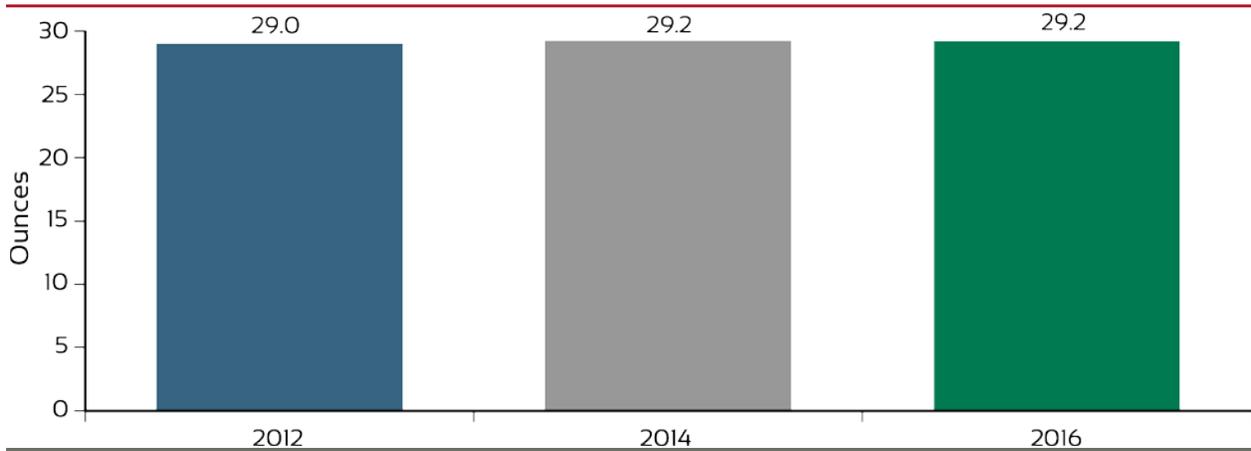


Source: Table II.9, WIC PC 2012: Food Package Report; table II.9, WIC PC 2014: Food Package Report; table 2.10

F. Canned Fish

Among exclusively breastfeeding women, the mean amount of canned fish prescribed remained approximately the same from 2012 to 2014 and 2014 to 2016. WIC regulations related to the prescription of canned fish have remained unchanged since 2012 (see figure 3.9).

Figure 3.9. Mean Amount of Canned Fish Prescribed in Ounces for Fully Breastfeeding Women : 2012, 2014, 2016



Source: Table II.10, WIC PC 2012: Food Package Report; table II.10, WIC PC 2014: Food Package Report; table 2.11

G. Whole-Grain Alternatives

The March 2014 food package revisions added whole-wheat pasta as a whole-grain bread substitute, and PC2016 data show that 71 to 77 percent of participants in each category were allowed whole-wheat pasta in their food package. Overall, from 2012 through 2016, increased variety is seen in whole-grain alternatives allowed (see figures 3.10.a through 3.10.g). The largest increases are seen in the allowance of brown rice and soft-corn or whole-wheat tortillas in food packages. The proportion of packages allowing brown rice increased by 9 to 11 percentage points from 2012 to 2016, depending on participant category. The proportion of packages allowing tortillas increased by 8 to 10 percentage points from 2012 to 2016, depending on participant category. The proportion of food packages allowing bulgur and whole-grain barley have remained relatively stable since 2012.

Figure 3.10a. Whole-Wheat/Whole-Grain Bread Prescribed by Participant Category: 2012, 2014, 2016

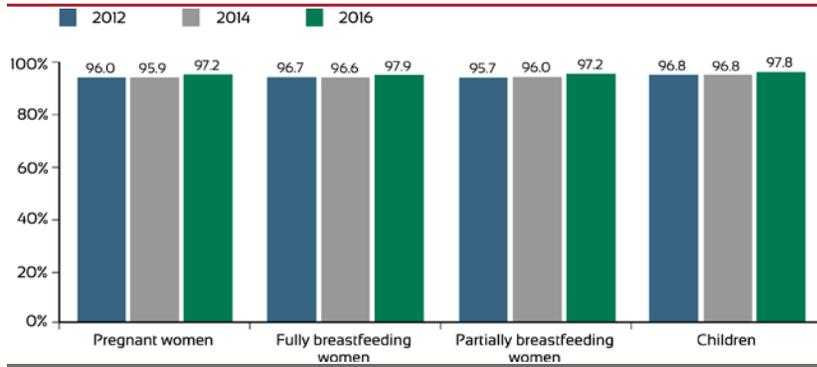


Figure 3.10b. Soft-Corn or Whole-Wheat Tortillas Prescribed by Participant Category: 2012, 2014, 2016

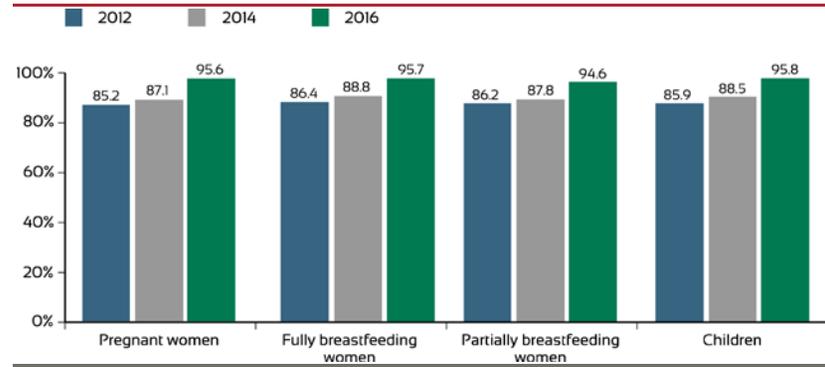


Figure 3.10c. Brown Rice Prescribed by Participant Category: 2012, 2014, 2016

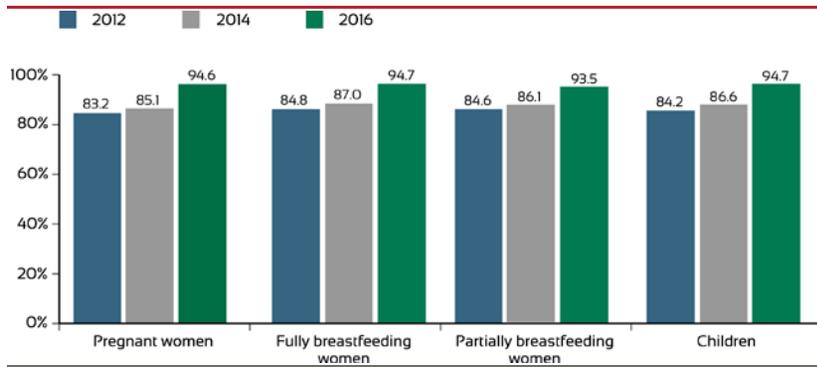


Figure 3.10d. Oatmeal Prescribed by Participant Category: 2012, 2014, 2016

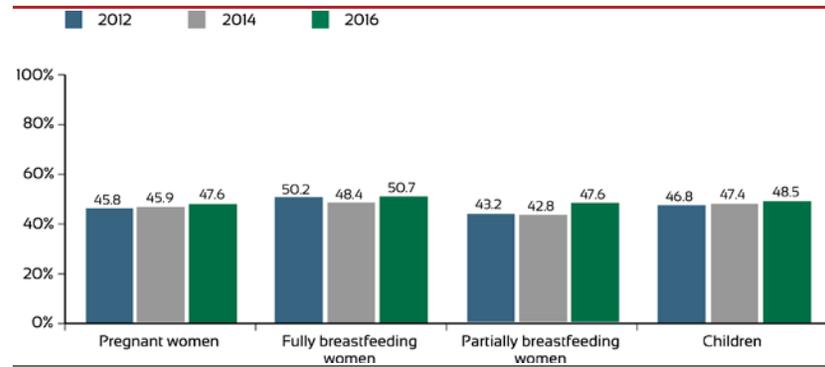


Figure 3.10e. Bulgur Prescribed by Participant Category: 2012, 2014, 2016

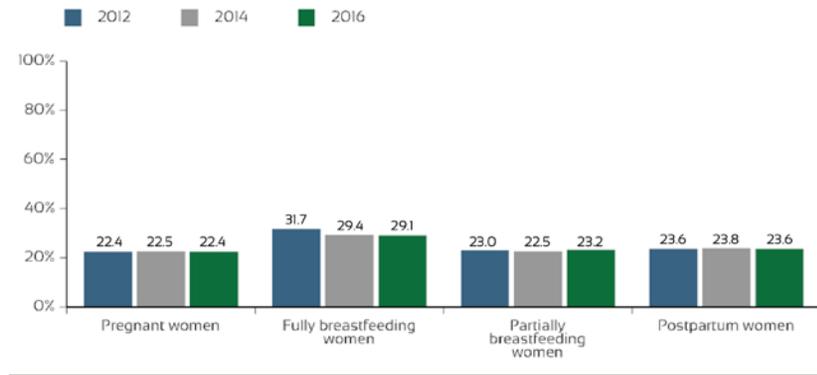


Figure 3.10f. Whole-Grain Barley Prescribed by Participant Category: 2012, 2014, 2016

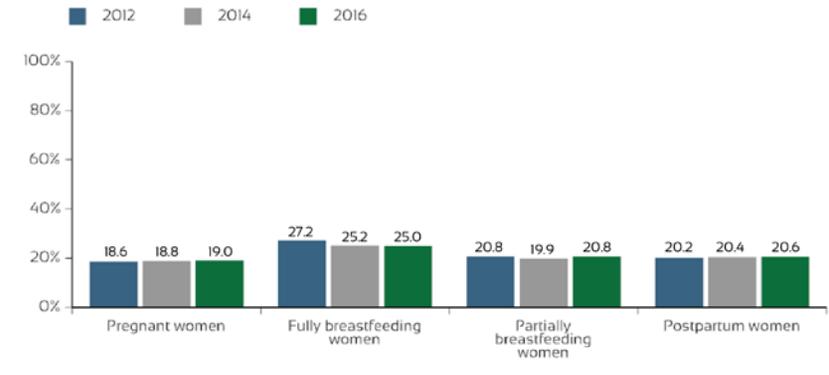
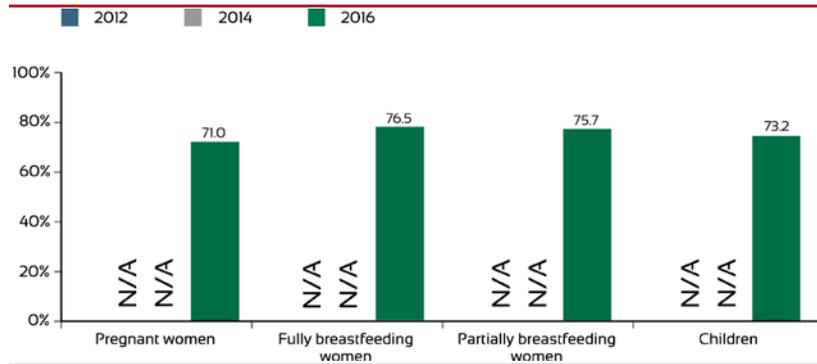


Figure 3.10g. Whole-Wheat Pasta Prescribed by Participant Category: 2012, 2014, 2016



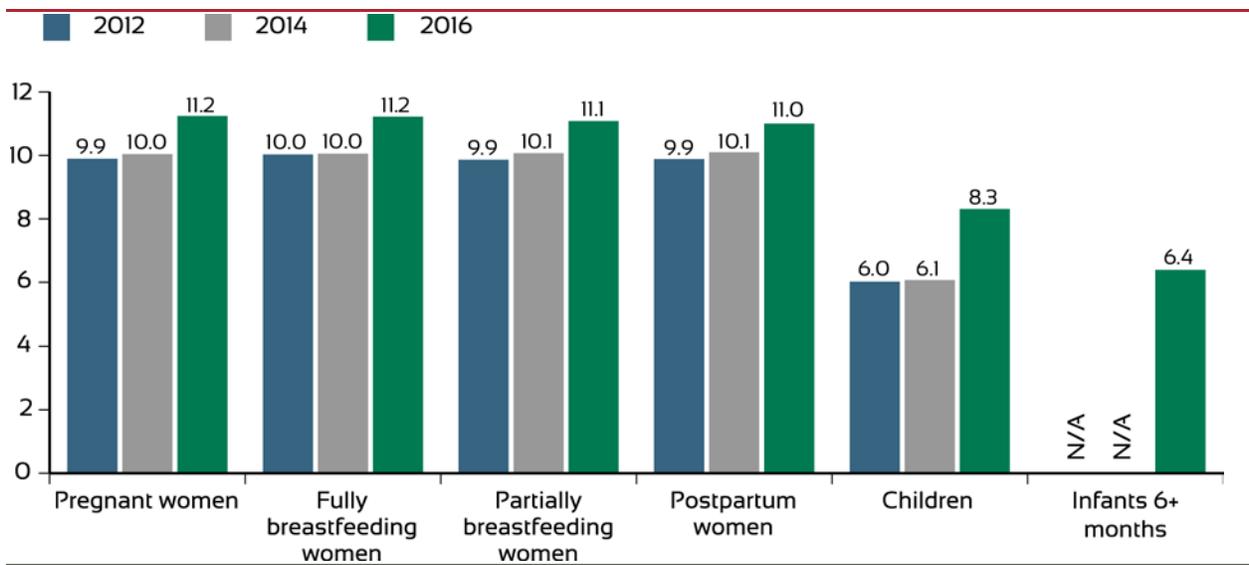
Source: Table II.11, WIC PC 2012: Food Package Report; table II.11, WIC PC 2014: Food Package Report; table 2.12

H. Fruit and Vegetable Cash Value Voucher

Under the March 2014 food package revisions, cash value vouchers were increased from \$6 to \$8 for children. State agencies were also authorized under the food package revisions to issue infants aged 9 through 11 months a cash value voucher in place of a portion of the infant food fruits and vegetables. Partially (mostly) breastfed and fully formula fed infants may receive a \$4 voucher and 64 ounces of infant food fruits and vegetables; fully breastfeeding infants may receive an \$8 voucher and 128 ounces of infant food fruit and vegetables. Additionally, the cash value voucher amount was adjusted for inflation on October 1, 2015 to \$11 for all women participants. In 2016, the mean amount of the cash value voucher for those receiving it increased to approximately \$11 for women, \$8 for children, and \$6 for infants (see figure 3.11).

The March 2014 food package revisions also allowed States to authorize dried fruit and vegetables to be purchased with cash value vouchers for children. With this change in WIC regulations, PC2016 data show a small proportion (0.2 percent) of children receiving a cash voucher were allowed dried fruits and vegetables.

Figure 3.11. Mean Amount of Cash Value Voucher Prescribed in Dollars by Participant Category: 2012, 2014, 2016



Source: Table II.13, WIC PC 2012: Food Package Report; table II.13, WIC PC 2014: Food Package Report; table 2.14

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Appendices

Appendix A. Overview of WIC Food Packages, April 2016

Table A.1. Snapshot of the WIC Food Packages: Maximum Monthly Allowances of Supplemental Foods for Children and Women

Foods	Children		Women		
	Food Package IV: Children Aged 1–4 Years	Food Package V: Pregnant and Partially Breastfeeding (up to 1 year Postpartum)	Food Package VI: Postpartum (up to 6 Months Postpartum)	Food Package VII: Fully Breastfeeding (up to 1 Year Postpartum)	
Juice, single strength	128 fl oz	144 fl oz	96 fl oz	144 fl oz	
Milk ^a	16 qt	22 qt	16 qt	24 qt	
Breakfast cereal ^b	36 oz	36 oz	36 oz	36 oz	
Cheese	–	–	–	1 lb	
Eggs	1 dozen	1 dozen	1 dozen	2 dozen	
Fruits and vegetables	\$8 in cash value vouchers	\$11 in cash value vouchers	\$11 in cash value vouchers	\$11 in cash value vouchers	
Whole-wheat bread ^c	2 lb	1 lb	–	1 lb	
Fish (canned) ^d	–	–	–	30 oz	
Legumes, dry or canned, and/or	1 lb (64 oz, canned) Or	1 lb (64 oz, canned) and	1 lb (64 oz, canned) or	1 lb (64 ounce, canned) and	
Peanut butter	18 oz	18 oz	18 oz	18 oz	

Source: <https://www.fns.usda.gov/sites/default/files/wic/SNAPSHOT-of-WIC-Child-Women-Food-Pkgs.pdf>

Notes:

Refer to the full regulation at www.fns.usda.gov/wic for the complete provisions and requirements for WIC foods.

^a Allowable options for fluid milk substitutions are yogurt, cheese, soy-based beverage, and tofu.

^b At least one-half of the total number of breakfast cereals on State agency food list must be whole grain.

^c Allowable options for whole-wheat bread are whole-grain bread, brown rice, bulgur, oatmeal, whole-grain barley, whole-wheat macaroni products, or soft-corn or whole-wheat tortillas.

^d Allowable options for canned fish are light tuna, salmon, sardines, and mackerel.

Table A.2. Snapshot of the WIC Food Packages: Maximum Monthly Allowances (MMA) of Supplemental Foods for Infants

Package	Fully Formula Fed	Partially Breastfed	Fully Breastfed			
Foods+	Food Packages I-FF and III-FF A: 0–3 months B: 4–5 months	Food Packages II-FF and III-FF 6–11 months	Food Packages I-BF/FF and III-BF/FF A: 0 to 1 month B: 1–3 months C: 4–5 months A: 104 fl oz reconstituted powder B: FNB = 364 fl oz	Food Packages II-BF/FF and III-BF/FF 6–11 months	Food Package I-BF 0–5 months	Food Package II-BF 6–11 months
WIC Formula	A: FNB = 806 fl oz MMA = 823 fl oz reconstituted liquid concentrate or 832 fl oz RTF or 870 fl oz reconstituted powder B: FNB = 884 fl oz MMA = 896 fl oz reconstituted liquid concentrate or 913 fl oz RTF or 960 fl oz reconstituted powder	FNB = 624 fl oz MMA = 630 fl oz reconstituted liquid concentrate or 643 fl oz RTF or 696 fl oz reconstituted powder	Food Packages I-BF/FF and III-BF/FF A: 0 to 1 month B: 1–3 months C: 4–5 months A: 104 fl oz reconstituted powder B: FNB = 364 fl oz MMA = 388 fl oz reconstituted liquid concentrate or 384 fl oz RTF or 435 fl oz reconstituted powder C: FNB = 442 fl oz MMA = 460 fl oz reconstituted liquid concentrate or 474 fl oz RTF or 522 fl oz reconstituted powder	Food Packages II-BF/FF and III-BF/FF 6–11 months FNB = 312 fl oz MMA = 315 fl oz reconstituted liquid concentrate or 338 fl oz RTF or 384 fl oz reconstituted powder	Food Package I-BF 0–5 months	Food Package II-BF 6–11 months
Infant Cereal	–	24 oz	–	24 oz	–	24 oz
Infant Food Fruits and Vegetables ^a	–	128 oz	–	128 oz	–	256 oz
Infant Food Meat	–	–	–	–	–	77.5 oz

Source: <https://www.fns.usda.gov/sites/default/files/wic/SNAPSHOT-of-Infant-Food-Pkgs.pdf>

Notes:

Refer to the full regulation at www.fns.usda.gov/wic for the complete provisions and requirements for infant formula and infant foods in the WIC food packages

^aAt State agency option, older infants may be issued a cash-value voucher for fresh fruits and vegetables in lieu of a portion of jarred infant foods.

Appendix B. Contents of WIC Food Packages in 2016 by Food Package Type

This appendix presents tabulations of the reported amounts, types, and forms of prescriptions for each of the components of food packages by food package type.

Note: Food package type is a new variable first reported by State agencies for the PC2010 data collection. It is a constructed variable based on certification category, age (for infants and children), and breastfeeding status (for women and infants). It is still in the testing phase; therefore, at this time, findings should be treated as suggestive rather than definitive.

As described in chapter 2, recent WIC regulations created 27 prescriptions that are assigned to participants based on infant age and breastfeeding status, child age, the pregnancy or breastfeeding status of the mother, and whether the participant has a qualifying condition, plus a null package used by some State agencies for fully breastfed infants up to age 6 months and partially breastfeeding women between 6 and 12 months postpartum. For this analysis, food package types were identified for between 98 and 100 percent of participants in each participant category with valid food package data (see table B.1).²⁵ Virtually all the specific food packages assigned were appropriate for the participant category, with two minor exceptions. First, 2.0 percent of infants received child food packages III IV-A or IV-A. This is likely the result of some State agencies reclassifying infants as children without recertifying them, or issuing child food packages to infants aged 11 months. Second, 1.2 percent of postpartum women were prescribed food packages V or VII, which are appropriate for mostly or fully breastfeeding women. All other anomalies affected 1 percent or fewer participants in a category.

As this chapter explains, the food prescriptions that were issued were not always consistent with the food package types reported. State agencies do not all record the detailed FNS food package category when prescribing foods for a participant. Parameters for allowable foods and quantities may be programmed in a way that does not allow for clear reporting of the FNS food package type, or it may occur offline. In either case, the State agency must then create the FNS food package type variable based on the participant's characteristics, including age, certification category, and breastfeeding status, often in combination with information on whether the participant was prescribed Food Package III. Some State agencies have difficulty providing accurate snapshots of historical data. For these State agencies, certain PC data items become more difficult to report during the review, resubmission, and finalization of their datasets. Considering how quickly infant age in months and breastfeeding status can change, even within the reference month of April 2016, there is much opportunity for discrepancy between the characteristics used to create the FNS food package type variable and the food package prescription reported for the same participant in April 2016. Refer to the discussion in chapter 1 on age calculations for more information.

Food Packages I, II, IV, V, VI, and VII account for 94 percent of all food packages, so they are discussed first in each section of this appendix. (Food package types under Food Package III appear first in the tables because of the numbering system for food packages.)

²⁵ Two State agencies (Louisiana and New Mexico) did not report food package type for their WIC participants. These two State agencies are excluded from the tabulations in this appendix. Georgia was not able to report food package type for women participants, and these women are excluded from tabulations in this appendix.

Table B.1. Food Packages Assigned by Participant Category

Food Package Type ^a	Participant Category (Percent)					
	Pregnant Women	Fully Breastfeeding Women ^b	Partially Breastfeeding Women ^c	Postpartum Women	Infants	Children
Missing	4.1	2.6	3.9	4.7	2.0	< 0.1
Infants	–	–	–	–	–	–
I-FF-A	N/A	N/A	N/A	N/A	16.3	< 0.1
I-FF-B	N/A	N/A	N/A	N/A	10.7	< 0.1
I-BF/FF-A	N/A	N/A	N/A	N/A	1.0	< 0.1
I-BF/FF-B	N/A	N/A	N/A	N/A	3.9	< 0.1
I-BF/FF-C	N/A	N/A	N/A	N/A	2.8	< 0.1
I-BF-A	N/A	N/A	N/A	N/A	3.5	0.0
I-BF-B	N/A	N/A	N/A	N/A	1.5	< 0.1
II-FF	N/A	N/A	N/A	N/A	36.7	0.0
II-BF/FF	N/A	N/A	N/A	N/A	5.5	< 0.1
II-BF	N/A	N/A	N/A	N/A	6.2	< 0.1
Participants with a qualifying condition	–	–	–	–	–	–
Infants	–	–	–	–	–	–
III I-FF-A	N/A	N/A	N/A	N/A	1.8	< 0.1
III I-FF-B	N/A	N/A	N/A	N/A	1.5	< 0.1
III I-BF/FF-A	N/A	N/A	N/A	N/A	0.1	0.0
III I-BF/FF-B	N/A	N/A	N/A	N/A	0.4	< 0.1
III I-BF/FF-C	N/A	N/A	N/A	N/A	0.5	< 0.1
III II-FF	N/A	N/A	N/A	N/A	3.4	< 0.1
III II-BF/FF	N/A	N/A	N/A	N/A	0.2	< 0.1
Children	–	–	–	–	–	–
III IV-A	N/A	N/A	N/A	N/A	0.1	0.5
III IV-B	N/A	N/A	N/A	N/A	0.0	1.3
Women	–	–	–	–	–	–
III V	0.1	0.0	< 0.1	< 0.1	N/A	N/A
III VI	0.0	0.0	< 0.1	< 0.1	N/A	N/A
III VII	< 0.1	0.0	< 0.1	< 0.1	N/A	N/A

Food Package Type ^a	Participant Category (Percent)					
	Pregnant Women	Fully Breastfeeding Women ^b	Partially Breastfeeding Women ^c	Postpartum Women	Infants	Children
Children	–	–	–	–	–	–
IV-A	N/A	N/A	N/A	N/A	1.9	29.4
IV-B	N/A	N/A	N/A	N/A	< 0.1	68.8
Women	–	–	–	–	–	–
V	94.7	0.0	36.0	1.1	N/A	N/A
VI	0.2	0.0	39.9	92.8	N/A	N/A
VII	0.8	97.4	0.0	0.2	N/A	N/A
N/A ^d	< 0.1	0.0	20.2	1.2	N/A	N/A
N	705,053	236,654	350,772	513,455	1,764,363	4,079,055

Source: PC2016 participant characteristics data; analysis included the 50 States except Connecticut, Iowa, Louisiana, New Mexico, and Oregon; the District of Columbia; and Puerto Rico. Women participants from Georgia were also excluded.

Notes:

^a Food package type descriptions:

I-FF-A: Fully formula-fed (FF) infants aged 0–3.9 months

I-FF-B: FF infants aged 4–5.9 months

I-BF/FF-A: Partially breastfed (BF/FF) infants aged 0–0.9 months

I-BF/FF-B: BF/FF infants aged 1–3.9 months

I-BF/FF-C: BF/FF infants aged 4–5.9 months

I-BF-A: Fully breastfed (BF) infants aged 0–3.9 months

I-BF-B: BF infants aged 4–5.9 months

II-FF: FF infants aged 6–11.9 months

II-BF/FF: BF/FF infants aged 6–11.9 months

II-BF: BF infants aged 6–11.9 months

III I-FF-A: FF infants aged 0–3.9 months (with qualifying conditions)

III I-FF-B: FF infants aged 4–5.9 months (with qualifying conditions)

III I-BF/FF-A: Partially breastfed (BF/FF) infants aged 0–0.9 months (with qualifying conditions)

III I-BF/FF-B: BF/FF infants aged 1–3.9 months (with qualifying conditions)

III I-BF/FF-C: Partially breastfed infants aged 4–5.9 months (with qualifying conditions)

III II-FF: FF infants aged 6–11.9 months (with qualifying conditions)

III II-BF/FF: BF/FF infants aged 6–11.9 months (with qualifying conditions)

^b Fully breastfeeding women category includes women fully breastfeeding up to 1 year postpartum and partially (mostly) breastfeeding multiples

^c Partially breastfeeding women category includes partially (minimally) breastfeeding women up to 6 months postpartum, partially (mostly) breastfeeding women up to 1 year postpartum, and partially (minimally) breastfeeding women more than 6 months postpartum.

^d Partially (minimally) breastfeeding women more than 6 months postpartum; these participants are not authorized to receive food benefits

III IV-A: Children aged 1–1.9 years (with qualifying conditions)

III IV-B: Children aged 2–4.9 years (with qualifying conditions)

III V: Women, pregnant and partially (mostly) breastfeeding up to 1 year postpartum (with qualifying conditions)

III VI: Women, nonbreastfeeding postpartum and partially (minimally) breastfeeding up to 6 months postpartum (with qualifying conditions)

III VII: Women, fully breastfeeding up to 1 year postpartum; partially (mostly) breastfeeding multiples; pregnant with multiples (with qualifying conditions)

IV-A: Children aged 1–1.9 years

IV-B: Children aged 2–4.9 years

V: Women, pregnant and partially (mostly) breastfeeding up to 1 year postpartum

VI: Women, nonbreastfeeding postpartum and partially (minimally) breastfeeding up to 6 months postpartum

VII: Women, fully breastfeeding up to 1 year postpartum; partially (mostly) breastfeeding with multiples; pregnant with multiples

N/A: Women, partially (minimally) breastfeeding more than 6 months postpartum (no food package)

A. Formula for Infants Receiving Food Package I or II

WIC regulations describe 10 different food packages for infants under Food Packages I and II based on their age and breastfeeding status (fully breastfed, partially breastfed, or fully formula fed). There are 12 packages for infants, children, and women with qualifying conditions. All these packages, except for the two packages for fully breastfed infants, allowed participants to obtain formula (see table B.2).

As designed, the MMA of formula for infants who are issued prescriptions under Food Package I or II varies by detailed food package category (see table B.2, first line). Fully formula-fed packages include more formula than the partial-breastfeeding package, and fully breastfed infants receive no formula. Generally, within each breastfeeding category, the amount of formula allowed is greatest for infants aged 4 to 5.9 months, and infants more than 6 months old are allowed the least. The MMAs vary by formula form (powder, concentrate, or ready-to-feed). The MMA is highest for powdered formula and lowest for reconstituted liquid concentrate formula.

Among infants assigned a fully breastfed package (I-BF-A, I-BF-B, or II-BF), 88 to 99 percent received no formula. Among infants assigned a fully formula-fed package (I-FF-A, I-FF-B, or II-FF), 79 to 96 percent were prescribed approximately the MMA.

Prescriptions allowed for different forms of formula, with powder being the most frequently allowed, in 98 to 100 percent of all prescriptions. Concentrate and ready-to-feed formula were allowed in far fewer prescriptions, ranging from approximately 0 to 2.1 percent of prescriptions by food package type.

At least 91 percent of prescriptions in each food package type allowed milk-based formula. Soy-based formulas were generally allowed in 13 to 24 percent of prescriptions, but among partially breastfed infants less than 1 month old, 2.5 percent were allowed soy-based formulas.

Within Food Packages I and II, nearly all partially or fully formula-fed infants received nonexempt formula. Almost none received WIC-eligible nutritionals, which are allowed only in Food Package III.

Table B.2. Quantity and Types of Formula Prescribed for Infants by Food Package Type

Formula Prescription	I-FF-A	I-FF-B	I-BF/FF-A	I-BF/FF-B	I-BF/FF-C	I-BF-A	I-BF-B	II-FF	II-BF/FF	II-BF
FNB-MMA (oz)^a	806-870	884-960	104	364-435	442-522	0	0	624-696	312-384	0
Quantity	-	-	-	-	-	-	-	-	-	-
Mean (oz), all ^b	786.6	865.7	394.7	530.6	682.5	14.9	89.1	622.2	488.1	2.6
Mean (oz), receiving formula ^b	788.3	866.6	426.0	532.0	683.1	613.9	730.1	629.6	492.2	359.4
Percent Prescribed	-	-	-	-	-	-	-	-	-	-
Quantity Issued (oz.)	-	-	-	-	-	-	-	-	-	-
At least 800 oz	78.5	94.3	32.7	34.0	55.5	1.0	8.3	2.2	0.7	< 0.1
At least 600 but less than 800 oz	16.3	2.3	4.6	4.9	3.0	0.5	0.2	95.2	51.0	0.1
At least 400 but less than 600 oz	2.1	1.7	4.3	6.7	31.0	0.1	2.8	0.8	2.1	< 0.1
At least 200 but less than 400 oz	1.1	0.2	12.6	46.8	7.6	0.4	0.6	0.6	42.7	0.5
Less than 200 oz	1.8	1.3	38.4	7.4	2.9	0.4	0.3	0.2	2.7	0.1
None	0.2	0.1	7.3	0.3	0.1	97.6	87.8	1.2	0.8	99.3
Form Allowable^c	-	-	-	-	-	-	-	-	-	-
Powdered	97.8	98.2	99.2	99.3	99.4	99.7	99.9	98.4	99.4	99.6
Concentrate	2.1	1.6	0.8	0.7	0.5	0.2	0.1	1.5	0.5	0.3
Ready-to-feed	0.2	0.1	< 0.1	< 0.1	< 0.1	0.1	0.0	0.1	0.1	0.1

Formula Prescription	I-FF-A	I-FF-B	I-BF/FF-A	I-BF/FF-B	I-BF/FF-C	I-BF-A	I-BF-B	II-FF	II-BF/FF	II-BF
Formula Type^e	–	–	–	–	–	–	–	–	–	–
Type Allowable^d	–	–	–	–	–	–	–	–	–	–
Nonexempt Infant	98.7	98.1	99.7	98.4	96.9	95.6	99.4	98.6	97.8	97.3
Milk-based	93.2	91.3	97.2	95.0	93.6	91.2	97.3	91.9	94.3	95.5
Soy-based	18.1	21.7	2.5	18.3	13.4	4.4	2.2	23.9	16.4	1.8
Exempt infant formula	1.3	1.9	0.3	1.6	3.1	4.4	0.5	1.4	2.2	2.7
WIC-eligible nutritionals	< 0.1	< 0.1	0.0	< 0.1	0.0	0.0	< 0.1	< 0.1	< 0.1	0.0
N	287,074	189,417	17,282	69,139	49,552	62,242	25,952	650,235	98,055	108,911

Source: PC2016 participant characteristics data; analysis included the 50 States except Connecticut, Iowa, Louisiana, New Mexico, and Oregon; the District of Columbia; and Puerto Rico.

Notes:

^aThe lower number in this range is the FNB, which represents the minimum monthly amount of formula each participant should receive (in the absence of individual tailoring). The higher number in this range is the MMA for infant formula and differs depending on the form: concentrate, powder, or ready-to-feed. The range shown includes the three forms: the MMA is highest for powdered formula and lowest for reconstituted liquid concentrate formula.

^bIn ready-to-feed or reconstituted ounces; reconstituted fluid ounce is the form prepared for consumption as directed on the container.

^cResponses were not mutually exclusive, so percentages may add to more than 100 percent.

^dFormula types:

- *Nonexempt infant formula* in this report means infant formula as described in WIC regulations. Infant formula is defined as a food that meets the definition of an infant formula in section 201(z) of the Federal Food, Drug, and Cosmetic Act (21 U.S.C. 321(z)) and that meets the requirements for an infant formula under section 412 of the Federal Food, Drug, and Cosmetic Act (21 U.S.C. 350a) and the regulations at 21 CFR parts 106 and 107. Infant formula meets FDA requirements; also meets WIC requirements for iron (at least 1.5 milligrams of iron per 100 kilocalories and at least 20 kilocalories per fluid ounce at standard dilution).
- *Exempt infant formula* means an infant formula that meets the requirements for an exempt infant formula under section 412(h) of the Federal Food, Drug, and Cosmetic Act (21 U.S.C. 350a(h)) and the regulations at 21 CFR parts 106 and 107. Exempt infant formula is infant formula intended for commercial or charitable distribution that is represented and labeled for use by infants with inborn errors of metabolism, low birth weight, or other unusual medical or dietary problems (21 CFR 107.3).
- *WIC-eligible nutritionals* refers to certain enteral products that are specifically formulated to provide nutritional support for individuals with a qualifying condition, when the use of conventional foods is precluded, restricted, or inadequate. WIC-eligible nutritionals must serve the purpose of a food, meal, or diet (may be nutritionally complete or incomplete) and provide a source of calories and one or more nutrients; be designed for enteral digestion via an oral or tube feeding; and may not be a conventional food, drug, flavoring, or enzyme. WIC-eligible nutritionals include many but not all products that meet the definition of medical foods in Section 5(b)(3) of the Orphan Drug Act (21 U.S.C. 360ee(b)(3)).

Food package types for infants:

I-FF-A: Fully formula fed (FF) infants aged 0–3.9 months

I-FF-B: FF infants aged 4–5.9 months

I-BF/FF-A: Partially breastfed (BF/FF) infants aged 0–0.9 months

I-BF/FF-B: BF/FF infants aged 1–3.9 months

I-BF/FF-C: BF/FF infants aged 4–5.9 months

I-BF-A: Fully breastfed (BF) infants aged 0–3.9 months

I-BF-B: BF infants aged 4–5.9 months

II-FF: FF infants aged 6–11.9 months

II BF/FF: BF/FF infants aged 6–11.9 months

II BF: BF infants aged 6–11.9 months

B. Formula for Recipients of Food Package III

Under Food Package III, all participants with certain documented qualifying conditions may receive WIC formula, defined in WIC regulations to include infant formula, exempt formula, and WIC-eligible nutritionals.²⁶ Formula is prescribed for few women—only 1,176 women were prescribed Food Package III, and of these, about 60 percent included formula (see table B.3a). Similarly, approximately 63 percent of Food Package III prescriptions for children included formula. The type of formula prescribed for both older children and women was predominantly WIC-eligible nutritionals. Most 1-year-olds who received Food Package III with formula were prescribed exempt formula (35 percent) or WIC-eligible nutritionals (55 percent). Exempt formula was also common for infants receiving Food Package III, representing 29 to 82 percent of each infant food package category.

²⁶ *Infant formula* refers to a food that meets the definition of infant formula in section 201(z) of the Federal Food, Drug, and Cosmetic Act (21 U.S.C. 321(z)) and that meets the requirements for an infant formula under section 412 of the Federal Food, Drug, and Cosmetic Act (21 U.S.C. 350a) and the regulations at 21 CFR parts 106 and 107.

Exempt infant formula refers to infant formula that meets the requirements for an exempt infant formula under section 412(h) of the Federal Food, Drug, and Cosmetic Act (21 U.S.C. 350a(h)) and the regulations at 21 CFR parts 106 and 107.

Exempt infant formula refers to infant formula intended for commercial or charitable distribution that is represented and labeled for use by infants who have inborn errors of metabolism or low birthweight or who otherwise have unusual medical or dietary problems (21 CFR 107.3).

WIC-eligible nutritionals refers to enteral products that are specifically formulated to provide nutritional support for individuals with a qualifying condition, when the use of conventional foods is precluded, restricted, or inadequate. WIC-eligible nutritionals must serve the purpose of a food, meal, or diet (may be nutritionally complete or incomplete), and provide a source of calories and one or more nutrients; be designed for enteral digestion via an oral or tube feeding; and may not be a conventional food, drug, flavoring, or enzyme. WIC-eligible nutritionals include many but not all products that meet the definition of medical food in Section 5(b)(3) of the Orphan Drug Act (21 U.S.C. 360ee(b)(3)).

Table B.3a. Quantity and Types of Formula Prescribed for Recipients of Food Package III

Formula Prescription	Infants							Children		Women		
	III I-FF-A	III I-FF-B	III I-BF/FF-A	III I-BF/FF-B	III I-BF/FF-C	III II-FF	III II-BF/FF	III IV-A	III IV-B	III V	III VI	III VII
FNB–MMA (oz)^a	806–870	884–960	104	364–435	442–522	624–696 ^b	312–384 ^b	910	910	910	910	910
Quantity	–	–	–	–	–	–	–	–	–	–	–	–
Mean (oz), all ^c	800.0	883.8	484.8	474.6	511.3	646.4	479.3	622.1	376.6	463.5	212.1	181.0
Mean (oz), receiving formula ^c	800.0	884.3	485.3	474.9	511.6	665.5	511.4	736.9	690.4	618.0	692.6	736.7
Percent Prescribed	–	–	–	–	–	–	–	–	–	–	–	–
Quantity Issued (oz)	–	–	–	–	–	–	–	–	–	–	–	–
At least 800 oz	85.9	93.6	33.0	20.7	14.3	8.8	9.9	49.5	28.0	20.3	13.9	13.1
At least 600 but less than 800 oz	9.1	2.5	8.3	4.3	1.3	81.0	31.4	16.7	7.9	18.1	6.7	5.1
At least 400 but less than 600 oz	3.1	3.3	13.0	16.0	81.4	2.4	5.9	10.3	10.2	24.7	6.2	4.0
At least 200 but less than 400 oz	1.4	0.4	17.0	55.0	2.2	4.7	43.6	6.6	7.6	10.1	2.9	2.3
Less than 200 oz	0.4	0.1	28.5	4.0	0.7	0.2	3.0	1.3	0.9	1.8	1.0	0.0
None	< 0.1	< 0.1	0.1	0.1	0.1	2.9	6.3	15.6	45.5	25.0	69.4	75.4
Form Allowable^d	–	–	–	–	–	–	–	–	–	–	–	–
Powdered	94.0	95.5	97.3	94.1	95.5	96.4	96.8	54.2	18.0	0.7	4.7	0.0
Concentrate	5.1	4.0	0.5	6.6	3.7	2.5	2.5	2.8	3.7	0.3	1.6	0.0
Ready-to-feed	6.6	5.1	2.7	6.2	2.3	5.2	5.0	48.1	85.8	99.7	96.9	100.0
Formula Type	–	–	–	–	–	–	–	–	–	–	–	–
Type Allowable^e	–	–	–	–	–	–	–	–	–	–	–	–
Nonexempt Infant	26.3	35.8	18.3	44.8	71.4	18.4	21.0	10.4	0.9	0.0	0.0	0.0
Milk based	22.7	30.9	17.8	37.5	62.6	17.2	19.8	9.1	0.6	0.0	0.0	0.0
Soy based	3.5	4.9	0.7	7.4	8.8	1.1	1.2	1.3	0.3	0.0	0.0	0.0

Formula Prescription	Infants							Children		Women		
	III I-FF-A	III I-FF-B	III I-BF/FF-A	III I-BF/FF-B	III I-BF/FF-C	III II-FF	III II-BF/FF	III IV-A	III IV-B	III V	III VI	III VII
Exempt infant formula	73.7	64.0	81.7	55.1	28.5	81.4	78.7	34.6	7.0	0.0	4.7	0.0
WIC-eligible nutritional	0.1	0.2	0.0	< 0.1	< 0.1	0.3	0.2	55.0	92.1	100.0	95.3	100.0
N	32,106	26,860	1,044	6,887	8,944	60,521	3,845	20,478	52,746	792	209	175

Source: PC2016 participant characteristics data; analysis included the 50 States except Connecticut, Iowa, Louisiana, New Mexico, and Oregon; the District of Columbia; and Puerto Rico. Women participants from Georgia were also excluded.

Notes:

^a The lower number in this range is the FNB, which represents the minimum monthly amount of formula each participant should receive (in the absence of individual tailoring). The higher number in this range is the MMA for infant formula and differs depending on the form: concentrate, powder, or ready-to-feed. The range shown includes the three forms: the MMA is highest for powdered formula and lowest for reconstituted liquid concentrate formula.

^b Federal standard allows larger amounts of formula for infants who do not receive foods.

^c In ready-to-feed or reconstituted ounces; reconstituted fluid ounce is the form prepared for consumption as directed on the container.

^d Responses were not mutually exclusive, so percentages may add to more than 100 percent.

^e Formula types:

- *Nonexempt infant formula* in this report means infant formula as described in WIC regulations. Infant formula is defined as a food that meets the definition of an infant formula in section 201(z) of the Federal Food, Drug, and Cosmetic Act (21 U.S.C. 321(z)) and that meets the requirements for an infant formula under section 412 of the Federal Food, Drug, and Cosmetic Act (21 U.S.C. 350a) and the regulations at 21 CFR parts 106 and 107. Infant formula meets FDA requirements; also meets WIC requirements for iron (at least 1.5 milligrams of iron per 100 kilocalories and at least 20 kilocalories per fluid ounce at standard dilution).
- *Exempt infant formula* means an infant formula that meets the requirements for an exempt infant formula under section 412(h) of the Federal Food, Drug, and Cosmetic Act (21 U.S.C. 350a(h)) and the regulations at 21 CFR parts 106 and 107. Exempt infant formula is infant formula intended for commercial or charitable distribution that is represented and labeled for use by infants with inborn errors of metabolism, low birthweight, or other unusual medical or dietary problems (21 CFR 107.3).
- *WIC-eligible nutritional* refers to certain enteral products that are specifically formulated to provide nutritional support for individuals with a qualifying condition, when the use of conventional foods is precluded, restricted, or inadequate. WIC-eligible nutritional must serve the purpose of a food, meal, or diet (may be nutritionally complete or incomplete) and provide a source of calories and one or more nutrients; be designed for enteral digestion via an oral or tube feeding; and may not be a conventional food, drug, flavoring, or enzyme. WIC-eligible nutritional include many but not all products that meet the definition of medical food in Section 5(b)(3) of the Orphan Drug Act (21 U.S.C. 360ee(b)(3)).

Food package types:

III I-FF-A: FF infants aged 0–3.9 months (with qualifying conditions)

III I-FF-B: FF infants aged 4–5.9 months (with qualifying conditions)

III I-BF/FF-A: Partially breastfed (BF/FF) infants aged 0–0.9 months (with qualifying conditions)

III I-BF/FF-B: BF/FF infants aged 1–3.9 months (with qualifying conditions)

III I-BF/FF-C: Partially breastfed infants aged 4–5.9 months (with qualifying conditions)

III II-FF: FF infants aged 6–11.9 months (with qualifying conditions)

III II BF/FF: BF/FF infants aged 6–11.9 months (with qualifying conditions)

III IV-A: Children aged 1–1.9 years (with qualifying conditions)

III IV-B: Children aged 2–4.9 years (with qualifying conditions)

III V: Women, pregnant and partially (mostly) breastfeeding up to 1 year postpartum (with qualifying conditions)

III VI: Women, nonbreastfeeding postpartum and partially (minimally) breastfeeding up to 6 months postpartum (with qualifying conditions)

III VII: Women, fully breastfeeding up to 1 year postpartum; partially (mostly) breastfeeding multiples; pregnant with multiples (with qualifying conditions)

Table B.3b. Exempt Formula Prescribed for Recipients of Food Package III

Exempt Formula Prescription	Infants							Children		Women		
	III I-FF-A	III I-FF-B	III I-BF/FF-A	III I-BF/FF-B	III I-BF/FF-C	III II-FF	III II-BF/FF	III IV-A	III IV-B	III V	III VI	III VII
Exempt Infant Formula^a	–	–	–	–	–	–	–	–	–	–	–	–
Premature infant formula	27.7	20.7	42.4	33.0	25.7	16.1	20.5	13.3	3.1	N/A	0.0	N/A
Hydrolysates ^b	49.6	60.4	22.3	38.3	53.0	68.2	58.1	72.2	85.8	N/A	33.3	N/A
Metabolics	0.7	0.9	0.4	0.6	0.7	0.9	0.8	9.4	5.2	N/A	100.0	N/A
N	23,646	17,182	852	3,795	2,550	47,821	2,838	5,984	2,022	0	3	0

Source: PC2016 participant characteristics data; analysis included the 50 States except Connecticut, Iowa, Louisiana, New Mexico, and Oregon; the District of Columbia; and Puerto Rico. Women participants from Georgia were also excluded.

Notes:

^a *Exempt infant formula* means an infant formula that meets the requirements for an exempt infant formula under section 412(h) of the Federal Food, Drug, and Cosmetic Act (21 U.S.C. 350a(h)) and the regulations at 21 CFR parts 106 and 107. Exempt infant formula is infant formula intended for commercial or charitable distribution that is represented and labeled for use by infants with inborn errors of metabolism, low birth weight, or other unusual medical or dietary problems (21 CFR 107.3).

^b *Hydrolysate formula* is an exempt infant formula or WIC-eligible nutritional that contains proteins that are broken down (hydrolyzed- partially or extensively).

Food package types:

III I-FF-A: FF infants aged 0–3.9 months (with qualifying conditions)

III I-FF-B: FF infants aged 4–5.9 months (with qualifying conditions)

III I-BF/FF-A: Partially breastfed (BF/FF) infants aged 0–0.9 months (with qualifying conditions)

III I-BF/FF-B: BF/FF infants aged 1–3.9 months (with qualifying conditions)

III I-BF/FF-C: Partially breastfed infants aged 4–5.9 months (with qualifying conditions)

III II-FF: FF infants aged 6–11.9 months (with qualifying conditions)

III II BF/FF: BF/FF infants aged 6–11.9 months (with qualifying conditions)

III IV-A: Children aged 1–1.9 years (with qualifying conditions)

III IV-B: Children aged 2–4.9 years (with qualifying conditions)

III V: Women, pregnant and partially (mostly) breastfeeding up to 1 year postpartum (with qualifying conditions)

III VI: Women, nonbreastfeeding postpartum and partially (minimally) breastfeeding up to 6 months postpartum (with qualifying conditions)

III VII: Women, fully breastfeeding up to 1 year postpartum; partially (mostly) breastfeeding multiples; pregnant with multiples (with qualifying conditions)

Table B.3c. WIC-eligible Nutritionals Prescribed for Recipients of Food Package III

WIC-Eligible Nutritional Prescription	Infants							Children		Women		
	III I-FF-A	III I-FF-B	III I-BF/FF-A	III I-BF/FF-B	III I-BF/FF-C	III II-FF	III II-BF/FF	III IV-A	III IV-B	III V	III VI	III VII
WIC-eligible nutritionals^a	–	–	–	–	–	–	–	–	–	–	–	–
Metabolics	20.8	14.6	N/A	0.0	25.0	11.6	12.5	0.3	0.4	0.5	0.0	0.0
Modulars	0.0	0.0	N/A	50.0	75.0	5.8	37.5	0.2	0.3	0.0	0.0	0.0
N	24	41	0	2	4	173	8	9,507	26,497	594	61	43

Source: PC2016 participant characteristics data; analysis included the 50 States except Connecticut, Iowa, Louisiana, New Mexico, and Oregon; the District of Columbia; and Puerto Rico. Women participants from Georgia were also excluded.

Notes:

^a *WIC-eligible nutritionals* refers to certain enteral products that are specifically formulated to provide nutritional support for individuals with a qualifying condition, when the use of conventional foods is precluded, restricted, or inadequate. WIC-eligible nutritionals must serve the purpose of a food, meal, or diet (may be nutritionally complete or incomplete) and provide a source of calories and one or more nutrients; be designed for enteral digestion via an oral or tube feeding; and may not be a conventional food, drug, flavoring, or enzyme. WIC-eligible nutritionals includes many but not all products that meet the definition of medical food in Section 5(b)(3) of the Orphan Drug Act (21 U.S.C. 360ee(b)(3)).

Food package types:

III I-FF-A: FF infants aged 0–3.9 months (with qualifying conditions)

III I-FF-B: FF infants aged 4–5.9 months (with qualifying conditions)

III I-BF/FF-A: Partially breastfed (BF/FF) infants aged 0–0.9 months (with qualifying conditions)

III I-BF/FF-B: BF/FF infants aged 1–3.9 months (with qualifying conditions)

III I-BF/FF-C: Partially breastfed infants aged 4–5.9 months (with qualifying conditions)

III II-FF: FF infants aged 6–11.9 months (with qualifying conditions)

III II BF/FF: BF/FF infants aged 6–11.9 months (with qualifying conditions)

III IV-A: Children aged 1–1.9 years (with qualifying conditions)

III IV-B: Children aged 2–4.9 years (with qualifying conditions)

III V: Women, pregnant and partially (mostly) breastfeeding up to 1 year postpartum (with qualifying conditions)

III VI: Women, nonbreastfeeding postpartum and partially (minimally) breastfeeding up to 6 months postpartum (with qualifying conditions)

III VII: Women, fully breastfeeding up to 1 year postpartum; partially (mostly) breastfeeding multiples; pregnant with multiples (with qualifying conditions)

C. Milk and Milk Substitutes

Virtually all women and children assigned food packages IV through VII were prescribed milk (97 to 98 percent; see table B.4).

Most women assigned Food Package III also were prescribed milk (97 to 98 percent). Among children assigned Food Package III, however, only 54 percent of 1-year-old children and 86 percent of children aged 2 and older were prescribed milk.

For all food package types, the mean amount of milk prescribed for those receiving any milk was 2.6 to 3.5 quarts less than the MMA for fluid milk. Women assigned Food Packages III-VI and III-VII were prescribed at least the MMA more often, 24 to 33 percent of the time.

The restrictions on fat content in WIC regulations appear to be generally applied for those receiving Food Package IV–VII (see figure B.1). Among 1-year-olds (Food Package IV-A), 97 percent of prescriptions allowed whole milk. Among older children and women (Food Packages IV-B, V, VI, and VII), only 0 to 2 percent of prescriptions allowed whole milk.

WIC regulations allow women and older children who are prescribed Food Package III to receive whole milk with medical documentation. Children aged 2 to 5 who were issued Food Package III were prescribed whole milk 22 percent of the time, much more often than their counterparts receiving Food Package IV-B (2 percent). This is also true for women; those who were issued Food Package III V, III VI, or III VII were prescribed whole milk 21 to 31 percent of the time, whereas their counterparts receiving Food Package V, VI, or VII were prescribed whole milk not more than 2 percent of the time.

Table B.4. Quantity and Types of Milk Products Prescribed by Food Package Type

Milk Prescription	Food Package III					Children		Women			
	Children		Women			IV-A	IV-B	V	VI	VII	N/A ^a
	III IV-A	III IV-B	III V	III VI	III VII						
Quantity (qt)^b	–	–	–	–	–	–	–	–	–	–	–
MMA	16	16	22	16	24–36 ^c	16	16	22	16	24–36 ^c	0
Mean amount prescribed	7.2	11.6	18.4	13.0	20.7	12.8	12.6	18.0	12.8	20.1	4.7
Mean amount prescribed to those prescribed any	13.4	13.4	19.0	13.3	21.2	13.1	12.8	18.5	13.2	20.6	15.2
Percent Prescribed	–	–	–	–	–	–	–	–	–	–	–
Quantity Issued (qt)	–	–	–	–	–	–	–	–	–	–	–
24 or more	0.1	0.5	2.8	0.0	33.1	0.1	0.3	0.5	0.4	17.5	0.7
At least 22 but less than 24	< 0.1	< 0.1	16.0	0.0	10.9	< 0.1	< 0.1	6.0	0.4	5.0	1.0
At least 16 but less than 22	14.6	9.8	70.5	23.9	48.0	16.4	11.6	87.6	15.5	71.8	11.3
Less than 16	38.7	75.6	7.2	73.7	5.7	81.7	86.0	3.2	80.9	3.1	18.2
None	46.5	14.1	3.5	2.4	2.3	1.8	2.1	2.8	2.8	2.6	68.8
Form Allowable^d	–	–	–	–	–	–	–	–	–	–	–
Fluid	99.9	99.8	99.5	100.0	99.4	99.8	99.6	99.5	99.5	99.8	99.6
Evaporated	0.8	1.0	1.8	0.5	1.2	1.0	2.1	3.5	1.4	1.1	1.5
Dry	0.1	0.8	0.0	0.0	0.0	0.1	7.4	6.2	4.2	6.7	0.1
Percent Fat Allowable^d	–	–	–	–	–	–	–	–	–	–	–
Skim or nonfat (0.5% or less)	13.3	70.3	49.7	65.2	39.8	3.8	94.2	94.6	98.0	96.8	98.5
Lowfat	19.0	72.6	56.3	73.0	67.8	4.9	97.1	97.2	99.2	99.2	99.5
Reduced fat (2%)	9.4	10.2	25.9	16.7	36.8	5.8	4.9	6.5	1.9	5.2	1.6
Whole	81.0	22.2	30.6	21.1	28.7	96.9	2.4	2.3	0.1	0.2	< 0.1

Milk Prescription	Food Package III					Children		Women			
	Children		Women			IV-A	IV-B	V	VI	VII	N/A ^a
	III IV-A	III IV-B	III V	III VI	III VII						
Type Allowable^d	–	–	–	–	–	–	–	–	–	–	–
Cow's milk	82.9	92.0	89.0	86.8	62.6	93.4	81.8	79.6	80.8	81.6	90.6
Buttermilk	12.5	4.2	7.2	9.3	2.3	2.7	15.4	20.2	19.2	14.2	1.0
Acidophilus	6.0	1.4	1.4	2.9	2.3	8.6	8.6	9.8	9.7	8.3	0.1
Lactose free or reduced	4.5	5.4	4.6	5.4	7.6	4.5	6.2	6.6	5.2	7.3	7.5
Flavored	0.4	0.2	0.3	2.0	3.5	1.3	2.1	2.8	2.6	1.7	4.2
UHT	0.4	0.1	0.3	2.0	3.5	2.1	1.8	1.7	1.9	0.8	4.8
Soy	6.4	2.2	6.8	9.3	32.7	2.4	2.0	2.5	2.3	2.6	5.2
Kosher	0.2	0.1	0.1	0.5	< 0.1	0.6	0.7	0.6	0.5	1.5	< 0.1
N	20,478	52,746	792	209	175	1,230,576	2,804,393	799,197	618,263	237,404	76,866

Source: PC2016 participant characteristics data; analysis included the 50 States except Connecticut, Iowa, Louisiana, New Mexico, and Oregon; the District of Columbia; and Puerto Rico. Women participants from Georgia were also excluded.

Notes:

^a Partially (minimally) breastfeeding women more than 6 months postpartum; these participants are not authorized to receive food benefits.

^b Fluid milk; evaporated or dry milk converted to fluid equivalent. MMA is for fluid milk. The MMA can be met by combining fluid, dry, and evaporated milk, as well as by substituting cheese or tofu for part of the fluid milk allowance. This table does not include prescription data for cheese, tofu, or yogurt.

^c Women fully breastfeeding multiple infants are allowed 36 quarts; other women receiving Food Package VII or Food Package III VII are allowed 24 quarts.

^d Responses were not mutually exclusive, so percentages may add to more than 100 percent.

Food packages types:

III IV-A: Children aged 1–1.9 years (with qualifying conditions)

III IV-B: Children aged 2–4.9 years (with qualifying conditions)

III V: Women, pregnant and partially (mostly) breastfeeding up to 1 year postpartum (with qualifying conditions)

III VI: Women, nonbreastfeeding postpartum and partially (minimally) breastfeeding up to 6 months postpartum (with qualifying conditions)

III VII: Women, fully breastfeeding up to 1 year postpartum; partially (mostly) breastfeeding multiples; pregnant with multiples (with qualifying conditions)

IV-A: Children aged 1–1.9 years

IV-B: Children aged 2–4.9 years

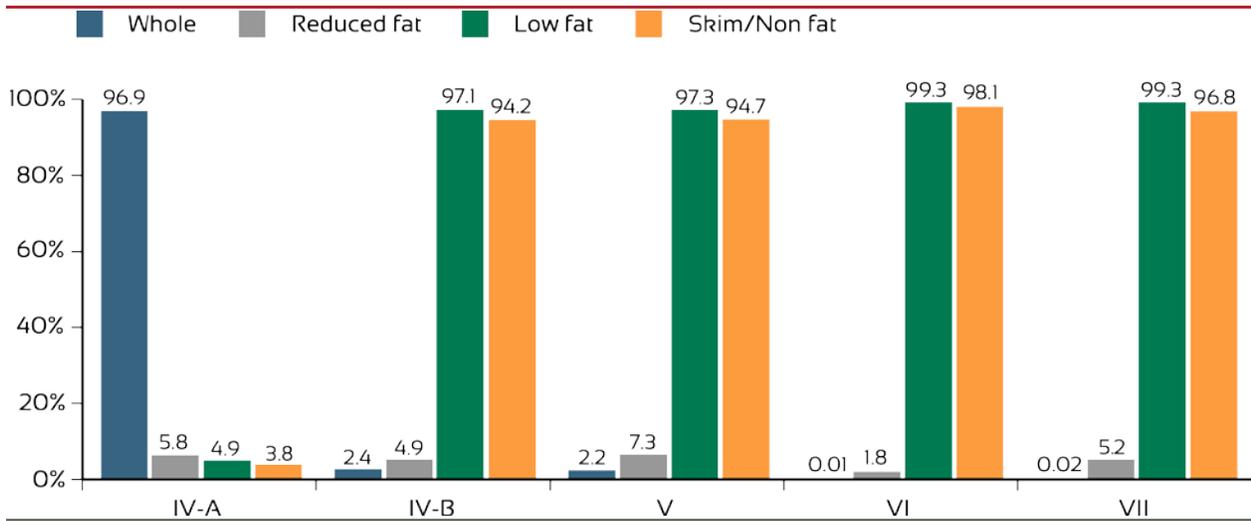
V: Women, pregnant and partially (mostly) breastfeeding up to 1 year postpartum

VI: Women, nonbreastfeeding postpartum and partially (minimally) breastfeeding up to 6 months postpartum

VII: Women, fully breastfeeding up to 1 year postpartum; partially (mostly) breastfeeding with multiples; pregnant with multiples

N/A: Women, partially (minimally) breastfeeding over 6 months postpartum (no food package)

Figure B.1 Types of Milk Allowable by Food Package Type



Results for cheese and tofu prescribed for women and children receiving Food Packages IV–VII are similar to those described in chapter 2 by certification category. Between 12 and 23 percent of recipients of Food Packages IV-A, IV-B, V, and VI were prescribed no cheese (see tables B.5 and B.6).

Among participants receiving Food Package III, 25 to 60 percent of participants received no cheese. Very few participants substituted tofu for milk.

Participants receiving Food Package III were less likely to be prescribed yogurt compared to their counterparts in receiving Food Package IV–VII. Approximately 17 to 60 percent of participants receiving Food Packages IV–VII were prescribed yogurt, compared to 13 to 39 percent of participants receiving Food Package III (table B.7). The mean amount of yogurt prescribed was about the same for participants receiving Food Package III and their counterparts in Food Package IV–VII.

Table B.5. Quantity of Cheese Prescribed by Food Package Type

Cheese Prescription	Food Package III					Children		Women			
	Children		Women								
	III IV-A	III IV-B	III V	III VI	III VII	IV-A	IV-B	V	VI	VII	N/A ^a
Quantity (lb)	–	–	–	–	–	–	–	–	–	–	–
MMA	N/A	N/A	N/A	N/A	1–1.5 ^b	N/A	N/A	N/A	N/A	1–1.5 ^b	0
Maximum substitution allowance	1	1	1	1	2	1	1	1	1	2	0
Mean amount prescribed	0.4	0.8	0.7	0.7	1.2	0.8	0.9	0.9	0.8	1.8	0.3
Mean amount prescribed to those prescribed any	1.0	1.0	1.0	1.0	1.7	1.0	1.0	1.0	1.0	1.8	1.0
Percent Prescribed	–	–	–	–	–	–	–	–	–	–	–
Quantity Issued (lb)	–	–	–	–	–	–	–	–	–	–	–
3 or more	< 0.1	0.0	0.3	0.0	5.7	< 0.1	< 0.1	< 0.1	< 0.1	6.4	0.1
At least 2 but less than 3	0.2	0.2	2.5	0.0	37.1	< 0.1	0.1	1.7	0.2	66.4	1.1
At least 1 but less than 2	40.1	74.9	69.1	74.6	29.7	76.8	85.0	85.9	83.3	25.9	27.3
Less than 1	< 0.1	< 0.1	0.0	0.0	0.0	0.1	0.1	< 0.1	0.4	< 0.1	0.0
None	59.6	24.8	28.2	25.4	27.4	23.1	14.7	12.3	16.0	1.3	71.5
N	20,478	52,746	792	209	175	1,230,576	2,804,393	799,197	618,263	237,404	76,866

Source: PC2016 participant characteristics data; analysis included the 50 States except Connecticut, Iowa, Louisiana, New Mexico, and Oregon; the District of Columbia; and Puerto Rico. Women participants from Georgia were also excluded.

Notes:

^a Partially (minimally) breastfeeding women more than 6 months postpartum. These participants are not authorized to receive food benefits.

^b Women fully breastfeeding multiple infants are allowed 1.5 pounds; other women receiving Food Package VII or Food Package III VII are allowed 1 pound.

Food package types:

III IV-A: Children aged 1–1.9 years (with qualifying conditions)

III IV-B: Children aged 2–4.9 years (with qualifying conditions)

III V: Women, pregnant and partially (mostly) breastfeeding up to 1 year postpartum (with qualifying conditions)

III VI: Women, nonbreastfeeding postpartum and partially (minimally) breastfeeding up to 6 months postpartum (with qualifying conditions)

III VII: Women, fully breastfeeding up to 1 year postpartum; partially (mostly) breastfeeding multiples; pregnant with multiples (with qualifying conditions)

IV-A: Children aged 1–1.9 years

IV-B: Children aged 2–4.9 years

V: Women, pregnant and partially (mostly) breastfeeding up to 1 year postpartum

VI: Women, nonbreastfeeding postpartum and partially (minimally) breastfeeding up to 6 months postpartum

VII: Women, fully breastfeeding up to 1 year postpartum; partially (mostly) breastfeeding with multiples; pregnant with multiples

N/A: Women, partially (minimally) breastfeeding over 6 months postpartum (no food package)

Table B.6. Quantity of Tofu Prescribed by Food Package Type

Tofu Prescription	Food Package III					Children		Women			
	Children		Women								
	III IV-A	III IV-B	III V	III VI	III VII	IV-A	IV-B	V	VI	VII	N/A ^a
Quantity (lb)	–	–	–	–	–	–	–	–	–	–	–
MMA	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Maximum Substitution Allowance ^b	0	0	4	4	6	0	0	4	4	6	0
Mean amount prescribed	< 0.1	< 0.1	< 0.1	< 0.1	< 0.1	< 0.1	< 0.1	< 0.1	< 0.1	< 0.1	< 0.1
Mean amount prescribed to those prescribed any	2.9	3.2	2.5	3.3	2.9	2.2	2.4	1.3	2.3	3.0	3.2
Percent Prescribed	–	–	–	–	–	–	–	–	–	–	–
Quantity Issued (lb)	–	–	–	–	–	–	–	–	–	–	–
4 or more	0.2	0.2	0.8	1.0	5.7	< 0.1	< 0.1	0.1	< 0.1	0.3	< 0.1
Less than 4	0.2	0.2	1.3	0.5	5.1	0.1	0.1	2.0	0.1	0.6	0.1
None	99.6	99.7	98.0	98.6	89.1	99.9	99.9	97.9	99.8	99.2	99.9
N	20,478	52,746	792	209	175	1,230,576	2,804,393	799,197	618,263	237,404	76,866

Source: PC2016 participant characteristics data; analysis included the 50 States except Connecticut, Iowa, Louisiana, New Mexico, and Oregon; the District of Columbia; and Puerto Rico. Women participants from Georgia were also excluded.

Notes:

^a Partially (minimally) breastfeeding women more than 6 months postpartum. These participants are not authorized to receive food benefits

^b Tofu can be substituted for milk based on individual nutritional assessment without medical documentation at the rate of 1 pound of tofu for 1 quart of milk up to the maximum substitution allowance shown. If allowed by State agency policy, women may substitute additional tofu up to the maximum allowance of fluid milk (see table B.4 for fluid milk MMA). For children, tofu may be substituted up to a maximum of 16 pounds, if allowed by State agency policy.

Food package types:

III IV-A: Children aged 1–1.9 years (with qualifying conditions)

III IV-B: Children aged 2–4.9 years (with qualifying conditions)

III V: Women, pregnant and partially (mostly) breastfeeding up to 1 year postpartum (with qualifying conditions)

III VI: Women, nonbreastfeeding postpartum and partially (minimally) breastfeeding up to 6 months postpartum (with qualifying conditions)

III VII: Women, fully breastfeeding up to 1 year postpartum; partially (mostly) breastfeeding multiples; pregnant with multiples (with qualifying conditions)

IV-A: Children aged 1–1.9 years

IV-B: Children aged 2–4.9 years

V: Women, pregnant and partially (mostly) breastfeeding up to 1 year postpartum

VI: Women, nonbreastfeeding postpartum and partially (minimally) breastfeeding up to 6 months postpartum

VII: Women, fully breastfeeding up to 1 year postpartum; partially (mostly) breastfeeding with multiples; pregnant with multiples

N/A: Women, partially (minimally) breastfeeding over 6 months postpartum (no food package)

Table B.7. Quantity of Yogurt Prescribed by Food Package Type

Yogurt Prescription	Food Package III					Children		Women			
	Children		Women								
	III IV-A	III IV-B	III V	III VI	III VII	IV-A	IV-B	V	VI	VII	N/A ^a
Quantity (qt)	–	–	–	–	–	–	–	–	–	–	–
MMA	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Maximum substitution allowance ^b	1	1	1	1	1	1	1	1	1	1	1
Mean amount issued	0.2	0.2	0.4	0.3	0.3	0.5	0.5	0.5	0.4	0.6	0.2
Mean amount issued to those receiving any	1.7	1.0	1.1	1.0	1.0	1.3	0.9	0.9	0.9	0.9	1.0
Percent Prescribed	–	–	–	–	–	–	–	–	–	–	–
Quantity Issued (qt)	–	–	–	–	–	–	–	–	–	–	–
1 or more	9.7	15.5	37.1	29.2	32.0	31.8	44.7	46.7	37.9	51.0	17.1
Less than 1	3.6	4.4	2.3	2.4	4.0	10.5	10.4	12.8	12.8	8.3	< 0.1
None	86.7	80.2	60.6	68.4	64.0	57.7	44.9	40.5	49.3	40.7	82.9
N	20,478	52,746	792	209	175	1,230,576	2,804,393	799,197	618,263	237,404	76,866

Source: PC2016 participant characteristics data; analysis included the 50 States except Connecticut, Iowa, Louisiana, New Mexico, and Oregon; the District of Columbia; and Puerto Rico. Women participants from Georgia were also excluded.

Notes:

^aPartially (minimally) breastfeeding women more than 6 months postpartum. These participants are not authorized to receive food benefits.

^bYogurt can be substituted for milk at the rate of 1 quart of yogurt for 1 quart of milk up to the maximum substitution allowance shown.

Food package types:

III IV-A: Children aged 1–1.9 years (with qualifying conditions)

III IV-B: Children aged 2–4.9 years (with qualifying conditions)

III V: Women, pregnant and partially (mostly) breastfeeding up to 1 year postpartum (with qualifying conditions)

III VI: Women, nonbreastfeeding postpartum and partially (minimally) breastfeeding up to 6 months postpartum (with qualifying conditions)

III VII: Women, fully breastfeeding up to 1 year postpartum; partially (mostly) breastfeeding multiples; pregnant with multiples (with qualifying conditions)

IV-A: Children aged 1–1.9 years

IV-B: Children aged 2–4.9 years

V: Women, pregnant and partially (mostly) breastfeeding up to 1 year postpartum

VI: Women, nonbreastfeeding postpartum and partially (minimally) breastfeeding up to 6 months postpartum

VII: Women, fully breastfeeding up to 1 year postpartum; partially (mostly) breastfeeding with multiples; pregnant with multiples

N/A: Women, partially (minimally) breastfeeding over 6 months postpartum (no food package)

D. Juice

Within nearly all food package types, the mean amount of juice prescribed for those prescribed any was a few ounces less than the MMA (see table B.8), and substantial proportions of participants were issued less than the MMA (see figure B.2).

Table B.8. Quantity of Juice Prescribed by Food Package Type

Juice Prescription	Food Package III					Children		Women			
	Children		Women								
	III IV-A	III IV-B	III V	III VI	III VII	IV-A	IV-B	V	VI	VII	N/A ^a
Quantity (oz)^b	–	–	–	–	–	–	–	–	–	–	–
MMA	128	128	144	96	144–216 ^c	128	128	144	96	144–216 ^c	0
Mean amount prescribed	104.2	118.9	141.7	94.4	151.2	121.0	124.3	139.5	93.4	140.7	38.3
Mean amount prescribed to those prescribed any	126.4	127.1	146.3	96.2	152.1	123.1	125.1	141.1	93.6	141.5	118.5
Percent Prescribed	–	–	–	–	–	–	–	–	–	–	–
Quantity Issued (oz)	–	–	–	–	–	–	–	–	–	–	–
144 or more	1.3	0.9	81.6	5.3	67.4	1.6	2.0	71.6	4.0	67.8	11.2
At least 128 but less than 144	75.4	85.9	10.7	1.4	30.9	70.4	71.0	23.6	0.4	29.2	0.1
At least 96 but less than 128	3.2	6.0	3.0	80.4	0.0	21.6	25.0	2.5	75.4	0.7	13.6
Less than 96	2.5	0.7	1.5	11.0	1.1	4.7	1.4	1.2	19.9	1.7	7.4
None	17.5	6.4	3.2	1.9	0.6	1.7	0.7	1.1	0.3	0.6	67.6
N	20,478	52,746	792	209	175	1,230,576	2,804,393	799,197	618,263	237,404	76,866

Source: PC2016 participant characteristics data; analysis included the 50 States except Connecticut, Iowa, Louisiana, New Mexico, and Oregon; the District of Columbia; and Puerto Rico. Women participants from Georgia were also excluded.

Notes:

^a Partially (minimally) breastfeeding women more than 6 months postpartum. These participants are not authorized to receive food benefits.

^b Single-strength juice. Concentrated juice converted to single-strength equivalent.

^c Women fully breastfeeding multiples are allowed 216 ounces; other women receiving Food Package VII or Food Package III VII are allowed 144 ounces.

Food package types:

III IV-A: Children aged 1–1.9 years (with qualifying conditions)

III IV-B: Children aged 2–4.9 years (with qualifying conditions)

III V: Women, pregnant and partially (mostly) breastfeeding up to 1 year postpartum (with qualifying conditions)

III VI: Women, nonbreastfeeding postpartum and partially (minimally) breastfeeding up to 6 months postpartum (with qualifying conditions)

III VII: Women, fully breastfeeding up to 1 year postpartum; partially (mostly) breastfeeding multiples; pregnant with multiples (with qualifying conditions)

IV-A: Children aged 1–1.9 years

IV-B: Children aged 2–4.9 years

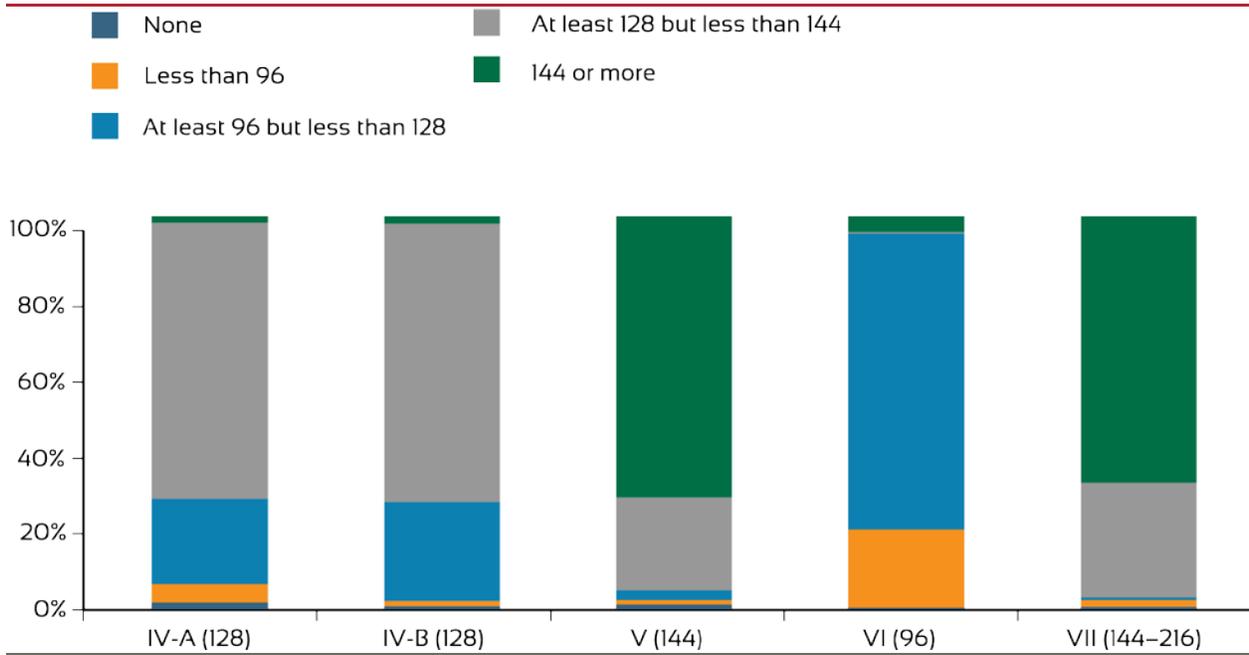
V: Women, pregnant and partially (mostly) breastfeeding up to 1 year postpartum

VI: Women, nonbreastfeeding postpartum and partially (minimally) breastfeeding up to 6 months postpartum

VII: Women, fully breastfeeding up to 1 year postpartum; partially (mostly) breastfeeding with multiples; pregnant with multiples

N/A: Women, partially (minimally) breastfeeding over 6 months postpartum (no food package)

Figure B.2. Quantities of Juice Prescribed By Food Package Type (MMA in Parentheses)



Notes:
Values of less than 1 percent are not shown

E. Cereal

Nearly all women and child participants assigned packages other than Food Package III were prescribed at least the MMA of cereal (97 to 99 percent by food package type; table B.9). Some infants assigned packages other than Food Package III were prescribed somewhat lesser amounts or no cereal. Among older infants and children who were assigned Food Package III, 5 to 18 percent were prescribed no cereal.

Table B.9. Quantity of Cereal Prescribed by Food Package Type

Cereal Prescription	Infants ^a			Food Package III							Children		Women			
	II-FF	II-BF/FF	II-BF	Infants		Children			Women		IV-A	IV-B	V	VI	VII	N/A ^b
				III II-FF	III II-BF/FF	III IV-A	III IV-B	III V	III VI	III VII						
Quantity (oz)	–	–	–	–	–	–	–	–	–	–	–	–	–	–	–	–
MMA	24	24	24	24	24	36	36	36	36	36–54 ^c	36	36	36	36	36–54 ^c	0
Mean amount prescribed	23.1	23.4	23.4	20.8	19.6	31.1	34.2	34.9	34.2	35.3	35.3	35.7	35.4	35.9	35.1	11.7
Mean amount prescribed to those prescribed any	23.8	24.0	23.9	23.7	23.8	34.8	36.0	36.5	35.7	36.4	35.8	36.0	35.9	35.9	36.1	36.0
Percent Prescribed	–	–	–	–	–	–	–	–	–	–	–	–	–	–	–	–
Quantity Issued (oz)	–	–	–	–	–	–	–	–	–	–	–	–	–	–	–	–
36 or more	0.7	0.6	0.4	0.1	0.2	79.1	94.4	95.2	94.3	97.1	96.8	98.6	97.7	98.7	96.9	32.4
At least 24 but less than 36	92.7	95.8	96.0	84.6	79.7	8.9	0.6	0.1	0.0	0.0	1.3	0.1	0.1	0.1	0.1	< 0.1
Less than 24	3.9	1.4	1.6	3.1	2.2	1.5	0.2	0.5	1.4	0.0	0.6	0.4	0.8	0.9	0.5	< 0.1
None	2.8	2.3	2.0	12.2	17.9	10.5	4.8	4.2	4.3	2.9	1.4	0.9	1.5	0.2	2.5	67.6
N	650,235	98,055	108,911	60,521	3,845	20,478	52,746	792	209	175	1,230,576	2,804,393	799,197	618,263	237,404	76,866

Source: PC2016 participant characteristics data; analysis included the 50 States except Connecticut, Iowa, Louisiana, New Mexico, and Oregon; the District of Columbia; and Puerto Rico. Women participants from Georgia were also excluded.

Notes:

^a Infants received infant cereal. All others received adult cereal.

^b Partially (minimally) breastfeeding women more than 6 months postpartum; these participants are not authorized to receive food benefits.

^c Women fully breastfeeding multiples are allowed 54 ounces; other women receiving Food Package VII or Food Package III VII are allowed 36 ounces.

Food package types:

II FF: FF infants aged 6–11.9 months

II BF/FF: BF/FF infants aged 6–11.9 months

II BF: BF infants aged 6–11.9 months

III II-FF: FF infants aged 6–11.9 months (with qualifying conditions)

III II BF/FF: BF/FF infants aged 6–11.9 months (with qualifying conditions)

III IV-A: Children aged 1–1.9 years (with qualifying conditions)

III IV-B: Children aged 2–4.9 years (with qualifying conditions)

III V: Women, pregnant and partially (mostly) breastfeeding up to 1 year postpartum (with qualifying conditions)

III VI: Women, nonbreastfeeding postpartum and partially (minimally) breastfeeding up to 6 months postpartum (with qualifying conditions)

III VII: Women, fully breastfeeding up to 1 year postpartum; partially (mostly) breastfeeding multiples; pregnant with multiples (with qualifying conditions)

IV-A: Children aged 1–1.9 years

IV-B: Children aged 2–4.9 years

V: Women, pregnant, and partially (mostly) breastfeeding up to 1 year postpartum

VI: Women, nonbreastfeeding postpartum and partially (minimally) breastfeeding up to 6 months postpartum

VII: Women, fully breastfeeding up to 1 year postpartum; partially (mostly) breastfeeding with multiples; pregnant with multiples

N/A: Women, partially (minimally) breastfeeding over 6 months postpartum (no food package)

F. Eggs

Nearly all women and child participants with Food Packages IV–VII were prescribed at least the MMA of eggs (97 to 99 percent by food package type; table B.10). Those who were not prescribed eggs were concentrated among children assigned Food Package III.

Table B.10. Quantity of Eggs Prescribed by Food Package Type

Egg Prescription	Food Package III					Children		Women			
	Children		Women			IV-A	IV-B	V	VI	VII	N/A ^a
	III IV-A	III IV-B	III V	III VI	III VII						
Quantity (doz)^b	–	–	–	–	–	–	–	–	–	–	–
MMA	1	1	1	1	2–3 ^c	1	1	1	1	2–3 ^c	0
Mean amount prescribed	0.8	0.9	1.0	1.0	1.9	1.0	1.0	1.0	1.0	2.0	0.3
Mean amount prescribed to those prescribed any	1.0	1.0	1.1	1.0	2.0	1.0	1.0	1.0	1.0	2.0	1.1
Percent Prescribed	–	–	–	–	–	–	–	–	–	–	–
Quantity Issued (doz)	–	–	–	–	–	–	–	–	–	–	–
2 or more	0.2	0.1	4.8	0.0	93.1	< 0.1	0.1	1.9	0.5	96.6	2.2
At least 1 but less than 2	79.2	94.0	91.0	97.1	2.9	98.1	97.7	96.9	99.2	3.1	30.2
Less than 2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
None	20.7	5.9	4.2	2.9	4.0	1.9	2.2	1.2	0.2	0.3	67.6
N	20,478	52,746	792	209	175	1,230,576	2,804,393	799,197	618,263	237,404	76,866

Source: PC2016 participant characteristics data; analysis included the 50 States except Connecticut, Iowa, Louisiana, New Mexico, and Oregon; the District of Columbia; and Puerto Rico. Women participants from Georgia were also excluded.

Notes:

^a Partially (minimally) breastfeeding women more than 6 months postpartum. These participants are not authorized to receive food benefits.

^b Fresh eggs. Dried egg mix converted to fresh equivalent.

^c Women fully breastfeeding multiples are allowed 3 dozen; other women receiving Food Package VII or Food Package III VII are allowed 2 dozen.

Food package types:

III IV-A: Children aged 1–1.9 years (with qualifying conditions)

III IV-B: Children aged 2–4.9 years (with qualifying conditions)

III V: Women, pregnant, and partially (mostly) breastfeeding up to 1 year postpartum (with qualifying conditions)

III VI: Women, nonbreastfeeding postpartum and partially (minimally) breastfeeding up to 6 months postpartum (with qualifying conditions)

III VII: Women, fully breastfeeding up to 1 year postpartum; partially (mostly) breastfeeding multiples; pregnant with multiples (with qualifying conditions)

IV-A: Children aged 1–1.9 years

IV-B: Children aged 2–4.9 years

V: Women, pregnant and partially (mostly) breastfeeding up to 1 year postpartum

VI: Women, nonbreastfeeding postpartum and partially (minimally) breastfeeding up to 6 months postpartum

VII: Women, fully breastfeeding up to 1 year postpartum; partially (mostly) breastfeeding with multiples; pregnant with multiples

N/A: Women, partially (minimally) breastfeeding over 6 months postpartum (no food package)

G. Legumes

Substantial proportions of participants assigned Food Package III were prescribed no legumes: 19 percent of 1-year-olds and 1 to 4 percent of older children, pregnant/partially (mostly) breastfeeding women, and nonbreastfeeding/minimally breastfeeding women up to 6 months postpartum (see table B.11). For participants receiving Food Packages IV–VII, at least 93 percent of participants were prescribed at least the MMA.

Table B.11. Quantity of and Type of Legumes Prescribed by Food Package Type

Legume Prescription	Food Package III					Children		Women			
	Children		Women			IV-A	IV-B	V	VI	VII	N/A ^a
	III IV-A	III IV-B	III V	III VI	III VII						
Quantity (oz)	–	–	–	–	–	–	–	–	–	–	–
MMA ^b	18/16	18/16	36/32	18/16	36/32–54/48 ^c	18/16	18/16	36/32	18/16	36/32–54/48 ^c	0
Mean amount prescribed	13.5	16.3	32.0	17.7	33.2	16.4	17.1	32.7	17.9	33.1	7.5
Mean amount prescribed to those prescribed any	16.6	17.1	33.1	18.1	33.6	16.7	17.2	33.1	18.0	33.3	23.0
Percent Prescribed	–	–	–	–	–	–	–	–	–	–	–
Quantity Issued (oz)	–	–	–	–	–	–	–	–	–	–	–
36/32 or more	0.8	0.7	83.3	5.7	74.9	1.0	1.4	93.8	5.7	94.5	10.1
At least 18/16 but less than 36/32	79.3	94.1	13.0	89.0	24.0	95.7	97.1	4.9	93.0	4.6	22.2
Less than 18/16	1.1	0.9	0.4	3.3	< 0.1	1.4	0.9	0.2	0.9	0.1	0.1
None	18.8	4.3	3.3	1.9	1.1	1.9	0.6	1.1	0.4	0.8	67.6
Type Allowable^d	–	–	–	–	–	–	–	–	–	–	–
Dry beans	77.1	83.2	68.9	58.0	73.4	79.2	75.2	76.2	68.6	75.8	80.4
Peanut butter	39.1	83.6	84.5	78.5	82.7	49.2	80.3	61.1	77.6	60.4	86.3
Canned beans	66.8	75.5	70.9	44.4	67.1	65.6	64.5	71.6	61.0	71.5	74.0

Legume Prescription	Food Package III					Children		Women			
	Children		Women			IV-A	IV-B	V	VI	VII	N/A ^a
	III IV-A	III IV-B	III V	III VI	III VII						
<i>Type prescribed^d</i>	–	–	–	–	–	–	–	–	–	–	–
Dry beans	13.2	3.6	12.1	4.8	6.3	17.2	5.9	10.1	7.5	11.6	2.3
Peanut butter	8.8	12.7	59.1	33.0	45.7	10.0	20.4	42.4	25.8	44.9	11.1
Canned beans	10.4	4.0	20.5	10.5	30.3	11.5	5.6	12.5	9.5	14.5	2.5
Not specified	49.4	76.0	58.2	52.2	66.3	60.5	68.8	72.2	60.8	68.3	23.9
N	20,478	52,746	792	209	175	1,230,576	2,804,393	799,197	618,263	237,404	76,866

Source: PC2016 participant characteristics data; analysis included the 50 States except Connecticut, Iowa, Louisiana, New Mexico, and Oregon; the District of Columbia; and Puerto Rico. Women participants from Georgia were also excluded.

Notes:

^a Partially (minimally) breastfeeding women more than 6 months postpartum. These participants are not authorized to receive food benefits.

^b MMAs are 16 ounces dry or 64 ounces canned or 18 ounces peanut butter for children and for nonbreastfeeding and partially (minimally) breastfeeding women up to 6 months postpartum; and 16 ounces dry or 64 ounces canned plus 18 ounces of peanut butter for pregnant women and other breastfeeding women up to 1 year postpartum (additional combinations allowed are 16 ounces dry beans and 64 ounces canned beans (and no peanut butter); or 32 ounces dry beans; or 128 ounces canned beans (and no peanut butter); or 36 ounces peanut butter (and no beans).

^c Women fully breastfeeding multiples are allowed 54 ounces of peanut butter or 48 ounces of beans; other women receiving Food Package VII or Food Package III VII are allowed 36 ounces of peanut butter or 32 ounces of beans.

^d Food package contains peanut butter, beans, canned beans, or a combination of these types. Responses were not mutually exclusive, so percentages may add to more than 100 percent. *Type allowable* percentages include food packages where that type was included in the prescription; for example, a prescription that is described as providing 18 ounces peanut butter or 16 ounces dry beans would be counted in both the type allowable dry beans category and the type allowable peanut butter category. *Type prescribed* counts packages where the food package description specifies which type of legume is in the prescription; for example, a food package with dry beans and peanut butter would be counted under each of those types prescribed, whereas dry beans or peanut butter would be counted under not specified.

Food package types:

III IV-A: Children aged 1–1.9 years (with qualifying conditions)

III IV-B: Children aged 2–4.9 years (with qualifying conditions)

III V: Women, pregnant and partially (mostly) breastfeeding up to 1 year postpartum (with qualifying conditions)

III VI: Women, nonbreastfeeding postpartum and partially (minimally) breastfeeding up to 6 months postpartum (with qualifying conditions)

III VII: Women, fully breastfeeding up to 1 year postpartum; partially (mostly) breastfeeding multiples; pregnant with multiples (with qualifying conditions)

IV-A: Children aged 1–1.9 years

IV-B: Children aged 2–4.9 years

V: Women, pregnant and partially (mostly) breastfeeding up to 1 year postpartum

VI: Women, nonbreastfeeding postpartum and partially (minimally) breastfeeding up to 6 months postpartum

VII: Women, fully breastfeeding up to 1 year postpartum; partially (mostly) breastfeeding with multiples; pregnant with multiples

N/A: Women, partially (minimally) breastfeeding over 6 months postpartum (no food package)

H. Fish

The sample used for tabulation of canned fish for Food Package VII (see table B.12) differs slightly from the sample for fully breastfeeding women that appears in chapter 2 because it includes women pregnant with multiples and excludes participants in the three State agencies for which food package type was not reported. The numerical results are, however, virtually identical: about 96 percent of the sample was prescribed at least the MMA of 30 ounces of canned fish.

Table B.12. Quantity of Canned Fish Prescribed in Food Package Type VII

Canned Fish Prescription	Food Package Type VII ^a
Quantity (oz)	–
MMA	30–45 ^b
Mean amount prescribed	29.1
Mean amount prescribed to those prescribed any	30.0
Percent Prescribed	–
Quantity Issued (oz)	–
30 or more	96.3
Less than 30	0.7
None	2.9
Type Allowable^c	–
Light tuna	97.3
Salmon	94.6
Sardine	47.1
Mackerel	29.9
N	237,404

Source: PC2016 participant characteristics data; analysis included the 50 States except Connecticut, Iowa, Louisiana, New Mexico, and Oregon; the District of Columbia; and Puerto Rico. Women participants from Georgia were also excluded.

Notes:

^a Food Package VII is assigned to women who are fully breastfeeding; partially (mostly) breastfeeding multiples, or pregnant with multiples.

^b Women fully breastfeeding multiples are allowed 45 ounces; other women receiving Food Package VII or Food Package III VII are allowed 30 ounces.

^c Responses were not mutually exclusive, so percentages may add to more than 100 percent.

I. Whole Grains

Most participants were prescribed at least the MMA of whole grains. Children prescribed Food Package III, especially 1-year-olds (see table B.13), were most likely to be prescribed no whole grains (18 percent of these 1-year-old children).

Table B.13. Quantity and Types of Whole-Grain Alternatives Prescribed by Food Package Type

Whole-Grain Prescription	Food Package III				Children		Women		
	Children		Women		IV-A	IV-B	V	VII	N/A ^a
	III IV-A	III IV-B	III V	III VII					
Quantity (lb)	–	–	–	–	–	–	–	–	–
MMA	2	2	1	1–1.5 ^b	2	2	1	1–1.5 ^b	0
Mean amount issued	1.6	1.9	1.0	1.0	2.0	2.0	1.0	1.0	0.1
Mean amount issued to those receiving any	2.0	2.0	1.0	1.0	2.0	2.0	1.0	1.0	1.0
Percent Prescribed	–	–	–	–	–	–	–	–	–
Quantity Issued (lb)	–	–	–	–	–	–	–	–	–
2 or more	81.1	95.5	1.8	0.6	97.0	98.5	0.1	0.5	< 0.1
At least 1 but less than 2	0.5	0.3	92.8	97.7	1.3	1.3	96.8	99.0	11.4
Less than 1	0.0	0.0	0.0	0.0	< 0.1	0.0	< 0.1	< 0.1	0.0
None	18.4	4.1	5.4	1.7	1.7	0.2	3.0	0.6	88.6
Type Allowable^c	–	–	–	–	–	–	–	–	–
Whole-wheat/whole-grain bread	98.7	99.2	99.1	97.1	97.8	97.7	97.2	97.8	95.8
Soft-corn or whole-wheat tortillas	95.3	96.6	95.1	95.9	95.4	95.8	95.2	95.4	95.8
Brown rice	95.2	96.5	92.9	87.8	94.6	94.6	94.3	94.4	81.7
Oatmeal	32.2	22.9	37.4	47.7	47.7	50.0	51.5	52.1	19.9
Bulgur	4.7	3.1	1.3	2.9	22.8	25.1	25.1	30.4	< 0.1
Whole-grain barley	4.8	3.3	2.5	3.5	19.8	21.9	21.6	25.4	< 0.1
Whole-wheat pasta	63.3	42.3	68.1	77.9	72.7	75.5	76.5	78.8	62.0
N	20,478	52,746	792	175	1,230,576	2,804,393	799,197	237,404	76,866

Source: PC2016 participant characteristics data; analysis included the 50 States except Connecticut, Iowa, Louisiana, New Mexico, and Oregon; the District of Columbia; and Puerto Rico. Women participants from Georgia were also excluded.

Notes:

^a Partially (minimally) breastfeeding women more than 6 months postpartum. These participants are not authorized to receive food benefits.

^b Women fully breastfeeding multiples are allowed 1.5 pounds; other women receiving Food Package VII or Food Package III VII are allowed 1 pound.

^c Responses were not mutually exclusive, so percentages may add to more than 100 percent.

Food package types:

III IV-A: Children aged 1–1.9 years (with qualifying conditions)

III IV-B: Children aged 2–4.9 years (with qualifying conditions)

III V: Women, pregnant and partially (mostly) breastfeeding up to 1 year postpartum (with qualifying conditions)

III VI: Women, nonbreastfeeding postpartum and partially (minimally) breastfeeding up to 6 months postpartum (with qualifying conditions)

III VII: Women, fully breastfeeding up to 1 year postpartum; partially (mostly) breastfeeding multiples; pregnant with multiples (with qualifying conditions)

IV-A: Children aged 1–1.9 years

IV-B: Children aged 2–4.9 years

V: Women, pregnant and partially (mostly) breastfeeding up to 1 year postpartum

VI: Women, nonbreastfeeding postpartum and partially (minimally) breastfeeding up to 6 months postpartum

VII: Women, fully breastfeeding up to 1 year postpartum; partially (mostly) breastfeeding with multiples; pregnant with multiples

N/A: Women, partially (minimally) breastfeeding over 6 months postpartum (no food package)

J. Infant Foods

Within Food Packages I and II, at least 97 percent of older infants were prescribed some fruits and vegetables, and 82 to 88 percent were prescribed the maximum amount (see table B.14). Among infants with Food Package III, 12 to 17 percent were prescribed no fruits and vegetables.

Among fully breastfed infants, 82 percent were prescribed the maximum amount of infant meat and infant fruits and vegetables.

Table B.14. Quantities of Infant Foods Prescribed for Infants by Food Package Type

Infant Food Prescription	II-FF	II-BF/FF	II-BF	III II-FF	III II-BF/FF
Fruits and Vegetables					
Quantity (oz)	–	–	–	–	–
MMA	128	128	256	128	128
Mean amount prescribed	117.3	120.0	234.0	107.6	99.0
Mean amount prescribed to those prescribed any	121.1	123.1	238.0	121.6	119.8
Percent Prescribed	–	–	–	–	–
Quantity Issued (oz)	–	–	–	–	–
256 or more	0.2	0.3	82.4	0.2	0.2
At least 128 but less than 256	84.7	88.3	10.6	77.5	69.2
Less than 128	11.9	8.9	5.4	10.8	13.2
None	3.2	2.6	1.7	11.5	17.4
N	650,235	98,055	108,911	60,521	3,845
Meats					
Quantity (oz)	–	–	–	–	–
Federal standard	–	–	77.5	–	–
Mean amount prescribed	–	–	70.9	–	–
Mean amount prescribed to those prescribed any	–	–	75.6	–	–
Percent Prescribed	–	–	–	–	–
Quantity Issued (oz)	–	–	–	–	–
77.5 or more	–	–	82.4	–	–
Less than 77.5	–	–	8.2	–	–
None	–	–	6.2	–	–
N	–	–	108,911	–	–

Source: PC2016 participant characteristics data; analysis included the 50 States except Connecticut, Iowa, Louisiana, New Mexico, and Oregon; the District of Columbia; and Puerto Rico.

Notes:

Food Package Types:

II FF: FF infants aged 6–11.9 months

II BF/FF: BF/FF infants aged 6–11.9 months

II BF: BF infants aged 6–11.9 months

III II-FF: FF infants aged 6–11.9 months (with qualifying conditions)

III II BF/FF: BF/FF infants aged 6–11.9 months

K. Fruit and Vegetable Cash Value Vouchers

The majority of women and children participants were prescribed a voucher for at least the MMA. Those who were prescribed no fruit and vegetable voucher were concentrated among women and child participants receiving Food Package III and infants receiving Food Package I, II, and III (see table B.15).

Table B.15. Amount of Fruit and Vegetable Voucher Prescribed by Food Package Type

Fruit and Vegetable Prescription	Infants		Food Package III					Infants			Children		Women			
	III II-FF	III II-BF/FF	Children		Women			II-FF	II-BF/FF	II-BF	IV-A	IV-B	V	VI	VII	N/A ^a
			III IV-A	III IV-B	III V	III VI	III VII									
Amount (\$)	–	–	–	–	–	–	–	–	–	–	–	–	–	–	–	–
MMA	4	4	8	8	11	11	11–16.50 ^b	4	4	4	8	8	11	11	11–16.50 ^b	0
Mean amount prescribed	0.20	0.48	6.87	7.89	10.67	10.18	10.67	0.24	0.20	0.53	8.17	8.29	10.96	10.84	10.99	3.43
Mean amount prescribed to those prescribed any	5.25	8.02	8.24	8.21	11.22	10.91	11.11	4.73	5.71	8.10	8.30	8.32	11.19	11.01	11.21	10.74
Percent Prescribed	–	–	–	–	–	–	–	–	–	–	–	–	–	–	–	–
Quantity Issued (\$)	–	–	–	–	–	–	–	–	–	–	–	–	–	–	–	–
11 or more	0.6	3.4	7.3	4.3	92.7	89.5	90.3	0.2	0.6	0.2	6.7	6.7	94.0	96.3	93.4	23.4
At least 8 but less than 11	0.0	0.1	70.9	90.9	2.4	3.3	5.7	0.6	0.4	6.3	89.9	92.7	3.9	2.1	4.6	8.5
At least 4 but less than 8	3.1	2.5	5.1	0.9	0.0	0.0	0.0	4.4	2.5	0.0	1.8	0.3	0.0	0.0	0.0	0.0
Less than 4	0.0	0.0	0.0	0.0	0.0	0.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
None	96.2	94.0	16.7	3.8	4.9	6.7	4.0	94.8	96.5	93.4	1.6	0.4	2.1	1.6	1.9	68.1

Fruit and Vegetable Prescription	Food Package III								Infants	Children	Women						
	Infants		Children			Women					II-BF	IV-A	IV-B	Women			
	III II-FF	III II-BF/FF	III IV-A	III IV-B	III V	III VI	III VII	V						VI	VII	N/A ^a	
<i>Type Allowable^c</i>	–	–	–	–	–	–	–	–	–	–	–	–	–	–	–	–	
Fresh	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	99.7	
Frozen	N/A	N/A	70.7	85.4	82.3	81.0	84.5	N/A	N/A	N/A	83.8	85.5	85.4	85.9	84.4	92.9	
Canned	N/A	N/A	49.9	71.4	64.0	68.7	73.8	N/A	N/A	N/A	62.9	65.3	60.8	60.1	63.9	66.5	
Dried	N/A	N/A	0.3	0.3	2.1	2.1	2.4	N/A	N/A	N/A	0.2	0.1	19.1	13.1	24.1	0.0	
N	60,521	3,845	20,478	52,746	792	209	175	650,235	98,055	108,911	1,230,576	2,804,393	799,197	618,263	237,404	76,866	

Source: PC2016 participant characteristics data; analysis included the 50 States except Connecticut, Iowa, Louisiana, New Mexico, and Oregon; the District of Columbia; and Puerto Rico. Women participants from Georgia were also excluded.

Notes:

^a Partially (minimally) breastfeeding women more than 6 months postpartum; these participants are not authorized to receive food benefits.

^b Women fully breastfeeding multiple are allowed \$16.50; other women receiving Food Package VII or Food Package III VII are allowed \$11

^c Responses were not mutually exclusive, so percentages may add to more than 100 percent.

Food package types:

III IV-A: Children aged 1–1.9 years (with qualifying conditions)

III IV-B: Children aged 2–4.9 years (with qualifying conditions)

III V: Women, pregnant and partially (mostly) breastfeeding up to 1 year postpartum (with qualifying conditions)

III VI: Women, nonbreastfeeding postpartum and partially (minimally) breastfeeding up to 6 months postpartum (with qualifying conditions)

III VII: Women, fully breastfeeding up to 1 year postpartum; partially (mostly) breastfeeding multiples; pregnant with multiples (with qualifying conditions)

IV-A: Children aged 1–1.9 years

IV-B: Children aged 2–4.9 years

V: Women, pregnant and partially (mostly) breastfeeding up to 1 year postpartum

VI: Women, nonbreastfeeding postpartum and partially (minimally) breastfeeding up to 6 months postpartum

VII: Women, fully breastfeeding up to 1 year postpartum; partially (mostly) breastfeeding with multiple infants; pregnant with multiple infants

N/A: Women, partially (minimally) breastfeeding over 6 months postpartum (no food package)