

Title: Children Food Packages	Category: Food Delivery
CFR Reference: 246.10	Policy Number 9.006
Effective Date: 3/2022	Revised Date: 03/01/2026

POLICY STATEMENT:

The State Agency will make available in the MIS children food packages based on the child’s age that allow up to the Maximum Monthly Allowance (MMA)* of authorized supplemental foods in accordance with 7 CFR 246.10(e)(4).

Each child will receive a tailored food package based on a nutrition assessment conducted in accordance with DC WIC policy 2.003 Nutrition and Breastfeeding Assessment that meets the cultural, medical, and dietary needs of the DC WIC participant.

*See DC WIC policy 9.004 Federal Food Packages for definition of MMA.

PROCEDURE

The CPA or CPPA must provide each child with a tailored food package based on the MMAs established and allowable substitutions for each age and category below:

Child 1-year-old (C1)

Authorized Supplemental Food	Food Package IV, Part A
Juice	64 fl oz <i>full substitution:</i> - \$3 CVB
Whole milk	4 gallons (i.e. 16 quarts) <i>partial substitutions:</i> - 1 lb of cheese (in place of 3 quarts of milk) - Up to 64 oz of yogurt* (32 oz per 1 quart of milk) - Up to 4 quarts of kefir (1 quart of kefir per 1 quart of milk) <i>full substitutions:</i> - 1 lb of tofu for each quart of milk - Any additional authorized milk (e.g. dry powdered milk, lactose-free, soy, goat’s milk, UHT milk, etc) for each quart of milk**
Breakfast cereal	36 oz
Eggs	1 dozen <i>full substitution:</i> - 1 lb of tofu or - 1 CTR of dry or canned beans, peas, lentils, or 16 to 18 of peanut butter or nut or seed butter
Fruits and vegetables	\$26*** CVB
Whole wheat bread or other whole grain option	24 oz
Canned fish	6 oz
Mature legumes	1 lb dry beans or 64 oz canned beans or 1 CTR of 16 to 18 oz peanut butter or nut and seed butters



WIC formula (see DC WIC policy 9.008)	Up to 455 fl oz of liquid concentrate (powdered and RTF may be substituted at equivalent rates).
<p>*Yogurt – whole fat or low-fat yogurts are standard issuance when substituting yogurt. Nonfat yogurt may be issued to 1-year-old children for whom overweight or obesity is a concern as determined by a CPA</p> <p>**Authorized milk – see a full listing of authorized milks in the DC WIC Authorized Foods List</p> <p>*** CVB amounts may be adjusted annually.</p>	

Reduced-fat milk issuance to 1-year-olds

Reduced fat (2%) milks can be issued to 1-year old children only when determined appropriate by a CPA. The need for reduced fat milk must be based on an individual nutritional assessment and if issued, must be documented in the participant’s TGIF note. A DC WIC Medical Prescription form is not required to issue reduced-fat milk to 1-year-olds as part of Food Package IV, Part A.

Nonfat yogurt issuance to 1-year-olds

Nonfat yogurt may be issued to 1-year-old children only when determined appropriate by a CPA. The need for nonfat yogurt must be based on an individual nutritional assessment and if issued, must be documented in the participant’s TGIF. A DC WIC Medical Prescription form is not required to issue nonfat yogurt to 1-year-olds as part of Food Package IV, Part A.

Additional food package tailoring options for 1-year-olds

Additional food item tailoring options may be considered as part of Food Package III issuance including infant fruits and vegetables, infant cereal, and special formula as determined appropriate by a healthcare provider per medical documentation. See DC WIC policy 9.008 Qualifying Medical Conditions for more information.

Child 2 years to 4 years (C2, C3, C4)

Authorized Supplemental Food	Food Package IV, Part B
Juice	64 fl oz <i>full substitution:</i> - \$3CVB
Low-fat or nonfat milk	4 gallons (i.e. 16 quarts) <i>partial substitutions:</i> - 1 lb of cheese (in place of 3 quarts of milk) - Up to 64 oz of yogurt* (32 oz per 1 quart of milk) - Up to 4 quarts of kefir (1 quart of kefir per 1 quart of milk) <i>full substitutions:</i> - 1 lb of tofu for each quart of milk - Any additional authorized milk (e.g. dry powdered milk, lactose-free, soy, goat’s milk, UHT milk, etc)**
Breakfast cereal	36 oz
Eggs	1 dozen <i>full substitution:</i> - 1 lb of tofu or - 1 CTR of dry or canned beans, peas, lentils, or 16 to 18 of peanut butter or nut or seed butter



Fruits and vegetables	\$26*** CVB
Whole wheat bread or other whole grain option	24 oz
Canned fish	6 oz
Mature legumes	1 lb dry beans or 64 oz canned beans or 1 CTR of 16 to 18 oz peanut butter or nut and seed butters
WIC formula (see DC WIC policy 9.008)	Up to 455 fl oz of liquid concentrate (powdered and RTF may be substituted at equivalent rates).
<p>*Yogurt – low-fat and nonfat yogurts are standard issuance for 2 to 4-year-olds. Whole fat yogurt may be authorized per medical documentation by a healthcare provider.</p> <p>**Authorized milk – see a full listing of authorized milks in the DC WIC Authorized Foods List</p> <p>*** CVB amounts may be adjusted annually.</p>	

Whole milk issuance to 2 to 4-year-olds

Whole milk may be issued to 2 to 4-year-olds in place of low-fat and nonfat milk only when determined appropriate by a healthcare provider per medical documentation and must be assigned as part of Food Package III (see DC WIC policy 9.008 Qualifying Medical Conditions).

Reduced-fat milk (2%) issuance to 2 to 4-year-olds

Reduced-fat milk (2%) may be issued to 2 to 4-year-olds in place of low-fat and nonfat milk only as determined, at minimum, by a CPA based on an individual nutritional assessment and its justification documented in the participant’s record. A DC WIC Medical Prescription form is not needed to issue reduced-fat milk as part of Food Package IV, Part B.

Additional food package tailoring options for 2 to 4-year olds

Additional food tailoring options may be considered as part of Food Package III issuance including infant fruits and vegetables, infant cereal, whole milk yogurt, and special formula as determined appropriate by a healthcare provider per medical documentation. See DC WIC policy 9.008 Qualifying Medical Conditions for more information.

REFERENCES

7 CFR 246.10

DC WIC policies 2.003 Nutrition and Breastfeeding Assessment, 9.004 Federal Food Packages, 9.008 Qualifying Medical Conditions

ATTACHMENTS & FORMS

DC WIC Medical Prescription Form

DC WIC Authorized Foods List

