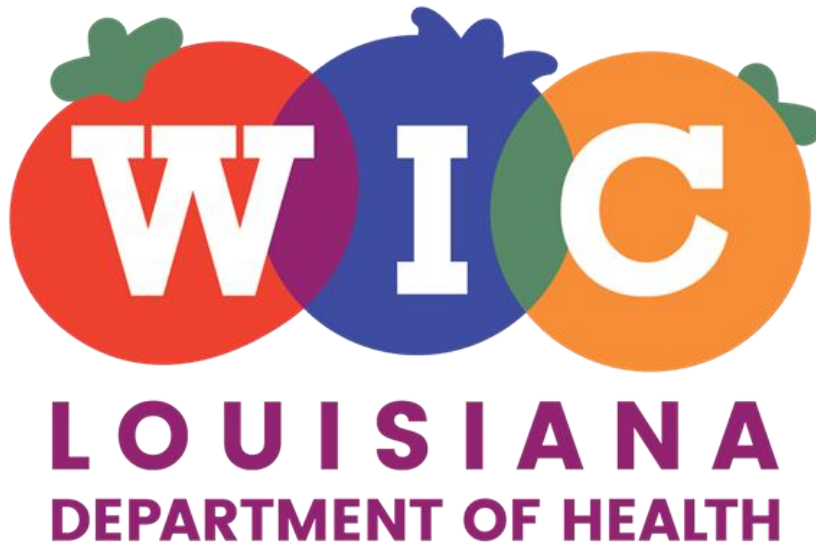


**MEDICAL PROVIDER GUIDE**  
**LOUISIANA WOMEN, INFANT, AND CHILDREN (WIC)**  
**SPECIAL SUPPLEMENTAL NUTRITION PROGRAM**



**Louisiana Department of Health**  
**Office of Public Health**  
**Bureau of Nutrition Services**  
**Louisiana WIC Program**  
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*“WIC is an equal opportunity provider”*



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## What is WIC?

The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) is a supplemental nutrition program established by the United States Department of Agriculture (USDA) to serve eligible pregnant, breastfeeding, and postpartum women, infants and children less than 5 years of age.

The Louisiana WIC Program is funded by USDA and administered by the Louisiana Department of Health, Office of Public Health, Bureau of Nutrition Services. As a component of ongoing health care, the staff of parish health units and contract agencies across the state provides appropriate health services, assessments, education, and certification for WIC, supplemental nutritious foods via an electronic benefits transfer (EBT) card, and referrals to health and social services.

## WIC Services






The aim of the Louisiana WIC Program is to be an adjunct to health care with a goal of providing nutritious supplemental food, nutrition education, communication and follow up to patients that are referred from the medical community. It is intended to encourage patients to access preventive health care and to provide supplemental food and nutrition education to those at nutrition risk. The Louisiana WIC program serves as an adjunct and gateway to the following coordinated health initiatives and services:

-  Breastfeeding promotion and support
-  Prenatal care referrals
-  Immunization assessment and referrals
-  Nutrition and health screening
-  Nutrition Education
-  High – risk nutrition assessment and counseling
-  Prenatal weight gain monitoring and education
-  Education about iron-deficiency anemia
-  Education for cessation of smoking, drugs and alcohol use



## LOUISIANA WIC ELIGIBILITY REQUIREMENTS

### *Categorical Eligibility*

-  Pregnant women through pregnancy
-  Breastfeeding women up to one year
-  Non-breastfeeding postpartum women for 6 months
-  Infants up to 12 months
-  Children up to 5 years

### ***Income Eligibility***

Income at or below 185% of the Federal poverty guidelines. Income guidelines are based on family size. The latest income guidelines are available at the following link: <https://louisianawic.org/wp-content/uploads/2020/06/IncomeGuidelines-ENG-2020-2021.pdf>.

### ***Nutritional Risk Eligibility***

WIC uses two broad categories of risk: medically based, such as low birth weight, and diet based, such as inappropriate nutrition and feeding behaviors.

### ***Residency Eligibility***

Participants must live in Louisiana, however WIC does not require proof of citizenship or alien status.

### **WHERE ARE WIC SERVICES PROVIDED?**

Applicants can visit [www.louisianawic.org](http://www.louisianawic.org) for a list of WIC clinics in their area. Applicants can also call 1-800-251-BABY (2229) to locate WIC clinics in their area.

### **WIC REFERRALS**

A goal of the Louisiana WIC Program is to serve eligible participants and enroll them as early as possible during pregnancy and infancy. We appreciate referrals from medical providers and hope to work cooperatively with them to meet the need of each WIC participant. With a written request from the medical doctor, we can also provide counseling, utilizing a Registered Dietitian/Nutritionist for specific medical needs of WIC participants.

### **WIC FORMULAS/WIC ELIGIBLE FOODS**

The Louisiana WIC Program can provide standard and exempt nutrition formulas; however, ***breastfeeding is highly encouraged as the preferred optimal method of feeding***. All formula and food provided by WIC must meet the minimum federal regulatory requirements. These requirements specify the food categories, maximum monthly allowances, and the nutritional requirements for all WIC–eligible food and formula (see *Appendix A*).

### **Contract Standard/Alternate Formulas**




The Louisiana WIC Program’s current formula contract is with Abbott and provides *Similac Advance and Similac Soy Isomil* as the standard iron-fortified milk and soy-based formula for healthy infants during the first year of life. Abbott’s *Similac Total Comfort, Sensitive, and Spit-Up* are offered as alternate contract milk-based formulas. These formulas\* contain 19 calories per ounce at standard dilution and require medical documentation via a basic prescription before they can be provided to WIC participants.

*\*Note that these formulas are changing from 19 calories per ounce to 20 calories per ounce in fall 2020, and a basic prescription will not be required after December 2020.*




## Exempt Formulas

An exempt formula is any formula that is not on the standard formula contract. An exempt formula may be authorized when a physician diagnoses a participant with one or more qualifying medical conditions which contraindicates the use of a standard formula. The list of qualifying medical conditions can be found here (<http://louisianawic.org/community/>). *Please note according to USDA regulations, the Louisiana WIC program does not provide low-iron formula under any circumstances.*



The Louisiana WIC Approved Formulary is used by the Louisiana WIC program to ensure that regulatory requirements are met when authorizing formula usage. The formulary can be found here (<http://louisianawic.org/community/>).

-  The formulary contains the exempt formulas available from the WIC program.
-  Prescriptions for non-standard formulas are subject to WIC approval and provision based on Louisiana WIC Program policy and procedure.
-  Exempt formulas request from providers that are not listed in the current formulary must be submitted from the clinic staff to the Bureau of Nutrition Services Nutrition Operations staff for review. The clinic staff provides referrals to Medicaid approved DME Provider for formula request that are not a part of the current Louisiana WIC approved Formulary.

**The use of READY-TO-FEED FORMULA can be approved only when one of the following circumstances is documented:**

-  Unsanitary/restricted water supply
-  Poor refrigeration
-  The participant's caregiver is cognitively or physically unable to correctly dilute concentrated liquid or powdered formula.

**The following conditions apply ONLY to participants receiving an EXEMPT FORMULA Supplemental Food Package:**

-  The ready-to-feed formula better accommodates the participant's condition
-  The ready-to-feed formula improves the participant's compliance in consuming the prescribed formula.

**The requirements which must be met for providing ready-to-feed formula are federally mandated. There are NO exceptions or waivers for the ready-to-feed policy from the Bureau of Nutrition Services.**

## MEDICAL DOCUMENTATION

The medical provider with prescriptive authority must provide medical documentation on a WIC-48 when requesting an exempt formula. A completed WIC-48 is also required for requests to discontinue or change a participant from an exempt formula to another formula, including standard formula. The WIC-48 should be used as the primary source for medical documentation to communicate exempt formula and food prescriptions to the WIC clinic staff. Telephone or verbal orders will not be accepted. An original signature or e-signature is required. Stamped and/or photocopied signatures are not acceptable.

**APPENDIX A: WIC FOOD PACKAGES**

<b>INFANTS</b>						
<b>Age</b>	<b>Infant Type</b>	<b>Maximum fl. Oz. allowed</b>	<b>Max. Amount to Issue</b>	<b>Infant Cereal</b>	<b>Infant Fruit and Veg</b>	<b>Infant Meat</b>
0-3 months (mo.)	<b>Fully Formula Fed (FFF)</b>  <b>Some Breastfed (SBF)</b>	<b>823</b> fluid oz. Reconstituted Concentrate <b>832</b> fluid oz. Ready to Feed <b>870</b> fluid oz. Reconstituted Powder	<b>31</b> 13 oz. cans  <b>26</b> 32 oz. cans  <b>9</b> 12.0-12.4 oz. cans	NA	NA	NA
4-5 mo.	<b>FFF, SBF</b>	<b>896</b> fluid oz. Reconstituted Concentrate <b>913</b> fluid oz. Ready to Feed <b>960</b> fluid oz. Reconstituted Powder	<b>34</b> 13 oz. cans  <b>28</b> 32 oz. cans  <b>10</b> 12.0-12.4 oz. cans	NA	NA	NA
6-11 mo.	<b>FFF, SBF</b>	<b>630</b> fluid oz. Reconstituted Concentrate <b>643</b> fluid oz. Ready to Feed <b>696</b> fluid oz. Reconstituted Powder	<b>24</b> 13 oz. cans  <b>20</b> 32 oz. cans  <b>7</b> 12.0-12.4 oz. cans	<b>3</b> 8 oz. containers	<b>32</b> 4 oz. containers	NA
6-11 mo.	<b>FFF, SBF – no food</b>	896 fluid oz. Reconstituted Concentrate <b>913</b> fluid oz. Ready to Feed <b>960</b> fluid oz. Reconstituted Powder	<b>34</b> 13 oz. cans  <b>28</b> 32 oz. cans  <b>10</b> 12.0-12.4 oz. cans	NA	NA	NA
0-5 mo.	<b>Fully Breastfed (FBF)</b>	NA	NA	<b>NA</b>	<b>NA</b>	<b>NA</b>
6-12 mo.	<b>Fully Breastfed (FBF) 6-12 mo.</b>			<b>3</b> 8 oz. containers	<b>64</b> 4 oz. containers	<b>31</b> 2.5 oz. containers
0- 1 mo.	<b>Partially Breastfed (PBF)</b>	<b>104</b> oz. Reconstituted Powder	<b>1</b> can any Standard Powdered Formula	NA	NA	NA
1-3 mo.	<b>PBF</b>	<b>388</b> fl. oz. Reconstituted Concentrate	<b>14</b> 13 oz. cans	NA	NA	NA

<b>INFANTS</b>						
<b>Age</b>	<b>Infant Type</b>	<b>Maximum fl. Oz. allowed</b>	<b>Max. Amount to Issue</b>	<b>Infant Cereal</b>	<b>Infant Fruit and Veg</b>	<b>Infant Meat</b>
		<b>384</b> fl. oz. Ready to Feed <b>435</b> fl. oz. Reconstituted Powder	<b>12</b> 32 oz. cans <b>4</b> 12.0-12.4 oz. cans			
4-5 mo.	<b>PBF</b>	<b>460</b> fl. oz. Reconstituted Concentrate <b>474</b> fl. oz. Ready to Feed <b>522</b> fl. oz. Reconstituted Powder	<b>17</b> 13 oz. cans <b>14</b> 32 oz. cans <b>5</b> 12.0-12.4 oz. cans	NA	NA	NA
6-11 mo.	<b>PBF</b>	<b>315</b> fl. oz. Reconstituted Concentrate <b>338</b> fl. oz. Ready to Feed <b>384</b> fl. oz. Reconstituted Powder	<b>12</b> 13 oz. cans <b>10</b> 32 oz. cans <b>4</b> 12.0-12.4 oz. cans	<b>3</b> 8 oz. containers	<b>32</b> 4 oz. containers	<b>31</b> 2.5 oz. containers
6-11 mo.	<b>PBF – <u>no food</u></b>	<b>460</b> fl. oz. Reconstituted Concentrate <b>474</b> fl. oz. Ready to Feed <b>522</b> fl. oz. Reconstituted Powder	<b>17</b> 13 oz. cans <b>14</b> 32 oz. cans <b>5</b> 12.0-12.4 oz. cans	NA	NA	NA

<b>CHILDREN on Regular Milk</b>								
Age	Milk/yogurt	Cheese	Eggs	Juice	Breakfast cereal (36 oz.)	Beans, Peanut Butter	Whole Wheat Bread or Equivalent	Cash Value Benefit
<b><u>13-23 mo.</u></b>	* 3 gals. Whole milk+ 1 qt. Whole Milk Yogurt	1 lb.	1 doz	2 64 oz. least expensive brand juice	36 oz.	1 lb. Dry Beans, Peas, Lentils or 4 cans 15-16oz	2 lb.	\$ 9 Fresh, frozen, canned
<b><u>23 mo. &gt; 4yr.</u></b>	3 gals. Skim or 1% milk + 1 qt. Skim or 1 % Milk Yogurt	1 lb.	1 doz	2 64 oz. least expensive brand juice	36 oz.	1 lb. Dry Beans, Peas, Lentils, or 4 cans 15-16oz; <u>OR</u> **1 jar 16-18 oz. Peanut Butter	2 lb.	\$ 9 Fresh, frozen, canned

\* Children under 2 years of age receive a food prescription with whole milk and dry beans.

\*\*Children 2 through 4 years of age receive a food prescription with skim or 1% milk and dry beans, and peanut butter for participants assigned nutrition risk codes 103A and/or 134.

<b>CHILDREN on Soy Beverage</b>							
Category/Type	Soy Beverage	Eggs	Juice	Breakfast Cereal	Beans/Peanut Butter	Whole Wheat Bread or Equivalent	CVV
<b>13-23 mo.</b>	8 half-gals.	2 dozen	2 64 oz. least expensive brand	36 oz.	1 lb. bag Dry Beans, Peas or Lentils, or 4 cans 15-16oz;	2 lb.	\$9 Fresh, frozen, canned
<b>&gt;24 mo.</b>	8 half gals.	2 dozen	2 64 oz. least expensive brand	36 oz.	1 lb. bag Dry Beans, Peas or Lentils OR **1 jar 16-18 oz. Peanut Butter	2 lb.	\$ 9 Fresh, frozen, canned

\*\*Children 2 through 4 years of age receive a food prescription with skim or 1% milk and dry beans, and peanut butter for participants assigned nutrition risk codes 103A and/or 134.

**Note:** Children on Soy Beverage - Medical documentation (Rx) is not required from the medical provider for children to receive the Soy Beverage (i.e. 8th Continent, Pacific Ultra, etc.).



<b>CHILDREN Shelf-Stable</b>							
<b>Category/ Type</b>	<b>Milk</b>	<b>Eggs</b>	<b>Juice</b>	<b>Cereal</b>	<b>Beans/ Peanut Butter</b>	<b>Whole Bread or equiv.</b>	<b>Cash Value Benefit</b>
<b>Children 13-23 mo.</b>	18 12 oz. cans Evaporated Whole Milk AND 8 5 oz. cans Evaporated Whole Milk	None	3 8-pk. 4.23 oz. Juicy Juice	36 oz.	4 15-16 oz. cans Beans	2 lbs.	\$9 Canned or fresh
<b>Children &gt; 24 mo.</b>	2 25 oz. box Dry Milk	None	3 8-pk. 4.23 oz. Juicy Juice	36 oz.	4 15-16 oz. cans Beans; plus **1 jar 16- 18 oz. Peanut Butter	2 lbs.	\$9 Canned or fresh

\*\*Children 2 through 4 years of age receive a food prescription with skim or 1% milk and dry beans, and peanut butter for participants assigned nutrition risk codes 103A and/or 134.

**Note:** Limited or No Refrigeration food prescription may be issued to participant when there is a lack of refrigerated food storage or food preparation facilities.

<b>WOMEN on Regular Milk – 1 % or Skim</b>									
Category/ Type	Milk	Cheese	Eggs	Juice	Cereal	Beans and Peanut Butter	Whole Wheat Bread or Equiv.	Cash Value Benefit	Fish
<b>Food Pkg. V</b> <b>Pregnant</b> ----- <b>Partially Breastfeeding (PBF)</b>	4 gals. + 3 qts. yogurt	1 lb.	1 doz	3 containers of 11.5-12 oz. frozen conc. OR 48 oz. full strength	36 oz.	1 1b. bag Dry Beans, Peas, Lentils OR 4 cans 15-16oz <u>AND</u> 1 jar 16-18 oz. Peanut Butter	1 lb.	\$11 Fresh, frozen, canned	None
<b>Food PKG. V</b> <b>PBF Multiples</b> ----- <b>Pregnant and Fully Breastfeeding (FBF)</b> ----- <b>Pregnant Multiples</b>	5 gals. + 1 qt. yogurt	2 lb.	2 doz	3 containers of 11.5-12 oz. frozen conc. OR 48 oz. full strength	36 oz.	1 1b. bag Dry Beans, Peas, OR 4 cans 15-16oz Lentils <u>AND</u> 1 jar 16-18 oz. Peanut Butter	1 lb.	\$ 11 Fresh, frozen, canned	30 oz.
<b>Food Pkg. VI</b> <b>Non-Breastfeeding Post-partum</b> ----- <b>Some Breastfeeding (SBF)</b>	3 gals. + 3 qts. yogurt	1 lb.	1 doz	2 containers of 11.5-12 oz. frozen conc. OR 48 oz. full strength	36 oz.	1 1b. bag Dry Beans, Peas, Lentils, or 4 cans 15-16oz; <u>OR</u> 16-18 oz. Peanut Butter	None	\$11 Fresh, frozen, canned	None
<b>Food Pkg. VII</b> <b>FBF</b> ----- <b>Pregnant with Multiples</b> ----- <b>PBF Multiples</b> ----- <b>Pregnant and FBF or PBF</b>	5 gals. + 1 qt. yogurt	2 lb.	2 doz	3 containers of 11.5-12 oz. frozen conc. OR 48 oz. full strength	36 oz.	1 1b. bag Dry Beans, Peas or Lentils, or 4 cans 15-16oz; <u>AND</u> 1 jar 16-18 oz. Peanut Butter	1 lb.	\$ 11 Fresh, frozen, canned	30 oz.
<b>FBF Multiples</b>	8 gals. + 1 qt. yogurt	2.5 lb.	3 dozen	3 containers of 11.5-12 oz. frozen conc. 48 oz. full strength PLUS 1 64 oz. least expensive brand	54 oz.	2 1b. bag Dry Beans, Peas or Lentils, or 4 cans 15-16oz; <u>AND</u> 1 jar 16-18 oz. Peanut Butter	24 oz.	\$16.5 Fresh, frozen, canned	45 oz.

<b>WOMEN on Soy Beverage</b>									
<b>Category/Type</b>	<b>Soy</b>	<b>Cheese</b>	<b>Eggs</b>	<b>Beans and Peanut Butter</b>	<b>Juice</b>	<b>Cereal</b>	<b>Whole Grain</b>	<b>Cash Value Voucher</b>	<b>Fish</b>
<b>Food Pkg. V</b> <b>Pregnant</b> ----- <b>Partially Breastfeeding (PBF)</b>	11 half gals.	None	1 doz	1 lb. bag Dry Beans, Peas, Lentils, OR 4 15-16 oz. cans Beans <u>AND</u> 1 jar 16-18 oz. Peanut Butter	3 containers of 11.5-12 oz. frozen conc. OR 48 oz. full strength	36 oz.	1 lb.	\$11 Fresh, frozen, canned	None
<b>Food PKG. V.</b> <b>PBF Multiples</b> ----- <b>Pregnant and Fully or Partially Breastfeeding</b> -----	12 half gals.	1 lb.	2 doz	1 lb. bag Dry Beans, Peas, Lentils, OR 4 15-16 oz. cans Beans <u>AND</u> 1 jar 16-18 oz. Peanut Butter	3 containers of 11.5-12 oz. frozen conc. OR 48 oz. full strength	36 oz.	1 lb.	\$ 11 Fresh, frozen, canned	30 oz.
<b>Food Pkg. VI</b> <b>Non-Breastfeeding Post-partum</b> ----- <b>Some Breastfeeding (SBF)</b>	8 half gals.	None	1 doz	1 lb. bag Dry Beans, Peas or Lentils, or 4 15-16 oz. cans Beans <u>OR</u> 1 jar 16-18 oz. Peanut Butter	2 containers of 11.5-12 oz. frozen conc. OR 48 oz. full strength	36 oz.	None	\$11 Fresh, frozen, canned	None
<b>Food Pkg. VII</b> <b>FBF</b> ----- <b>Pregnant with Multiples</b> ----- <b>PBF Multiples</b> ----- <b>Pregnant and FBF or PBF</b>	12 half gals.	1 lb.	2 doz	1 lb. bag Dry Beans, Peas, Lentils OR 4 15-16 oz. cans Beans <u>AND</u> 1 jar 16-18 oz. Peanut Butter	3 containers of 11.5-12 oz. frozen conc. OR 48 oz. full strength	36 oz.	1 lb.	\$ 11 Fresh, frozen, canned	30 oz.
<b>FBF Multiples</b>	18 half gals.	1.5 lb.	3 dozen	1 lb. bag Dry Beans, Peas or Lentils, OR 4 15-16 oz. cans Beans <u>AND</u> 1 jar 16-18 oz. Peanut Butter	3 cont. of 11.5-12 oz. frozen conc. OR 48 oz. full strength AND 3 64 oz. least expensive brand	54 oz.	1.5	\$16.5 Fresh, frozen, canned	45 oz.

<b>WOMEN Shelf Stable</b>									
<b>Category/Type</b>	<b>Milk</b>	<b>Cheese</b>	<b>Eggs</b>	<b>Beans and Peanut Butter</b>	<b>Juice</b>	<b>Cereal</b>	<b>Whole Wheat Bread or Equiv.</b>	<b>Cash Value Benefit</b>	<b>Fish</b>
<b>Food Pkg. V</b> <b>Pregnant</b> ----- <b>Partially Breastfeeding (PBF)</b>	8 12-oz. cans Evaporated Lowfat Milk AND 2 boxes 25.6 oz. Dry Milk-	None	None	4 15-16 oz. cans of Beans AND 1 16-18 oz. jar Peanut Butter	4 6-pk. 6 oz. Dole Pineapple juice	36 oz.	1 lb.	\$11 Canned or fresh	None
<b>Food PKG. V.</b> <b>PBF Multiples</b> ----- <b>Pregnant and Fully Breastfeeding (FBF) or PBF</b> ----- <b>Pregnant Multiples</b>	3 26.5 oz. box Dry Milk	1 lb.	None	4 15-16 oz. cans of Beans AND 16-18 oz. Peanut Butter	4 6-pk. 6 oz. Dole Pineapple juice	36 oz.	1 lb.	\$ 11 Canned or fresh	30 oz.
<b>Food Pkg. VI</b> <b>Non-Breastfeeding Post-partum</b> ----- <b>Some Breastfeeding (SBF)</b>	2 25.6 oz. box Dry Milk	None	None	4 15-16 oz. cans beans OR 1 jar 16-18 oz. Peanut Butter	2 6-pk. 6 oz. Dole Pineapple juice	36 oz.	None	\$11 Canned or fresh	None
<b>Food Pkg. VII</b> <b>FBF</b> ----- <b>Pregnant with Multiples</b> ----- <b>PBF Multiples</b> ----- <b>Pregnant and FBF or PBF</b>	3 26.5 oz. box Dry Milk	1 lb.	None	4 15-16 oz. cans beans AND 16-18 oz. Peanut Butter	4 6-pk. 6 oz. Dole Pineapple juice	36 oz.	1 lb.	\$ 11 Canned or fresh	30 oz.

**Note:** Limited or No Refrigeration food package may be issued to participant when there is a lack of refrigerated food storage or food preparation facilities.