



Food Packages for Breastfeeding Mom and Baby in the First Month of Life

First visit after delivery
Breastfeeding baby less than 1 month old
No formula.

First visit after delivery
Breastfeeding baby less than 1 month old
Requesting formula.

Congratulate mom! Encourage her! Offer answers to her questions!
Issue **Fully BF** checks to mom or the **Fully BF Bonus** if she already received her **Pregnant** food package for the month.
Assign the **Fully BF 0 thru 5 months** food package to baby.

Complete Breastfeeding Review.
Offer support and assess need for formula.

Formula needed

No formula needed

Mom returns within the same month asking for formula

Complete BF Review, provide support and assess need for formula

No formula needed

Formula needed

Issue **Pregnant** checks to mom.
Issue **Formula 0-3 months** checks to baby with minimum amount of formula

If no formula is needed, issue **Fully BF** checks to mom or the **Fully BF Bonus** if she received PG checks for the month.
Assign **Fully BF 0 thru 5 months** to baby.

Hasn't used any of the Fully BF checks

Used one of more of the Fully BF checks

Void and replace **Fully BF** checks with **Pregnant** checks.
Issue **Formula 0-3 months** checks for baby with minimum amount of formula to support ongoing breastfeeding.

Issue **Some BF 0-1 month** check to baby (this is one can of powder)

Note: This is the only time this food package is issued.

Note: A breastfeeding woman who is new to WIC and requests formula receives a **Postpartum** food package.

Second Visit - baby more than 30 days old

- Do a Complete Certification (CC) for baby and a Recertification (RC) for mom.
- Complete a Breastfeeding Review to determine the food packages.

Food packages for mom:

- Fully BF & Fully BF Multiples
- Partially BF & Partially BF Multiples
- Some BF 1 thru 6 months
- Postpartum
- Pregnant

Food packages for baby:

- Fully BF 0 thru 5 months
- Partially BF 1 thru 3 months
- Some BF 1 thru 3 months
- Formula 1 thru 3 months



Determining Formula Amounts

- **Complete a Breastfeeding Review** before issuing any formula to a breastfeeding baby.
- **After developing rapport, start with an open ended question** such as “Tell me more about why your baby needs formula.”
- **Explore** her breastfeeding goals.
- **If formula is needed** ask her “How much formula are you giving your baby each day?”
- **Issue** the minimum number of cans of formula needed to support ongoing breastfeeding.

This guide is a tool to help you estimate the minimum number of cans needed in a month.

Estimated number of 12.4 ounce cans of powder formula based on ounces per day		
0 - 3 oz. per day	→	1 can powder
4 - 6 oz. per day	→	2 cans powder
7 - 9 oz. per day	→	3 cans powder
10 - 12 oz. per day	→	4 cans powder
13 - 15 oz. per day	→	5 cans powder
16 - 18 oz. per day	→	6 cans powder
19 - 21 oz. per day	→	7 cans powder
22 - 24 oz. per day	→	8 cans powder
25 - 27 oz. per day	→	9 cans powder

For amounts and yields of WIC formulas, see DOH 960-148

Babies were born to be breastfed!



DOH 960-152 April 2015

Washington State WIC Nutrition Program does not discriminate.

This institution is an equal opportunity provider.

For persons with disabilities, this document is available on request in other formats.

To submit a request, please call 1-800-841-1410 (TDD/TTY 711).

