Breastfeeding (BF) Infant and Participant
Food Package First Month of Life

Breastfeeding infant 0 to 1 month old
No formula

- Reflect and affirm participant’s choice to breastfeed.
- Assess BF needs and offer support.
- Food package is Fully BF*.

Breastfeeding infant 0 to 1 month old
Requesting formula

- Reflect and affirm participant’s choice to breastfeed.
- Complete BF review and offer support.
- Assess need for formula.

No change in benefits*

Document how often the infant is breastfeeding and amount of formula per day**.

CPA prescribes benefits based on the following:
- Infant - One can of formula max.
- BF Participant – Benefits based on multiple factors:
  - Benefits issued already within the month*;
  - Amount of formula provided;
  - If BF multiples;
  - If PG and BF.

*BF Participant Benefits:
- If already received a PG food package in the same month, they won’t receive any additional benefits for BF. If they didn’t use the PG benefits that month, you can void and replace.
- If they received a BF food package, and return the same month for formula, they will keep the BF food package originally given that month.

** Documenting Breastfeeding and Formula:
- Cascades will assign a food package based on information documented.
  - BF Peer Counselor (BFPC) - Document in the BFPC section within BF Information tab. Information entered will show up in the health information section.
  - Competent Professional Authority (CPA) – Document in the infant health information section or verify information already available based on BFPC review.
- If you document any BF and formula consumption, the system will only issue one can of formula max.
- See Cascades Steps Issuing Foods First Month of Life Partially BF Infant and BF Participant.
Determining Formula Amounts

- Complete a breastfeeding review (see Cascades Policy Chapter 15 - Breastfeeding, page 13).
- Develop rapport and ask open-ended questions such as, “Tell me more about why your infant needs formula.”
- Explore participant’s breastfeeding goals.
- If formula needed:
  - Ask, “How much formula are you giving your infant each day?”
  - Prescribe the minimum number of cans needed to support ongoing breastfeeding.
    - 1st month - WIC only allows one can of formula max for breastfeeding pairs.
    - 2nd month and beyond - The table below can help you verify the minimum # of cans.
  - Issue the prescribed food benefits.

<table>
<thead>
<tr>
<th>Estimated number of 12.4 ounce cans of powder formula based on ounces per day</th>
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<tbody>
<tr>
<td>0 - 3 oz. per day</td>
</tr>
<tr>
<td>4 - 6 oz. per day</td>
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<tr>
<td>7 - 9 oz. per day</td>
</tr>
<tr>
<td>10 - 12 oz. per day</td>
</tr>
<tr>
<td>13 - 15 oz. per day</td>
</tr>
<tr>
<td>16 - 18 oz. per day</td>
</tr>
<tr>
<td>19 - 21 oz. per day</td>
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<tr>
<td>22 - 24 oz. per day</td>
</tr>
<tr>
<td>25 - 27 oz. per day</td>
</tr>
</tbody>
</table>

Babies were born to be breastfed!

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Washington State WIC Nutrition Program does not discriminate.

For persons with disabilities, this document is available on request in other formats.
To submit a request, please call 1-800-525-0127 (TDD/TTY call 711)

DOH 961-1169 January 2019