CLERK
Food Package Unit

Nebraska WIC Training Clinic: Resources & Job Aids

12.26.12

APPROVED FOOD LIST

Nebraska WIC Program

October 1, 2012 – September 30, 2015

The WIC Food Package
Nutrition Delivered

The Special Supplemental Nutrition Program for Women, Infants and Children (WIC) is a very important source of nutritious foods and nutrition education for many low-income pregnant women, new mothers, infants and children up to age five in low-income families. The program provides a monthly package of WIC checks that can be used in the grocery store to buy specific foods.

The food package today contains many of the same foods as it did when the program started in Nebraska in 1975 and was designed to supplement diets with foods rich in five nutrients known to be lacking: Vitamin A, vitamin C, calcium, iron and protein.

- Iron fortified cereals
- 100% fruit juice
- Milk
- Cheese
- Dried beans or peanut butter
- Eggs
- Iron fortified infant formula

Since the program started there has been an explosion of knowledge related to nutrition and health, as well as a growing obesity problem in this country. In 2009 the WIC food packages were revised based on the recommendations of the Institute of Medicine, the latest nutrition science, the 2005 Dietary Guidelines and the American Academy of Pediatrics. The revised food package provides more whole grains, more fiber, less saturated fat, supports breastfeeding and delays the introduction of solids for infants until 6 months of age. Changes include:

- The addition of fresh fruits and vegetables
- The addition of 100% whole wheat bread or brown rice
- The addition of baby food fruits and vegetables for all infants at 6 months
- The addition of baby food meat for breastfed babies.
- An option to substitute canned beans in place of dry beans
- An option to substitute soy beverage for milk
- And more foods for fully breastfeeding mothers and their babies

Today, WIC serves over 9.2 million nationwide. In Nebraska the average monthly participation on WIC is over 45,000.

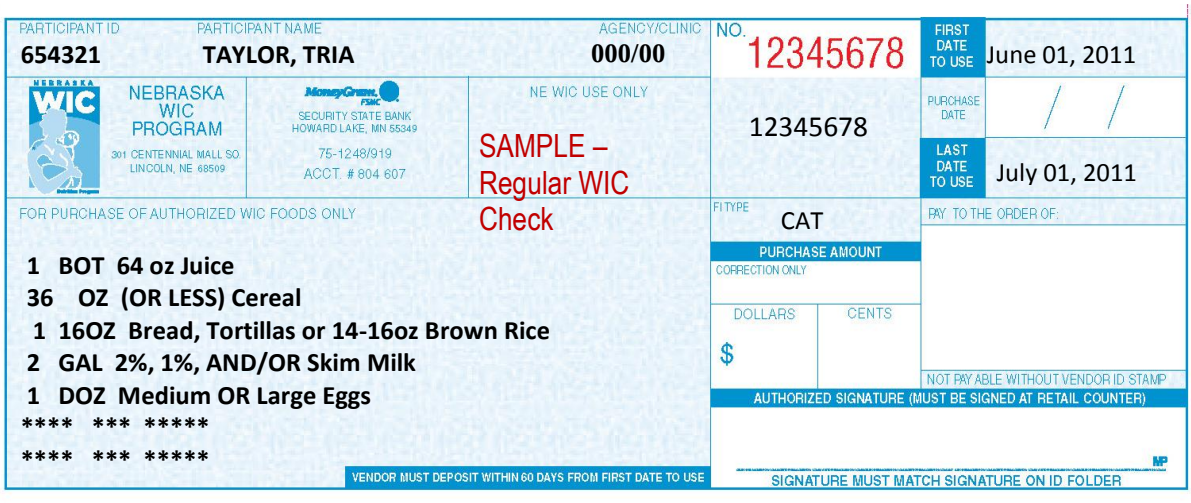
NEBRASKA WIC Nutrition Program

November 2009

Understanding Your WIC Checks

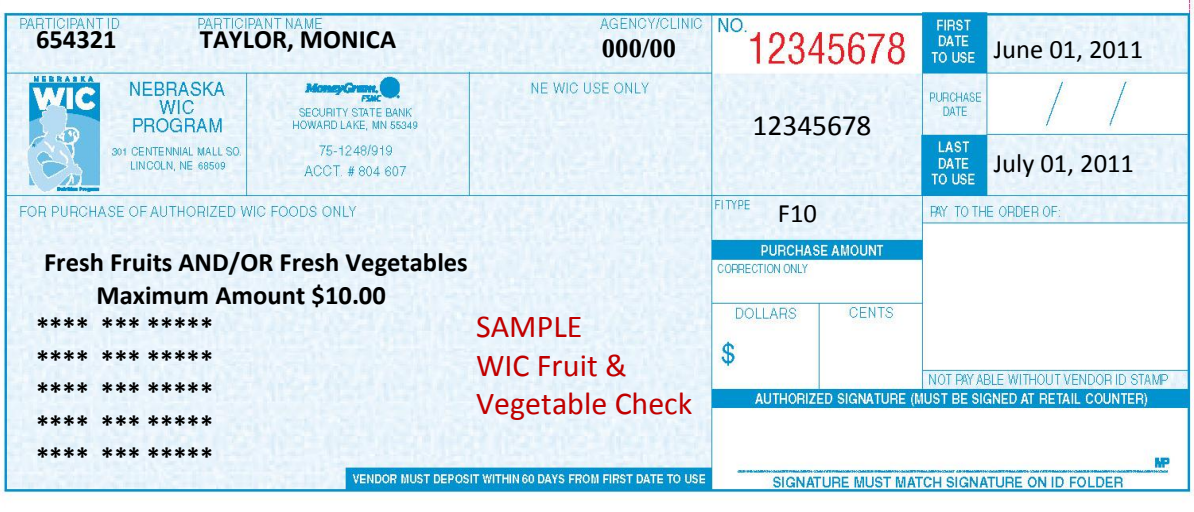
Regular WIC Check

- Check is used to purchase WIC approved foods ie. cereal, bread, tortillas, juice, eggs, beans, peanut butter, dairy, baby foods
- Each check defines a list of foods that can be purchased with each check
- Each check defines the quantity or size that can be purchased for each food item
- The specific dollar amount for each food item is *not listed* on the check
- Only valid checks (within date range listed on check) can be used



Fruit and Vegetable WIC Check

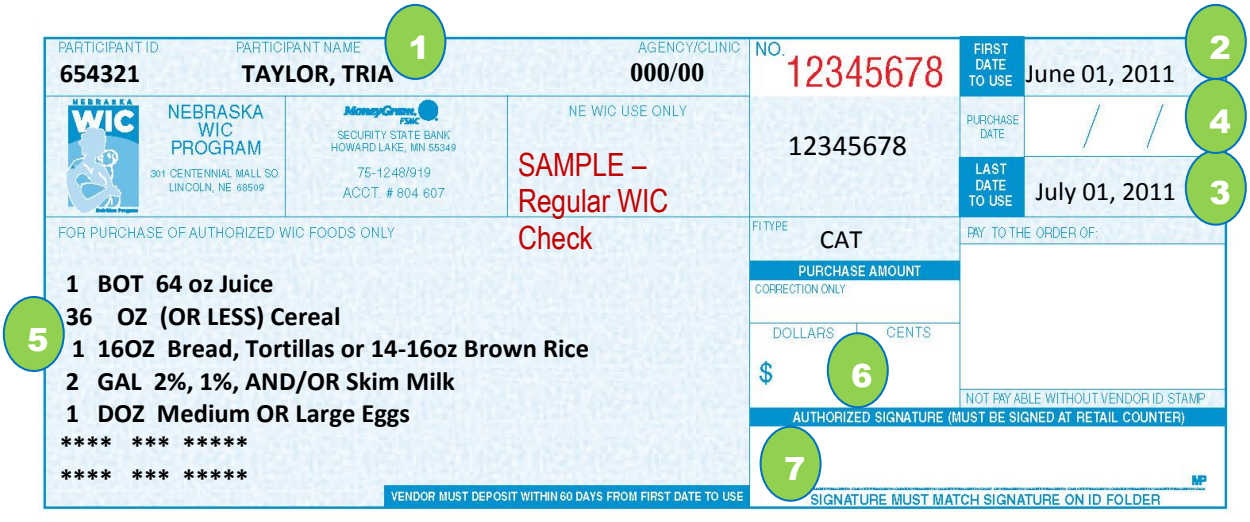
- Check is used to purchase WIC approved fresh fruit and vegetables
- The specific types of fresh fruits & vegetables are not defined on the check
- This check is worth a *specific dollar amount that is listed* on each check
- The dollar amounts may vary for family members ie. $6 or $10
- No change can be given if the total dollar amount is not used
- The purchase price cannot be more than the dollar value listed on the check
- Remember to give tips to help clients get the most out of their fruit & vegetable check
- Only valid checks (within date range listed on check) can be used



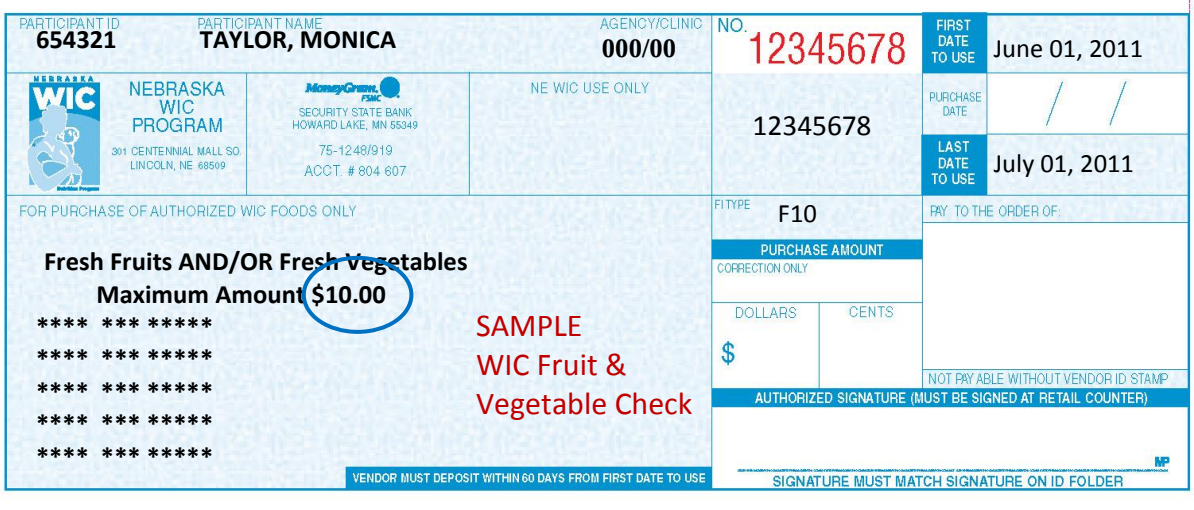
Parts of A WIC Check

Regular WIC Check

1. Participant's name
2. First date to use
3. Last date to use
4. Purchase Date – Entry
5. Food prescription
6. Purchase amount entry
7. Authorized signature



Fruit and Vegetable WIC Check



★ Notice the difference - The specific types of foods are not listed on this check; and this check is worth a *specific dollar amount*

Grocery Store – Window Sticker

APPROVED
NEBRASKA
WIC VENDOR

NEBRASKA
WIC
Nutrition Program

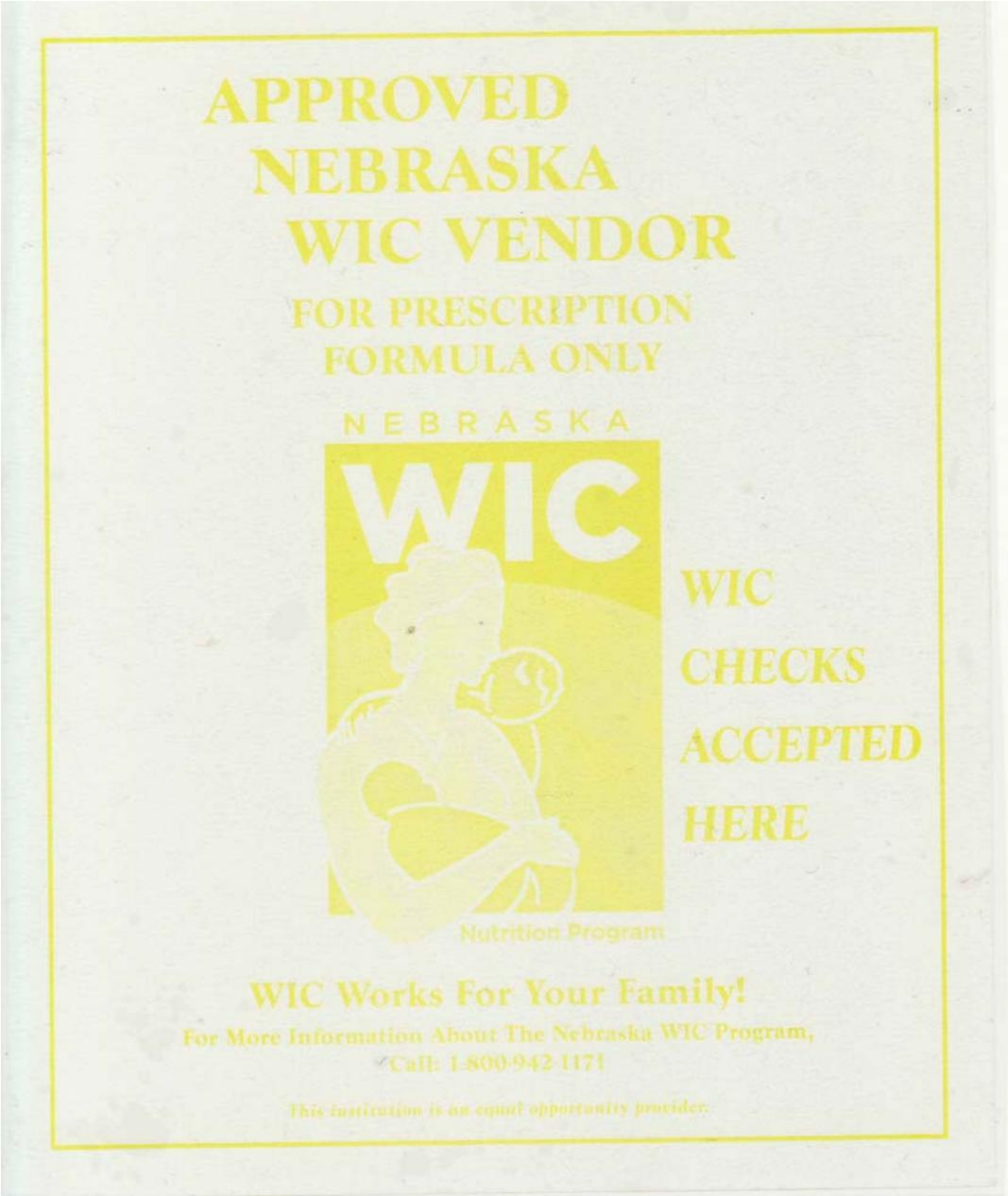
WIC
CHECKS
ACCEPTED
HERE

WIC Works For Your Family!

For More Information About The Nebraska WIC Program,
Call: 1-800-942-1171

This institution is an equal opportunity provider.

Special Purchase Store / Pharmacy – Window Sticker



These stores are only authorized to accept WIC checks for “special formulas” and or “medical formulas”.

They are not authorized to accept checks for contract formulas or WIC foods.

Store Shelf Label

Sample label

Client Status Chart

F1 – Use Help Screen

	COMPUTER CODE	DEFINITION
INFANT & 1 year old	IBF	Infant Breastfed - FULLY or MOSTLY (0-12 months)
	IPB	Infant Breastfed - SOME (0-12 month)
	IFF	Infant Formula Fed - NO breastfeeding (0-12 months)
	CH1	Child 1 year (12-23 months)
CHILD	CH2	Child 2 years (24-35 months)
	CH3	Child 3-4 years (36-59 months)
PREGNANT	PGT	Pregnant teen age 17 or <
	PGW	Pregnant woman, age 18 or >
DELIEVERED	BF1	Teen or woman - FULLY or MOSTLY breastfeeding an infant that is 0-12 months old.
	BF2	Woman or teen - SOME breastfeeding an infant 0-12 months old.
	PPT	Teen, age 17 or < - whose infant is less than 6 months of age & is NOT breastfeeding
	PPW	Woman - whose infant is less than 6 months old & is NOT breastfeeding

Breastfeeding Definitions

Fully Breastfeeding	Infant is fed breastmilk for *all feedings* Infant does not receive WIC formula
Mostly Breastfeeding	Infant is fed breastmilk for *nearly all feedings*
Some Breastfeeding	Infant is fed breastmilk *at least 1 time per day*

NE WIC - Basic Food Packages

Woman's Food Package - Fully Breastfeeding

Cereal - 36 ounces

Eggs - 2 dozen
(medium or large)

Juice - 3 containers
(frozen or concentrate)

At the Store - Pick 2

Peanut Butter - 18 oz jar
Dried Beans - 1 lb
Canned Beans - 4 cans

At the Store - Pick 1

100% Whole Wheat Bread - 1 lb loaf
Brown Rice - (14-16 oz bag or box)
Whole Wheat or Corn Tortillas - 16 oz

Tuna or Salmon
- 30 ounces

Fruits & Vegetables
$10 check

Milk - 6 gallons &
Cheese - 1 lb

EF1

OR

Milk - 5 gallons &
Cheese - 2 lb

EF2

Nebraska WIC Training Clinic
- Added tortillas
Effective 10/1/2010

Woman's Food Package - Mostly Breastfeeding

Cereal - 36 ounces

Eggs - 1 dozen
(medium or large)

Juice - 3 containers
(frozen or concentrate)

At the store - PICK 2

Peanut Butter - 18 oz jar
Dried Beans - 1 lb
Canned Beans - 4 cans

At the store - PICK 1

100% Whole Wheat Bread - 1 lb loaf
Brown Rice - (14-16 oz bag or box)
Whole Wheat or Corn Tortillas - 16oz

Fruits & Vegetables
$10 check

Milk - 5 ½ gallons
Cheese - NONE

MF1

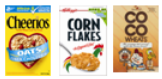
OR

Milk - 4 ½ gallons
Cheese - 1 lb

MF2

Nebraska WIC Training Clinic
Effective 10/1/2010
Tortillas added

Woman's Food Package - Some Breastfeeding


Cereal - 36 ounces

Eggs - 1 dozen
(medium or large)

Juice - 2 containers
(frozen or concentrate)

At the store - PICK 1

Peanut Butter - 18 oz jar
Dried Beans - 1 lb
Canned Beans - 4 cans

Fruits & Vegetables
$10 check

Milk - 4 gallons
(Cheese - NONE)

SF1

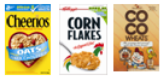
OR

Milk - 3 gallons
Cheese - 1 lb

SF2

Effective 2-1-10
F/V check increase to $10 for women

Woman's Food Package - Postpartum


Cereal - 36 ounces

Eggs - 1 dozen
(medium or large)

Juice - 2 containers
(frozen or concentrate)

At the store - PICK 1

Peanut Butter - 18 oz jar
Dried Beans - 1 lb
Canned Beans - 4 cans

Fruits & Vegetables
$10 check

Milk - 4 gallons
Cheese- NONE

DF1

OR

Milk - 3 gallons &
Cheese - 1 lb

DF2

Effective 2-1-10
F/V check for women increase to $10

Food Package Numbering System – For Women & Children

1st Digit	
Status:	
T	Toddler
C	Child
P	Pregnant
E	*Exclusive (Fully) BF*
M	*Mostly BF*
S	*Some BF*
D	*Delivered (Postpartum)*

2nd Digit	
Full package Or if need a milk alternative	
F	Full Standard package
S	Soy

3rd Digit	
Standard package Or Package with cheese substituted for milk	
1	Standard Package – all milk (no cheese)
2	Package with cheese

Woman's Food Package - Pregnant

Cereal – 36 ounces

Eggs – 1 dozen (medium or large)

Juice – 3 containers (frozen or concentrate)

At the store – **PICK 2**

Peanut Butter – 18 oz jar
Dried Beans – 1 lb
Canned Beans – 4 cans

At the store – **PICK 1**

100% Whole Wheat Bread – 1 lb loaf
Brown Rice - (14-16 oz bag or box)
Whole Wheat or Corn Tortillas – 16 oz

Fruits & Vegetables
$10 check

Milk – 5 ½ gallons
Cheese – NONE

PF1

OR

Milk - 4 ½ gallons
Cheese – 1 lb

PF2

Nebraska WIC Training Program
Effective 10.1.2010
Added Tortillas

Woman's Food Package - Fully Breastfeeding

Cereal – 36 ounces

Eggs – 2 dozen
(medium or large)

Juice – 3 containers
(frozen or concentrate)

At the Store – **Pick 2**

Peanut Butter – 18 oz jar
Dried Beans – 1 lb
Canned Beans – 4 cans

At the Store – **Pick 1**

100% Whole Wheat Bread – 1 lb loaf
Brown Rice - (14-16 oz bag or box)
Whole Wheat or Corn Tortillas – 16 oz

Tuna or Salmon
- 30 ounces

Fruits & Vegetables
$10 check

Milk – 6 gallons &
Cheese – 1 lb

EF1

OR

Milk - 5 gallons &
Cheese – 2 lb

EF2

Nebraska WIC Training Clinic
- Added tortillas
Effective 10/1/2010

Woman's Food Package - Mostly Breastfeeding

Cereal – 36 ounces

Eggs – 1 dozen
(medium or large)

Juice – 3 containers
(frozen or concentrate)

At the store – **PICK 2**

Peanut Butter – 18 oz jar
Dried Beans – 1 lb
Canned Beans – 4 cans

At the store – **PICK 1**

100% Whole Wheat Bread – 1 lb loaf
Brown Rice - (14-16 oz bag or box)
Whole Wheat or Corn Tortillas – 16oz

Fruits & Vegetables
$10 check

Milk – 5 ½ gallons
Cheese – NONE

MF1

OR

Milk - 4 ½ gallons
Cheese – 1 lb

MF2

Nebraska WIC Training Clinic
Effective 10/1/2010
Tortillas added

Woman's Food Package - Some Breastfeeding

Cereal – 36 ounces

Eggs – 1 dozen
(medium or large)

Juice – 2 containers
(frozen or concentrate)

At the store – **PICK 1**

Peanut Butter – 18 oz jar
Dried Beans – 1 lb
Canned Beans – 4 cans

Fruits & Vegetables
$10 check

Milk – 4 gallons
(Cheese – NONE)

SF1

OR

Milk - 3 gallons
Cheese – 1 lb

SF2

Effective 2-1-10
F/V check increase to $10 for women

Woman's Food Package - Postpartum

Cereal – 36 ounces

Eggs – 1 dozen
(medium or large)

Juice – 2 containers
(frozen or concentrate)

At the store – **PICK 1**

Peanut Butter – 18 oz jar
Dried Beans – 1 lb
Canned Beans – 4 cans

Fruits & Vegetables
$10 check

Milk – 4 gallons
Cheese– NONE

DF1

OR

Milk - 3 gallons &
Cheese – 1 lb

DF2

Effective 2-1-10
F/V check for women increase to $10

Child's Food Package

Cereal – 36 ounces

Eggs – 1 dozen
(medium or large)

Juice – 2 bottles
(64 oz plastic)

At the store – **PICK 1**

Peanut Butter – 18 oz jar
Dried Beans – 1 lb
Canned Beans – 4 cans

At the store – **PICK 2**

100% Whole Wheat Bread – 1 lb loaf
Brown Rice – (14-16 oz bag or box)
Whole Wheat or Corn Tortillas – 16 oz

Fruits & Vegetables
$6 Check

Milk – 4 gallons
Cheese – NONE

TF1 CF1

OR

Milk – 3 gallons
Cheese – 1 lb

TF2 CF2

T pkg – 1 year old – whole milk
C pkg – 2-4 year old – skim, 1%,

Food Package Numbers for Children and Women

Effective October 1, 2009

	1 year old Children	2-5 year old Children	Pregnant	FULLY BF	MOSTLY BF	SOME BF	Postpart
STATUS	CH1	CH2	PGW	BF1	BF1	BF2	PPW
	TODDLER	CHILDREN	PREGNANT	FULLY	MOSTLY	SOME	DELIVERED
First digit of food pkg is . . .	**T**	**C**	**P**	**E**	**M**	**S**	**D**
Standard	TF1	CF1	PF1	EF1	MF1	SF1	DF1
Standard 1# cheese	TF2	CF2	PF2	EF2	MF2	SF2	DF2
Acidoph	TA1	CA1	PA1	EA1	MA1	SA1	DA1
Acidoph 1# cheese	TA2	CA2	PA2	NA	MA2	SA2	DA2
Buttermilk	NA	NA	PB1	EB1	MB1	SB1	DB1
Dry	NA	NA	PD1	ED1	MD1	SD1	DD1
Evaporated	NA	NA	PE1	EE1	ME1	SE1	DE1
Lactose reduced	TL1	CL1	PL1	EL1	ML1	SL1	DL1
Lactose red 1# cheese	TL2	CL2	PL2	NA	ML2	SL2	DL2
Soy	TS1	CS1	PS1	ES1	MS1	SS1	DS1
Tailored	TT1	CT1	PT1	ET1	MT1	ST1	DS1
Pregnant with Multiples	NA	NA	PFM	NA	NA	NA	NA
Breastfeeding Multiples	NA	NA	NA	EFM	MFM	NA	NA
Some BF with infant > 6 months (no food)	NA	NA	NA	NA	NA	SNC	NA

AUGUST 2011

Common Food Packages

Fully Breastfeeding – BF1	
6 Milk/1 Cheese	EF1
5 Milk/2 Cheese	EF2

Mostly Breastfeeding – BF1	
5 ½ milk/0 Cheese	MF1
4 ½ Milk/1 Cheese	MF2

Some Breastfeeding – BF2	
4 Milk/0 Cheese	SF1
3 Milk/1 Cheese	SF2

Pregnant – PGW/PGT	
5 ½ milk/0 Cheese	PF1
4 ½ Milk/1 Cheese	PF2

Postpartum – PPW/PPT	
4 Milk/0 Cheese	DF1
3 Milk/1 Cheese	DF2

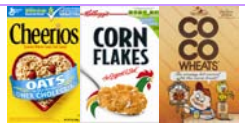
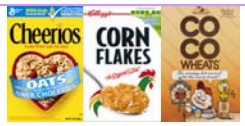
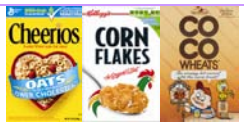
Fully Breastfed Infants - IBF	0-3 months	4-5 month	6-12 month pkg
Fully BF - Breastmilk	BFG	BF4	BFF Cereal & Baby Food

Formula Fed Infants - IFF	Formula Only Package 0-3 months	Formula Only Package 4-5 month	6-12 month pkg with cereal & baby food
Enfamil Premium Infant 12.5 oz pwd	1AF	2AF	3AF
Enfamil Premium Infant 13 oz conc	1BF	2BF	3BF
Enfamil Prosobee 12.9 oz pwd	1HF	2HF	3HF
Enfamil Prosobee 13 oz conc	1IF	2IF	3IF
Enfamil Gentlease 12 oz pwd	1GF	2GF	3GF

Toddler 1 yr – CH1	
4 Milk/0 Cheese	TF1
3 Milk/1 Cheese	TF2

Child 2-4 yr - CH2 or CH3	
4 Milk/0 Cheese	CF1
3 Milk/1 Cheese	CF2

Food Packages For Breastfeeding Mothers

	Fully Breastfeeding	Mostly Breastfeeding	Some Breastfeeding
Cheese		NONE	NONE
Canned salmon or tuna		NONE	NONE
Whole Grain Bread or Brown Rice or Tortillas			NONE
Eggs			
Beans & Peanut Butter			
Juice			
Milk			
Cereal			
Fruit & Vegetables	$10	$10	$10
Duration	**Up to <u>1 year</u> postpartum**	**Up to <u>1 year</u> postpartum**	**Up to <u>6 months</u> postpartum**

Food Packages for Breastfed Babies – 6 Months Old

	Fully Breastfeeding	**Mostly Breastfeeding**	**Some Breastfeeding**
	Only Mother's Breastmilk	Mother's Breastmilk & minimal formula	Mother's Breastmilk & formula
Babyf Food (fruit & vegetable)	64 – 4 oz. jars	32 – 4 oz. jars	32 – 4 oz. jars
Baby Food (meat)	31 – 2.5 oz. jars	NONE	NONE
Baby Cereal	3 – 8oz. boxes	3 – 8 oz. boxes	3 – 8 oz. boxes

Reviewed 11/23/11
2-1-10 F/V check for all women increase to $10

Mom-Baby Pairs – **Description of Food Packages**	**Age of Infant**				
	Each month	**Birth through date turns 1 month old**	**1 month of age through 3 months**	**4 through 5 months**	**6 through 12 months**
Fully Breastfeeding ▪ Infant is fed breastmilk for all feedings ▪ Infant does not receive WIC formula	BF1 Mom gets	Fully Breastfeeding food package (EF1)			
	IBF Baby gets	Mom's breastmilk No Formula (BFG)	Mom's breastmilk No Formula (BFG)	Mom's breastmilk No Formula (BF4)	Mom's Breastmilk Plus: 3 – 8 oz boxes infant cereal 64 – 4 oz jars baby food fruits & vegetables 31 – 2.5 oz jars baby food meat (BFF)
Mostly Breastfeeding ▪ Infant is fed breastmilk for nearly all feedings	BF1 Mom gets	Fully Breastfeeding food package (EF1)	Mostly Breastfeeding food package (MF1)		
	IBF Baby gets	Mom's breastmilk (BFG)	Mom's breastmilk + up to 4 cans Enfamil Premium Powder	Mom's breastmilk + up to 5 cans Enfamil Premium Powder	Mom's breastmilk + up to 4 cans of Enfamil Premium 3 – 8 oz boxes infant cereal 32 – 4 oz jars baby food fruits & vegetables
Some Breastfeeding ▪ Infant is fed breastmilk at least 1 time per day	BF2 Mom gets	Some Breastfeeding food package (SF1)			**No Foods** Receives BF support & Nutrition Ed (SNC)
	IPB Baby gets	Mom's breastmilk + up to 9 cans Enfamil Premium powder (4A3)	Mom's breastmilk + 5-9 cans Enfamil Premium powder (4AF)	Mom's breastmilk + 6-10 cans Enfamil Premium powder (5AF)	Mom's breastmilk + 5 – 7 cans Enfamil Premium 3 – 8 oz boxes infant cereal 32 – 4 oz jars baby food fruits & vegetables (6AF)
Postpartum – Formula Feeding ▪ Infant is fed formula for all feedings	PPW Mom gets	Postpartum food package (DF1)			Categorically ineligible – no food package
	IFF Baby gets	9 cans Enfamil Premium powder (1AF)		10 cans Enfamil Premium powder (2AF)	7 cans Enfamil Premium powder 3 – 8 oz boxes infant cereal 32 – 4 oz jars baby food fruits & vegetables (3AF)

Nebraska WIC Contract Formula

Effective - March 1, 2011

Enfamil Premium Infant

Enfamil AR

Enfamil ProSobee (Soy)

Enfamil Gentlease

No Physician Authorization Needed

Not Provided: Standard milk or soy based formulas from other companies such as Similac, Nestles, Parent's Choice etc.

Contract Infant Formulas
IFF = Formula Fed Infants

Enfamil Premium Infant

	Powder	Concentrate
0 – 3 mo.	– 9 cans; 1AF	- 31 cans; 1BF
4-5 mo.	– 10 cans; 2AF	– 34 cans; 2BF
6-12 mo.	– 7 cans; 3AF	- 24 cans; 3BF

Infant Cereal – (3) 8 oz boxes
Baby Food F/V – (32) 4 oz jars

Enfamil ProSobee

	Powder	Concentrate
0 – 3 mo.	– 9 cans; 1HF	- 31 cans; 1IF
4-5 mo.	– 10 cans; 2HF	- 34 cans; 2IF
6-12 mo.	– 7 cans; 3HF	- 24 cans; 3IF

Infant Cereal – (3) 8 oz boxes
Baby Food F/V – (32) 4 oz jars

Enfamil Gentlease

0 – 3 mo.	Powder – 9 cans; 1GF
4-5 mo.	Powder – 10 cans; 2GF
6-12 mo.	Powder – 7 cans; 3GF

Infant Cereal (3) 8 oz boxes
Baby Food F/V – (32) 4 oz jars

Enfamil AR

0 – 3 mo.	Powder – 9 cans; 1KF
4-5 mo.	Powder – 10 cans; 2KF
6-12 mo.	Powder – 7 cans; 3KF

Infant Cereal – (3) 8 oz boxes
Baby Food F/V – (32) 4 oz jars

Effective March 1, 2012
Nebraska WIC Training Clinic
(Note- #cans changed for Gentlease)

Infants Formula Fed - IFF

Foods provided: 6-12 months Old

Infant Cereal - 3 (8oz) Boxes

Baby Food - fruit/vegetable puree
32 (4oz) Jars

WIC WORDs

Formula Update

12-1-11
In This Issue:

- Contract Formula - options – pg 1
- Formula NOT provided by WIC – pg 2
- Physician Authorization Form – pg 3
- Soy Beverage – Women – pg 3
- State Formula Approval – pg 3

Contract Formula - options:

Standard Milk or Soy Based Formulas

- Enfamil Premium Infant
- Enfamil Gentlease
- Enfamil ProSobee (Soy)
- Enfamil AR

No Physician Authorization needed for infants

Special, Medical, & Toddler Formulas:

Special, medical & toddler formulas may be provided if a documented medical condition contraindicates the use of the contract brand standard milk or soy-based formula. Examples include:

- Similac Alimentum
- Enfamil Enfacare
- EleCare Infant
- Pregestimil LIPIL
- Neocate Infant
- Similac Neosure
- Enfagrow Premium Toddler
- Enfagrow Soy Toddler
- Nutramigen LIPIL with Enflora
- Nutramigen AA
- Elecare Vanilla
- Neocate Jr.

Physician Authorization Required

NON-Contract
Standard Milk & Soy Based Formulas

WIC does not issue *any non-contract milk or soy-based standard infant formulas, even with physician authorization.*

Some examples of non-contract standard formulas that CANNOT be issued under any circumstances:

- Enfamil Newborn
- Enfamil Restful
- Similac Advance
- Similac Isomil DF
- Similac Isomil Advance
- Similac Early Shield
- Similac Sensitive RS
- Similac Go & Grow (milk or soy based)
- Nestle Good Start Supreme
- Nestle Good Start Gentle Plus
- Nestle Good Start Protect Plus
- Nestle Good Start Nourish Plus
- Nestle Good Start Soy Plus
- Nestle Good Start Soy Plus 2

NOT Provided by WIC

Physician Authorization Form - (PAF)

On our Website

Federal requirements for medical documentation impact the way we work with clients needing special formula or children needing a soy beverage. The Physician Authorization Form is used to obtain the required medical documentation from the Health Care Provider. A copy of the form is located on our website.

- **Special or Medical Formulas** - Medical documentation is federally required for women, infants and children needing a special formula from WIC. Any infant or child needing a special formula such as Nutramagin LIPIL Enflora or Similac Neosure must have a completed PAF on file. All infants, children, or women needing special formulas must have a specific qualifying condition to support the issuance.
    - Older infants (6-12 months) on specialty formula cannot be issued any infant cereal or baby foods without physician authorization. The physician must complete section B indicating if supplemental foods are appropriate for the infant. Any foods to be omitted must be indicated. It is important to make sure this section is completed, or else a Formula Only package will be given.
    - No "foods" can be issued until the PAF is completed with the appropriate foods indicated.
- **Soy Beverage (for children)** – A PAF is needed to authorize soy beverage as a milk substitute for children 13-60 months with a specific qualifying condition to support the issuance. The soy beverage food package for children will not contain any milk or cheese. The soy beverage food package cannot be issued to children without physician authorization.

Reminder to staff: Before sending the PAF to doctors, fill out the clinic information section, phone number, fax number, patient name, and date of birth. Physicians have indicated that this would be helpful.

What about Soy Beverage for Women?

Soy Beverage may be issued as a milk substitute for women in the following circumstances:

1. Lactose or milk intolerance
2. Culture or religious reasons
3. Vegan diet being followed

- Women do not need a physician authorization form completed in order to receive a soy beverage.
- Women's food packages with soy beverage do not contain milk or cheese. CPA staff need to visit with clients before issuing this package.
- Soy beverage for women should not be issued for personal preference unrelated to reasons listed above.

State Formula Approval - Required for Human Milk Fortifier

- The only formula product which requires state approval is **Enfamil Human Milk Fortifier.**
- Local Agencies are only required to call the State WIC office for issuance of Enfamil Human Milk Fortifier (after you have received the completed physician authorization form.)
- Please call Jane DeCamp at the State WIC Office if you have questions.