



Washington WIC – Certifier Competency Training Worksheet

8. Food Prescription and Benefit Issuance

8 - Competency	Certifier is able to:	Training Requirements
<p>Assign a food prescription that meets the participant’s nutritional needs.</p> <p>Provide guidance to help the participant have a positive shopping experience.</p>	<ul style="list-style-type: none"> • Set up food prescription based on participant’s age, category, needs, cultural preference, and choice. • Identify situations where increasing or decreasing the amount of food benefits may be needed. • Complete a Breastfeeding Review to assess breastfeeding and determine how much formula is needed. • Assess participant’s likelihood of having a qualifying medical diagnosis to get prescribed formula and food. • Determine that the medical documentation form (MDF) is complete and enter medical documentation information in the computer. • Issue one, two, or three months of benefits based on participant’s needs and policy. • Use WIC Shopping Guide to educate participant about foods and how to use food benefits: • Review foods in the shopping guide and share tips for selecting WIC foods. • Review the rules for using WIC food benefits at the front of the shopping guide. 	<p>Complete the following course in the Learning Center (LC):</p> <ul style="list-style-type: none"> • DOH STATE WIC The Breastfeeding Review Part 1 • DOH STATE WIC The Breastfeeding Review Part 2 <ul style="list-style-type: none"> ○ These courses are also found in the Breastfeeding Competency. If you have already completed these courses, you do not need to take them again. • DOH STATE WIC Competency 8: Food Prescription and Benefit Issuance Post-Test <ul style="list-style-type: none"> ○ Take the post-test after reviewing all competency training and resources. ○ Complete the post-test with 80% or higher score. <p>Review all information below:</p> <p>Foods and Benefit Issuance Training:</p> <ul style="list-style-type: none"> • WIC Foods with a Cascades Focus (PowerPoint) • Issuing Food Benefits in Cascades (PowerPoint) <p>WIC Manual - Volume 1</p> <ul style="list-style-type: none"> • Chapter 15-Breastfeeding • Chapter 22-Issue WIC Food Benefits <ul style="list-style-type: none"> ○ Staff Tool: WIC Card Education • Chapter 23-WIC Foods



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	<ul style="list-style-type: none"> • Introduce participant to WICShopper App, if participant chooses to use this smartphone app. • Review registration process. • Review app features. • Change language to Spanish, when needed. 	<ul style="list-style-type: none"> • Chapter 24-WIC Medical Documentation for Formulas and Foods <p>Staff Tools and Webpages</p> <ul style="list-style-type: none"> • WIC Shopping Guide • Food Benefits by Participant Category • Food Prescription Subcategories • Family Issuance Day and Proration • Issuing Benefits in the Month of the 1st and 5th Birthday • Issuing Foods in the First Month of Life for Partially Breastfeeding Infant and Breastfeeding Participant • WICShopper App • WICShopper App and WIC Card • WA WIC Approved Formulas <ul style="list-style-type: none"> ○ Printable List of WIC Approved Formulas
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Be sure to discuss any outstanding questions or issues with certifier. Document completion of this competency on Certifier Competency Training Documentation Form.

For persons with disabilities, this document is available on request in other formats.
To submit a request, please call 1-800-841-1410 (TDD/TYY 711).
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