



WIC Foods with a Cascades Focus Foods and Food Prescriptions

Office of Nutrition Services





TOPICS

1. WIC Food Benefits – by Category
2. Practice – All WIC or Subcategory
3. Aggregated Foods – How do you know if all the food prescriptions are correct?
4. Food Benefits In Cascades – A new way to view
5. Tips Of The Trade – Things you'll want to know before you issue benefits in Cascades



WIC FOOD BENEFITS by Category



FOOD BENEFITS BY PARTICIPANT CATEGORY

Knowing WIC food benefits by participant category will help you issue food benefits in Cascades.

It may also help you to have a copy of [Food Benefits by Participant Category](#) handy as you learn food benefit issuance in Cascades.

As you review the next 7 slides, look for items that stand out to you, such as,

- Food Benefit Category names
- Benefits that have a monthly rotation
- The category with beans and peanut butter



Print this document before reviewing the following slides.

Food Benefits by Participant Category

Pregnant

Partially (Mostly) Breastfeeding

Pregnant with Multiples

WIC Foods	Maximum Monthly Allowance *
Juice ¹	1 – 64 oz container
Milk ^{2, 3, 4, 5}	4 gallons (16 quarts)
Breakfast Cereal	36 oz
Eggs ⁶	1 dozen
Fruits, Vegetables, and Herbs	Pregnant: \$47 Mostly BF or Pregnant with Multiples: \$52
Whole Grain Choices	48 oz
Fish (Canned/Pouch)	Pregnant: 10 oz Mostly BF or Pregnant with Multiples: 15 oz
Legumes Dried Beans, Peas, Lentils OR Canned Beans OR Peanut Butter	2 Choices: <ul style="list-style-type: none"> • 1 lb OR • 4 – 15 to 16 oz cans OR • 15 to 18 oz

*Maximum Monthly Allowance (MMA): The upper limit of monthly issuance for each of the physical forms of infant formula or food item.

Food Benefits by Participant Category

Fully Breastfeeding
 Partially (Mostly) Breastfeeding Multiples
 Pregnant + Partially (Mostly) Breastfeeding
 Pregnant + Fully Breastfeeding

WIC Foods	Maximum Monthly Allowance
Juice ¹	1 – 64 oz container
Milk ^{2, 3, 4, 5}	4 gallons (16 quarts)
Breakfast Cereal	36 oz
Eggs ⁶	2 dozen
Fruits, Vegetables, and Herbs	\$52
Whole Grain Choices	48 oz
Fish (Canned/Pouch)	20 oz
Legumes Dried Beans, Peas, Lentils OR Canned Beans OR Peanut Butter	2 Choices: <ul style="list-style-type: none"> • 1 lb OR • 4 – 15 to 16 oz cans OR • 15 to 18 oz

Food Benefits by Participant Category

Fully Breastfeeding Multiples
Pregnant + Fully Breastfeeding Multiples

WIC Foods	Maximum Monthly Allowance	
Juice ¹	Odd Months: 1 – 64 oz container *	Even Months: 2 – 64 oz containers**
Milk ^{2, 3, 4, 5}	6 gallons (24 quarts)	
Breakfast Cereal	54 oz	
Eggs ⁶	3 dozen	
Fruits, Vegetables, and Herbs	\$78	
Whole Grain Choices	72 oz	
Fish (Canned/Pouch)	30 oz	
Legumes Dried Beans, Peas, Lentils OR Canned Beans OR Peanut Butter	3 Choices: <ul style="list-style-type: none"> • 1 lb OR • 4 – 15 to 16 oz cans OR • 15 to 18 oz 	

*Odd months: January, March, May, July, September, November

**Even months: February, April, June, August, October, December

Food Benefits by Participant Category

Partially (Some) Breastfeeding
Postpartum (No Breastfeeding)

WIC Foods	Maximum Monthly Allowance
Juice ¹	1 – 64 oz container
Milk ^{2, 3, 4, 5}	4 gallons (16 quarts)
Breakfast Cereal	36 oz
Eggs ⁶	1 dozen
Fruits, Vegetables, and Herbs	\$47
Whole Grain Choices	48 oz
Fish (Canned/Pouch)	10 oz
Legumes Dried Beans, Peas, Lentils OR Canned Beans OR Peanut Butter	1 Choice: <ul style="list-style-type: none"> • 1 lb OR • 4 – 15 to 16 oz cans OR • 15 to 18 oz

Food Benefits by Participant Category

Children – 12 Through 23 Months
 Children – 2 Through 4 Years

WIC Foods	Maximum Monthly Allowance
Juice ¹	1 – 64 oz container
Milk ^{2, 3, 4, 5}	12 Through 23 Months: 3 gallons (12 quarts) 1 Through 4 Years: 3.5 gallons (14 quarts)
Breakfast Cereal	36 oz
Eggs ⁶	1 dozen
Fruits, Vegetables, and Herbs	\$26
Whole Grain Choices	24 oz
Fish (Canned/Pouch)	6 oz
Legumes Dried Beans, Peas, Lentils OR Canned Beans OR Peanut Butter	1 Choice: <ul style="list-style-type: none"> • 1 lb OR • 4 – 15 to 16 oz cans OR • 15 to 18 oz

Food Benefits by Participant Category

Infants – 0 Through 11 Months

Fully Breastfeeding					
Participant Age	Formula (FNB)	Infant Cereal	Infant Fruits and Vegetables	Fruit and Vegetable CVB	Infant Meats
0 Through 5 Months	None	None	None	None	None
6 Through 11 Months	None	16 oz	128 oz	None	40 oz
6 Through 11 Months (Partial CVB)	None	16 oz	64 oz	\$11	40 oz
6 Through 11 Months (Full CVB)	None	16 oz	None	\$22	40 oz

Partially (Mostly) Breastfeeding					
Participant Age	Formula (FNB)	Infant Cereal	Infant Fruits and Vegetables	Fruit and Vegetable CVB	Infant Meats
0 Through 3 Months	Up to 364 fl oz	None	None	None	None
4 Through 5 Months	Up to 442 fl oz	None	None	None	None
6 Through 11 Months	Up to 312 fl oz	8 oz	128 oz	None	None
6 Through 11 Months (Partial CVB)	Up to 312 fl oz	8 oz	64 oz	\$11	None
6 Through 11 Months (Full CVB)	Up to 312 fl oz	8 oz	None	\$22	None

Partially (Some) Breastfeeding & Fully Formula Feeding					
Participant Age	Formula (FNB)	Infant Cereal	Infant Fruits and Vegetables	Fruit and Vegetable CVB	Infant Meats
0 Through 3 Months	Up to 806 fl oz	None	None	None	None
4 Through 5 Months	Up to 884 fl oz	None	None	None	None
6 Through 11 Months	Up to 624 fl oz	8 oz	128 oz	None	None
6 Through 11 Months (Partial CVB)	Up to 624 fl oz	8 oz	64 oz	\$11	None
6 Through 11 Months (Full CVB)	Up to 624 fl oz	8 oz	None	\$22	None



Selecting Food Categories & Subcategories

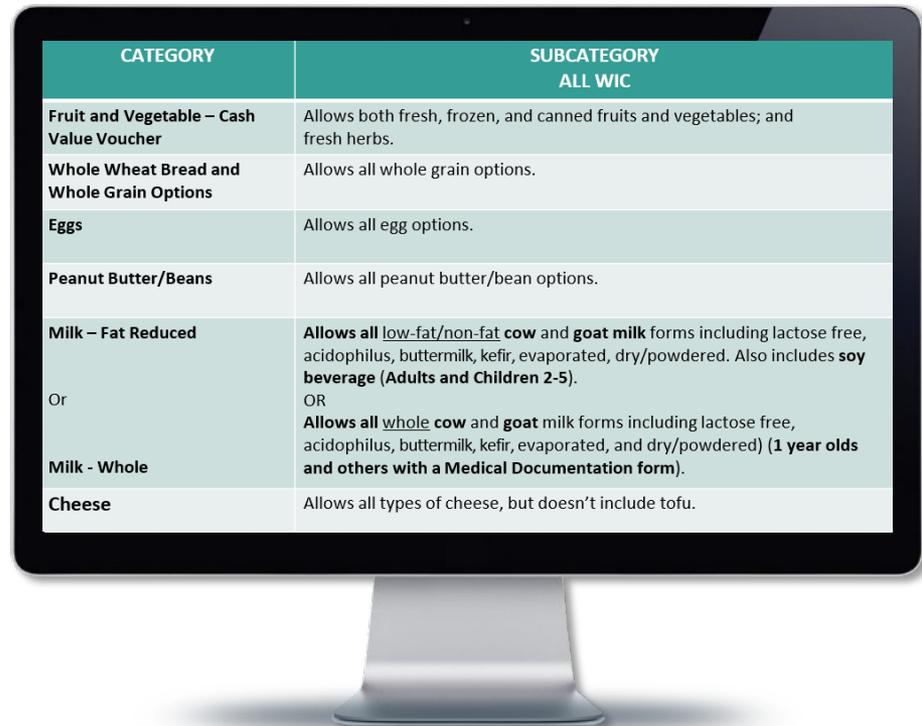
Choosing Food Categories - All WIC

Participants (and staff!) will enjoy the flexibility of **ALL WIC**. This option, **when appropriate**, allows the choice of a broader selection of foods at the store.

Review the **ALL WIC subcategories** on the following slide.

Reminder:

- “Milk – Fat Reduced” is a **FOOD CATEGORY**
- “Milk or Soy (1% or Nonfat) All WIC – Cow, Goat, Soy” is a **SUBCATEGORY**

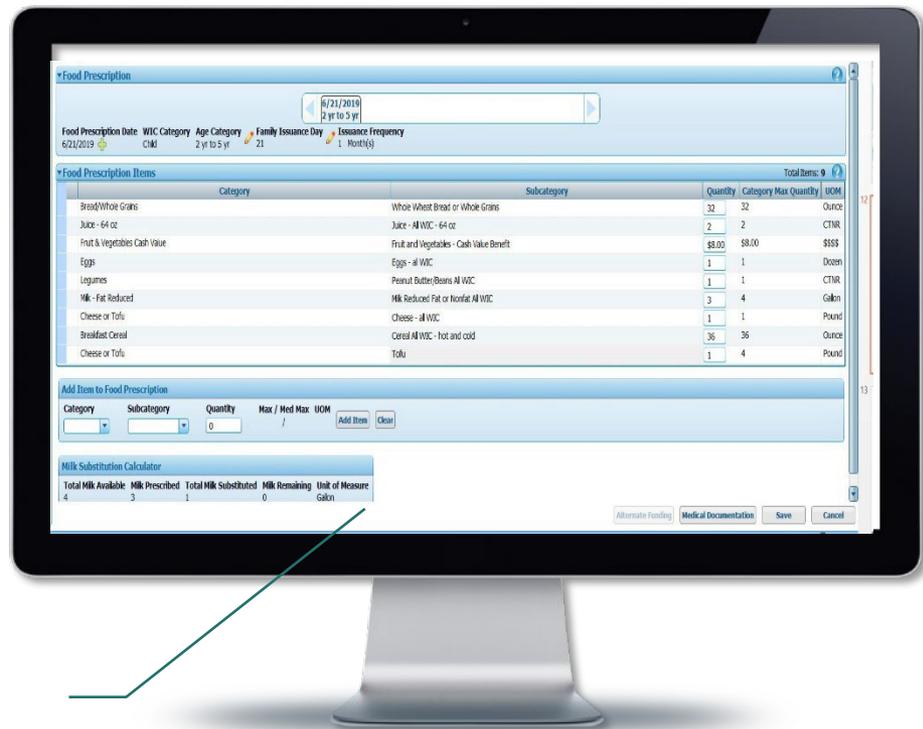


CATEGORY	SUBCATEGORY ALL WIC
Fruit and Vegetable – Cash Value Voucher	Allows both fresh, frozen, and canned fruits and vegetables; and fresh herbs.
Whole Wheat Bread and Whole Grain Options	Allows all whole grain options.
Eggs	Allows all egg options.
Peanut Butter/Beans	Allows all peanut butter/bean options.
Milk – Fat Reduced Or Milk - Whole	Allows all <u>low-fat/non-fat cow</u> and <u>goat milk</u> forms including lactose free, acidophilus, buttermilk, kefir, evaporated, dry/powdered. Also includes soy beverage (Adults and Children 2-5) . OR Allows all <u>whole cow</u> and <u>goat milk</u> forms including lactose free, acidophilus, buttermilk, kefir, evaporated, and dry/powdered) (1 year olds and others with a Medical Documentation form).
Cheese	Allows all types of cheese, but doesn't include tofu.

CATEGORY	SUBCATEGORY ALL WIC
Fruit and Vegetable – Cash Value Voucher	Allows fresh, frozen, and canned fruits and vegetables, and fresh cut herbs.
Whole Wheat Bread and Whole Grain Options	Allows all whole grain options.
Eggs	Allows all egg options.
Peanut Butter/Beans	Allows all peanut butter/bean options.
Milk – Fat Reduced OR Milk - Whole	Allows all <u>low-fat/non-fat</u> cow and goat milk forms including lactose free, acidophilus, buttermilk, kefir, evaporated, dry/powdered. Also includes soy beverage (Adults and Children 2 through 4 years) . OR Allows all <u>whole</u> cow and goat milk forms including lactose free, acidophilus, buttermilk, kefir, evaporated, and dry/powdered (1-year olds and others with a Medical Documentation form).
Cheese	Allows all types of cheese but doesn't include tofu.
Cereal	Allows all cereal options, hot or cold.
Juice	All options - 64 oz (Adults and Children).

You'll need to **CHANGE THE SUBCATEGORY** for:

- Milk type when medical documentation or a nutrition assessment is required:
 - Whole milk for participants ≥ 2 years old
 - 2% for all children and adults
 - 1% milk for 1-year olds
- Infant Formula and PediaSure





PRACTICE – ALL WIC OR A SUBCATEGORY?



ALL WIC or WIC Subcategory?

Scenario	ALL WIC?
Jules is pregnant and has a severe allergy to cow's milk.	
Toni is 2 years old and needs PediaSure.	
Alice sometimes buys soy milk and goat milk for Destiny, who's 4 years old.	
Alex is 4 years old and mostly drinks lactose-free milk. Sometimes his mom buys evaporated milk for making him custard.	
Peter is 2 years old and has a Medical Documentation form for Whole Milk.	
Shelly likes all kinds of fruits and vegetables and keeps frozen vegetables for quick dinners.	

Read these scenarios and make a quick guess with thumbs up for All WIC!



And a fist bump for Subcategory!



Find the Answers on the next slide.



ANSWERS!

Scenario	ALL WIC?	Answer
Jules is pregnant and has a severe allergy to cow's milk.	Yes 	The CPA discusses the best choice for Jules: soy beverage or goat milk might be good options. Based on the conversation, the CPA could select ALL WIC to give Jules the most options at the store.
Toni is 2 years old and needs PediaSure.	No 	The CPA selects PediaSure for Toni.
Alice sometimes buys soy milk and goat milk for Destiny, who's 4 years old.	Yes 	The CPA selects ALL WIC. Alice then has the most flexibility to shop for cow milk, goat milk, and soy beverage for Destiny.
Alex is 4 years old and mostly drinks lactose-free milk. Sometimes his mom buys evaporated milk for making him custard.	Yes 	Alex's mom will have the flexibility to buy the milk she chooses for Alex.
Peter is 2 years old and has a Medical Documentation form for whole milk.	No 	The CPA discusses whole milk as the only choice based on the Medical Documentation form with Peter's dad who does the WIC shopping. Select whole milk for Peter's food prescription.
Shelly likes all kinds of fruits and vegetables and keeps frozen vegetables for quick dinners.	Yes 	Shelly can shop for her favorite WIC approved fresh or frozen fruits and vegetables when All WIC is selected on her food prescription.



AGGREGATED FOODS – HOW DO YOU KNOW IF ALL THE FOOD PRESCRIPTIONS ARE CORRECT?

A TIP FOR KNOWING IF FOOD PRESCRIPTIONS ARE CORRECT

Look for the WIC foods that are easy to count.



For adults and children, it's easy to count the eggs!
OR count the ounces of cereal!

Practice seeing aggregated foods on the Shopping List

Do these participants have all their foods?

Pregnant Adult
2-Year-Old Child

Benefit Balance:				
Benefit Month	Serial Number	Quantity	UOM	Description
5/9/2025 thru 5/17/2025	11348197	\$73.00	\$\$\$\$	Fruit and Vegetables - Cash Value Benefit
	11348197	72	Ounce	Whole Wheat Bread or Whole Grains
	11348197	2	Dozen	Eggs - all WIC
	11348197	3	CTNR	Peanut Butter/Beans All WIC
	11348197	16	Ounce	Fish - All WIC
	11348197	7.5	Gallon	Milk or Soy(1% & Nonfat) All WIC-Cow,Goat,Soy
	11348197	72	Ounce	Cereal All WIC -hot /cold
	11348197	2	CTNR	Juice - All WIC - 64 oz carton

The answer is: Yes! You can see 2 dozen eggs and 72 ounces of cereal (36 x 2).

Do these participants have all their foods?

2-Year-Old Twins

Benefit Balance:				
Benefit Month	Serial Number	Quantity	UOM	Description
5/9/2025 thru 5/24/2025	11348199	\$52.00	\$\$\$\$	Fruit and Vegetables - Cash Value Benefit
	11348199	48	Ounce	Whole Wheat Bread or Whole Grains
	11348199	2	Dozen	Eggs - all WIC
	11348199	2	CTNR	Peanut Butter/Beans All WIC
	11348199	12	Ounce	Fish - All WIC
	11348199	7	Gallon	Milk or Soy(1% & Nonfat) All WIC-Cow,Goat,Soy
	11348199	72	Ounce	Cereal All WIC -hot /cold
	11348199	2	CTNR	Juice - All WIC - 64 oz carton

The answer is: Yes! You can see 2 dozen eggs and 72 ounces of cereal (36 x 2).

Do these participants have all their foods?

Fully Breastfeeding Adult
7-Month-Old Infant
Child

Benefit Balance:				
Benefit Month	Serial Number	Quantity	UOM	Description
5/9/2025 thru 5/10/2025	11348200	\$78.00	\$\$\$\$	Fruit and Vegetables - Cash Value Benefit
	11348200	72	Ounce	Whole Wheat Bread or Whole Grains
	11348200	3	Dozen	Eggs - all WIC
	11348200	3	CTNR	Peanut Butter/Beans All WIC
	11348200	26	Ounce	Fish - All WIC
	11348200	16	Ounce	Baby Cereal - all WIC
	11348200	7.5	Gallon	Milk or Soy(1% & Nonfat) All WIC-Cow,Goat,Soy
	11348200	72	Ounce	Cereal All WIC -hot /cold
	11348200	128	Ounce	Baby Food Fruit & Vegetables - All WIC
	11348200	40	Ounce	Baby Food Meat - All WIC
11348200	2	CTNR	Juice - All WIC - 64 oz carton	

The answer is:
Yes!
2 dozen eggs
for mom + 1
dozen for her
child + baby
has 16 ounces
baby cereal



FOOD BENEFITS IN CASCADES



CASCADES

Food Prescription + Food Prescription Items

Prescribe Foods – **Individual** Participant

Food Prescription

10/11/2022 7/3/2023 10/11/2023 5/9/2025
12 to 23 Months 2 yr to 5 yr 2 yr to 5 yr 2 yr to 5 yr

Food Prescription Date 5/9/2025 **WIC Category** Child **Age Category** 2 yr to 5 yr **Family Issuance Day** 11 **Issuance Frequency** 2 Month(s)

Food Prescription Items Total Items: **8**

	Category	Subcategory	Quantity	Category Max Quantity	UOM
	Bread/Whole Grains	Whole Wheat Bread or Whole Grains	24	24	Ounce
	Eggs	Eggs - all WIC	1	1	Dozen
	Legumes	Peanut Butter/Beans All WIC	1	1	CTNR
	Fish	Fish - All WIC	6	6	Ounce
	Breakfast Cereal	Cereal All WIC -hot /cold	36	36	Ounce
	Milk - Fat Reduced	Milk or Soy(1% & Nonfat) All WIC-Cow,Goat,Soy	3.5	3.50	Gallon
	Fruit & Vegetables Cash Value	Fruit and Vegetables - Cash Value Benefit	\$26.00	\$26.00	\$\$\$\$
	Juice - 64 oz	Juice - All WIC - 64 oz carton	1	1	CTNR

Add Item to Food Prescription

Category **Subcategory** **Quantity** **Max / Med Max** / **UOM**

CASCADES

Food Prescription + Food Prescription Items

Issue Food Instruments ?

Configuration

Family Issuance Day 11 **Issuance Frequency** 3 Month(s)

Family Issuance Members Total Items: 3 ?

<input checked="" type="checkbox"/>	Category	Participant	Certification End Date	Apr	May	Jun	
<input checked="" type="checkbox"/>	Breastfeeding		9/30/2025	Issued	Issued	Full	Change Rx
<input checked="" type="checkbox"/>	Infant		9/30/2025	Issued	Issued	Full	Change Rx
<input checked="" type="checkbox"/>	Child		10/31/2025	Issued	Issued	Full	Change Rx

▼ FDTS: 6/11/2025 - LDTS: 7/10/2025 Total Items: 0

Food Category	Subcategory	Quantity	UOM
Breakfast Cereal	Cereal All WIC -hot /cold	72	Ounce
Juice - 64 oz	Juice - All WIC - 64 oz carton	2	CTNR
Infant Fruits & Vegetables	Baby Food Fruit & Vegetables - All WIC	128	Ounce
Infant Meats	Baby Food Meat - All WIC	40	Ounce
Fruit & Vegetables Cash Value	Fruit and Vegetables - Cash Value Benefit	\$78.00	\$\$\$\$
Milk - Fat Reduced	Milk or Soy(1% & Nonfat) All WIC-Cow,Goat,Soy	7.50	Gallon
Bread/Whole Grains	Whole Wheat Bread or Whole Grains	72	Ounce
Eggs	Eggs - all WIC	3	Dozen
Legumes	Peanut Butter/Beans All WIC	3	CTNR
Fish	Fish - All WIC	26	Ounce
Infant Cereal	Baby Cereal - all WIC	16	Ounce

▲ Issuance Aggregation

Formula Wizard

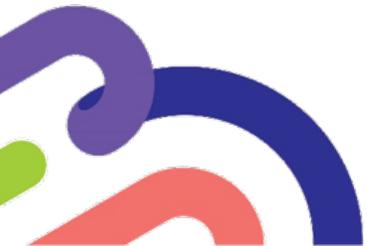
Next Certification Due Notice

Issue

Cancel



TIPS OF THE TRADE
WHAT YOU'LL WANT TO KNOW BEFORE ISSUING FOOD
BENEFITS IN CASCADES



TIPS FOR GETTING THE RIGHT FOODS

Entering Information for the dyad

- To ensure food prescriptions match on the Health Info Screen:
 - Complete the Health Information for **baby first**, then the **adult second**.
- Ensure the breastfeeding pair get the correct food prescriptions:
 - Add the food prescription for the **baby first**, then the **adult second** (“**feed the baby first**”)

Best Practice for entering information on the Health Info screens:

- **Complete the Health Information for any infant or child, under two years of age, before the adult member of the group.**

TIP: Practicing in the Sandbox helps you better *see* these steps and why they’re important.





TIP FOR FOOD PRESCRIPTION SUCCESS!

Check if there are any future food prescriptions in the Carousel before changing the food prescription! Cascades requires **all** current and future prescriptions to be changed.

Food Prescriptions and the Cascades Carousel

Family ID: [REDACTED]



Participant ID: [REDACTED]
Age: 2 years and 3 months
WIC Category: Child

Food Prescription

2/7/2024
12 to 23 Months

8/1/2024
12 to 23 Months

11/7/2024
12 to 23 Months

2/1/2025
2 yr to 5 yr

2/7/2025
2 yr to 5

Food Prescription Date	WIC Category	Age Category	Family Issuance Day	Issuance Frequency
2/7/2025	Child	2 yr to 5 yr	7	3 Month(s)

Food Prescription Items Total Items: 9

	Category	Subcategory	Quantity	Category Max Quantity	UOM
	Yogurt	Yogurt - All WIC Low Fat or Nonfat Only	32	64	Ounce
	Juice - 64 oz	Juice - All WIC - 64 oz carton	2	1	CTNR
	Breakfast Cereal	Cereal All WIC -hot /cold	36	36	Ounce
	Cheese or Tofu	Cheese - all WIC	1	1	Pound
	Milk - Fat Reduced	Milk or Soy(1% & Nonfat) All WIC-Cow,Goat,Soy	3	3.50	Gallon
	Legumes	Peanut Butter/Beans All WIC	1	1	CTNR
	Eggs	Eggs - all WIC	1	1	Dozen
	Bread/Whole Grains	Whole Wheat Bread or Whole Grains	32	24	Ounce
	Fruit & Vegetables Cash Value	Fruit and Vegetables - Cash Value Benefit	\$9.00	\$26.00	\$\$\$\$

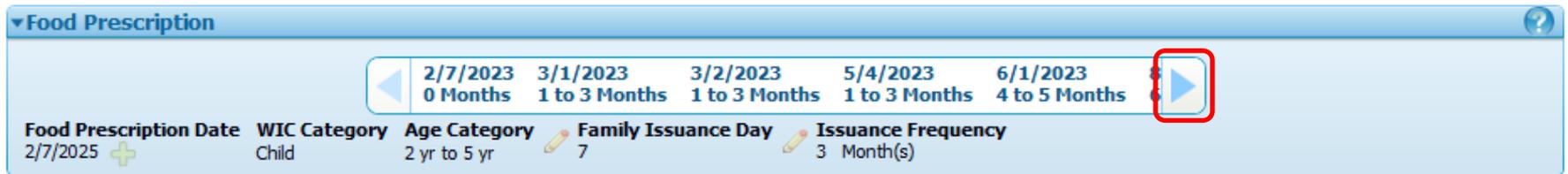
Frankie's Food Prescription – Frankie is 2 years and 3 months old.

- This is a common view of the Food Prescriptions Items container and the carousel.
- Frankie has a Food Prescription for a 2-5 year old.
- The 3 green dots above the child icon in the carousel mean Frankie is eligible for 3 months of benefits.
- Cascades knows to issue 3 months of food benefits based on the one prescription dated 2/7/2025.

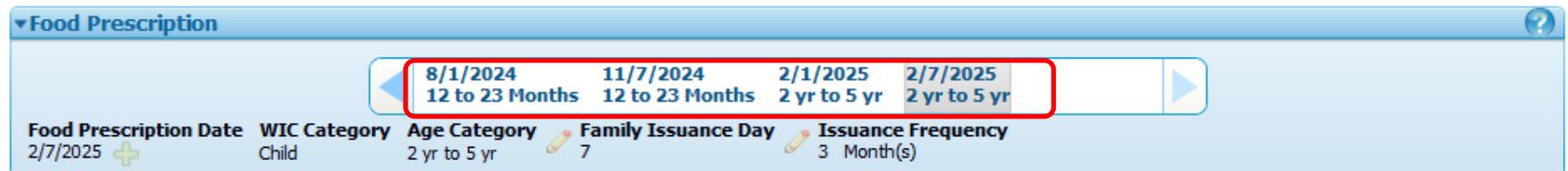


Food Prescription Carousel

Sometimes messages will pop up that relate to food prescriptions in the future. The arrow in the carousel scrolls left and right. You may need to use the arrow on the right to see all future food prescriptions created for a participant.



Once you scroll to the right, the 2/7/2025 food prescription becomes visible.



Valid food prescription for today: The latest food prescription for today or earlier, whichever comes last.

In the example above, if today was 11/7/2024, the valid food prescription is 11/7/2024. If there wasn't a food prescription for 11/7/2024, then the 8/1/2024 food prescription would be the valid food prescription for today (11/7/2024).

Multiple food prescriptions for same day: The one that is farthest to right is the active one on that day.

Food Prescription – Error Messages

▼ Food Prescription

12/13/2024 3/10/2025 3/11/2025 5/10/2025 11/10/2025
1 to 3 Months 4 to 5 Months 4 to 5 Months 6 to 11 Months 12 to 23 Mo

Food Prescription Date	WIC Category	Age Category	Breastfeeding Status	Family Issuance Day	Issuance Frequency
5/10/2025 +	Infant	6 to 11 Months	Fully Formula Fed	16	2 Month(s)



When there are multiple food prescriptions in the Carousel, it's sometimes hard to know what prescription is in error when you get an error message.

Here's an example of an error message:

Food subcategory selection is required for category infant formula.

The Help Solution:

Scroll to the right to see all the food prescriptions. Review all current and future prescriptions. In this case, it was the future prescription causing the error.



SUMMARY AND NEXT STEPS

This presentation helped you prepare for issuing food benefits in Cascades. By completing the activities and discussion topics you've:

- Refreshed your knowledge of WIC food benefits by category
- Reviewed aggregated food benefits as a new way of seeing food prescriptions for individuals and the family
- Reviewed Tips of the Trade for success when issuing foods in Cascades, including a look at the Food Prescription Carousel and possible error messages.

Based on the information shared in this presentation, we hope you'll continue to practice in the Sandbox.

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