

**Subject: Food Packages for Children**

Effective Date: October 1, 2015

Revised from: March 27, 2015

**Policy:** The child food package shall be customized to meet the client's nutritional needs, food preferences, food intolerances and/or household conditions. The reason for tailoring the food package must be documented in the client's KWIC record.

Children under 2 years of age may not receive peanut butter. Peanut butter is not issued before 2-years of age because it can stick to the roof of the mouth and cause choking.

The food package should be issued on the standard number of checks available unless the rationale for spreading the food package out over a larger number of checks is documented in the client's KWIC record. Reasons to increase the number of checks issued per month may include inadequate storage/refrigeration or inability to transport the larger quantity of food (shopping convenience).

The food package shall be customized to prescribe infant formula(s), exempt infant formulas, and medical foods if medically indicated. (See Policy: [FCI: 02.02.01 Child Food Packages - Special Formula](#))

**Reference: CFR §246.10**

**Procedure:**

1. The base food packages for children are:

Basket	Food Item	Food Package 4a Child 12 to 24 mo old	Food Package 4b Child 2 to 5 yr old
Cereal	Breakfast Cereal	36 oz	36 oz
Dairy	Skim, 0%, ½%, 1% Milk	N/A	4 gallons
	2% Milk	N/A	4 gallons (CPA determines need for if underweight.)
	Whole Milk	4 gallons	N/A
Eggs	Eggs	1 dozen	1 dozen
FVC	Fresh Fruit & Vegetables	\$8.00	\$8.00
Juice	Ready to Drink Juice	2 - 64 fl oz containers	2 - 64 fl oz containers

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<b>Basket</b>	<b>Food Item</b>	<b>Food Package 4a Child 12 to 24 mo old</b>	<b>Food Package 4b Child 2 to 5 yr old</b>
Legumes	Canned Beans	4 - 15 to 16 oz cans	4 - 15 to 16 oz cans (even months)
	Peanut Butter	N/A	18 oz jar (odd months)
Whole Grains	Whole Grains	32 ounces	32 ounces

- Tailor the base food package, as necessary, to prescribe an age and situation appropriate food package.
- Base food packages are tailored by selecting the desired food item from each food category basket.
- The baskets and contents for possible substitution are:

<b>Cereal Basket</b>		
	<b>Maximum Amount</b>	
<b>Food Item</b>	<b>Food Package 4a Child 12 to 24 mo old</b>	<b>Food Package 4b Child 2 to 5 yr old</b>
Breakfast cereal	36 ounces	36 ounces
Infant cereal	Substitute 32 ounces for 36 ounces	

<b>Dairy Basket</b>		
	<b>Maximum Amount</b>	
<b>Food Item</b>	<b>Food Package 4a Child 12 to 24 mo old</b>	<b>Food Package 4b Child 2 to 5 yr old</b>
Whole Milk	16 quarts	N/A
Skim, 0%, ½% or 1% Milk	N/A	16 quarts
2% Milk	N/A	16 quarts (allowed if CPA determines need for if underweight)
Whole Lactose Free Milk (half gallon) *	Substitute half gallon for 2 quarts	N/A
Whole Lactose Free Milk (quart) *	Substitute quart for quart	N/A

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<b>Dairy Basket</b>		
	<b>Maximum Amount</b>	
<b>Food Item</b>	<b>Food Package 4a Child 12 to 24 mo old</b>	<b>Food Package 4b Child 2 to 5 yr old</b>
Fat Free or Lowfat Lactose Free Milk (half gallon) *	N/A	Substitute half gallon for 2 quarts
Reduced Fat Lactose Free Milk (2%)*	N/A	Substitute half gallon for 2 quarts
Fat Free or Lowfat Lactose Free Milk(quart)*	N/A	Substitute quart for quart
Reduced Fat Lactose Free Milk (2%)(quart)*	N/A	Substitute quart for quart
Soy Beverage	Substitute half gallon for 2 quarts (substitute on a quart for quart basis up to the total maximum allowance of milk.)	
Whole Evaporated Milk	Substitute a 12 oz can for 0.75 quart	N/A
Fat Free or Lowfat Evaporated Milk	N/A	Substitute a 12 oz can for 0.75 quart
Nonfat dry milk	N/A	Substitute reconstituted quart for quart
Cheese	Substitute 1 pound for 3 quarts up to 1 pound	
Whole Milk Yogurt	Substitute 32 ounces (1 quart) for 1 quart milk. Only 1 quart yogurt per food package is allowed	NA
Low-Fat or Non-Fat Yogurt	N/A	Substitute 32 ounces (1 quart) for 1 quart milk. Only one quart yogurt per food package is allowed.
Tofu	Substitute 1 - 16 ounce container for 1 quart of milk	

\* Lactose free milk is available in either ½ gallons or quarts, be sure to select the container size available where the client/caregiver shops.

**A combination of cheese, yogurt or tofu may be substituted for no more than 4 quarts of milk for Food Package IV.**

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<b>Egg Basket</b>		
	<b>Maximum Amount</b>	
<b>Food Item</b>	<b>Food Package 4a Child 12 to 24 mo old</b>	<b>Food Package 4b Child 2 to 5 yr old</b>
Eggs	1 dozen	1 dozen
Canned beans*	Substitute 4 - 15 to 16 oz cans for 1 dozen	
Peanut butter*	N/A	Substitute a 18 oz jar for 1 dozen

\*Only allowed if KWIC record documents cooking and storage limitations.

<b>FVC Basket</b>		
	<b>Maximum Amount</b>	
<b>Food Item</b>	<b>Food Package 4a Child 12 to 24 mo old</b>	<b>Food Package 4b Child 2 to 5 yr old</b>
Fresh Fruits and Vegetables	\$8.00	\$8.00

<b>Juice Basket</b>		
	<b>Maximum Amount</b>	
<b>Food Item</b>	<b>Food Package 4a Child 12 to 24 mo old</b>	<b>Food Package 4b Child 2 to 5 yr old</b>
Ready to Drink Juice (64 fl oz container)	128 fluid ounces	
Ready to Drink Juice (8-pack of 6.75 ounce boxes)*	Substitute fluid ounce for fluid ounce	
Concentrated Juice (11 ½ to 12 oz container)	Substitute 1 fluid ounce concentrated for 4 fluid ounces ready to drink	

\*Only allowed if KWIC record documents cooking and storage limitations.

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<b>Legume Basket</b>		
	<b>Maximum Amount</b>	
<b>Food Item</b>	<b>Food Package 4a Child 12 to 24 mo old</b>	<b>Food Package 4b Child 2 to 5 yr old</b>
Canned beans	4 - 15-16 ounce cans	4 - 15-16 ounce cans
Dried beans, peas or lentils	Substitute 1 pound for four 15-16 ounce cans	
Peanut butter	N/A	Substitute 18 ounces for 4 - 15-16 ounce cans

<b>Whole Grains Basket</b>		
	<b>Maximum Amount</b>	
<b>Food Item</b>	<b>Food Package 4a Child 12 to 24 mo old</b>	<b>Food Package 4b Child 2 to 5 yr old</b>
Whole Wheat Bread/Rolls/Buns, Whole Wheat Tortillas, Soft Corn Tortillas, Brown Rice, Oatmeal, or Whole Wheat Pasta	32 ounces	32 ounces