



# WIC Foods with a Cascades Focus

## Top Issues – A Training for WIC staff



Office of Nutrition Services





# TOPICS

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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



# WIC BENEFITS BY 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,

- New 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 Package Tables for Women

## Pregnant or Partially Breastfeeding < Half Package

WIC Foods	Amount
<b>Juice</b>	3 - 11.5 or 12 ounces frozen cans Or 46 ounces cans or plastic bottles
<b>Milk - Fluid, dry, or evaporated</b>	22 quarts
<b>Breakfast cereal</b>	36 ounces
<b>Cheese</b> <b>3 quarts milk = 1 pound cheese</b>	No more than 1 pound
<b>Eggs</b>	1 dozen
<b>Fresh fruits and vegetables</b>	\$11.00
<b>Whole grain choices</b>	1 pound
<b>Dried or canned beans, peas, lentils</b> <b>or</b> <b>Peanut butter</b>	2 pounds or 2 jars 16 ounces or 1 pound beans, peas, lentils and 1 jar peanut butter

# Food Package Tables for Women

**Fully Breastfeeding, Partially Breastfeeding Multiples, Fully Breastfeeding + Pregnant,  
Partially Breastfeeding <= Half Package + Pregnant, Pregnant with Multiples**

<b>WIC Foods</b>	<b>Amount</b>
<b>Juice</b>	3 - 11.5 or 12 ounces frozen cans or 46 ounces cans or plastic bottles
<b>Milk</b>	24 quarts
<b>Breakfast cereal</b>	36 ounces
<b>Cheese</b> <b>3 quarts milk = 1 pound cheese</b>	1 pound (can't be replaced with milk) No more than 2 additional pounds
<b>Eggs</b>	2 dozen
<b>Fresh fruits and vegetables</b>	\$11.00
<b>Whole grain choices</b>	1 pound
<b>Fish</b> <b>Canned</b>	30 ounces
<b>Dried or canned beans, peas, lentils</b> <b>or</b> <b>Peanut butter</b>	2 pounds or 2 jars - 16 ounces or 1 pound beans, peas, or lentils <u>and</u> 1 jar peanut butter

# Food Package Tables for Women

Fully Breastfeeding Multiples and Pregnant + Fully Breastfeeding Multiples		
Foods	Amount Fully Breastfeeding Multiples (Month one of rotation)	Amount Fully Breastfeeding Multiples (Month two of rotation)
<b>Juice</b>	3 - 11.5 or 12 ounce frozen cans or 46 ounce cans or plastic bottles	6 - 11.5 or 12 ounce frozen cans or 46 ounce cans or plastic bottles
<b>Milk Fluid, dry, evaporated</b>	24 quarts	48 quarts
<b>Breakfast cereal</b>	36 ounces	72 ounces
<b>Cheese 3 quarts milk = 1 pound cheese</b>	1 pound (can't be replaced with milk) No more than 2 additional pounds	2 pounds (can't be replaced with milk) No more than 4 additional pounds
<b>Eggs</b>	2 dozen	4 dozen
<b>Fresh fruits and vegetables</b>	\$11.00 (one check)	\$22.00
<b>Whole grain choices</b>	1 pound	2 pounds
<b>Fish canned</b>	30 ounces	60 ounces
<b>Dried or canned beans, peas, lentils or Peanut butter</b>	2 pounds or 2 jars 16 ounce or 1 each	4 pounds or 4 jars 16 ounce or 1 pound beans, peas, or lentils <u>and</u> 1 jar peanut butter

# Food Package Tables for Women

## Non-breastfeeding Postpartum and Partially Breastfeeding > Half Package Participants with Infants age 1 through 6 Months

Foods	Amount
<b>Juice</b>	2 - 11.5 or 12 ounce frozen cans or 46 ounce cans or plastic bottles
<b>Milk Fluid, dry or evaporated</b>	16 quart
<b>Breakfast cereal</b>	36 ounces
<b>Cheese 3 quarts milk = 1 pound cheese</b>	No more than 1 pound
<b>Eggs</b>	1 dozen
<b>Fresh fruits and vegetables</b>	\$11.00
<b>Dried or canned beans, peas, lentils or Peanut butter</b>	1 pound or 1 jar 16 ounce



# Food Package Table for Children

<b>Children 1 through 5 Years of Age</b>	
<b>Foods</b>	<b>Amount</b>
<b>Juice</b>	2 - 64 ounce plastic bottles
<b>Milk Fluid, dried, or evaporated</b>	16 quart
<b>Breakfast cereal</b>	36 ounces
<b>Cheese Remove 3 qt milk = add 1 lb cheese</b>	No more than 1 pound
<b>Eggs</b>	1 dozen
<b>Fresh fruits and vegetables</b>	\$8.00
<b>Whole grain choices</b>	2 pound
<b>Dried or canned beans, peas, lentils or Peanut butter</b>	1 pound beans, peas, or lentils <u>or</u> 1 jar peanut butter

# Food Package Table for Infants

<b>Fully Breastfeeding + Partially Breastfeeding &lt; Half Package</b>				
<b>Feeding Method and Age</b>	<b>Formula</b>	<b>Infant Cereal</b>	<b>Infant Fruits and Vegetables</b>	<b>Infant Meat</b>
<b>Fully Breastfeeding</b>				
<b>0 thru 5 Months</b>	None	None	None	None
<b>6 to 12 Months</b>	None	24 ounce	64 – 4 ounce containers	31 – 2.5 ounce containers
<b>Partially Breastfeeding &lt; Half Package</b>				
<b>1 thru 3 Months</b>	364 fluid ounce reconstituted liquid concentrate 384 fluid ounce Ready-to-Feed 435 fluid ounce reconstituted powder	None	None	None
<b>4 thru 5 Months</b>	442 fluid ounce reconstituted liquid concentrate 448 fluid ounce Ready-to-Feed 522 fluid ounce reconstituted powder	None	None	None
<b>6 to 12 Months</b>	312 fluid ounce reconstituted liquid concentrate 320 fluid ounce Ready-to-Feed 384 fluid ounce reconstituted powder	24 ounce	32 – 4 ounce containers	None

# Food Package Table for Infants

Feeding Method and Age	Formula	Infant Cereal	Infant Fruits and Vegetables	Infant Meat
<b>Partially Breastfeeding &gt; Half Package *</b>				
<b>0 thru 3 Months</b>	Up to amounts for Fully Formula	None	None	None
<b>4 thru 5 Months</b>	Up to amounts for Fully Formula	None	None	None
<b>6 to 12 Months</b>	Up to amounts for Fully Formula	24 ounce	32 – 4 ounce containers	None
<b>Fully Formula Fed</b>				
<b>0 thru 3 Months</b>	823 fluid ounce reconstituted liquid concentrate 832 fluid ounce Ready-to-Feed 870 fluid ounce reconstituted powder	None	None	None
<b>4 thru 5 Months</b>	896 fluid ounce reconstituted liquid concentrate 913 fluid ounce Ready-to-Feed 960 fluid ounce reconstituted powder	None	None	None
<b>6 to 12 Months</b> <b>Note:</b> The infant must be receiving less than half a package in order for mom to get benefits. If 4 cans are issued this is technically over half a package so the mom doesn't receive benefits.	630 fluid ounce reconstituted liquid concentrate 643 fluid ounce Ready-to-Feed 696 fluid ounce reconstituted powder	24 ounce	32 – 4 ounce containers	None



## Selecting Food Categories & Subcategories



# Choosing Food Categories - All WIC

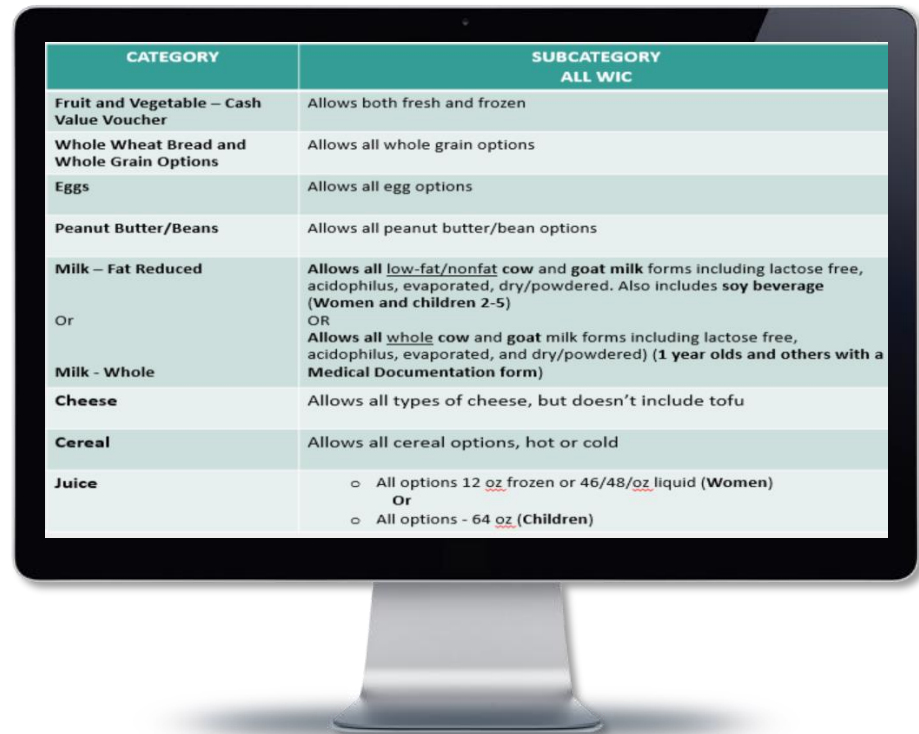
Participants (and staff!) will enjoy the flexibility of **ALL WIC**. This option, **when appropriate**, allows the choice of a broader selection of foods at the store.

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

- Definitions to keep in mind:

A **FOOD CATEGORY** is: Milk Fat Reduced

A **SUBCATEGORY** is: Milk or Soy (1% or Nonfat) All WIC – Cow, Goat, Soy



CATEGORY	SUBCATEGORY ALL WIC
Fruit and Vegetable – Cash Value Voucher	Allows both fresh and frozen
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	Allows all <u>low-fat/nonfat cow and goat milk</u> forms including lactose free, acidophilus, evaporated, dry/powdered. Also includes <u>soy beverage (Women and children 2-5)</u>
Or	OR
Milk - Whole	Allows all <u>whole cow and goat milk</u> forms including lactose free, acidophilus, evaporated, and dry/powdered) ( <b>1 year olds and others with a Medical Documentation form</b> )
Cheese	Allows all types of cheese, but doesn't include tofu
Cereal	Allows all cereal options, hot or cold
Juice	<ul style="list-style-type: none"><li>o All options <u>12 oz frozen</u> or <u>46/48/oz liquid (Women)</u></li><li>Or</li><li>o All options - <u>64 oz (Children)</u></li></ul>

CATEGORY	SUBCATEGORY ALL WIC
Fruit and Vegetable – Cash Value Voucher	Allows both fresh and frozen
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
<b>Milk – Fat Reduced</b>  Or  <b>Milk - Whole</b>	<b>Allows all <u>low-fat/nonfat</u> cow and goat milk</b> forms including lactose free, acidophilus, evaporated, dry/powdered. Also includes <b>soy beverage (Women and children 2-5)</b> OR <b>Allows all <u>whole</u> cow and goat milk</b> forms including lactose free, acidophilus, evaporated, and dry/powdered) <b>(1 year olds and others with a Medical Documentation form)</b>
Cheese	Allows all types of cheese, but doesn't include tofu
Cereal	Allows all cereal options, hot or cold
Juice	<ul style="list-style-type: none"> <li>○ All options 12 oz frozen or 46/48/oz liquid <b>(Women)</b></li> <li style="text-align: center;"><b>Or</b></li> <li>○ All options - 64 oz <b>(Children)</b></li> </ul>

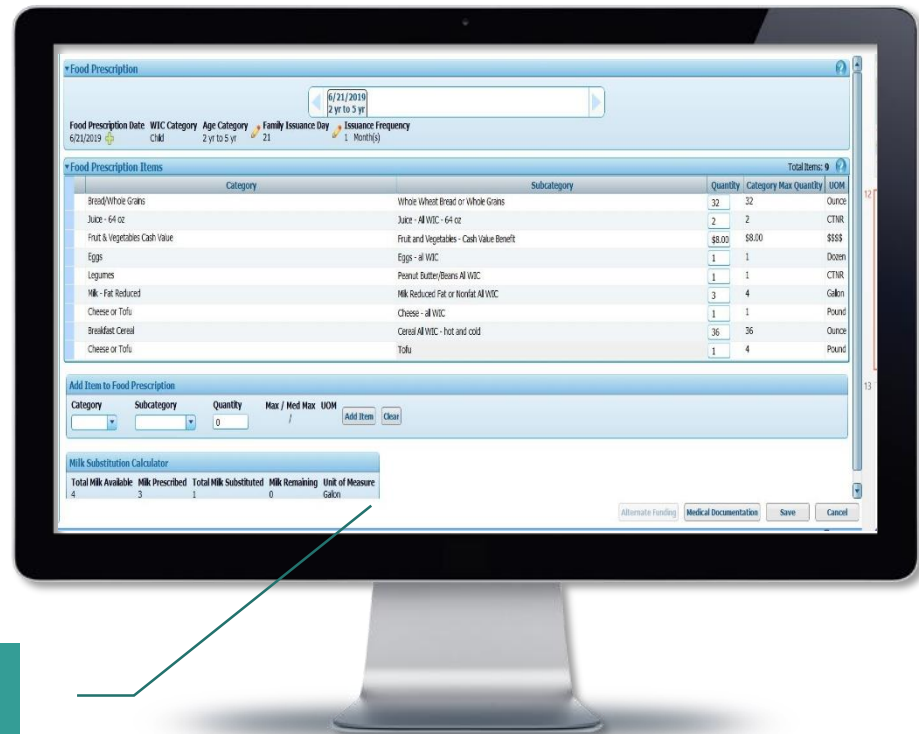
You'll need to **CHANGE THE SUBCATEGORY** for:

- Tofu
- Formulas:
  - Infant PediaSure

• Milk type when medical documentation is required:

- Whole milk for an adult or child over 2
- 2% for a 1 year old

See the next slide to take a closer look at choosing tofu.



# Cascades Food Prescription – Choosing tofu

See the *Cascades Steps – Tofu and Medical Documentation* for additional guidance

▼ Food Prescription

6/21/2019  
2 yr to 5 yr

Food Prescription Date: 6/21/2019  
WIC Category: Child  
Age Category: 2 yr to 5 yr  
Family Issuance Day: 21  
Issuance Frequency: 1 Month(s)

▼ Food Prescription Items Total Items: 9

Category	Subcategory	Quantity	Category Max Quantity	UOM
Bread/Whole Grains	Whole Wheat Bread or Whole Grains	32	32	Ounce
Juice - 64 oz	Juice - All WIC - 64 oz	2	2	CTNR
Fruit & Vegetables Cash Value	Fruit and Vegetables - Cash Value Benefit	\$8.00	\$8.00	\$\$\$\$
Eggs	Eggs - all WIC	1	1	Dozen
Legumes	Peanut Butter/Beans All WIC	1	1	CTNR
Milk - Fat Reduced	Milk Reduced Fat or Nonfat All WIC	3	4	Gallon
Cheese or Tofu	Cheese - all WIC	1	1	Pound
Breakfast Cereal	Cereal All WIC - hot and cold	36	36	Ounce
Cheese or Tofu	Tofu	1	4	Pound

Add Item to Food Prescription

Category:  Subcategory:  Quantity:  Max / Med Max:  UOM:

Milk Substitution Calculator

Total Milk Available	Milk Prescribed	Total Milk Substituted	Milk Remaining	Unit of Measure
4	3	1	0	Gallon





## PRACTICE – ALL WIC OR A SUBCATEGORY?

# ALL WIC or WIC Subcategory?

Scenario	ALL WIC?
Jules is pregnant and has a severe allergy to cows milk.	
Toni is 2 and needs PediaSure.	
Alice sometimes buys soy milk and goat milk for Destiny who's four.	
Alex is 4 and mostly drinks lactose-free milk. Sometimes his mom buys evaporated milk for making him custard.	
Peter is 18 months 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 cows milk.	No/Yes  	The CPA discusses the best choice for Jules: soy beverage or goat milk might be good options. Choose the best option to assure Jules can shop for the beverage that is appropriate based on her severe allergy. Based on the conversation, the CPA could also select ALL WIC.
Toni is 2 and needs PediaSure.	No 	The CPA selects PediaSure for Toni.
Alice sometimes buys soy milk and goat milk for Destiny who's four.	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 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 18 months 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 women  
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?

**Shopping List Remaining Benefits**  
**Washington State WIC Nutrition Program**  
**Date: 06/21/2019**

Report Date: 06/21/2019

RDD: 1.1.12.1.8

Family ID: F02700002115  
 Head of Household: CELERY VEGGIE

Pregnant Mom +  
2 Year Old Child

**Benefit Balance:**

Benefit Month	Serial Number	Quantity	UOM	Description
6/21/2019 thru 7/20/2019	2554	\$19.00	\$\$\$\$	Fruit and Vegetables - Cash Value Benefit
	2554	48	Ounce	Whole Wheat Bread or Whole Grains
	2554	2	Dozen	Eggs - all WIC
	2554	3	CTNR	Peanut Butter/Beans All WIC
	2554	8	Gallon	Milk Reduced Fat or Nonfat All WIC
	2554	2	Pound	Cheese - all WIC
	2554	72	Ounce	Cereal All WIC - hot and cold
	2554	3	CTNR	Juice - All WIC - 12 oz frozen or 46/48 oz liquid
	2554	2	CTNR	Juice - All WIC - 64 oz

The answer is: Yes! You can see 2 dozen eggs and 72 ounces of cereal (36x2).

# Do these participants have all their foods?

**Shopping List Remaining Benefits**  
**Washington State WIC Nutrition Program**  
**Date: 06/21/2019**

Report Date: 06/21/2019

RDD: 1.1.12.1.8

Family ID: F02700002114  
 Head of Household: COCOA COOKIE

2 Year Old Twins

Benefit Balance:

Benefit Month	Serial Number	Quantity	UOM	Description
6/21/2019 thru 7/20/2019	2533	\$16.00	\$\$\$\$	Fruit and Vegetables - Cash Value Benefit
	2533	64	Ounce	Whole Wheat Bread or Whole Grains
	2533	2	Dozen	Eggs - all WIC
	2533	2	CTNR	Peanut Butter/Beans All WIC
	2533	6.5	Gallon	Milk Reduced Fat or Nonfat All WIC
	2533	2	Pound	Cheese - all WIC
	2533	72	Ounce	Cereal All WIC - hot and cold
	2533	4	CTNR	Juice - All WIC - 64 oz

The answer is: Yes! You can see 2 dozen eggs and 72 ounces of cereal (36x2).

# Do these participants have all their foods?

Shopping List Remaining Benefits  
 Washington State WIC Nutrition Program  
 Date: 06/21/2019

Report Date: 06/21/2019

RDD: 1.1.12.1.8

Family ID: F02700002113  
 Head of Household: ATHENA PUPPY

Fully Breastfeeding Mom +  
 7 Month Old Infant + Child

Benefit Balance:

Benefit Month	Serial Number	Quantity	UOM	Description
6/21/2019 thru 7/20/2019	2524	\$19.00	\$\$\$\$	Fruit and Vegetables - Cash Value Benefit
	2524	48	Ounce	Whole Wheat Bread or Whole Grains
	2524	3	Dozen	Eggs - all WIC
	2524	3	CTNR	Peanut Butter/Beans All WIC
	2524	30	Ounce	Fish - All WIC
	2524	24	Ounce	Baby Cereal - all WIC
	2524	9.25	Gallon	Milk Reduced Fat or Nonfat All WIC
	2524	2	Pound	Cheese - all WIC
	2524	72	Ounce	Cereal All WIC - hot and cold
	2524	256	Ounce	Baby Food Fruit & Vegetables - All WIC
	2524	77.5	Ounce	Baby Food Meat - All WIC
	2524	3	CTNR	Juice - All WIC - 12 oz frozen or 46/48 oz liquid
	2524	2	CTNR	Juice - All WIC - 64 oz

The answer is:  
 Yes!  
 2 dozen eggs  
 for mom + 1  
 dozen for her  
 child + baby  
 has 24 ounces  
 baby cereal





## **FOOD BENEFITS IN CASCADES – A NEW WAY TO VIEW**

Food packages in CIMS versus Cascades



# CIMS Food Packages for a Family Group

File Edit WIC Service Client Checks Site Window Help

Print Notes Results: Clients Results: Checks

Client Adams, Cora D Client ID 13414087  See Notes View Checks  
 Caregiver Adams, Cora D Age 34 Yr  Rx View Foods  
 Alternate Vela, Ryan Print  
 Assign Foods

Client Name	Category	Food Pkg	Rx	Jul	Aug	Sep	Last Checks Issued
Adams, Cora D	BF	Fully BF	<input type="checkbox"/>	OK	OK	OK	Feb
Lambert, Ivan V	C	Child 1 year	<input type="checkbox"/>	OK	OK	OK	Feb

Print Group  Monthly Food Package Fully BF # Cks 4  
 Print Individual  Bi-Monthly  
 Tri-Monthly Check Message Quit Smoking, 1-800-Quit-Now

Note the difference between CIMS and Cascades Benefit Issuance Screens:

- What do you notice about how foods are listed?
- What do you notice about the way foods are selected?

# CIMS CHECKS + FOOD PACKAGES for BF Mom

File Edit WIC Service Client Checks Site Window Help

Print Notes Results: Clients Results: Checks

Client Adams, Cora D Client ID 13414087  See Notes View Checks  
Caregiver Adams, Cora D Age 34 Yr  Rx View Foods  
Alternate Vela, Ryan Print  
Assign Foods

Client Name	Category	Food Pkg	Rx	Jul	Aug	Sep	Last Checks Issued
Adams, Cora D	BF	Fully BF	<input type="checkbox"/>	OK	OK	OK	Feb

View Checks - Adams, Cora D - Fully BF

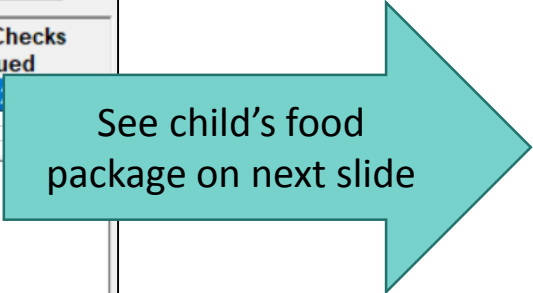
**Check 1**  
2 gallon(s) 1% or nonfat milk, any brand  
36 oz breakfast cereal, 11 to 36 oz boxes  
1 dozen white eggs, small, medium, or large  
1 juice, 11.5/12 oz frozen, 46 oz can, 46 oz plastic bottle  
30 oz fish, canned

**Check 2**  
2 gallon(s) 1% or nonfat milk, any brand  
1 16-18oz peanut butter OR lb. dried beans/peas/lentils  
1 dozen white eggs, small, medium, or large  
1 juice, 11.5/12 oz frozen, 46 oz can, 46 oz plastic bottle  
16 oz whole grain choices

**Check 3**  
2 gallon(s) 1% or nonfat milk, any brand  
1 16-18oz peanut butter OR lb. dried beans/peas/lentils  
1 juice, 11.5/12 oz frozen, 46 oz can, 46 oz plastic bottle  
1 lb cheese, any brand, made in USA

**Check 4**  
11 dollars fresh fruits and/or vegetables

Print Group Monthly Food  
Print Individual Bi-Monthly Check  
Tri-Monthly



# CIMS CHECKS + FOOD PACKAGES for a Child

File Edit WIC Service Client Checks Site Window Help

Print Notes Results: Clients Results: Checks

Client Lambert, Ivan V  
Caregiver Adams, Cora D  
Alternate Vela, Ryan

Assign Foods

Client Name	Category	Food Pkg	Rx	Jul	Aug	Sep	Last Checks Issued
Lambert, Ivan V	C	Child 2 to 5	<input type="checkbox"/>	OK	OK	OK	Feb 2016

View Checks - Lambert, Ivan V - Child 2 to 5

**Check 1**  
2 gallon(s) 1% or nonfat milk, any brand  
36 oz breakfast cereal, 11 to 36 oz boxes  
1 dozen white eggs, small, medium, or large  
1 juice, 64 oz plastic bottles  
1 lb cheese, any brand, made in USA

**Check 2**  
1 gallon(s) 1% or nonfat milk, any brand  
1 quart(s) 1% or nonfat milk, any brand  
1 16-18oz peanut butter OR lb. dried beans/peas/lentils  
1 juice, 64 oz plastic bottles  
32 oz whole grain choices

**Check 3**  
8 dollars fresh fruits and/or vegetables

Print Group Monthly Food Package Child 2 to 5 years  
Print Individual Bi-Monthly Check Message Quit Smoking, 1-800-Q  
Iri-Monthly

Now, compare with the Cascades screens on the next two slides!

# CASCADES

## Food Prescription + Food Prescription Items

### Prescribe Foods – **Individual** Participant

▼ Food Prescription

Food Prescription Date  
6/21/2019

WIC Category  
Breastfeeding

Breastfeeding Status  
Fully Breastfed

Family Issuance Day  
21

Issuance Frequency  
1 Month(s)

▼ Food Prescription Items
Total Items: 10

	Category	Subcategory	Quantity	Category Max Quantity	UOM
<input type="checkbox"/>	Bread/Whole Grains	Whole Wheat Bread or Whole Grains	<input type="text" value="16"/>	16	Ounce
<input type="checkbox"/>	Fish	Fish - All WIC	<input type="text" value="30"/>	30	Ounce
<input type="checkbox"/>	Fruit & Vegetables Cash Value	Fruit and Vegetables - Cash Value Benefit	<input type="text" value="\$11.00"/>	\$11.00	\$\$\$\$
<input type="checkbox"/>	Eggs	Eggs - all WIC	<input type="text" value="2"/>	2	Dozen
<input type="checkbox"/>	Legumes	Peanut Butter/Beans All WIC	<input type="text" value="2"/>	2	CTNR
<input type="checkbox"/>	Milk - Fat Reduced	Milk Reduced Fat or Nonfat All WIC	<input type="text" value="6"/>	6	Gallon
<input type="checkbox"/>	Cheese or Tofu	Cheese - all WIC	<input type="text" value="1"/>	3	Pound
<input type="checkbox"/>	Breakfast Cereal	Cereal All WIC - hot and cold	<input type="text" value="36"/>	36	Ounce
<input type="checkbox"/>	Juice - 46/48 oz	Juice - All WIC - 12 oz frozen or 46/48 oz liquid	<input type="text" value="3"/>	3	CTNR
<input type="checkbox"/>	Yogurt	Yogurt - All WIC	<input type="text" value="0"/>	32	Ounce

Add Item to Food Prescription

Category

Subcategory

Quantity

Max / Med Max  
 /

UOM

Milk Substitution Calculator

Total Milk Available	Milk Prescribed	Total Milk Substituted	Milk Remaining	Unit of Measure
6	6	0	0	Gallon

# CASCADES

## Food Prescription + Food Prescription Items

### Issue Food Instruments Example – Family

**Issue Food Instruments** ?

**Configuration**

**Family Issuance Day**  
21
 **Issuance Frequency**  
2 Month(s)

**Family Issuance Members** Total Items: 3 ?

<input checked="" type="checkbox"/>	Category	Participant	Certification End Date	Jun	Jul	Aug	
<input checked="" type="checkbox"/>	Breastfeeding	ATHENA PUPPY	11/30/2019	Issued	Full	Not Selected	<a href="#">Change Rx</a>
<input checked="" type="checkbox"/>	Infant	LEONIDAS PUPPY	12/31/2019	Issued	Full	Not Selected	<a href="#">Change Rx</a>
<input checked="" type="checkbox"/>	Child	NIKE PUPPY	6/30/2020	Issued	Full	Not Selected	<a href="#">Change Rx</a>

**▼ FDTS: 7/21/2019 - LDTS: 8/20/2019** Total Items: 13 ?

Food Category	Subcategory	Quantity	UOM
Breakfast Cereal	Cereal All WIC - hot and cold	72	Ounce
Juice - 46/48 oz	Juice - All WIC - 12 oz frozen or 46/48 oz liquid	3	CTNR
Infant Meats	Baby Food Meat - All WIC	77.50	Ounce
Infant Fruits & Vegetables	Baby Food Fruit & Vegetables - All WIC	256	Ounce
Juice - 64 oz	Juice - All WIC - 64 oz	2	CTNR
Fruit & Vegetables Cash Value	Fruit and Vegetables - Cash Value Benefit	\$19.00	\$\$\$\$
Milk - Fat Reduced	Milk Reduced Fat or Nonfat All WIC	9.25	Gallon
Bread/Whole Grains	Whole Wheat Bread or Whole Grains	48	Ounce
Eggs	Eggs - all WIC	3	Dozen
Legumes	Peanut Butter/Beans All WIC	3	CTNR
Fish	Fish - All WIC	30	Ounce
Infant Cereal	Baby Cereal - all WIC	24	Ounce
Cheese or Tofu	Cheese - all WIC	2	Pound

**▲ 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 Mom and Baby Dyad

- On the Health Info Screen to assure food prescriptions match:
  - Complete the Health Information for **BABY FIRST**.
  - Complete the Health Information for **MOM SECOND**.
- After entering information on the Health Info screen for the breastfeeding pair:
  - Add the food prescription for the for **BABY FIRST**
  - Add the food prescription for the **MOM SECOND**

### Best Practice for entering information on the Health Info screens:

- Complete the Health Information for any **INFANT OR CHILD** under two **FIRST** 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! Unlike CIMS, Cascades requires ALL current and future prescriptions to be changed.

# Food Prescriptions and the Cascades Carousel

**CORBIN Family**  
Family ID: F24100000005  
73873746 8TH AVE.  
TACOMA, WA 98408

**FRANKIE**  
**KALISTA**

**FRANKIE CORBIN**  
Participant ID: WA2410000005  
Age: 2 years and 3 months  
WIC Category: Child

**Food Prescription**

Food Prescription Date: 6/22/2019  
WIC Category: Child  
Age Category: 2 yr to 5 yr  
Family Issuance Day: 22  
Issuance Frequency: 3 Month(s)

**Food Prescription Items** Total Items: 8

Category	Subcategory	Quantity	Category Max Quantity	UOM
Bread/Whole Grains	Whole Wheat Bread or Whole Grains	32	32	Ounce
Juice - 64 oz	Juice - All WIC - 64 oz	2	2	CTNR
Fruit & Vegetables Cash Value	Fruit and Vegetables - Cash Value Benefit	\$8.00	\$8.00	\$\$\$\$
Eggs	Eggs - all WIC	1	1	Dozen
Legumes	Peanut Butter/Beans All WIC	1	1	CTNR
Milk - Fat Reduced	Milk Reduced Fat or Nonfat All WIC	3.25	4	Gallon
Cheese or Tofu	Cheese - all WIC	1	1	Pound
Breakfast Cereal	Cereal All WIC - hot and cold	36	36	Ounce

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 in the Carousel means he's able to have 3 months of food benefits.
- Cascades knows to issue 3 months of food benefits based on the one prescription dated 6/22/2019.



# Cascades 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.

▼ Food Prescription

11/2/2018 2/26/2019 6/23/2019 6/24/2019 6/28/2019  
1 to 3 Months 4 to 5 Months 6 to 11 Months 6 to 11 Months 6 to 11 Months

Food Prescription Date	WIC Category	Age Category	Breastfeeding Status	Family Issuance Day	Issuance Frequency
6/28/2019	Infant	6 to 11 Months	Fully Formula Fed	2	1 Month(s)

Once you scroll to the right, the 10/26/2019 food prescription becomes visible.

▼ Food Prescription

6/23/2019 6/24/2019 6/28/2019 10/26/2019  
6 to 11 Months 6 to 11 Months 6 to 11 Months 12 to 23 Months

Food Prescription Date	WIC Category	Age Category	Breastfeeding Status	Family Issuance Day	Issuance Frequency
6/28/2019	Infant	6 to 11 Months	Fully Formula Fed	2	1 Month(s)

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

In the example above, if today was 6/24/19, the valid food prescription is 6/24/2019. If there wasn't a food prescription for 6/24/2019, then the 6/23/2019 food prescription would be the valid food prescription for today (6/24/19).

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

# Food Prescription – Error Messages

Review the Handout:

## ***MIGRATED CIMS CHECKS TO CASCADES FOOD PRESCRIPTION***

Food Prescription					
Food Prescription Date	WIC Category	Age Category	Breastfeeding Status	Family Issuance Day	Issuance Frequency
6/28/2019	Infant	6 to 11 Months	Fully Formula Fed	2	1 Month(s)

Navigation: 11/2/2018 1 to 3 Months | 2/26/2019 4 to 5 Months | 6/23/2019 6 to 11 Months | 6/24/2019 6 to 11 Months | 6/28/2019 6 to 11 Mo



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
- Compared CIMS food packages and checks with Cascades food prescriptions and benefit issuance
- 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. For additional practice, please see the next slide.

# NEXT STEPS:

## Tailoring Food Benefits – Practice Options

**Print** the handout with these practice scenarios to use in the Sandbox. It will help you to familiarize yourself with common tailoring options.

### Tailoring Food Benefits – Sandbox Practice

CREATE A SANDBOX SCENARIO:	HINT:
June is a one year old and needs soy beverage. June previously was drinking whole milk.	Soy beverages are sorted under the Reduced Fat milk category.
Ti is pregnant and needs Lactose Free milk. Her food benefits include tofu.	Choose All WIC for the most milk options. Substitute tofu for cheese in the sub-category.
Heather, a breastfeeding mom with a 5 month old, called and said she took her WIC Card to the store and wanted Goat milk. The cashier said the Goat milk didn't scan as part of her WIC foods. Practice reviewing the food prescription and approved brands of Goat milk.	All milks are available when staff issue the standard food benefits using All WIC.
Hannah is pregnant and has no special diet issues. Hannah prefers getting yogurt in place of some of her milk.	Select yogurt in the Reduced Fat Milk sub-category and use the Milk Substitution Calculator.
Joey is three and his mom is requesting tofu and no cheese.	To remove cheese select zero in the sub-category.
Susanna is two and needs whole milk. She has an egg allergy.	A Medical Documentation form is needed for the whole milk. Remove eggs from her food prescription.
Vivian is a postpartum mom and drinks Lactose Free milk. Her baby, Julian, is 3 months and drinks Similac Advance.	Choosing All WIC for the milk will offer the most options. Julian's food prescription is entered first before mom's prescription.



Thanks for all  
you're doing  
to prepare for  
Cascades!

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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