

## **NEW MILK RULES FOR FOOD PACKAGE**

*The following required changes to milk, due to the federal Final Food Package Rule, were implemented in New Jersey WIC on October 1, 2014:*

**All children (2 years - 5 years) and women (pregnant, breastfeeding and postpartum) received the standard issuance of milk 1% Low Fat or Skim Milk.**

-The change in standard issuance affect Kosher, regular fluid milk, Lactose-Reduced, Soy, Evaporated, UHT, Powder Milk.

- For children (1-4 years) and women (pregnant, partially breastfeeding up to 1 year postpartum), no more than 1 lb of cheese may be substituted for milk.

- For breastfeeding women (up to 1 year postpartum), no more than 2 lbs of cheese may be substituted for milk.

- Medical Documentation is no longer required for milk substitutes (soy-based beverage, calcium-set tofu). WIC will make that determination after conducting a nutrition assessment during the certification/recertification process.