

Food Prescription 2 – Risk Factors and BF Dyads

REVISED JUNE 2026 – WINNIE ONLINE TRAINING MODULE

Introduction

Intro

This online training module is provided by the Minnesota (MN) Department of Health WIC Program. It's an overview of risk factors and breastfeeding dyads and their affect on food prescriptions in WINNIE, the MN WIC Information System.

Date

All dates in this module are based on today's date being October 11, 2023.

<Transition Slide>

<screen description – no audio> Slide transitions to Search page.

Overview

Breastfeeding dyads, or the combination of breastfeeding mother and infant, impact food prescriptions as we saw when reviewing the default food packages.

Certain risk factors do as well.

Lactose intolerance

Lactose intolerance 1

For our first scenario, we are certifying Graye Blue who is lactose intolerant and her mostly-breastfeeding infant, Perry Winkle.

We created a two-way link between their records by linking from within mom's folder.

<Transition slide>

<no audio – screen description> Slide transitions to risk factors page.

Lactose intolerance 2

We've also assigned risk factors, including 355 Lactose Intolerance.

Go ahead and open the Food Prescription page.

<no audio> Select Food Prescription from the sidebar.

<Waiting>

<screen description – no audio> Working...please wait and spin icon display.

Lactose intolerance 3

To ensure the correct default food package is created, most certification assessments and requirements should be completed before we open the Food Prescription page.

Since Graye is mostly-breastfeeding, the default food package is 5B.

However, it provides all milk instead of the combination of milk, cheese and yogurt.

Of course, we can still provide cheese and yogurt if that is our participant's preference, and with the WIC-allowed milk option, she can buy whatever kind of milk she wants when at the store.

WIC STAFF: Your WIC foods won't include cheese or yogurt because of your lactose intolerance. Is that OK?

PARTICIPANT: "Sure. But is it possible to also get a little bit of soy drink, which I also use."

WIC STAFF: Absolutely. You can buy any kind of WIC-allowed milk when at the grocery store.

Lactose intolerance 4

Risk Factor 355 is the only risk factor that directly affects the food items.

However, other risk factors will impact which food package is provided.

Next, let's take a look at these and some breastfeeding dyads.

Click the button to continue.

Multifetal Gestation

Multifetal Gest. 1

When Risk Factor 335 Multifetal Gestation is assigned to a Pregnant participant...

<no audio – slide description> Slide transitions from Health Information to Food Prescription.

Multifetal Gest. 2

...she receives Food Package 5B instead of 5A and Pregnant with Multiples displays above the food package.

Click the button to continue.

Pregnant and Breastfeeding

Pg and BF 1

Della Ware is currently being certified as pregnant.

Risk Factor 338 is assigned to pregnant women who are breastfeeding.

However, for the Food Package to be affected, they must be currently breastfeeding an infant, not a child, and the breastfeeding amount must be fully or mostly.

We've also updated the Breastfeeding Verified Date in Della's record.

<Transition Slide>

We've completed Della's risk factors...

<screen description – no audio> Slide transitions to Della Ware's Risk Factors page.

Pg and BF 2

...and the system has assigned 338.

Go ahead and open the Food Prescription page.

<no audio> Select Food Prescription from the sidebar.

<Waiting>

<screen description – no audio> Working...please wait and spin icon display.

Pg and BF 3

When 338 is assigned and the criteria are met, food package 7 is the default instead of 5A.

Again, the system informs us by displaying Pregnant and Fully/Partially Breastfeeding.

Since this impacts food prescriptions, let's take a look at what happens if mom changes to some-breastfeeding.

Return to Health Information and change Della to Some-Breastfeeding.

<Waiting>

<screen description – no audio> Working...please wait and spin icon display.

Pg and BF 4-5

<no audio> Return to Health Information and change Della to Some-Breastfeeding.

Pg and BF 6

Click below the scrollbar, Save, and return to Food Prescription.

Pg and BF 7

<no audio> Click below the scrollbar, Save, and return to Food Prescription.

Pg and BF 8

This message is letting us know that it is creating a new default food package for us.

Clicking No would revert the changes we had made to Health Information.

Click Yes a.

<no audio> Click below the scrollbar, Save, and return to Food Prescription.

<Waiting>

<screen description – no audio> Spin icon displays.

Pg and BF 9

<no audio> Click below the scrollbar, Save, and return to Food Prescription.

<Waiting>

<screen description – no audio> Spin icon displays.

Pg and BF 10

The new default food package is 5A, which is typically provided to pregnant women.

Since we changed mom to some-breastfeeding, we need to change her baby as well.

Mom's previous breastfeeding postpartum record is still linked to the infant, but there is no link existing between mom's pregnancy record and baby's record.

Go ahead and switch to her baby's, Mary's, folder.

<audio – hint> Remember, the system automatically closes Cert Mode when switching to another household member's folder. Click the Participant Menu.

Pg and BF 11

<no audio> Switch to her baby's, Mary's, folder.

Pg and BF 12

Go ahead and update Mary's Breastfeeding Amount, her Breastfeeding Verified Date, Save and return to her Food Prescription page. Follow any cues that display. Click anywhere for a hint.

<audio – hint> Select Health Information from the sidebar.

Pg and BF 13

<no audio> Update Mary's Breastfeeding Amount and Verified Date, save and return to her Food Prescription page. Follow any cues that display. Click anywhere for a hint.

<audio – hint> Click the Breastfeeding Amount dropdown.

Pg and BF 14

<no audio> Update Mary's Breastfeeding Amount and Verified Date, save and return to her Food Prescription page. Follow any cues that display. Click anywhere for a hint.

<audio – hint> Select Some-Breastfeeding.

Pg and BF 15

Click three times in the Breastfeeding Verified Date field then type today's date of 10/11/23.

<no audio> Update Mary's Breastfeeding Amount and Verified Date, save and return to her Food Prescription page. Follow any cues that display. Click anywhere for a hint.

Pg and BF 16-18

<no audio> Update Mary's Breastfeeding Amount and Verified Date, save and return to her Food Prescription page. Follow any cues that display. Click anywhere for a hint.

<no audio> Click three times in the Breastfeeding Verified Date field then type today's date of 10/11/23.

Pg and BF 19

<no audio> Update Mary's Breastfeeding Amount and Verified Date, save and return to her Food Prescription page. Follow any cues that display. Click anywhere for a hint.

<audio – hint> Click the Save button.

Pg and BF 20

<no audio> Update Mary's Breastfeeding Amount and Verified Date, save and return to her Food Prescription page. Follow any cues that display. Click anywhere for a hint.

<audio – hint> Click the Yes button.

Pg and BF 21

The Select Formula modal opens any time the system auto-generates an infant food package so that we can select the type of formula that should be included.

Mary is using one of the WIC powdered contract formulas. Provide the general option.

<no audio> Update Mary's Breastfeeding Amount and Verified Date, save and return to her Food Prescription page. Follow any cues that display. Click anywhere for a hint.

<audio – hint> Click the Food Item dropdown.

Pg and BF 22

<no audio> Mary is using Enfamil Infant (pwd).

<no audio> Update Mary's Breastfeeding Amount and Verified Date, save and return to her Food Prescription page. Follow any cues that display. Click anywhere for a hint.

<audio – hint> Select WIC Contract Formula-Powder.

Pg and BF 23

<no audio> Update Mary's Breastfeeding Amount and Verified Date, save and return to her Food Prescription page. Follow any cues that display. Click anywhere for a hint.

<audio – hint> Click the Save button.

<Waiting>

<screen description – no audio> Spin icon displays.

Pg and BF 24

<no audio> Update Mary's Breastfeeding Amount and Verified Date, save and return to her Food Prescription page. Follow any cues that display. Click anywhere for a hint.

<audio – hint> Select Food Prescription from the sidebar.

Pg and BF 25

Let's take a look at her food packages, starting with 7/31.

Pg and BF 26

Mary was receiving the maximum amount allowed for a mostly breastfed infant.

Expand today's food package, dated 10/11.

Pg and BF 27

In the new default food package for some-breastfeeding infants, the maximum is always the default, but we should still assess if this is appropriate.

Lastly, expand her 9-month food package for 10/29.

<no audio> Expand the 10/29 food package.

WIC STAFF: Mary was getting 4 cans. How many cans do you think you are using...?

Participants: “I think I’m using 8 or 9 cans...”

Pg and BF 28

When we change the breastfeeding status, future food packages will automatically update with the appropriate amounts.

<Transition Slide>

If pregnant and breastfeeding...

<screen description – no audio> Slide transitions to Display Alerts modal.

338 & System Alert

...a system alert displays to inform us of this and to remind us about updating the verified date when we open a Participant Folder.

<Transition Slide>

In Issue Benefits...

<screen description – no audio> Slide transitions to Issue Benefits page.

338 & Issue Benefits

...if we hadn’t already updated the Breastfeeding Verified Dates for both our mom and baby, an action-required message displays for both mom and baby informing us that we must update the verified date before the system will suggest benefits.

This is different from linked breastfeeding dyads in which only the infant displays this message while benefits are suggested for mom, as we’ll see in the Issue Benefits modules.

<Transition slide>

Returning to Mary’s food prescription page...

Change formula

Change formula 1

...let's see what happens to future food packages when we change the formula.

Collapse the 10/29 food package.

Change formula 2

Let's say there was a formula shortage, and we needed to direct ship Enfamil Infant for this month.

Double-click the formula row to edit it, select Enfamil Infant powder, and save the change.

<no audio> Double-click the formula row to edit it, select Enfamil Infant (pwd)...

Change formula 3

<no audio> Double-click the formula row to edit it, select Enfamil Infant (pwd)...

Change formula 3A

<no audio> Double-click the formula row to edit it, select Enfamil Infant (pwd)...

Change formula 4

<no audio> Click the Save button.

Change formula 5

When we change formulas...go ahead and expand 10/29 again...

<no audio> Expand the 10/29/23 food package.

Change formula 6

...the formulas update as well.

Changes to the kinds of formula are pushed forward to future months whether it's changed while in Cert Mode or in the Participant Folder.

And, keep in mind, this may not be the appropriate formula for the future.

Let's go back to Perry Winkle, Graye Blue's mostly-breastfed infant.

Click the button to continue.

Default formula quantity - MBF

Scenario 4

We've almost completed certifying Perry.

Go ahead and open his Food Prescription page.

<no audio> Select Food Prescription from the sidebar.

Select Formula 1

Mom is using a WIC powder formula.

Select the formula food item that, in general, we should always provide.

<no audio> Select the general WIC formula food item.

Select Formula 2

<no audio> Select the general WIC formula food item.

<audio-hint> Select WIC Contract Formula – Powder.

Select Formula 3

And click the Save button.

<no audio> Click the Save button.

<Waiting>

<screen description – no audio> Working...please wait and spin icon display.

Infant DFPs 1

As expected, the system created a food package with an Effective Date of today and all future age categories.

As we view them, notice the quantity of formula.

Go ahead and click above the scroll bar to view the other food packages.

Infant DFPs 2

Click above the scroll bar again.

Infant DFPs 3

Click the button to continue.

MBF 1 Can 1

As we mentioned earlier in another module, WINNIE’s default amount for mostly-breastfed infants is always 1 can of powdered (or the equivalent of 1 can powder for concentrate and ready-to-feed).

MBF 1 Can 2

Since breastfeeding promotion is a large part of WIC, we want to encourage discussion and assessment of mom’s supplemental formula needs before providing the maximum amount of formula to our mostly-breastfeeding mothers.

We never want to automatically provide the maximum number of cans and should always assess before issuing benefits.

All of that said, it is up to mom as to what she might need, and we should always be helpful, encouraging, and non-judgmental.

Increase formula - MBF

Increase formula 1

Discussing further with Graye, she is OK with only 1 can on the benefits for today but would like 2 cans for the next 2 benefits sets.

PARTICIPANT: “1 can is OK for today, but I would like 2 cans for the next two times.”

WIC STAFF: Of course! Next time, we can see how the 2 cans are working for you...

Increase formula 2

As we’ll learn in the Issue Benefits modules, when we issue benefits, the system looks at the last food prescription that has an Effective Date before or on the first date of the family’s monthly benefit cycle or the date the benefits are being issued, whichever is later.

Since we are issuing today, October 10th, and his next two sets of benefits will be issued on the 26th of October and November, the system will issue the October 24 food prescription on both of those sets.

Increase formula 3

So, let’s increase the formula in the 10/24 food prescription to 2 cans.

Double-click to edit, use the spin arrow to increase, then save the change.

<no audio> Double-click to edit, use the spin arrow to increase to 2, then save the change.

Increase formula 4

<no audio> Double-click to edit, use the spin arrow to increase to 2, then save the change.

Increase formula 5

<no audio> Double-click to edit, use the spin arrow to increase to 2, then save the change.

Increase formula 6

Now click above the scroll bar.

Increase formula 7

Notice that changes to the quantity are not pushed forward.

<Transition slide>

Let's take a look at one last Risk Factor.

<screen description – no audio> Slide transitions to Issue Benefits page.

Homelessness

RF 801 1

Ilene Onyu is a child whose been assigned Risk Factor 801 – Homelessness.

Go ahead and open Food Prescription.

<no audio> Select Food Prescription from the sidebar.

<Waiting>

<screen description – no audio> Working...please wait and spin icon display.

RF 801 2

Let's add a new default food package for today. Go ahead. Click anywhere for hints.

<audio – hint> Click the Add Food Prescription button.

RF 801 3

<no audio> Add a new default food package for today. Click anywhere for hints.

<audio – hint> Click the Use Default button.

RF 801 4

801 does not have a specific default food package, or default food items, associated with it. However, we have a couple of options we can offer.

RF 801 5

If refrigeration and space are issues, we can offer to remove the cheese and yogurt, replace the eggs with more legumes, and the juice with fruit and vegetables.

We should also discuss more shelf-stable options like evaporated and powdered milk that families can purchase with the general WIC-allowed milk food item.

PARTICIPANT: “I don’t really have anywhere to keep cold stuff, like milk...”

WIC STAFF: Let’s see what we can do to help with that. We can remove the cheese and yogurt, replace eggs with another peanut butter/beans, and add a little more fruit and vegetables instead of juice. Do you like any of those options?

WIC STAFF: And you can buy any type of milk you want at the store, including more shelf-stable milk like evaporated and powdered.

RF 801 6

Ilene’s mom would like us to make all those changes.

Let’s delete the cheese and yogurt, increase the milk, delete the eggs, increase the legumes, and delete the juice and increase the CVB.

Complete the changes in the order specified. Click anywhere for a hint.

<no audio> Tailor Ilene’s food package. Delete cheese then yogurt; increase milk; delete eggs; increase legumes; delete juice; and increase CVB. Click anywhere for a hint.

<audio – hint> Click the cheese row to select it.

PARTICIPANT: “Can we make all those changes?”

WIC STAFF: Absolutely!

RF 801 7

<no audio> Tailor Ilene’s food package. Delete cheese then yogurt; increase milk; delete eggs; increase legumes; delete juice; and increase CVB. Click anywhere for a hint.

<audio – hint> Click the Delete button.

RF 801 8

<no audio> Tailor Ilene’s food package. Delete cheese then yogurt; increase milk; delete eggs; increase legumes; delete juice; and increase CVB. Click anywhere for a hint.

<audio – hint> Click the Yes button.

RF 801 9

<no audio> Tailor Ilene’s food package. Delete cheese then yogurt; increase milk; delete eggs; increase legumes; delete juice; and increase CVB. Click anywhere for a hint.

<audio – hint> Click the yogurt row to select it.

RF 801 10

<no audio> Tailor Ilene’s food package. Delete cheese then yogurt; increase milk; delete eggs; increase legumes; delete juice; and increase CVB. Click anywhere for a hint.

<audio – hint> Click the Delete button.

RF 801 11

<no audio> Tailor Ilene’s food package. Delete cheese then yogurt; increase milk; delete eggs; increase legumes; delete juice; and increase CVB. Click anywhere for a hint.

<audio – hint> Click the Yes button.

RF 801 12

Double-click to edit.

<no audio> Tailor Ilene’s food package. Delete cheese then yogurt; increase milk; delete eggs; increase legumes; delete juice; and increase CVB. Click anywhere for a hint.

<audio – hint> Double-click the milk row to edit.

RF 801 13

Double-click to edit the quantity.

<no audio> Tailor Ilene’s food package. Delete cheese then yogurt; increase milk; delete eggs; increase legumes; delete juice; and increase CVB. Click anywhere for a hint.

RF 801 14

<no audio> Tailor Ilene’s food package. Delete cheese then yogurt; increase milk; delete eggs; increase legumes; delete juice; and increase CVB. Click anywhere for a hint.

<audio – hint> The correct quantity is 16.

RF 801 15

<no audio> Tailor Ilene’s food package. Delete cheese then yogurt; increase milk; delete eggs; increase legumes; delete juice; and increase CVB. Click anywhere for a hint.

<audio – hint> Click the egg row to select it.

RF 801 16

<no audio> Tailor Ilene’s food package. Delete cheese then yogurt; increase milk; delete eggs; increase legumes; delete juice; and increase CVB. Click anywhere for a hint.

<audio – hint> Click the Delete button.

RF 801 17

<no audio> Tailor Ilene’s food package. Delete cheese then yogurt; increase milk; delete eggs; increase legumes; delete juice; and increase CVB. Click anywhere for a hint.

<audio – hint> Click the Yes button.

RF 801 18

Double-click to edit.

<no audio> Tailor Ilene’s food package. Delete cheese then yogurt; increase milk; delete eggs; increase legumes; delete juice; and increase CVB. Click anywhere for a hint.

<audio – hint> Double-click the peanut butter and beans row to edit.

RF 801 19

Use the spin arrow.

<no audio> Tailor Ilene’s food package. Delete cheese then yogurt; increase milk; delete eggs; increase legumes; delete juice; and increase CVB. Click anywhere for a hint.

<audio – hint> Click the up spin arrow.

RF 801 20

<no audio> Tailor Ilene’s food package. Delete cheese then yogurt; increase milk; delete eggs; increase legumes; delete juice; and increase CVB. Click anywhere for a hint.

<audio – hint> Click the juice row to select it.

RF 801 21

<no audio> Tailor Ilene’s food package. Delete cheese then yogurt; increase milk; delete eggs; increase legumes; delete juice; and increase CVB. Click anywhere for a hint.

<audio – hint> Click the Delete button.

RF 801 22

<no audio> Tailor Ilene’s food package. Delete cheese then yogurt; increase milk; delete eggs; increase legumes; delete juice; and increase CVB. Click anywhere for a hint.

<audio – hint> Click the Yes button.

RF 801 23

Double-click to edit.

<no audio> Tailor Ilene’s food package. Delete cheese then yogurt; increase milk; delete eggs; increase legumes; delete juice; and increase CVB. Click anywhere for a hint.

<audio – hint> Double-click the fruits and vegetables row to edit.

RF 801 24

Double-click to edit the quantity.

<no audio> Tailor Ilene’s food package. Delete cheese then yogurt; increase milk; delete eggs; increase legumes; delete juice; and increase CVB. Click anywhere for a hint.

RF 801 25

<no audio> Tailor Ilene’s food package. Delete cheese then yogurt; increase milk; delete eggs; increase legumes; delete juice; and increase CVB. Click anywhere for a hint.

<audio – hint> The correct quantity is 2900.

RF 801 26

<no audio> Tailor Ilene’s food package. Delete cheese then yogurt; increase milk; delete eggs; increase legumes; delete juice; and increase CVB. Click anywhere for a hint.

<audio hint> Click the Save button.

RF 801 27

As always, we verify food items and quantities and were good to go.

Add note

Add note 1

No documentation is required when we tailor food prescriptions but if we wanted to write a note to ensure continuity of care, we could open a note from right here.

Click the Add General Note button.

Add note 2

The General Note modal opens and just like in Manage Notes, the Subject is required.

Click the Subject dropdown.

Add note 3

There are a couple of different applicable subjects, such as Food Package...

click below the scroll bar...

Add note 4

...Medical Documentation...click below the scroll bar one more time...

Add note 5

...and soy foods.

Once saved, the note is viewable on the Manage Notes page like all other notes.

We'll look at Food Package III in the next module.

Click the button to continue.

Test Your Knowledge

Multiple Choice Q#1

Which statement is NOT true?

- A. Risk Factor 335 – Lactose Intolerance is the only risk factor that directly affects the food items in the default food package.
- B. For Risk Factor 338 – Pregnant and Breastfeeding, the default food package is 5A unless mom is fully or mostly breastfeeding an infant, then it is 7.
- C. If a breastfeeding woman is certified as pregnant, as long as there is an existing two-way link, her new pregnancy record will remain linked to her infant's.
- D. We are not required to document changes made to a food prescription but can choose to do so for continuity of care.

- E. The default for some-breastfeeding infants is the maximum amount allowed. However, we should still assess formula supplementation and decrease it if appropriate.

Answer #1

The answer is C.

Regardless of whether a two-way link exists between a breastfeeding mom and her currently breastfeeding infant, if mom is certified as pregnant, her pregnancy record is no longer linked to the infant's.

This results in two things: the system requires mom's Breastfeeding Verified Date to be updated (not just baby's) in order to suggest benefits and any updates made to mom's record must be repeated in baby's record.

T/F Q#1

True or False?

A participant can buy tofu with the general WIC-allowed milk food item.

Answer #1

The answer is False.

The general WIC-allowed milk food item allows families to buy any type of milk when at the store, including regular, lactose-free, soy beverage, evaporated, powdered, or goat.

However, to purchase tofu, it must be added as a separate food item to their food package.

End

End slide

Thank you for reviewing this WINNIE online training module presented by the Minnesota Department of Health WIC Program.

If you have any feedback, comments, or questions about the information provided, please submit the [WINNIE Questions for the State WIC Office](#) form.

Revisions

June 2026 – phase 3 food package changes for infants and women.

July 2025 – revised information about providing soy and documentation requirements; default amounts for mostly-breastfed infants; and revised slides for WIC Contract Formula – Powdered

FOOD PRESCRIPTION 2 – RISK FACTORS AND BF DYADS

food item, CVB for infants, and WIC-allowed milk; changed knowledge question from soy documentation requirements (revised policy no longer requires) to question re: adding tofu (June 2025 food package changes).

October 2023 – original version.

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