

## NWA/NASEM Recommendation Comparisons

On January 5, 2017 the National Academies of Sciences, Engineering, and Medicine (NASEM) released a 900 plus page [report](#) detailing their recommendations for changes to the WIC food package. NWA has compiled a chart (see below) comparing the recommendations it made to the Academies during the public comment period and the Academies’ responses outlined in the report. NWA is excited about the NASEM recommendations and looks forward to USDA-FNS’ review and consideration for adoption.

NWA Recommendations	Reference “Review of WIC Food Packages: Improving Balance and Choice: Final Report”	Summary of Recommendations
<p>Utilizing the program’s full 10% funding over allowance.</p> <p><i>(Page S-12: USDA-FNS asked that the committee identify changes to the food packages that should be made if funding for the WIC food packages is either 10 percent higher or 10 percent lower than cost neutrality.)</i></p>	<p>Page S-12, 11-11</p>	<p>Recommendation 11-7: NASEM recommends that in the case that USDA-FNS has funding above cost neutrality, the value of the CVV should be increased for all children on the program.</p>
<p>Considering opportunities for reducing the amount of infant formula.</p>	<p>Page 6-20, 11-14</p>	<p>Recommendation 6-3: NASEM recommends the individual tailoring of infant food packages to best meet the needs of the mother-infant dyad. The opportunity for assessing baby’s formula needs helps reduce the amount that is given to participants.</p> <p>Page 11-14: Section titled, <i>Infant Nutrition Needs in the First 6 Months of Life</i> – NASEM discussed infant formula in the first 6</p>



		months at length and this section discusses those deliberations and opportunities for research to inform future committees.
Full or partial replacement of juice with CVV/CVB.	Page 6-18, 6-19	<p>Recommendation 6-1: NASEM recommends the increasing of the CVV, adding fish, and a reduction in the amounts of juice, milk, legumes and peanut butter in all packages for women and children.</p> <p>Recommendation 6-2: NASEM encourages supporting cultural food preferences and special dietary needs of WIC participants by requiring states to offer additional options for food categories including the substitution of CVV in place of juice.</p> <p>The specific recommended substitution options include allowing participants the choice to select a CVV option for all remaining juice (\$3 may be added to the CVV in place of juice for each participant who chooses this option).</p>
Replacing jarred infant fruits and vegetables with CVV/CVB.	Page 6-23, 6-25	<p>Recommendation 6-3: As a means of supporting breastfeeding of any duration and intensity, NASEM recommends allowing individual tailoring of the infant food package to best meet the needs of the mother-infant dyad. This includes aligning the amounts of infant foods with AAP recommendations by allowing the substitution of infant food vegetables and fruits with the CVV.</p>



		Recommendation 6-4: NASEM states that caregivers should be permitted to substitute all or part of the infants jarred infant food vegetables and fruits with a cash value voucher, and a portion of jarred infant food meat with canned fish. This applies to all infants ages 6-11 months.
Allowing unredeemed food dollars to be added to CVV/CVB.	N/A	Falls outside of the cost-neutral constraints required by the task.
Continuing to use the food package to further support and promote breastfeeding.	Page 6-20	<p>Recommendation 6-3: NASEM recommends individual tailoring of the infant food packages to best meet the needs of the mother-infant dyad and as a means of supporting breastfeeding of any duration.</p> <p>NASEM also recommends enhancement of the fully breastfeeding food package VII and creation of a partial breastfeeding food package V-B that is distinct from the prenatal package V-A.</p>
Consider States' various Management Information Systems (MIS) to enable efficient implementation of food package rules.	Page 1-20	<p>Page 1-20: Criteria 7 of box 1-3 of the report titled, <i>Criteria for Inclusion of Foods in the WIC Food Packages</i>, states that the foods in the packages do not create an undue burden on state agencies or vendors.</p> <p>This is also addressed in multiple areas throughout the report</p>
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Further support and incentivize breastfeeding by increasing the CVV for fully-breastfeeding women above that for non- or partially- breastfeeding women.		Recommendation 6-1: NASEM specifically recommends that the CVV be increased to at least \$15 for postpartum women, \$25 for partially/mostly breastfeeding women, and \$35 for fully breastfeeding women.
Allow all fat levels of yogurt for all participant categories.	Appendix P, page P-5	Page P-5: No changes were recommended by NASEM regarding fat levels in yogurt. Therefore, there are no changes from the current specifications:
Reduce allowed sugar content of yogurt to a level that aligns with current recommendations of the Dietary Guidelines for Americans.	Page 6-35, 6-36	Recommendation 6-6: NASEM recommends the reduction of allowable added sugar in yogurt to decrease from 40 grams per 8 ounces to 30 grams or less per 8 ounces. The committee also recommends that a limit be placed on the amount of allowable sugar in soy beverage so that there is no more than 12 grams of sugar per 8 ounces.
Allow full or partial replacement of the juice benefit with CVV if it would not affect vitamin C or iron status.	Page 6-18, 6-19	<p>Recommendation 6-1: NASEM recommends increasing the dollar amount of the CVV while also reducing the amount of juice given in all food packages for women and children in an effort to improve the balance of food groups in alignment with the 2015-2020 DGAs.</p> <p>Recommendation 6-2: NASEM encourages USDA-FNS to require states to offer additional options for WIC food categories including substitution of a CVV in place of juice among other options as a means to support the cultural and dietary needs of the participant.</p>



<p>Remove the requirement for providing formula or WIC-Eligible Nutritionals in Food Package III when whole milk is to be issued to children over age 2 and women for qualifying conditions.</p>	<p>Page 6-27</p>	<p>Recommendation 6-5: NASEM states that USDA-FNS should no longer require the provision of formula to all participants that are issued food package III. Rather, participants should be permitted access to the foods in the package that are appropriate for their age, physiological state, and medical condition.</p>
<p>Allow vegetarian substitution for baby food meats for fully breastfed infants with consideration for protein, iron, zinc, and omega-3 fatty acids.</p>	<p>Page Q-7 – Appendix Q</p>	<p>Page Q-7: See section titled, <i>Jarred Infant Food Meat Substitution</i>. No alternative was recommended because NASEM determined that it was economically unfeasible to provide a vegetarian alternative with a comparable amount of iron.</p>
<p>Allow vegan substitutions for eggs and canned fish.</p>	<p>Page 6-19, Page Q-7 – Appendix Q</p>	<p>Recommendation 6-2: NASEM recommends that USDA-FNS allow substitution of legumes for eggs for individuals following a vegan diet.</p> <p>Page Q-7: Although fish is not compatible with vegan or vegetarian diets, fish is included in the food packages specifically to provide long-chain omega-3 fatty acids. The committee did not identify another food that could supply this nutrient that also met the criteria for wide availability and non-perishability that also met cost-constraints. Therefore, no substitution is offered for fish in the food packages.</p>
<p>Allow two separate food packages to meet the differing developmental needs of the infant over age</p>	<p>Page 6-23</p>	<p>Recommendation 6-3: NASEM proposes that the revised food packages allow CVV substitution at \$10 plus half of the jarred</p>



6 months: 1) age 6-8 months and 2) age 9-11 months.		infant foods, or \$20 and no jarred infant foods, for all infants 6 to 11 months of age.
Expand options for the increasing number of diverse populations through culturally acceptable foods.	Page 6-19	Recommendation 6-2: NASEM recommends that USDA-FNS support the cultural food preferences of and special dietary needs of WIC participants by requiring states to offer additional options for the WIC food categories, including substitution of a CVV in place of juice, additional forms and varieties of vegetables and fruits, both canned and dried legumes, and a range of options and sizes for grains and yogurt.
Expand substitutions for special dietary concerns to include food allergies.	Page 6-19	Recommendation 6-2: NASEM recommends that USDA-FNS allow participants with a peanut allergy to substitute 1 lb. dry legumes for 64 ounces (four 15 to 16-ounce cans) of canned legumes for 16 to 18 ounces of peanut butter.
Simplify requirements within the minimum/maximum formula parameter to better conform to industry packaging, acknowledging that package changes will continue to occur.	N/A	Not Addressed
Standardize the issuance allowance of products that do not have a standard yield, such as certain modular WIC-eligible nutritionals.	N/A	Not Addressed



Continue to allow inclusion of organic foods as a State option.	N/A	Not within the task given to NASEM by USDA.
Allow ranges of container/package sizes to accommodate marketplace variations so as not to limit participant access or choice.	Page 6-19	Recommendation 6-2: NASEM suggests that the 1-quart yogurt substitute may range from 30 to 32 ounces and that whole grains be expanded to accommodate a wider range of package sizes to a range of 16 to 24 ounces.
Allow the redemption of CVV at Farmers' Markets.	N/A	Not within the task given to NASEM by USDA.
As States move to EBT WIC benefits, allow the Farmers Market Nutrition Program benefit to be added to the WIC card for use at farmers' markets.	N/A	Not within the task given to NASEM by USDA.
Allow effective administration of the WIC program by ensuring that implementation dates allow for adequate planning, food list printing, local agency staff and vendor training, and data systems updates.	N/A	Not within the task given to NASEM by USDA.

