
NUTRITION SERVICES

Generated: 7/14/2026

INTRODUCTION

Nutrition services include the full range of activities a variety of staff perform to operate a WIC Program such as, participant screening and assessment, nutrition education and counseling, breastfeeding promotion and support and health promotion, food package prescriptions, and health care and other referrals. The WIC Nutrition Service Standards, available at WIC Works Resource System at Home WIC Works Resource System ([usda.gov](https://www.usda.gov)), is a resource for State agencies to use in providing quality nutrition services. The following sections provide a brief overview of the information federal regulations require to be in State Plans. The questions that follow are designed to assist the State agencies in submitting compliant State Plans for FNS approval. State agencies are encouraged to review each federal regulation in its entirety. A. Nutrition Education-7 CFR 246. 4(a)(9); 246. 11(a)(b)(1-3) (c)(1,3-7): describe the nutrition education goals (in addition to those identified in 246. 11(b)) and action plan and the provisions for providing nutrition education contacts and materials to all participants including the special nutrition education needs of migrant farmworkers and their families, Native Americans, and homeless persons. Describe methods to be used to provide drug and other harmful substance use prevention information. Also, describe standards for breastfeeding promotion and support including the development and/or maintenance of a peer counselor program consistent with the WIC Breastfeeding Model Components for Peer Counseling. B. Food List Design and Food Package Tailoring-7 CFR 246. 10: describe the procedures for determining which foods should be authorized and how the food packages should be nutritionally tailored and by whom and plans for substitutions or eliminations to WIC food packages. In addition to regulations at 246. 10, State agencies should refer to <https://www.fns.usda.gov/wic/food-packages> WIC Food Packages. C. Staff Training- 7 CFR 246. 11(c)(2): describe the training and technical assistance provided to WIC professional and paraprofessional personnel who provide nutrition education and breastfeeding promotion, support, and education to participants.

A. Nutrition Education

1. Nutrition Education Plans (7 CFR 246. 11)

a. The State agency develops and coordinates the nutrition education component with consideration of local agency plans, needs, and available nutrition education resources. (246. 11(c)(1))

☒ Yes

☐ No

b. The State agency monitors local agency activities to ensure compliance with provisions set forth in paragraphs 246. 11(c)(7), (d), and (e).

☐ Yes

☒ No

☐ N/A, State agency has no authorized local agencies

c. The local agency develops an annual nutrition education plan that is consistent with the State's nutrition education component of Program operations. (246. 11(d)(2))

☒ Yes

☐ No

☐ N/A, State agency has no authorized local agency(ies)

d. The State agency requires that local agency nutrition education include:

☐ A needs assessment

☒ Relevant information for healthier outcomes

☒ Evaluation/follow-up

☐ Other

e. The State agency monitors local agency progress toward meeting nutrition education goals, nutrition education action plans, and objectives via:

☐ Quarterly or annually written reports

☒ Year-end summary report

☐ Annual local agency reviews

☒ Other

Specify: Agreement Addendums

f. State policies reflect the definition of nutrition education as defined in 246. 2 and in the Child Nutrition Act. The definition is Nutrition education means individual and group sessions and the provision of materials that are designed to improve health status and achieve positive change in dietary and physical activity habits, and that emphasize the relationship between nutrition, physical activity, and health, all in keeping with the personal and cultural preferences of the individual. "

☒ Yes

☐ No

ADDITIONAL DETAIL: Nutrition Services Supporting Documentation:

North Carolina WIC Program Manual, Chapter 5: Nutrition Education

2. Annual Assessment of Participant Views on Nutrition Education and Breastfeeding Promotion and Support

a. Is an annual Assessment of Participant Views on Nutrition Education and Breastfeeding Promotion and Support conducted?

☐ Yes

☒ No

b. Check below the method(s) used in the past fiscal year to assess participant views on nutrition education and breastfeeding promotion and support provided by WIC:

- ☐ State-developed questionnaire issued by local agencies
- ☒ Locally-developed questionnaires (need approval by SA)
- ☐ State-developed questionnaire issued by State agency
- ☐ Focus groups
- ☒ Other (specify) : Statewide NWA Participant Survey

c. Results of participant views are:

- ☐ Used in the development of the State Plan
- ☐ Used in the development of local agency nutrition education plans and breastfeeding promotion and support plans
- ☒ Other
Specify: Local Agency Specific efforts

ADDITIONAL DETAIL: Nutrition Services Appendix and/or Procedure Manual (citation):

NA

3. Nutrition Education (246. 11(a)(1-3)

a. The State agency assures that each local agency offers adult participants, parents, or caretakers of infant and child participants, and whenever possible, the child participants themselves at least two (2) nutrition education contacts per 6 month certification period, and quarterly nutrition education contacts to participants certified in excess of 6 months, to ensure adequate nutrition education in accordance with 246. 11(e) via:

- ☐ Local agency addresses in the annual nutrition education plan
- ☒ State nutrition staff monitoring annually during local agency reviews
- ☐ Local agency providing periodic reports to State agency
- ☐ Other

b. The State agency established the processes, policies, procedures, and training on nutrition education that address:

- ☒ Number of contacts
- ☒ Individual care plans
- ☒ Tailored nutrition topics relevant to an individual participant assessment
- ☒ Information on substance use prevention
- ☒ Breastfeeding promotion and support
- ☒ Counseling methods and teaching strategies
- ☒ Protocols
- ☒ Documentation
- ☒ Referrals
- ☒ Content supports WIC's purpose and goals
- ☒ Follow-up activity plans and future visits
- ☒ Appropriate use of educational reinforcement (videos, brochures, posters, etc.)
- ☒ Use of delivery methods and modes that fosters participants being able to access a CPA to ask questions in a timely manner
- ☐ Other

c. The State agency allows the following nutrition education delivery methods:

- ☒ Individual In-person, Virtual, Phone
- ☒ Group In-person, Virtual
- ☒ Food demonstration In-person
- ☐ Self-study
- ☒ Other (specify) : Low-risk group or individual session provided by partnering agencies such as EFNEP, Carolina Global Breastfeeding Institute, and Head Start. These sessions are provided both as in-person and virtual options.
- ☒ A delivery method provided by another agency or program (specify) : Low-risk group or individual session provided by partnering agencies such as EFNEP, Carolina Global Breastfeeding Institute, and Head Start. These sessions are provided both as in-person and virtual options.

d. The State agency ensures that nutrition risk data is used in providing appropriate nutrition education by:

☒ Individual nutrition education contacts tailored to the participant's needs

☒ Group nutrition education contacts relevant to the participant's needs

☒ Other If a local agency provides group classes, the courses may be offered to participants based on common nutrition risks associated with the participant category, individual health concerns or health goals.

Specify: Local agencies may utilize mini-lessons to provide low-risk nutrition education to eligible participants. Mini-Lessons are short, simple lessons related to nutrition or physical activity topics developed by a nutritionist (CPA) and taught by CPA or trained support staff.

e. An individual care plan is provided based on:

☐ Nutritional risk

☐ Priority level

☐ Healthcare provider's prescription

☐ CPA discretion

☐ Participant set goals based on nutrition assessment

☒ Other

Specify: Required for all participants.

f. Individual care plans developed include the following components:

Component	Must Include	May Include
Identification of risks/needs	X	
Breastfeeding support		X
Nutrition education that addresses needs and concerns	X	
Breastfeeding education that addresses needs and concerns		X
Tailored food package	X	
A practical relationship to a participant's nutritional needs, household situations, and individual cultural preferences including information on how to select food for themselves and their families	X	
Participant set goal and achievable action steps	X	

A plan for follow-up and future visits	X	
Referrals		X

g. Check the following individuals allowed to provide general or high-risk nutrition education:

Qualified individuals	General Nutrition Education	High-Risk Nutrition Contact
Paraprofessionals (those without a degree in nutrition or nutrition-related field but have formal WIC training by State agency or Local Agency)	X	
Licensed Practical Nurses	X	
Registered Nurses	X	X
B.S. in Human Nutrition	X	X
Registered Dietitian or M.S. in Nutrition (or related field)	X	X
Dietetic Technician (2-year program completed)	X	
Third party provider (contractor)	X	X

Physician	X	X
Physicians Assistant	X	X
Advance practice Nurse Nurse practitioner	X	X

h. The State agency allows adult participants to receive nutrition education by proxy, per 7 CFR 246. 12 (1-4).

☐ No ☒ Other. Please explain: Any proxy may receive nutrition education.

☒ Yes Proxy is a: spouse/significant other; a parent of adolescent participant; neighbor

i. The State agency allows parents/guardians of infant and child participants to receive nutrition education by proxy.

☐ No ☒ Other. Please explain: Any proxy may receive nutrition education.

☒ YES Proxy is a grandparent or legal guardian of infant or child participant. Proxy is a neighbor.

ADDITIONAL DETAIL: Nutrition Services Appendix and/or Procedure Manual (citation):

4. Nutrition Education Materials (246. 11(c)(1,3,4,6,7)

a. The State agency shares material with the Child and Adult Care Food Program (CACFP) at no cost:

☒ Yes

Specify: Minority Outreach Coordinator for Division of Child and Family Well-Being

☐ No

If yes, does a written material sharing agreement exist between the relevant agencies, per 7 CFR 246.4(a)(9)(ii)? on This is not applicable for my state agency

☒ Yes

☐ No

b. The State agency recommends and/or makes available nutrition education materials for the following topics:

Education material	English	Other languages 7 CFR 246.8(c)
General nutrition	X	Spanish
Specific nutrition-related disorders	X	Spanish
Maternal nutrition	X	Spanish
Infant nutrition	X	Spanish
Child nutrition	X	Spanish
Nutritional needs of homeless		
Nutritional needs of migrant farmworkers & their families		
Different eating patterns	X	Spanish

Nutritional needs of adolescent participant		
Breastfeeding promotion and support (including troubleshooting problems)	X	Spanish
Danger of harmful substances (alcohol, tobacco and other drugs), as well as secondhand smoke during pregnancy and breastfeeding	X	Spanish
Food Safety	X	Spanish
Approved Food List/How to shop with WIC benefits	X	Spanish
Physical activity	X	Spanish

Attach a listing of the nutrition education resources available from the State agency or other sources for use by local agencies or specify the location in the Procedure Manual and reference below.

c. The State agency recommends and/or provides nutrition education materials to their local agencies consistent with the WIC's purpose and goals.

- ☒ Yes
☐ No

d. Locally developed nutrition education materials must be approved by State agency prior to use. on This is not applicable for my state agency

- ☒ Yes
☐ No

If no, State agency requires local agency to follow a standardized format for evaluating nutrition education materials. on This is not applicable for my state agency

- ☐ Yes
☒ No

ADDITIONAL DETAIL: Nutrition Services Appendix and/or Procedure Manual (citation): on This is not applicable for my state agency

II Nutrition Services Appendix 1 Community Nutrition Services Section
Materials Requisition Form FY2027

5. Nutrition Education Needs of Special Populations

The State agency tailors its nutrition education efforts to address the specific needs of migrant farmworkers (M), homeless individuals (H), substance-abusing individuals (S), and/or breastfeeding women (B) through (check all that apply):

	M	H	S	B
Providing nutrition education materials appropriate to this population and language need				X
Providing nutrition curriculum or care guidelines specific to this population				X
Requiring local agencies who serve this population to address its special needs in local agency nutrition education plans				X
Arranging for special population training of local agency personnel who work with this population				X
Distributing resource materials related to this population				X

Encouraging WIC local agencies to network with one another				X
Coordinating at the State and local levels with agencies who serve this population				X

ADDITIONAL DETAIL: Nutrition Services Appendix and/or Procedure Manual (citation):
North Carolina WIC Program Manual, Chapter 9:
Breastfeeding Program Management and Chapter 10: Caseload Management

6. Breastfeeding Promotion and Support Plan

a. The State agency coordinates with local agencies to develop a breastfeeding promotion plan that contains the following elements (check all that apply):

☒ Activities such as development of breastfeeding coalitions, task forces, or forums to address breastfeeding promotion and support issues

☒ Identification of breastfeeding promotion and support materials

☒ Procurement of breastfeeding aids which support the initiation and continuation of breastfeeding (e.g., breast pumps).

☒ Training of State/local agency staff

- ☒ Designating roles and responsibilities of staff
- ☒ Evaluation of breastfeeding promotion and support activities
- ☐ Other

b. The State agency has established minimum protocols for breastfeeding promotion and support which include the following (check all that apply):

- ☒ A policy that creates a positive clinic environment which endorses breastfeeding as the preferred method of infant feeding
- ☒ A requirement that each local agency designate a local agency staff person to coordinate breastfeeding promotion and support activities
- ☒ A requirement that each local agency incorporate task-appropriate breastfeeding promotion and support training into orientation programs for new staff involved in direct contact with WIC participants.
- ☒ A plan to ensure that women have access to breastfeeding promotion and support activities during the prenatal and postpartum periods
- ☒ A plan to ensure that women have access to continued breastfeeding promotion and support when normal operations are disrupted
- ☒ Participant breastfeeding assessment
- ☒ Food package prescription and tailoring based on breastfeeding and nutrition assessment
- ☒ Data collection (at State and local level)
- ☒ Referral criteria
- ☒ Peer counseling
- ☒ Other
Specify: Annual continuing education on breastfeeding support for all staff with direct contact with participants and applicants. Establish and maintain collaborative community partnerships for breastfeeding promotion and support.

c. The State agency ensures that every WIC applicant, parent, or caretaker is informed that selling or offering to sell WIC benefits is a participant violation in accordance with 7 CFR 246.7(j)(10).

- ☒ Yes
- ☐ No

7. Breastfeeding Peer Counseling

a. Does the State agency request WIC Breastfeeding Peer Counseling (BFPC) funds to develop and/or maintain a peer counselor program?

- ☒ Yes
☐ No

If yes, the State agency is requesting to receive which of the following amounts in BFPC funds for the upcoming fiscal year (select only one amount)? Please consider available BFPC funds from prior fiscal years when making this request. on This is not applicable for my state agency

- ☒ Amount of available BFPC funds.
☐ Specific amount of available BFPC funds \$. (Not to exceed the full amount available.)

If yes, does the State Agency supplement the BFPC funding with additional NSA funding? on This is not applicable for my state agency

- ☐ Yes
☒ No

b. Attach a copy of an updated line-item budget, with written narrative, demonstrating how peer counseling funds are being used for approved peer counseling activities. Include the citation for the attachment here

II Nutrition Services Appendix 2 BFPC Program Budget and Narrative
FY2027

c. Please provide the approximate number of WIC peer counselors in your State:

122 peer counselors employed plus 10 vacant peer counselor
positions

d. Please provide the approximate number of Designated Breastfeeding Experts in your State

146

e. Please provide the number of local agencies designated by the State agency to receive funds to operate peer counseling programs. 80

NC WIC Program Manual, Chapter 9: Breastfeeding Program
Management, Section 7 Breastfeeding Peer Counseling Program

8. Breastfeeding Peer Counseling Program Components- The State agency coordinates with local agencies and/or clinics to develop a breastfeeding peer counseling program that contains the following components (see WIC Breastfeeding Model Components for Peer Counseling):

a. Definition of peer counselor defined as follows: paraprofessional recruited and hired from target population; available to WIC participants outside usual clinic hours and outside the WIC clinic.

- ☒ Yes
☐ No

b. Designated breastfeeding peer counseling program managers/coordinators at State and/or local level.

- ☒ Yes
☐ No

c. Defined job parameters and job descriptions for breastfeeding peer counselors

- ☒ Yes
☐ No

If yes, the job parameters for peer counselors (check all that apply): on This is not applicable for my state agency

☒ Define settings for peer counseling service delivery (check all that apply):

☒ Define frequency of client contacts

Home (peer counselor makes telephone calls from home);
Participant's home (peer counselor makes home visits);
Clinic; Hospital

☒ Define procedures for making referrals

d. Defined job parameters and job description for designated breastfeeding expert

☒ Yes

☐ No

e. Compensation and reimbursement of breastfeeding peer counselors.

☒ Yes

☐ No

f. Training of State and local staff (managers, designated breastfeeding experts, peer counselors, CPAs, others) using the FNS-developed breastfeeding training curriculum.

☒ Yes

☐ No

g. Training of WIC clinic staff about the role of the WIC peer counselor

☒ Yes

☐ No

h. Establishment of standardized breastfeeding peer counseling program policies and procedures (check all that apply):

☒ Timing and frequency of contacts

☒ Documentation of participants contacts

☒ Referral protocols

☒ Confidentiality

☐ Use of social media

☐ Other

i. Adequate supervision and monitoring of breastfeeding peer counselors through (check all that apply):

☒ Regular, systematic contact with peer counselor

☒ Regular, systematic review of peer counselor contact logs

☒ Regular, systematic review of peer counselor contact documentation

☒ Spot checks

☒ Observation

☒ Other

Specify: Annual on-site monitoring or local agency self-assessments of WIC Programs

j. Participation in community partnerships to enhance the effectiveness of breastfeeding peer counseling programs (check all that apply):

☒ Breastfeeding coalitions

☒ Businesses

☒ Community organizations

☒ Cooperative extension

☒ La Leche League

☒ Hospitals

☒ Home visiting programs

☒ Private Healthcare clinics

☒ Other

Specify: Schools/Universities, Faith-Based Organizations, Child Care Centers

k. Adequate support of peer counselors by providing the following (check all that apply):

☒ Timely access to WIC-designated breastfeeding experts for referrals outside peer counselors' scope of practice

☒ Mentoring of newly trained peer counselors in early months of job

☒ Regular contact with supervisor

☒ Participation in clinic staff meetings as part of WIC team

☒ Opportunities to meet regularly with other peer counselors

☒ Other

Specify: Timely access to WIC-designated breastfeeding experts for referrals outside peer counselors' scope of practice; Mentoring of newly trained peer counselors in early months of job; Regular contact with supervisor; Participation in clinic staff meetings as part of WIC team; Opportunities to meet regularly with other peer counselors

I. Provision of training and continuing education of peer counselors (check all that apply):

☒ Standardized training using Loving Support Peer Counseling curriculum

☒ Ongoing training at regularly scheduled meetings

☐ Home Study

☒ Opportunities to "shadow" or observe lactation experts and other peer counselors

☐ Training/experience to become senior level peer counselors, WIC-Designated Breastfeeding Expert, etc

☒ Other

Specify: Standardized training using Loving Support Peer Counseling curriculum; Ongoing training at regularly scheduled meetings; Opportunities to "shadow" or observe lactation experts and other peer counselors

ADDITIONAL DETAIL: Nutrition Services Appendix and/or Procedure Manual (citation):

North Carolina WIC Program Manual, Chapter 9: Breastfeeding
Program Management,
Section 7

B. Food List Design

a. The State agency's process of designing their food list involves evaluation of the following (check all that apply):

- ☒ Products meet minimum Federal WIC requirements (e.g., minimum nutrient requirements such as iron, maximum nutrient limits such as added sugar)
- ☒ Package size (e.g., multiple containers)
- ☒ Forms (e.g., fluid vs. dried milk)
- ☒ Varieties (e.g., different infant cereal grains)
- ☒ Competitive cost
- ☒ Comparable products
- ☒ Availability, including State-wide availability
- ☒ Participant preferences
- ☒ Participants' special dietary needs
- ☒ Ability to accommodate limited cooking and/or storage facilities
- ☒ Stocking of variety and quantity
- ☒ Religious and/or cultural considerations
- ☒ Health care provider feedback
- ☐ Other

i. The State agency has a policy and procedure for regularly reviewing the selected above criteria to update the food list as applicable.

- ☒ Yes
- ☐ No

1. Authorized WIC-Eligible Foods

b. The State agency uses the following food cost-containment practices (check all that apply):

- ☐ Generic or store brand
- ☐ Least expensive brand
- ☐ Economical package sizes
- ☐ Limit number of brands
- ☐ Limit number of flavors
- ☒ Other

Specify: Non-organic options except for CVB and infant foods

c. In addition to providing package sizes that equal or add up to the maximum monthly allowance (MMA), a requirement, the State agency exercises the option to authorize additional package sizes that do not equal or add up to the full MMA for one or more foods (7 CFR 246.10(b)(2)(ii)(A)):

- ☒ Yes
- ☐ No

i. If yes, the State agency must inform participants, parents, caretakers, and proxies about the MMA of supplemental foods to which they are entitled to as a Program participant (7 CFR 246.10(b)(2)(ii)(A)), how to obtain their full food benefit.

- ☒ Yes
- ☐ No

d. Include a copy of the current State-approved food list (AFL) and WIC formula list (if not part of the AFL), in Appendix C or cite Procedure Manual reference:

II Nutrition Services Appendix 3 Nutrition Criteria for Approved FoodsFY2027 and II Nutrition Services Appendix 4 NC Approved Product List FY2027

e. How often does the State agency update its AFL?

☒ Annually

☐ Semi Annually

☒ More frequently

☐ Other

f. How often does the State agency update its formula list?

☐ Annually

☐ Semi Annually

☒ More frequently

☐ Other

g. Existing waivers or flexibilities impacting Program benefits and services are recorded in Appendix C

☒ Yes

☐ No

☐ N/A

h. The State agency provides authorized foods allowed in accordance with the Federal WIC regulations at section 7 CFR 246. 10 for each of the following WIC food packages:

Food Package	Yes	No
Pregnant	X	
Partially (Mostly) Breastfeeding (also for participants pregnant with 2 or more fetuses)(FP-V-B)	X	
Fully Breastfeeding partially (mostly) breastfeeding multiple infants from the same pregnancy or pregnant and fully or partially (mostly) breastfeeding singleton infants (FP VII)	X	
Women fully breastfeeding multiple infants from the same pregnancy receive 1.5 times the maximum monthly allowance for the fully breastfeeding food package (FP VII)	X	
Postpartum non-breastfeeding (FP V)	X	

Infants 0-5 months (FP I)	X	
Infants 6-11 months (FP II)	X	
Children 12 through 23 months (FP IV-A)	X	
Children 2 through 4 years (FP IV-B)	X	

i. WIC Formulas:

(1) The State agency establishes policies regarding the issuance of primary contract, contract, and non-contract brand infant formula.

- ☒ Yes
☐ No

(2) The State agency requires medical documentation for contract infant formula (that does not meet the requirements in Table 4 at 7 CFR 246. 10(e)(12) per 246. 10(d)(1)(vi)).

- ☐ Yes
☒ No

(3) The State agency requires medical documentation for contract formula (other than primary contract formula per 7 CFR 246. 16a(c)(9)).

- ☐ Yes
☒ No

(4) The State agency requires medical documentation for non-contract infant formula.

- ☒ Yes
☐ No

(5) The State agency requires medical documentation for exempt infant formula/WIC eligible nutritionals.

- ☒ Yes
☐ No

(6) State agency authorizes local agencies to issue a non-contract brand infant formula that meets the requirements of Table 4 in 7 CFR 246. 10(e)(12) without medical documentation in order to meet religious eating patterns

- ☐ Yes
☒ No

(7) The State agency coordinates with medical payors and other programs that provide or reimburse for exempt infant formulas and WIC-eligible nutritionals per Section 7 CFR 246. 10(e)(3)(vi).

- ☐ Yes
☒ No

If yes, describe the State agency reimbursement and/or referral system used for this coordination? Include describing monitoring/tracking tools in place to ensure program integrity.
~~on~~ This is not applicable for my state agency

If no, has the State agency met the requirement to annually contact their State Medicaid counterparts regarding the payment of WIC-eligible exempt infant formulas and medical foods to mutual program participants per WIC Policy Memo 2015-7? on This is not applicable for my state agency

- ☒ Yes
☐ No

Please attach and provide the citation for any existing written agreement between the State agency and the State Medicaid office as well as local government agencies or private agencies regarding payment of WIC- eligible exempt infant formulas and medical foods.

j. Include a copy of the current State-developed medical documentation form in Appendix C or cite the Procedure Manual reference:

NC WIC Program Manual, Chapter 7, Attachment 2. WIC Program Medical Documentation

k. Rounding:

(1) The State agency management information systems is flexible for issuing infant formula to support the option to use either method (i. e. , monthly issuance or rounding up methodology) for the timeframes (the number of months the participant will receive the food packages).

- ☒ Yes
☐ No

(2) The State agency management information systems supports the ability for infant formula to be individual tailored when using either method (i. e. , monthly issuance or rounding up methodology) for the timeframes (the number of months the participant will receive the food packages).

- ☒ Yes
☐ No

(3) Does the State agency issue infant foods according to the specific rounding methodology per Section 246. 10(h)(2)?

- ☐ Yes
☒ No

(4) Does the State agency issue infant foods according to the specific rounding methodology per Section 246. 10(h)(2)?

- ☐ Yes
☒ No

(5) If the State agency implemented the rounding option for issuing infant foods, are there established written policies in place? ~~on~~ This is not applicable for my state agency

☐ Yes

☐ No

l. State policies materials reflect the definition of supplemental foods as defined 246. 2 and in the Child Nutrition Act.

☒ Yes

☐ No

m. Does the State agency only allow issuance of reduced fat (2) milk to children 24 months of age and women with certain conditions, including but not limited to, underweight and maternal weight loss during pregnancy, in accordance with Footnote 7 of Table 2 in 246. 10(e)(10)?

☒ Yes

☐ No

n. Does the State agency allow issuance of fat-reduced milks to 1-year-old children for whom overweight or obesity is a concern, in accordance with Footnote 7 of Table 2 in 246. 10(e)(10)?

☒ Yes

☐ No

ADDITIONAL DETAIL: Nutrition Services Appendix and/or Procedure Manual (citation):

II Nutrition Services Appendix 3 Nutrition Criteria for Approved Foods FY2027; II Nutrition Services Appendix 4 NC Authorized Product List FY2027; II Nutrition Services Appendix 5 Individual Food Package by Category FY2027; North Carolina WIC Program Manual, Chapter 7: Food Package

2. Individual Nutrition Tailoring Nutrition tailoring involves modifying an individual food package to better meet the supplemental nutritional needs of a participant. It entails making substitutions, reductions, and/or eliminations to food types and physical food forms in accordance to accommodate special dietary needs, individual practices, and/or personal preference.

a. The State agency allows individual nutrition tailoring of food packages only in accordance with 246.10(c).

☒ Yes

☐ No

b. The State agency provides a special individually tailored package for

☒ Homeless individuals and limited cooking facilities or living in a homeless facility that meets the requirements currently set forth in 7 CFR 246.7(m)(1)

☒ Living in a residential institution that meets the requirements in 246.7(m)(2)

☒ Other

Specify: Participants with specific medical conditions, food intolerances or preferences.

ADDITIONAL DETAIL: Please attach copies of all food packages that are tailored, Nutrition Services Appendix and/or Procedure Manual (citation):

North Carolina WIC Program Manual, Chapter 7: Food Package

c. The State agency develops written individual nutrition tailoring policies and supportive science-based nutrition rationale based on the following participant characteristics:

☐ Does not develop individual nutrition tailoring policies

☒ Develops based on (check all that apply):

Nutrition risk, Nutrition and breastfeeding assessment, participant preference, special dietary needs, household condition

d. The State agency allows local agencies to develop specific individual tailoring guidelines. on This is not applicable for my state agency

☐ Yes

☒ No

If yes, check those of the following methods used by the State agency to review or approve local agency tailoring guidelines: ~~on~~ This is not applicable for my state agency

☐ Local agencies are required to submit individual tailoring guidelines for State approval

☐ Local agency individual tailoring guidelines are monitored annually during local agency reviews

☐ Local agency reviews

☐ Other

ADDITIONAL DETAIL: Nutrition Services Appendix and/or Procedure Manual (citation):

e. The State agency has a policy based on the below regulatory situations that allows issuance of less than the prescribed MMA when tailoring food packages. (7 CFR 246. 10(c))

☒ Medically or nutritionally warranted (e.g., to eliminate a food due to a food allergy)

☒ A participant refuses or cannot use the maximum monthly allowances, or chooses to take less than the maximum monthly allowance

☐ The quantities necessary to supplement another program's contribution to fill a medical prescription would be less than the maximum monthly allowances.

3. Food Substitutions Options

a. The State agency allows the following substitution options (7 CFR 246. 10(e)(12)) (check all that apply): on Plant-based milk alternatives

Milk alternative	Flavored	Unflavored
No substitutions		
Soy		X
Hazelnut		
Almond		
Cashew		
Rice		
Oat		
Hemp seed		
Coconut		

If a plant-based milk alternative meets federal and state nutrition criteria, packaged in size that supports MMA, and potential cost considerations, it may be included		X

b. Please select substitutions that the State agency allows

☐ goat's milk

☒ N/A

c. Please select the substitutions that the State agency allows.

☒ Dairy yogurt: flavored and unflavored

☐ N/A

d. Plant-based yogurt.

Alternative	Flavored	Unflavored
No substitutions		
Soy		
Almond		
Cashew		
Chickpea		
Coconut		
Rice		
If a plant-based yogurt meets federal and state nutrition criteria, packaged in size that supports MMA, and potential cost considerations, it may be included	X	X

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e. Plant based cheese

☒ Soy

☐ Tree Nut (e.g. cashew, almond, etc.)

☐ Coconut

☐ N/A

☒ Other

Specify: If a plant-based cheese meets federal and state nutrition criteria, packaged in size that supports MMA, and potential cost considerations, it may be included

f. on Eggs

☒ Authorize 18 ounces nut or seed butter as a substitute for 1 dozen eggs.

☒ Authorize 1 pound tofu as a substitute for 1 dozen eggs.

☐ N/A

g. Please select the nut and seed butter substitutions that the State agency allows.

☒ Nut or seed butters

☒ Authorize 18 ounces nut or seed vutter for mature legumes (dry or canned) or 18 oz peanut butter.

☐ N/A ☒ Other

Specify: If a nut or seed butter substitution meets federal and state nutrition criteria, packaged in size that supports MMA, and potential cost considerations, it may be included

h. Please select the substitutions that the State agency allows.

☒ Tofu

☐ N/A

i. on More than 75 percent of cereals on State agency food list meet whole grain criteria (up to 100 percent) (select all that apply)

☒ 76 - 80 percent

☐ 81 – 95 percent

☐ 96-100 percent

☐ N/A

j. Please select the substitutions that the State agency allows.

☐ Baked beans - only for participants with limited cooking facilities.

☒ N/A

k. on Whole grain options (7 CFR 246. 10(e)(12)):

☒ Quinoa

☐ Wild rice

☐ Millet

☐ Triticale

☐ Amaranth

☐ Kamut

☐ Sorghum

☐ Wheat berries

☐ Corn meal (including blue)

☐ Teff

☐ Buckwheat

- ☐ Farro
- ☒ Whole wheat bread
- ☐ Whole wheat pita
- ☐ Whole wheat English muffin
- ☒ Whole wheat bagels
- ☐ Whole wheat naan
- ☐ Red rice
- ☐ Black rice
- ☐ Spelt
- ☒ Soft corn tortillas
- ☒ Whole wheat tortillas
- ☒ Bulgur (cracked wheat)
- ☒ Brown Rice
- ☒ Oats
- ☒ Whole grain barley
- ☐ Corn Massa flour
- ☒ Whole wheat macaroni (pasta)
- ☐ Other

l. Please select the substitutions that the State agency allows.

☒ Boneless variety of fish for children

☐ N/A

m. Please select the substitutions that the State agency allows.

☒ C V B substitute for infant food fruits and vegetables/(6 – 11 infant fruits and infant vegetables, i.e., cannot apply only to fruits)

☐ N/A

n. on Kosher foods. Please describe which foods are included:

Kosher is not a criteria used in evaluating approved foods.

o. on Organic varieties. (optional for food categories except CVB; State agencies must allow organic forms of WIC-eligible fruits and vegetables.)

Organic CVB
Organic Infant fruits and vegetables and infant cereals

p. State-agency established criteria in addition to the minimum Federal requirements in 7 CFR 246. 10(e)(12)

☐ Low sodium

☐ Non-nutritive sweeteners

☐ Lower added sugar limit

q. Does the State agency exercise the option to make the CVB substitute for juice the default (i. e. , juice is issued upon request).

☒ Yes

☐ No

r. Does the State agency exercise the option to authorize larger packages of precut fresh fruits and vegetables (referred to as party trays); (may not contain added sugars, fats, or oils, which may appear in the form of dips, sauces, or glazes).

☒ Yes

☐ No

s. Does the State agency exercise the option to only allow issuance of nonfat yogurt to 1-year old children for whom overweight or obesity is a concern, in accordance with Footnote 9 of Table 2 in 7 CFR 246. 10(e)(10)?

- ☒ Yes
☐ No

t. The State agency has an approved cultural substitution plan? While a cultural substitution plan is a State agency option, those that opt into having cultural substitution plan per 246. 10(i) must ensure the plan provides the State agency's justification, including a specific explanation of the cultural eating pattern and other information necessary for FNS to evaluate as part of 7 CFR 246. 4(a)(6) and 7 CFR 246. 4(a)(11)(iii).

- ☐ Yes
☒ No

i. If yes, the State agency has a policy related to issuing a food from an approved cultural food substitution plan that accommodates for a specific cultural eating pattern. Attach a policy and USDA approved cultural foods substitution plan letter. (246. 10(i))

- ☐ Yes
☐ No
☒ N/A

C. Staff Training

The State agency provides or sponsors the following training for WIC competent professional authorities:

Training	Professionals Regularly	Professionals As Needed	Paraprofessionals Regularly	Paraprofessionals As Needed
General nutrition education methodology	X			
State certification policies/procedures	X			
Anthropometric measurements		X		
Blood work procedures				

Nutrition counseling techniques		×		
Breastfeeding promotion/support	×			
Breastfeeding Aids		×		
Nutrition and breastfeeding assessment techniques		×		
Nutrition and breastfeeding education	×			

WIC Nutrition risk criteria	X			
Prescribing & tailoring food packages	X			
Referral protocol		X		
Screening protocol (if applicable)		X		
Maternal, infant, and child nutrition	X			

Customer service	X			
Immunization Screening/referral		X		
Care Plan Development		×		
VENA staff competency training		×		
Substance abuse prevention		×		

Delivery of nutrition services in hybrid environment (e.g.		X		
continuity of care		X		
Confidentiality		X		
documentation		X		
etc.)		X		

Other 1 - Training				
Other 2 - Training				
Other 3 - Training				

ADDITIONAL DETAIL: Nutrition Services Appendix and/or Procedure Manual (citation):

ADDITIONAL DETAIL: Nutrition Services Appendix and/or Procedure Manual (citation):
(Please describe the type of training conducted or offered that correlate to the boxes selected above).

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Does the State agency provide virtual services training to all staff?

- ☒ Yes
☐ No

Does the State agency provide virtual services training to participants?

- ☐ Yes
☒ No