

Washington WIC Policy doesn't require medical documentation for tofu. However, Cascades requires medical documentation when participants request more than 4 pounds of tofu. Complete the medical documentation form when participants request:


For Children, pregnant, partially breastfeeding, non-breastfeeding postpartum, and pregnant and partially breastfeeding women:

- More than **4 pounds** of tofu
- Milk substitution over **1 gallon** (occurs when cheese and yogurt are prescribed in addition to tofu)

For fully breastfeeding, partially breastfeeding multiples, and pregnant with multiples:

- More than **6 pounds** of tofu
- Milk substitution over **1.5 gallons** (occurs when additional cheese and yogurt prescribed in addition to tofu)

Use these Cascades Steps only if the requested amount of tofu is greater than the amount Cascades allows for the participant's category.

Steps	Cascades Screen
<p>Step 1</p> <ul style="list-style-type: none"> • Select Prescribe Food Quick Link. 	

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<p>Step 2 Food Prescription Items</p> <ul style="list-style-type: none"> Reduce milk quantity so you can add in tofu. Select the Enter button on your keyboard. 	<div style="border: 1px solid #ccc; padding: 5px; margin-bottom: 20px;"> <p>▼ Food Prescription Items</p> <table border="1" style="width: 100%; border-collapse: collapse; font-size: small;"> <thead> <tr style="background-color: #d9d9d9;"> <th>Category</th> <th>Subcategory</th> <th>Quantity</th> </tr> </thead> <tbody> <tr><td>Fruit & Vegetables Cash Value</td><td>Fruit and Vegetables - Cash Value Benefit</td><td>\$8.00</td></tr> <tr><td>Bread/Whole Grains</td><td>Whole Wheat Bread or Whole Grains</td><td>32</td></tr> <tr><td>Eggs</td><td>Eggs - all WIC</td><td>1</td></tr> <tr><td>Legumes</td><td>Peanut Butter/Beans All WIC</td><td>1</td></tr> <tr style="border: 2px solid red;"><td>Milk - Fat Reduced</td><td>Milk Reduced Fat or Nonfat All WIC</td><td>3.25</td></tr> <tr><td>Cheese or Tofu</td><td>Cheese - all WIC</td><td>1</td></tr> <tr><td>Breakfast Cereal</td><td>Cereal All WIC - hot and cold</td><td>36</td></tr> <tr><td>Juice - 64 oz</td><td>Juice - All WIC - 64 oz</td><td>2</td></tr> <tr><td>Cheese or Tofu</td><td>Tofu</td><td>0</td></tr> </tbody> </table> </div> <div style="text-align: center; margin: 10px 0;"> </div> <div style="border: 1px solid #ccc; padding: 5px;"> <p>▼ Food Prescription Items</p> <table border="1" style="width: 100%; border-collapse: collapse; font-size: small;"> <thead> <tr style="background-color: #d9d9d9;"> <th>Category</th> <th>Subcategory</th> <th>Quantity</th> </tr> </thead> <tbody> <tr><td>Fruit & Vegetables Cash Value</td><td>Fruit and Vegetables - Cash Value Benefit</td><td>\$8.00</td></tr> <tr><td>Bread/Whole Grains</td><td>Whole Wheat Bread or Whole Grains</td><td>32</td></tr> <tr><td>Eggs</td><td>Eggs - all WIC</td><td>1</td></tr> <tr><td>Legumes</td><td>Peanut Butter/Beans All WIC</td><td>1</td></tr> <tr style="border: 2px solid red;"><td>Milk - Fat Reduced</td><td>Milk Reduced Fat or Nonfat All WIC</td><td style="border: 2px solid red;">1</td></tr> <tr><td>Cheese or Tofu</td><td>Cheese - all WIC</td><td>1</td></tr> <tr><td>Breakfast Cereal</td><td>Cereal All WIC - hot and cold</td><td>36</td></tr> <tr><td>Juice - 64 oz</td><td>Juice - All WIC - 64 oz</td><td>2</td></tr> </tbody> </table> </div>	Category	Subcategory	Quantity	Fruit & Vegetables Cash Value	Fruit and Vegetables - Cash Value Benefit	\$8.00	Bread/Whole Grains	Whole Wheat Bread or Whole Grains	32	Eggs	Eggs - all WIC	1	Legumes	Peanut Butter/Beans All WIC	1	Milk - Fat Reduced	Milk Reduced Fat or Nonfat All WIC	3.25	Cheese or Tofu	Cheese - all WIC	1	Breakfast Cereal	Cereal All WIC - hot and cold	36	Juice - 64 oz	Juice - All WIC - 64 oz	2	Cheese or Tofu	Tofu	0	Category	Subcategory	Quantity	Fruit & Vegetables Cash Value	Fruit and Vegetables - Cash Value Benefit	\$8.00	Bread/Whole Grains	Whole Wheat Bread or Whole Grains	32	Eggs	Eggs - all WIC	1	Legumes	Peanut Butter/Beans All WIC	1	Milk - Fat Reduced	Milk Reduced Fat or Nonfat All WIC	1	Cheese or Tofu	Cheese - all WIC	1	Breakfast Cereal	Cereal All WIC - hot and cold	36	Juice - 64 oz	Juice - All WIC - 64 oz	2
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<p>Step 3</p> <ul style="list-style-type: none"> Notice the Milk Substitution Calculator updates. 	<p style="text-align: center;">↓ ↓</p>
<p>Step 4</p> <p>Add Item to Food Prescription</p> <ul style="list-style-type: none"> Category = Cheese or Tofu Subcategory = Tofu Enter the number of pounds of tofu in Quantity. Select Add Item button. 	

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<p>Step 5</p> <p>If you enter a number in Quantity that is <i>greater than</i> the maximum amount allowed by Cascades, you will get a Status Message.</p>	
<p>Step 6</p> <p>Attach Medical Documentation</p> <ul style="list-style-type: none"> • Prescription Dates <ul style="list-style-type: none"> ▪ Effective Date = Today's date ▪ Expiration Date = Up to one year max from effective date • Diagnosis Information <ul style="list-style-type: none"> ▪ Medical Reason = Enter "Other Medical Diagnosis" ▪ ICD or Diagnosis code = N/A • Physician's Information <ul style="list-style-type: none"> ▪ Physician's Name = Clinic name ▪ Physician's Phone = Clinic number 	

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<p>Step 7</p> <ul style="list-style-type: none"> • Medical Food Prescription <ul style="list-style-type: none"> ▪ Scroll to bottom. ▪ Check-mark Cheese or Tofu. ▪ Select Save. 	<p>A Status Message will display: Medical Documentation was saved successfully.</p>														
	<p>The screenshot shows the 'Attach Medical Documentation' interface. It includes sections for Prescription Dates, Diagnosis Information, and Physician Information. The 'Medical Food Prescription' section contains a table with the following items:</p> <table border="1"> <thead> <tr> <th>Category</th> <th>Subcategory</th> </tr> </thead> <tbody> <tr> <td><input type="checkbox"/> Legumes</td> <td>Peanut Butter/Beans All WIC</td> </tr> <tr> <td><input type="checkbox"/> Cheese or Tofu</td> <td>Cheese - all WIC</td> </tr> <tr> <td><input type="checkbox"/> Milk - Whole</td> <td>Milk - Whole All WIC</td> </tr> <tr> <td><input type="checkbox"/> Breakfast Cereal</td> <td>Cereal All WIC - hot and cold</td> </tr> <tr> <td><input type="checkbox"/> Juice - 64 oz</td> <td>Juice - All WIC - 64 oz</td> </tr> <tr> <td><input checked="" type="checkbox"/> Cheese or Tofu</td> <td>Tofu</td> </tr> </tbody> </table> <p>At the bottom of the window, there are 'Save' and 'Cancel' buttons. A 'Status Message' dialog box is displayed, indicating that the medical documentation was saved successfully.</p>	Category	Subcategory	<input type="checkbox"/> Legumes	Peanut Butter/Beans All WIC	<input type="checkbox"/> Cheese or Tofu	Cheese - all WIC	<input type="checkbox"/> Milk - Whole	Milk - Whole All WIC	<input type="checkbox"/> Breakfast Cereal	Cereal All WIC - hot and cold	<input type="checkbox"/> Juice - 64 oz	Juice - All WIC - 64 oz	<input checked="" type="checkbox"/> Cheese or Tofu	Tofu
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<p>Step 8 Review Food Prescription Items</p> <ul style="list-style-type: none"> Return to Prescribe Food Quick Link. Verify Cheese and Tofu was added to the Food Prescription Items list. Verify other items in food prescription are correct. <p>Step 9 Issue Benefits</p> <ul style="list-style-type: none"> Select Issue button to issue benefits. 	<p>The screenshot shows the Cascades Food Prescription Items interface. At the top, there are fields for Food Prescription Date (3/6/2019), WIC Category (Child), Age Category (12 to 23 Months), Family Issuance Day (25), and Issuance Frequency (3 Month(s)). Below this is a table titled 'Food Prescription Items' with columns for Category, Subcategory, and Quantity. The table lists various food items, and the 'Cheese or Tofu' row is highlighted in blue. Below the table is an 'Add Item to Food Prescription' form with fields for Category, Subcategory, Quantity (set to 0), Max / Med Max, and UOM. At the bottom of the screen, there are three buttons: 'Next Certification Due Notice', 'Issue', and 'Cancel'. The 'Issue' button is highlighted with a red box and a red arrow pointing to it.</p>

This institution is an equal opportunity provider.
Washington State WIC Nutrition Program does not discriminate.

For persons with disabilities, this document is available on request in other formats.
 To submit a request, please call 1-800-525-0127 (TDD/TTY call 711)
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