After reviewing the Information in the table “World Religions, Food Practices and Restrictions and Rationale for Behavior” list potential dietary conflicts that our WIC participants may have with the current WIC food packages. These could be some you may have encountered already at the clinic and found solutions

1.

2.

3.

4.

5.

Case Study 1.

Ms Shoshana Hexter is applying for WIC services for the first time for herself and her baby. She informs the certifier that she has just moved to the US from Israel and will be here for 2 years while her husband goes through training at the local seminary. She is exclusively breastfeeding her 6 month old infant.

List some open ended questions that you would ask Ms Hexter so that the right food package is selected for her and her baby.

Case Study 2.

Ms Seetal Patel is pregnant with her first child and comes to her WIC appointment with her mother in law who is visiting from India. She tells the certifier that she is a vegetarian and does not drink milk or eat cheese. Her mother in law remarks that they are orthodox Hindus.

List some open ended questions that you would ask Ms Patel so that an appropriate food package is selected for her.

Case Study 3.

Mrs Kifah Ahmed has just had her baby who she is breastfeeding. Ms Ahmed tells the certifier that she wants *halal* meat containing baby food for the baby and *halal* formula in case she decides to supplement breastfeeding with formula.

List some open ended questions that you would ask Mrs Ahmed to ensure that the right food package is selected for her and her baby.