



Cascades Steps Tofu and Medical Documentation



Washington WIC policy doesn't require medical documentation for tofu. However, Cascades requires medical documentation when participants request more than the maximum quantity allowed of tofu. Complete the Medical Documentation Form when participants request:


For children, pregnant, partially breastfeeding, non-breastfeeding postpartum, and pregnant and partially breastfeeding participants:

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

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

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



Cascades Steps

Tofu and Medical Documentation




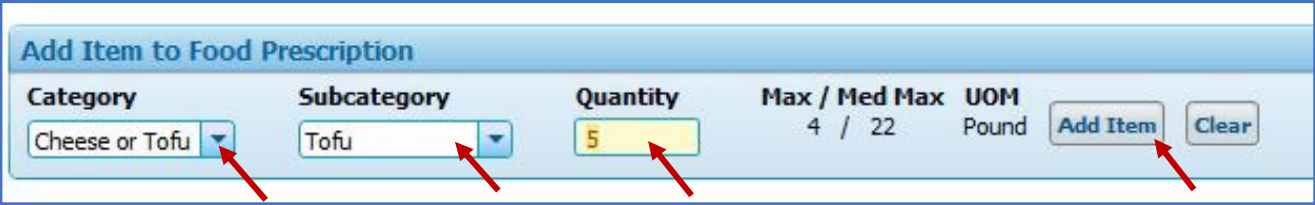
Steps	Cascades Screen																																																																																										
<p>Step 2 Food Prescription Items</p> <ul style="list-style-type: none"> • Reduce milk quantity so you can add in tofu. • Select the Enter button on your keyboard. 	<div style="border: 1px solid #ccc; padding: 5px;"> <p style="text-align: right;">Total Items: 8 ?</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="background-color: #d1c4e9;">Category</th> <th style="background-color: #d1c4e9;">Subcategory</th> <th style="background-color: #d1c4e9;">Quantity</th> <th style="background-color: #d1c4e9;">Category Max Quantity</th> <th style="background-color: #d1c4e9;">UOM</th> </tr> </thead> <tbody> <tr> <td>Bread/Whole Grains</td> <td>Whole Wheat Bread or Whole Grains</td> <td style="text-align: center;">32</td> <td style="text-align: center;">32</td> <td>Ounce</td> </tr> <tr> <td>Eggs</td> <td>Eggs - all WIC</td> <td style="text-align: center;">1</td> <td style="text-align: center;">1</td> <td>Dozen</td> </tr> <tr> <td>Legumes</td> <td>Peanut Butter/Beans All WIC</td> <td style="text-align: center;">1</td> <td style="text-align: center;">1</td> <td>CTNR</td> </tr> <tr style="border: 2px solid red;"> <td>Milk - Fat Reduced</td> <td>Milk or Soy(1% & Nonfat) All WIC-Cow,Goat,Soy</td> <td style="text-align: center;">3.25</td> <td style="text-align: center;">4</td> <td>Gallon</td> </tr> <tr> <td>Cheese or Tofu</td> <td>Tofu</td> <td style="text-align: center;">0</td> <td style="text-align: center;">16</td> <td>Pound</td> </tr> <tr> <td>Breakfast Cereal</td> <td>Cereal All WIC -hot /cold</td> <td style="text-align: center;">36</td> <td style="text-align: center;">36</td> <td>Ounce</td> </tr> <tr> <td>Juice - 64 oz</td> <td>Juice - All WIC - 64 oz carton</td> <td style="text-align: center;">2</td> <td style="text-align: center;">2</td> <td>CTNR</td> </tr> <tr> <td>Fruit & Vegetables Cash Value</td> <td>Fruit and Vegetables - Cash Value Benefit</td> <td style="text-align: center;">\$9.00</td> <td style="text-align: center;">\$9.00</td> <td>\$\$\$\$</td> </tr> </tbody> </table> <p style="text-align: center; color: red; font-size: 2em;">↓</p> <div style="border: 1px solid #ccc; padding: 5px;"> <p style="text-align: right;">Total Items: 8 ?</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="background-color: #d1c4e9;">Category</th> <th style="background-color: #d1c4e9;">Subcategory</th> <th style="background-color: #d1c4e9;">Quantity</th> <th style="background-color: #d1c4e9;">Category Max Quantity</th> <th style="background-color: #d1c4e9;">UOM</th> </tr> </thead> <tbody> <tr> <td>Bread/Whole Grains</td> <td>Whole Wheat Bread or Whole Grains</td> <td style="text-align: center;">32</td> <td style="text-align: center;">32</td> <td>Ounce</td> </tr> <tr> <td>Eggs</td> <td>Eggs - all WIC</td> <td style="text-align: center;">1</td> <td style="text-align: center;">1</td> <td>Dozen</td> </tr> <tr> <td>Legumes</td> <td>Peanut Butter/Beans All WIC</td> <td style="text-align: center;">1</td> <td style="text-align: center;">1</td> <td>CTNR</td> </tr> <tr style="border: 2px solid red;"> <td>Milk - Fat Reduced</td> <td>Milk or Soy(1% & Nonfat) All WIC-Cow,Goat,Soy</td> <td style="text-align: center;">1</td> <td style="text-align: center;">4</td> <td>Gallon</td> </tr> <tr> <td>Cheese or Tofu</td> <td>Tofu</td> <td style="text-align: center;">1</td> <td style="text-align: center;">16</td> <td>Pound</td> </tr> <tr> <td>Breakfast Cereal</td> <td>Cereal All WIC -hot /cold</td> <td style="text-align: center;">36</td> <td style="text-align: center;">36</td> <td>Ounce</td> </tr> <tr> <td>Juice - 64 oz</td> <td>Juice - All WIC - 64 oz carton</td> <td style="text-align: center;">2</td> <td style="text-align: center;">2</td> <td>CTNR</td> </tr> <tr> <td>Fruit & Vegetables Cash Value</td> <td>Fruit and Vegetables - Cash Value Benefit</td> <td style="text-align: center;">\$9.00</td> <td style="text-align: center;">\$9.00</td> <td>\$\$\$\$</td> </tr> </tbody> </table> </div> </div>	Category	Subcategory	Quantity	Category Max Quantity	UOM	Bread/Whole Grains	Whole Wheat Bread or Whole Grains	32	32	Ounce	Eggs	Eggs - all WIC	1	1	Dozen	Legumes	Peanut Butter/Beans All WIC	1	1	CTNR	Milk - Fat Reduced	Milk or Soy(1% & Nonfat) All WIC-Cow,Goat,Soy	3.25	4	Gallon	Cheese or Tofu	Tofu	0	16	Pound	Breakfast Cereal	Cereal All WIC -hot /cold	36	36	Ounce	Juice - 64 oz	Juice - All WIC - 64 oz carton	2	2	CTNR	Fruit & Vegetables Cash Value	Fruit and Vegetables - Cash Value Benefit	\$9.00	\$9.00	\$\$\$\$	Category	Subcategory	Quantity	Category Max Quantity	UOM	Bread/Whole Grains	Whole Wheat Bread or Whole Grains	32	32	Ounce	Eggs	Eggs - all WIC	1	1	Dozen	Legumes	Peanut Butter/Beans All WIC	1	1	CTNR	Milk - Fat Reduced	Milk or Soy(1% & Nonfat) All WIC-Cow,Goat,Soy	1	4	Gallon	Cheese or Tofu	Tofu	1	16	Pound	Breakfast Cereal	Cereal All WIC -hot /cold	36	36	Ounce	Juice - 64 oz	Juice - All WIC - 64 oz carton	2	2	CTNR	Fruit & Vegetables Cash Value	Fruit and Vegetables - Cash Value Benefit	\$9.00	\$9.00	\$\$\$\$
Category	Subcategory	Quantity	Category Max Quantity	UOM																																																																																							
Bread/Whole Grains	Whole Wheat Bread or Whole Grains	32	32	Ounce																																																																																							
Eggs	Eggs - all WIC	1	1	Dozen																																																																																							
Legumes	Peanut Butter/Beans All WIC	1	1	CTNR																																																																																							
Milk - Fat Reduced	Milk or Soy(1% & Nonfat) All WIC-Cow,Goat,Soy	3.25	4	Gallon																																																																																							
Cheese or Tofu	Tofu	0	16	Pound																																																																																							
Breakfast Cereal	Cereal All WIC -hot /cold	36	36	Ounce																																																																																							
Juice - 64 oz	Juice - All WIC - 64 oz carton	2	2	CTNR																																																																																							
Fruit & Vegetables Cash Value	Fruit and Vegetables - Cash Value Benefit	\$9.00	\$9.00	\$\$\$\$																																																																																							
Category	Subcategory	Quantity	Category Max Quantity	UOM																																																																																							
Bread/Whole Grains	Whole Wheat Bread or Whole Grains	32	32	Ounce																																																																																							
Eggs	Eggs - all WIC	1	1	Dozen																																																																																							
Legumes	Peanut Butter/Beans All WIC	1	1	CTNR																																																																																							
Milk - Fat Reduced	Milk or Soy(1% & Nonfat) All WIC-Cow,Goat,Soy	1	4	Gallon																																																																																							
Cheese or Tofu	Tofu	1	16	Pound																																																																																							
Breakfast Cereal	Cereal All WIC -hot /cold	36	36	Ounce																																																																																							
Juice - 64 oz	Juice - All WIC - 64 oz carton	2	2	CTNR																																																																																							
Fruit & Vegetables Cash Value	Fruit and Vegetables - Cash Value Benefit	\$9.00	\$9.00	\$\$\$\$																																																																																							



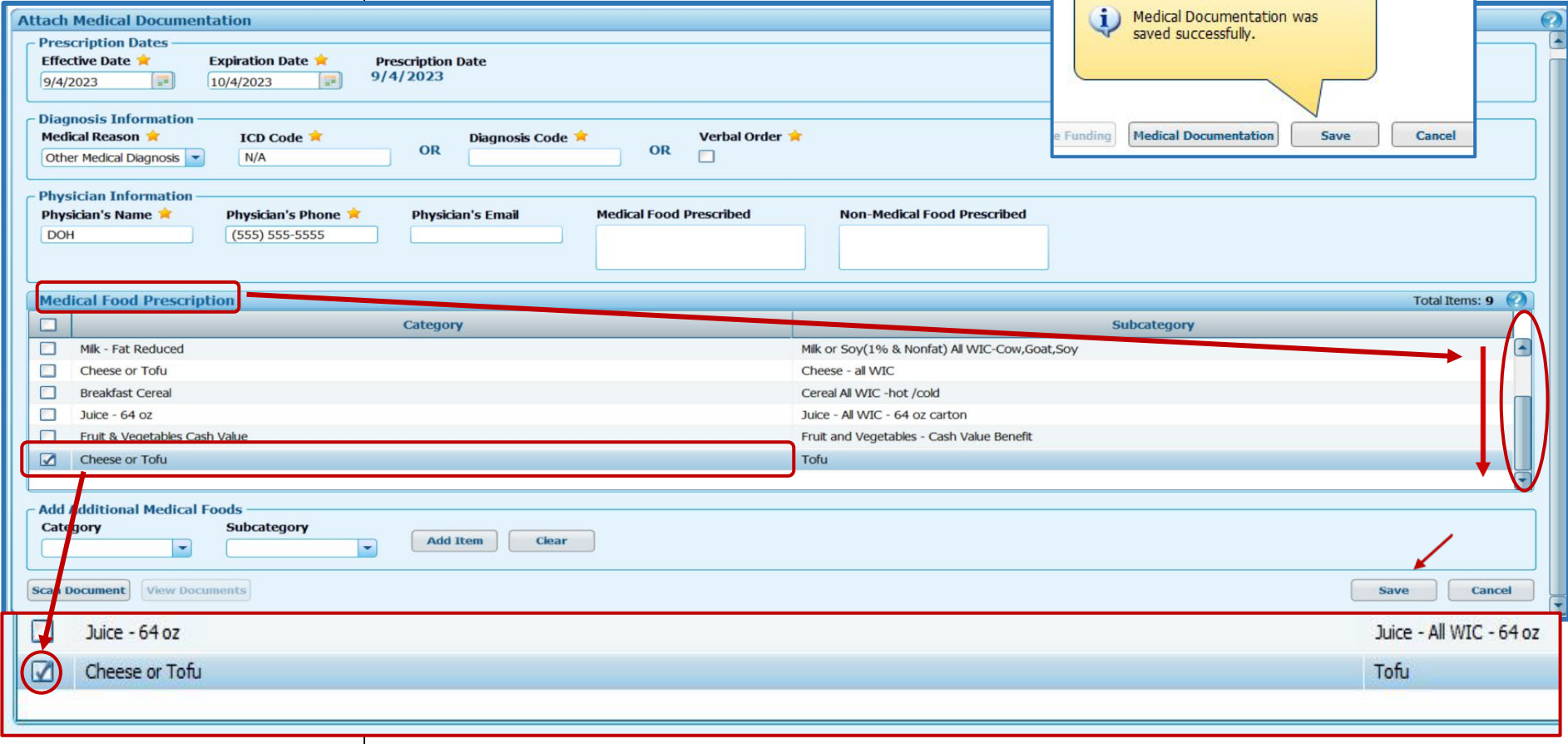
Cascades Steps

Tofu and Medical Documentation



Steps	Cascades Screen																				
<p>Step 3</p> <ul style="list-style-type: none">Notice the Milk Substitution Calculator updates.	 <p>Milk Substitution Calculator</p> <table border="1"><thead><tr><th>Total Milk Available</th><th>Milk Prescribed</th><th>Total Milk Substituted</th><th>Milk Remaining</th><th>Unit of Measure</th></tr></thead><tbody><tr><td>4</td><td>3.25</td><td>0.75</td><td>0</td><td>Gallon</td></tr></tbody></table> <p>↓ ↓</p> <p>Milk Substitution Calculator</p> <table border="1"><thead><tr><th>Total Milk Available</th><th>Milk Prescribed</th><th>Total Milk Substituted</th><th>Milk Remaining</th><th>Unit of Measure</th></tr></thead><tbody><tr><td>4</td><td>1</td><td>0.25</td><td>2.75</td><td>Gallon</td></tr></tbody></table>	Total Milk Available	Milk Prescribed	Total Milk Substituted	Milk Remaining	Unit of Measure	4	3.25	0.75	0	Gallon	Total Milk Available	Milk Prescribed	Total Milk Substituted	Milk Remaining	Unit of Measure	4	1	0.25	2.75	Gallon
Total Milk Available	Milk Prescribed	Total Milk Substituted	Milk Remaining	Unit of Measure																	
4	3.25	0.75	0	Gallon																	
Total Milk Available	Milk Prescribed	Total Milk Substituted	Milk Remaining	Unit of Measure																	
4	1	0.25	2.75	Gallon																	
<p>Step 4</p> <p>Add Item to Food Prescription</p> <ul style="list-style-type: none">Category = Cheese or TofuSubcategory = TofuEnter the number of pounds of tofu in Quantity.Select Add Item button.	 <p>Add Item to Food Prescription</p> <table border="1"><thead><tr><th>Category</th><th>Subcategory</th><th>Quantity</th><th>Max / Med Max</th><th>UOM</th><th></th></tr></thead><tbody><tr><td>Cheese or Tofu</td><td>Tofu</td><td>5</td><td>4 / 22</td><td>Pound</td><td>Add Item Clear</td></tr></tbody></table>	Category	Subcategory	Quantity	Max / Med Max	UOM		Cheese or Tofu	Tofu	5	4 / 22	Pound	Add Item Clear								
Category	Subcategory	Quantity	Max / Med Max	UOM																	
Cheese or Tofu	Tofu	5	4 / 22	Pound	Add Item Clear																

Steps	Cascades Screen
<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 	

Steps	Cascades Screen																		
<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 data-bbox="777 337 1432 474">A Status Message will display: Medical Documentation was saved successfully.</p>  <p data-bbox="1344 495 1852 750">Status Message Medical Documentation was saved successfully.</p> <table border="1" data-bbox="121 906 1942 1442"><thead><tr><th>Category</th><th>Subcategory</th></tr></thead><tbody><tr><td><input type="checkbox"/> Milk - Fat Reduced</td><td>Milk or Soy(1% & Nonfat) All WIC-Cow,Goat,Soy</td></tr><tr><td><input type="checkbox"/> Cheese or Tofu</td><td>Cheese - all WIC</td></tr><tr><td><input type="checkbox"/> Breakfast Cereal</td><td>Cereal All WIC -hot /cold</td></tr><tr><td><input type="checkbox"/> Juice - 64 oz</td><td>Juice - All WIC - 64 oz carton</td></tr><tr><td><input type="checkbox"/> Fruit & Vegetables Cash Value</td><td>Fruit and Vegetables - Cash Value Benefit</td></tr><tr><td><input checked="" type="checkbox"/> Cheese or Tofu</td><td>Tofu</td></tr></tbody></table> <p data-bbox="121 1161 1921 1242">Add Additional Medical Foods Category: [dropdown] Subcategory: [dropdown] [Add Item] [Clear]</p> <p data-bbox="121 1258 1921 1442">[Save] [Cancel]</p> <table border="1" data-bbox="121 1291 1942 1442"><tbody><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>	Category	Subcategory	<input type="checkbox"/> Milk - Fat Reduced	Milk or Soy(1% & Nonfat) All WIC-Cow,Goat,Soy	<input type="checkbox"/> Cheese or Tofu	Cheese - all WIC	<input type="checkbox"/> Breakfast Cereal	Cereal All WIC -hot /cold	<input type="checkbox"/> Juice - 64 oz	Juice - All WIC - 64 oz carton	<input type="checkbox"/> Fruit & Vegetables Cash Value	Fruit and Vegetables - Cash Value Benefit	<input checked="" type="checkbox"/> Cheese or Tofu	Tofu	<input type="checkbox"/> Juice - 64 oz	Juice - All WIC - 64 oz	<input checked="" type="checkbox"/> Cheese or Tofu	Tofu
Category	Subcategory																		
<input type="checkbox"/> Milk - Fat Reduced	Milk or Soy(1% & Nonfat) All WIC-Cow,Goat,Soy																		
<input type="checkbox"/> Cheese or Tofu	Cheese - all WIC																		
<input type="checkbox"/> Breakfast Cereal	Cereal All WIC -hot /cold																		
<input type="checkbox"/> Juice - 64 oz	Juice - All WIC - 64 oz carton																		
<input type="checkbox"/> Fruit & Vegetables Cash Value	Fruit and Vegetables - Cash Value Benefit																		
<input checked="" type="checkbox"/> Cheese or Tofu	Tofu																		
<input type="checkbox"/> Juice - 64 oz	Juice - All WIC - 64 oz																		
<input checked="" type="checkbox"/> Cheese or Tofu	Tofu																		



Cascades Steps

Tofu and Medical Documentation



Steps	Cascades Screen																														
<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. 	<div data-bbox="548 326 1982 477"> <p>▼ Food Prescription</p> <p>9/20/2021 1 to 3 Months 11/22/2021 4 to 5 Months 12/14/2021 4 to 5 Months 1/19/2022 4 to 5 Months 1/22/2022 6 to 11 Month</p> <p>Food Prescription Date: 9/4/2023 WIC Category: Child Age Category: 2 yr to 5 yr Family Issuance Day: 19 Issuance Frequency: 3 Month(s)</p> </div> <div data-bbox="548 483 1982 812"> <p>▼ Food Prescription Items</p> <table border="1"> <thead> <tr> <th>Category</th> <th>Subcategory</th> <th>Quantity</th> </tr> </thead> <tbody> <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><td>Milk - Fat Reduced</td><td>Milk or Soy(1% & Nonfat) All WIC-Cow,Goat,Soy</td><td>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 /cold</td><td>36</td></tr> <tr><td>Juice - 64 oz</td><td>Juice - All WIC - 64 oz carton</td><td>2</td></tr> <tr><td>Fruit & Vegetables Cash Value</td><td>Fruit and Vegetables - Cash Value Benefit</td><td>\$9.00</td></tr> <tr style="border: 2px solid red;"><td>Cheese or Tofu</td><td>Tofu</td><td>5</td></tr> </tbody> </table> </div> <div data-bbox="548 818 1982 935"> <p>Add Item to Food Prescription</p> <p>Category: <input type="text"/> Subcategory: <input type="text"/> Quantity: <input type="text" value="0"/> Max / Med Max: / UOM: <input type="text"/></p> <p><input type="button" value="Add Item"/> <input type="button" value="Clear"/></p> </div> <div data-bbox="548 1068 1482 1162"> <p><input type="button" value="Next Certification Due Notice"/> <input style="border: 2px solid red;" type="button" value="Issue"/> <input type="button" value="Cancel"/></p> </div>	Category	Subcategory	Quantity	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 or Soy(1% & Nonfat) All WIC-Cow,Goat,Soy	1	Cheese or Tofu	Cheese - all WIC	1	Breakfast Cereal	Cereal All WIC -hot /cold	36	Juice - 64 oz	Juice - All WIC - 64 oz carton	2	Fruit & Vegetables Cash Value	Fruit and Vegetables - Cash Value Benefit	\$9.00	Cheese or Tofu	Tofu	5
Category	Subcategory	Quantity																													
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 or Soy(1% & Nonfat) All WIC-Cow,Goat,Soy	1																													
Cheese or Tofu	Cheese - all WIC	1																													
Breakfast Cereal	Cereal All WIC -hot /cold	36																													
Juice - 64 oz	Juice - All WIC - 64 oz carton	2																													
Fruit & Vegetables Cash Value	Fruit and Vegetables - Cash Value Benefit	\$9.00																													
Cheese or Tofu	Tofu	5																													



Cascades Steps Tofu and Medical Documentation



This institution is an equal opportunity provider.
Washington WIC doesn't discriminate.

To request this document in another format, call 1-800-841-1410.
Deaf or hard of hearing customers, please call 711 (Washington Relay)
or email wic@doh.wa.gov.



DOH 961-1171 January 2024

