

**Chapter 8: Health Benefits**

**(iv) Special Food Allowances**

**(b) Other Special Food Allowances**

<b>Intent:</b>	To identify conditions that may entitle a recipient to additional Income Support to help offset costs associated with purchasing special food.
<b>Act:</b> (if applicable)	N/A
<b>Regulations:</b>	19 (1)(l) for items of special need, an amount determined by the minister.
<b>Overview:</b> (if applicable)	<p>A number of medical conditions require therapeutic treatment by diet. Some special diets require slight adjustments to the individual's usual way of eating, while others require major changes. If the diet requires the individual to restrict intake and replace or supplement their diet with different foods, increased food costs usually result.</p> <p style="text-align: center;"><b>Foods for Special Diseases in Children</b></p> <ul style="list-style-type: none"> <li>• Certain childhood diseases/conditions (i.e. phenylketonuria-PKU, celiac disease and cystic fibrosis) require special food purchases as part of their dietary treatment.</li> <li>• Products prescribed by a physician or registered dietician required for children with certain diseases may be supplied by the Provincial Food Distribution Centre for Inherited Metabolic Diseases, Central Pharmacy, Department of Health and Community Services.</li> <li>• The cost of these products is absorbed by the Department of Health and Community Services for children of families in receipt of Income Support.</li> </ul>
<b>Policy:</b>	<ul style="list-style-type: none"> <li>• Special Food Allowances should not be provided for the purchase of over the counter medications or natural health products (i.e. aspirin, vitamins, etc.).</li> <li>• When possible, products prescribed by an approved professional for children with special diets should be obtained from the Provincial Food Distribution Centre for Inherited Metabolic Diseases, Central Pharmacy or the</li> </ul>

Department of Health and Community Services/NL Health Services (HCS Materials Support-formally Stores).

### **Special Diets**

- Additional Income Support can be provided for the following special diets:
  - Crohns
  - Gastric/Ostomy
  - Celiac Disease
  - Cystic Fibrosis
  - Dysphagia
  - High Protein
  - Infant Milk Substitutes
  - Lactose Intolerance - Child Only
  - Low Protein
  - PKU
  - Renal Disease/Dialysis
  - Restricted Sodium
  
- Special diets should not be approved for conditions that can ordinarily be controlled by following Canada's Food Guide i.e. low fat, high fibre etc. However, in circumstances where a condition cannot be controlled, a Client Services Managers (CSM) may approve requests.
  
- Documentation from an approved professional of the need for special foods/diets is required.
  
- The maximum amount which can usually be provided is up to \$60 per month; however, the CSM may authorize a higher amount based on the individual's nutritional requirements.

### **Dietary Supplements**

- Prescriptions may be received for oral/enteral nutritional products due to dietary requirements. This can be based on a number of medical needs. Authorizations for Dietary Supplements must be issued to Eastern Zone – NL Health Services for these requests.

**Infant Milk Formula**

- [The Prenatal - Early Childhood Nutrition Supplement \(PECNS\)](#) is intended to help address the cost of healthy eating during pregnancy.
- When a therapeutic/prescribed formula is required, the rate provided is the difference in the monthly cost of a standard infant formula compared to the therapeutic/prescribed formula.

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**Procedure:**

- Client Services Officer must:

**Special Diets**

- obtain verification of the need for a special diet from an approved professional (nurse, physician or registered dietician);
- obtain CSM approval for any request for additional Income Support for a special diet not listed above;
- if a family member is pregnant, refer them to the Prenatal – Early Childhood Nutrition Supplement (PECNS) Program for determination of eligibility.

**Dietary Supplements**

- identify, in CAPS, the recipient who requires the special dietary supplement;
- KIV approvals depending on the period of the prescription but at a minimum of every two years;
- ensure that prescriptions are filled by Eastern Urban Zone – NL Health Services;
- When ordering from Eastern Urban Zone – NL Health Services the CSO must:
  - forward an Authorization for Dietary Supplements to Eastern Urban Zone – NL Health Services at the following e-mail address: [clientsupplyorders@easternhealth.ca](mailto:clientsupplyorders@easternhealth.ca). Please note that requests submitted in any other way will not be accepted; and

	<ul style="list-style-type: none"> <li>• Authorizations should include the following information: <ul style="list-style-type: none"> <li>○ the client's name, address and telephone number (so that the delivery person is able to contact the recipient if necessary). It is important to ensure that a valid residential address is provided to ensure a timely delivery and uninterrupted service.</li> <li>○ the item requested including the stock number of the item-available on the list provided by Eastern Urban Zone – NL Health Services and</li> <li>○ the quantity and flavour of each item (if five cases are being requested with two different flavors, the specific breakdown is required).</li> </ul> </li> </ul>
<b>Authority Level:</b>	<p>Client Services Officer: up to \$60 per month (not required for nutritional supplements)</p> <p>Client Services Manager: over \$60 per month and/or diet conditions for special circumstances (not required for nutritional supplements)</p>
<b>Date revised:</b>	April 9, 2024