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PURPOSE

1. To ensure that pregnant women receive an adequate food allowance to meet the increased nutritional demand of pregnancy.

PRINCIPLE

2. Malnutrition during pregnancy can cause permanent damage to the developing child. Therefore, nutrition counselling to an expectant mother is extremely important for the healthy development of the unborn child.
3. It is not appropriate to expect pregnant clients to finance special nutritional requirements from the basic food allowance.
4. The area nutritionist is the most knowledgeable person to assist the client in the most effective use of the pregnancy food allowance.

POLICY

5. Pregnancy Food Allowance applicants are entitled to an additional allowance of \$53 per month.
6. As a rule, such allowances are not to be paid retroactively. However, retroactive payment, for the month in which the allowance is applied for, can be authorized.
7. All pregnant clients should be referred to the regional nutritionist. When making these referrals, workers shall promote the benefits of the service for the client and her unborn child.
8. A referral to Public Health Nursing pre-natal classes should be encouraged by the worker. Cost of the course, if any, is an allowable "special need" expense.

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PROCEDURE

9. Upon verification of pregnancy, the pregnancy allowance may be authorized by the worker or the nutritionist.
10. In all cases where the pregnancy food allowance is authorized, the staff member so authorizing shall place a termination date on the request, which is usually the anticipated month of delivery.
11. For special dietary requirements of breastfeeding mothers, refer to Instruction 5-9.