

Nutrition/Health Volume  
Food Package Section

Food Selection Criteria (2.06700)

ER# 2.06700

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**POLICY:** The State agency shall develop and use selection criteria to determine which products shall be included in the Missouri WIC Approved Food List.  
  
Applicants shall submit application packets for each product to be considered for the Missouri WIC Approved Food List and comply with all application procedures.

**PROCEDURES:**

A. The State agency will perform the following:

1. Conduct a review of WIC eligible food items on a biennial basis unless otherwise noted including:
  - a. Products that are currently approved by the Missouri WIC Program; and
  - b. New products to be considered for the Missouri WIC Program.
2. Post application packets, which include the following items, on the WIC website. Notify persons who submitted applications in the previous WIC food review process.
  - a. Notification Letter
  - b. WIC Food Selection Criteria
  - c. WIC Food Application Forms
  - d. Applicant Responsibilities
  - e. WIC Food Selection Procedures & Guidelines
  - f. Submission Instructions
3. Provide the link to download an application packet containing application forms and instructions to manufacturers and distributors requesting information on the Missouri WIC food selection process.
4. Review applications, determine products for the Missouri WIC Approved Food List, and notify the results of evaluation to all applicants.
  - a. Products will not be considered for placement on the Missouri WIC Approved Food List for the specified time period if the applicant:
    - i. Fails to respond to the request within the specified time frame.
    - ii. Fails to include all of the requested information.

- iii. Fails to use the requested format for submitting information.
- b. Products will be evaluated for the Missouri WIC Approved Food List based on the following:
  - i. Missouri WIC selection criteria which meets USDA Regulatory Requirements for WIC-Eligible Food.
  - ii. Availability in Missouri WIC authorized retailers.

Products to be considered for the WIC approved food list must meet the following:

- (a) Product must be available at the WIC authorized retailers in Missouri at the time of submission; AND
- (a) Products other than approved grocery store brands must be available at the time of submission in a minimum of 5% of total WIC authorized retailers (approximately 670 retailers as of July 2016) in Missouri.
- iii. Actual product prices at WIC authorized retailers in Missouri.  
Note: Actual retail prices will be determined based on shelf price survey conducted by the Missouri WIC Program.
- c. The State agency reserves the right to limit the number of products for the WIC Approved Food List based on changes in funding appropriations.

## B. Applicant Responsibilities

- 1. Applicants must comply with the following:
  - a. Applicants (e.g., grocery retailers, wholesalers, manufacturers, and brokers) must identify the contact person responsible for their brands. The contact person responsible must assure that application packets for their products are submitted by the application deadline.
  - b. Applicants must use the application form(s) provided from the Missouri WIC Program. Additional copies of the form may be made as needed.
  - c. Complete applications must be submitted to the Missouri WIC Program by the end of application period.
  - d. Applicants must complete an application form for each food category (e.g., cold cereals, hot cereals, juice and tortillas) to be considered for the Missouri WIC Approved Food List. Missing data will disqualify the product for consideration. Applicants must resubmit the required information for the products which are currently in the Missouri WIC Approved Food List.
  - e. Applicants must submit an empty box/package, label, or layout of package in PDF for each product as indicated in the submission instructions.
  - f. Grocery store or grocery store headquarters and wholesaler applicants are requested to communicate with their manufacturers to avoid duplicate submission and/or failure to submit application packets for items.

- g. Applicants must contact the WIC State Office at least ninety (90) days prior to warehouse distribution of an approved product that has been reformulated, renamed or has undergone a packaging or labeling change.
  - i. A changed product will be reviewed to determine if it still meets the Missouri WIC Program selection criteria.
  - ii. If the Missouri WIC Program is not notified within the correct timeframe of the reformulation, packaging, and/or labeling changes, the product will be eliminated from the Missouri WIC Program when it appears in the changed form on store shelves.

C. Criteria for WIC Foods

<b>Food Items</b>	<b>Are product reviews required?</b>
I. <u>Infant Cereals</u>	Yes
II. Infant Fruits	Yes
III. Infant Vegetables	Yes
IV. Infant Meats	Yes
<b>Food Items</b>	<b>Are product reviews required?</b>
1. Cow Milk V. Evaporated Milk, Cultured buttermilk, Non-fat dry milk	No
2. Lactose Free Milk	No
3. Goat Milk	Yes
4. Soy-based Beverage	Yes
5. Tofu	Yes
6. Yogurt	Yes
7. Eggs	No
8. Peanut Butter	No
9. Domestic Cheese	No
10. Mature Legumes (dry beans and peas)	No
11. Canned Beans (legumes)	Yes
12. Canned Fat Free Refried Beans	Yes
13. Juice	Yes
14. Breakfast Cereal	Yes
15. Whole Wheat Bread and Whole Grain Bread	Yes
16. Soft Corn and Whole Wheat Tortillas	Yes

17. Brown Rice (whole and unprocessed grain)	VI. No
18. Whole Wheat Pasta	VII. Yes
19. Canned Fish	No
20. Fresh Fruits	No
21. Fresh Vegetables	No
22. Frozen Fruits	VIII. No
23. Frozen Vegetables	No

## 1. WIC Foods For Infants

### a. Infant Cereals

- i. Must contain 45 milligrams of iron per 100 grams of dry cereal.
- ii. 8 or 16 oz. container size only.
- iii. Any brand is eligible.

#### iv. Not Allowed:

- (a) Infant cereals containing infant formula, milk, dried fruit, nuts, yogurt, cinnamon or other non-cereal ingredients.
- (b) Added DHA and/or Probiotic.
- (c) Organic products.

### b. Infant Fruits

- i. Must be 4 oz. container or 2 pack of 4 oz. containers.
- ii. Any brand is eligible.
  - i. Both commercial single and mixed infant fruits may be approved.
  - ii. Any texture ranging from strained through diced are allowed.

#### iii. Any fruit or mixed fruit.

#### iv. Any mixed fruit and vegetable.

#### v. Not Allowed:

- (a) Mixed fruit with pasta and/or meat combination. Mixtures with cereal or infant food desserts (e.g. peach cobbler)
- (b) Added sugars<sup>1</sup>, starches, salt (i.e., sodium) or flour.
- (c) Added rice, grains, or cereal.
- (d) Added seasoning or cinnamon.

- (e) Artificial colors.
- (f) Added DHA and/or probiotic.
- (g) Organic infant fruits.
- (h) Dinners or added meats (e.g., a combination of apple and chicken).
- (i) Pouches.

c. Infant Vegetables

- i. Must be 4 oz. container or 2 pack of 4 oz. containers.
- ii. Any brand is eligible.
- iii. Texture may range from strained through diced.
- iv. Both commercial single and mixed infant vegetable may be approved.
- v. Combinations of single ingredients (e.g., peas and carrots) may be approved.
- vi. Any mixed vegetables and fruit.
- vii. Any vegetable or mixed vegetables.
- viii. Not Allowed:
  - (a) Mixed vegetable with pasta and/or meat combination.
  - (b) Added sugars<sup>1</sup>, salt (i.e., sodium) or flour.
  - (c) Added rice, grains, or cereal.
  - (d) Added seasoning or cinnamon.
  - (e) Artificial colors/flavors.
  - (f) Added DHA and/or probiotic.
  - (g) Organic infant vegetables.
  - (h) Dinners or added meats. (e.g., vegetable chicken).
  - (i) Pouches.

d. Infant Meats

- i. Must be 2.5-oz container only.
- ii. Any brand is eligible.
- iii. Commercial infant food meat or poultry as a single major ingredient, with added broth or gravy are allowed.
- iv. Four selected meat products:
  - (a) Beef.
  - (b) Chicken.

- (c) Ham.
- (d) Turkey.
- v. Any textures ranging from pureed through diced are allowed.

vi. Not Allowed:

- (a) Meat and vegetable combination.
- (b) Meat and fruit combination.
- (c) Dinners (e.g., spaghetti and meatballs).
- (d) Added sugars, salt (i.e. sodium) or flour.
- (e) Added rice, grains, or cereal.
- (f) Added seasoning.
- (g) Added DHA and/or probiotic.
- (h) Organic infant meats.

2. Foods for Children and Women

a. Cow Milk

i. Must conform to FDA standards of identity at:

- (a) 21 CFR Part 131.110 (Milk).
- (b) 21 CFR Part 131.112 (Cultured milk).
- (c) 21 CFR Part 131.130 (Evaporated milk).
- (d) 21 CFR Part 131.147 (Dry whole milk).
- (e) 21 CFR Part 131.127 (Nonfat dry milk fortified with vitamins A and D).

ii. Fluid whole milk

- (a) Must be unflavored.
- (b) Must be pasteurized.
- (c) Must contain Vitamin D (400 International Units per quart).
- (d) Any brand is eligible (store brands are recommended).
- (e) Approved sizes are:
  - (i) Gallon container.
  - (ii) One half (1/2) gallon container.
  - (iii) Quart container.
- (f) Not Allowed:
  - (i) Organic milk.
  - (ii) Glass bottles.

- (iii) Flavored.
- iii. Fluid skim, low fat milk (1%) or reduced fat milk (2%)
  - (a) Must be unflavored.
  - (b) Must be pasteurized.
  - (c) Must contain:
    - (i) Vitamin D - 400 International Units per fluid quart.
    - (ii) Vitamin A – 2000 International Units per fluid quart.
  - (d) Any brand is eligible (store brands are recommended).
  - (e) Approved sizes are:
    - (i) Gallon container.
    - (ii) One half (1/2) gallon container.
    - (iii) Quart container.
  - (f) Not Allowed:
    - (i) Organic milk.
    - (ii) Milk in glass bottles.
    - (iii) Extra skim milk.
    - (iv) Flavored.
- iv. Cultured buttermilk (Whole, Reduced (1 1/2% and 2%), and Low fat)
  - (a) Must be pasteurized.
  - (b) Must contain:
    - (i) Vitamin D - 400 International Units per fluid quart.
    - (ii) Vitamin A - 2000 International Units per fluid quart.
  - (c) Quart containers only.
  - (d) Any brand is eligible (store brands are recommended).
  - (e) Not Allowed:
    - (i) Organic milk.
    - (ii) Glass bottles.
- v. Skim, Fat-free or Nonfat Dry Milk
  - (a) Must be:
    - (i) Milk fat - < 0.5 gm milk fat per 1 cup).
    - (ii) Vitamin D - 400 International Units per reconstituted quart.

- (iii) Vitamin A - 2000 International Units per reconstituted quart.
    - (b) Eight quart boxes.
    - (c) Store brand only.
    - (d) No organic milk.
  - vi. Evaporated Whole Milk
    - (a) Must contain Vitamin D - 400 International Units per reconstituted quart.
    - (b) Twelve oz. cans only.
    - (c) Store brand only.
    - (d) No Organic milk.
  - vii. Evaporated Skim, Fat-Free or Nonfat Milk
    - (a) Must contain:
      - (i) Milk fat (< 0.5 gm milk fat per 1 cup).
      - (ii) Vitamin D - 400 International Units per reconstituted quart.
      - (iii) Vitamin A - 2000 International Units per reconstituted quart.
    - (b) Twelve oz. cans.
    - (c) Store brand only.
    - (d) Organic milk not allowed.
- b. Lactose Free Milk
  - i. Must conform to FDA standards of identity at 21 CFR Part 131.110.
  - ii. Must be pasteurized.
  - iii. Must contain:
    - (a) Vitamin D – 400 International Units per quart (100 IU per cup).
    - (b) Vitamin A – 2000 International Units per quart (500 IU per cup) (reduced fat, low-fat or nonfat).
  - iv. Any brand is eligible.
  - v. One half (1/2) gallon container only.
  - vi. Unflavored only.
  - vii. Whole, reduced fat (2%), Low fat (1%) and fat free (skim) are eligible.
  - viii. Enriched/fortified calcium lactose free milk is eligible.

**ix. Not Allowed:**

- (a) Organic lactose free milk.
- (b) Glass bottles.

c. Goat Milk

- i. Must be pasteurized.
- ii. Must contain:
  - (a) Vitamin D - At least 400 IU per quart (100 IU per cup).
  - (b) Vitamin A- 2000 IU per quart (500 IU per cup).
- iii. Unflavored only.
- iv. Evaporated (whole) 12 fl. oz. can only.
- v. Powdered (non-fat) 12 oz. can only.
- vi. Any brand is eligible.

**vii. Organic goat milk not allowed.**

d. Soy-based Beverage

- i. Must be fortified to meet the following nutrient levels:

Calcium	276 milligrams per cup (8 fl. oz.)
Protein	8 grams per cup (8 fl. oz.)
Vitamin A	500 IU per cup (8 fl. oz.)
Vitamin D	100 IU per cup (8 fl. oz.)
Magnesium	24 milligrams per cup (8 fl. oz.)
Phosphorus	222 milligrams per cup (8 fl. oz.)
Potassium	349 milligrams per cup (8 fl. oz.)
Riboflavin	0.44 milligrams per cup (8 fl. oz.)
Vitamin B12	1.1 micrograms per cup (8 fl. oz.)

- ii. Plain or vanilla only.
- iii. One half (1/2) gallon size container only.
- iv. Any brand is eligible.

**v. Not Allowed:**

- (a) Artificial sweeteners.
- (b) Chocolate or strawberry **flavors.**
- (c) Organic soymilk.
- (d) **Light soymilk.**

e. Domestic Cheese

- i. Must be the following domestic cheese made from 100 % pasteurized milk:
    - (a) Monterey Jack.
    - (b) Colby.
    - (c) Natural Cheddar.
    - (d) Colby Jack.
    - (e) Part-skim or whole Mozzarella.
    - (f) American Cheese/Processed American.
    - (g) Swiss.
    - (h) Muenster.
    - (i) Brick.
    - (j) Provolone.
    - (k) Blends/marbled of approved cheese types are authorized.
  - ii. Conform to FDA standard of identity (21 CFR Part 133).
  - iii. 8 oz. or 16 oz. block sizes only.
  - iv. Sliced American cheese not wrapped individually.
  - v. Natural, domestic, plain cheeses.
  - vi. Store brands only.
  - vii. Not allowed:
    - (a) Sliced cheese except for store brand American cheese.
    - (b) Queso blanco/Queso fresco.
    - (c) Deli cheese or deli sliced.
    - (d) Cheese additives.
    - (e) Added flavors (peppers, wine, smoke flavoring, etc.).
    - (f) Cheese foods, spreads, products, shredded cheeses, string cheeses, grated cheeses, cubed cheese, crumbled cheese or deli cheeses.
    - (g) Cholesterol-reduced cheese.
    - (h) Individually wrapped slices.
    - (i) Individually weighted.
    - (j) Organic cheese.
- f. Tofu
- i. Must be calcium set tofu prepared with calcium salts (calcium sulfate), but, may also contain other coagulants (i.e. magnesium

chloride).

- ii. No added fats, sugars<sup>1</sup>, oils or sodium.
- iii. 16 oz. package only.
- iv. Any brand is eligible.
- v. Organic tofu is allowed.

g. Yogurt (cow's milk)

- i. Must be pasteurized.
- ii. Must conform to FDA standard of identity at:
  - (a) 21 CFR 131.203 (Low fat milk).
  - (b) 21 CFR 131.206 (Nonfat milk).
- iii. **Must be** less than or equal to  $\leq 40$  grams of total sugars per 1 cup.
- iv. **Nonfat or low fat only.**
- v. **Plain, vanilla, or blended flavored only.**
- vi. Any brand is eligible.
- vii. **32 oz. container only.**
- viii. **Light yogurt containing artificial sweeteners.**
- ix. **Not Allowed:**
  - (i) Whole milk yogurt.
  - (ii) Greek yogurt.
  - (iii) Yogurt with accompanying mix-in ingredients such as granola, candy pieces, honey, nuts and similar ingredients.
  - (iv) Drinkable yogurt.
  - (v) Organic yogurt.

h. Eggs:

- i. Large only, white, grade A or AA.
- ii. **Any brand is eligible.**
- iii. A single dozen package only.
- iv. **Not Allowed:**
  - (a) Low cholesterol eggs.
  - (b) Organic eggs.
  - (c) Brown eggs.
  - (d) **Fertile eggs.**
  - (e) **Cage free eggs.**

(f) Eggs with enriched levels of omega 3 fatty acids, vitamins, or minerals.

(g) Other specialty eggs.

i. Breakfast Cereals (Ready-To-Eat, Instant, and Regular Hot Cereals):

i. Breakfast Cereals (Ready-To-Eat and Instant/Regular Hot)

(a) Must contain a minimum of 28 mg iron per 100 g dry cereal.

(b) Must contain  $\leq 21.2$  g sucrose and other sugars per 100 g dry cereal ( $\leq 6$  g per dry oz.).

(c) At least half of the cereals authorized on a State agency's food list must have whole grain as the primary ingredient by weight AND meet labeling requirements for making a health claim as a "whole grain food with moderate fat content"<sup>2</sup>:

(i) Contain a minimum of 51% whole grains;

(ii) Meet the regulatory definitions for "low saturated fat" at 21 CFR 101.62 ( $\leq 1$  g saturated fat per RACC) and "low cholesterol" ( $\leq 20$  mg cholesterol per RACC);

(iii) Bear quantitative trans-fat labeling; and

(iv) Contain  $\leq 6.5$  g total fat per RACC and  $\leq 0.5$  g trans fat per RACC.

(e) **Not Allowed:**

(i) **Artificial sweeteners.**

(ii) **Organic cereals.**

ii. Ready-To-Eat Breakfast Cold Cereals

(a) Store brands only.

(b) 12 – 36 oz. sizes only.

(c) **Not Allowed:**

(i) Individual serving size container.

(ii) **Added nuts, dry fruits, yogurt, cinnamon or other non-cereal ingredients.**

iii. Instant and Regular Hot Cereals

(a) Any brand is eligible.

(b) **Any hot cereals (e.g., instant oatmeal, cream of wheat, cream of rice, grits).**

(c) 11.8 oz. – 36 oz. sizes only.

(d) Individual serving size container is allowed.

(e) Plain/Regular.

(f) Not Allowed:

(i) Variety packs.

(ii) Added maple & brown sugars.

(iii) Added seasonings or spices.

(iv) Added dry fruits, chocolate chips, cream, or cinnamon.

(v) Added flavors.

j. Whole Wheat Bread and Whole Grain Bread

i. Whole Wheat Breads

(a) Whole wheat must be the primary ingredient by weight in all whole wheat bread products.

(b) Whole wheat bread must conform to FDA standard of identity at 21 CFR Part 136.180.

ii. Whole Grain Breads

(a) Whole Grain Breads must conform to FDA standard of identity at 21 CFR 136.110.

(b) Whole grain must be the primary ingredient by weight in all whole grain bread.

(c) Must also meet FDA labeling requirements for making a health claim as a "whole grain food with moderate fat content."<sup>2</sup>

(i) Contain a minimum of 51% whole grains.

(ii) Meet the regulatory definitions for "low saturated fat" at 21 CFR Part 101.62 ( $\leq 1$  g saturated fat per RACC) and "low cholesterol" ( $\leq 20$  mg cholesterol per RACC).

(iii) Bear quantitative trans fat labeling.

(iv) Contain  $\leq 6.5$  g total fat per RACC and  $\leq 0.5$  g trans fat per RACC.

iii. Whole Wheat Breads and Whole Grain Breads

(a) 16 oz. package only.

(b) Any brand is eligible.

(c) Not Allowed:

(i) Added seasonings.

(ii) Powdered sugar.

- (iii) Added nuts.
- (iv) Added fruits (e.g., raisins).
- (v) Added seeds.
- (vi) Organic breads.
- (vii) Breads (e.g. buns, rolls, bagels, and muffins) except sliced loaf breads.

k. Soft Corn and Whole Wheat Tortillas

- i. Soft corn tortillas made from ground masa flour (corn flour) using traditional processing methods are WIC-eligible, e.g., whole corn, corn (masa), whole ground corn, corn masa flour, masa harina, and white corn flour.
- ii. For whole wheat tortillas, “whole wheat flour” must be the only flour listed in the ingredient list.
- iii. 16 oz. package only.
- iv. Any brand is eligible.
- v. Not Allowed:
  - (a) Added ingredients (e.g., sundried tomatoes and spinach) or seasoning (except salt).
  - (b) Organic tortillas.

l. Brown Rice (whole, unprocessed grain)

- i. Whole grain must be the primary ingredient by weight.
- ii. 16 oz. packages only.
- iii. Store brands only.
- iv. Not Allowed:
  - (a) Added sugars<sup>1</sup>, fats, oils, or salt (i.e., sodium).
  - (b) Brown rice with seasonings or dried vegetables/beans.
  - (c) Organic brown rice.
  - (d) Individual pouches/cups.
  - (e) Instant brown rice.

m. Whole Wheat Pasta

- i. Must conform to FDA standard of identity (21 CFR 139.138).
- ii. “Whole wheat flour” and/or “whole durum wheat flour” must be the only flours listed in the ingredient list.
- iii. 16 oz. box/package only.
- iv. Any brand is eligible.

v. Any types & shapes are allowed.

[Any shapes and sizes that otherwise meet the FDA standard of identity for whole wheat macaroni (pasta) products (139.138), and have no added sugars, fats, oils, or salt (i.e., sodium), are also authorized (e.g., whole wheat rotini, and whole wheat penne).]

vi. Not Allowed:

(a) Added sugars<sup>1</sup>, fats, oils, or salt (i.e., sodium).

(b) Organic pasta.

n. Juice

i. Fruit juices must conform to FDA standard of identity (21 CFR part. 146).

ii. Vegetable juice must conform to FDA standard of identity (21 CFR part. 156).

iii. Must be pasteurized 100% unsweetened fruit juice.

iv. Must contain at least 30 mg of vitamin C per 100 mL of juice.

v. Juiced fortified with other nutrients are allowed.

vi. Frozen concentrate juice must be in 11.5 fl. oz. or 12 fl. oz.

vii. Ready-To-Serve juice (non-refrigerated) must be in 64 fl. oz. containers only.

viii. Both refrigerated and non-refrigerated 100% orange juices in 64 fl. oz. containers are eligible.

ix. Eligible juices are:

(a) Apple

(b) Grape

(c) Orange

(d) Pineapple

(e) White Grape

(f) Tomato

(g) Vegetable

(h) Blended fruit juices

x. Any brand is eligible.

xi. Vegetable juices regular or lower in sodium are allowed.

xii. Not Allowed:

(a) Juice drinks, beverages or cocktails.

(b) Added sugars.<sup>1</sup>

(c) Added artificial sweeteners.

(d) Added artificial food colors.

(e) Individual serving size containers/packages.

(f) Glass bottles.

(g) Organic juices.

(h) Spicy vegetable /tomato juices.

o. Mature Legumes (dry beans and peas)

i. Any type of mature dry beans, peas, or lentils in dry-package are allowed: Examples include but are not limited to:

(a) Black beans	(h) Mature Lima beans (Butter beans)
(b) Black-eyed peas	(i) Pinto beans
(c) Fava and mung beans	(j) Soybeans
(d) Garbanzo beans (chickpeas)	(k) Split peas
(e) Great Northern beans	(l) White beans (navy and pea beans),
(f) Kidney beans	
(g) Lentils	

ii. Plain.

iii. Mixed dry beans and peas are allowed.

iv. Store brand only.

v. 16 oz. package only.

vi. Not Allowed:

(a) Added sugars<sup>1</sup>, fats, oils vegetables, fruits, or meat as purchased.

(b) Organic dry beans.

p. Canned Beans (legumes)

i. Allowed beans are:

i. Butter beans.

(a) Fat free refried beans.

(b) Garbanzo beans.

(c) Kidney beans.

(d) Navy beans.

(e) Pinto beans.

(f) Red beans.

ii. 16 oz. cans only.

iii. Any brand.

iv. Regular or lower in sodium content.

v. Not Allowed:

(a) Added sugars<sup>1</sup>, fats, oils vegetables, fruits, or meat.

(b) Added seasoning.

(c) Bean soup.

(d) Baked beans.

(e) Organic canned beans.

q. Peanut Butter

i. Must conform to FDA standard of identity at 21 CFR Part 164.150.

ii. Smooth, creamy, crunchy or regular.

iii. Store brands only.

iv. 16 - 18 oz. jar only.

v. Low sodium is allowed.

vi. Not Allowed:

(a) Low fat peanut butter.

(b) Organic peanut butter.

(c) Mixtures with marshmallows, honey, jams, jellies, chocolate or similar ingredients.

r. Canned Fish

i. Light Tuna

(a) Any brand is eligible.

(b) 5 oz. cans only.

(c) Water packed only.

(d) Chunk, solid or grated.

(e) Low sodium is allowed.

(f) Not Allowed:

(i) 4 packs/multiple packs.

(ii) Albacore or white tuna.

(iii) Flavoring, seasonings or sauce.

(iv) Foil pouches.

(v) Individual serving containers.

ii. Sardines

- (a) Any brand is eligible.
- (b) 3.75 oz. cans only.
- (c) Water packed.
- (d) Tomato sauce and mustard sauces allowed.

**(e) Not Allowed:**

- (i) 4 packs/multiple packs.**
- (ii) Added flavorings.
- (iii) Other sauces (e.g., hot sauce, hot green chilies, lemon sauce, tomato-basil sauce, and mustard dill sauce).
- (iv) Smoked.
- (v) Foil pouches.
- (vi) Individual serving containers.

iii. Salmon

- (a) Any brand is eligible.
- (b) 5 oz. only.
- (c) Pink salmon only.

**(d) Water packed only.**

**(e) Not Allowed:**

- (i) 4 packs/multiple packs.**
- (ii) Red, Sockeye, Wild Alaska, or Pink Atlantic salmon.
- (iii) Added flavoring, seasonings or sauce.
- (iv) Smoked.
- (v) Foil **Pouches.**
- (vi) Individual serving containers.

s. Fresh Vegetables

- i. Any variety of fresh (as defined by 21 CFR 101.95) whole, halved, quartered, sliced or cut vegetables without added sugars<sup>1</sup>, fats or oils.
- ii. Bagged lettuce, lettuce, salads, and greens without flavoring, dressing, croutons, or any other ingredients are allowed.
- iii. Fresh garlic and ginger are allowed.
- iv. Organic vegetables are allowed.**
- v. Not Allowed:**

- (a) Buffet containers or party trays of vegetables.
- (b) Vegetable basket.
- (c) Individual salads or deli servings.
- (d) Creamed, sauced, **marinated**, or breaded vegetables.
- (e) Vegetable-grain (pasta or rice) mixtures.
- (f) Vegetables for purchase on salad bars.
- (g) Ornamental or decorative fruits and vegetables (e.g., chili peppers on a string, garlic on a string, gourds, pumpkins, and Indian corn).
- (h) Powdered, dried or pickled herbs or spices primarily used as flavoring.
- (i) **Fresh vegetables packaged with meat, poultry, fish, or/and cheeses (e.g. skewers for the grill, stuffed mushrooms).**
- (j) Herbs or spices primarily used as flavoring ingredients.

<b>Examples of Not Allowed Herbs &amp; Spices</b>		
Anise	Dill	Parsley
Basil	Fenugreek	Rosemary
Bay leaves	Horseradish	Sage
Caraway	Lemon grass	Savory
Chervil	Marjoram	Tarragon
Chives	Mint	Thyme
Cilantro	Oregano	Vanilla bean

t. Fresh Fruits

- i. Any variety of fresh (as defined by 21 CFR 101.95) whole, halved, quartered, sliced or cut fruit without added sugars<sup>1</sup>.
- ii. Fruits packed in juice or with added fruit juice concentrate.

**iii. Not Allowed:**

- (a) Fresh fruits with added sugars<sup>1</sup> or caramel.
- (b) Buffet container or party trays of fruits.
- (c) Fruit basket.
- (d) Dried fruit, or fruit roll ups.
- (e) Fruits for purchase on salad bars.
- (f) Nuts (e.g., peanuts).
- (g) Fruit-nut mixtures.
- (h) Baked goods with fruits (e.g., blueberry muffins, fruit and pumpkin pie).
- (i) Ornamental or decorative fruits.

(j) Individual or deli servings.

(k) Cut fruits in individual serving containers.

(l) Fruits with added ascorbic acid (or an addition of a flavor solution) sold in the refrigerated case.<sup>3</sup>

u. Frozen Vegetables

i. Must conform to FDA standard of identity (21 CFR Part 155).

ii. Any brand is eligible.

iii. Any type and package size are allowed.

iv. Frozen beans (immature and mature) are allowed.<sup>4</sup>

v. Any kind of frozen beans and peas (e.g., green beans, green peas, snap peas, black-eyed peas, and/or soy beans) are allowed.

vi. Regular or lower-in-sodium frozen vegetables are allowed.

vii. Any plain frozen vegetable, frozen steamed vegetables or plain frozen vegetable mixtures (without white potatoes).

viii. Organic frozen vegetables are allowed.

ix. Not Allowed:

(a) French fries, hash browns, tater tots, etc. with added fats, oils, seasonings, or sugars.

(b) Added sugars<sup>1</sup>, fats, or oils.

(c) Seasoned, flavored, or breaded vegetables.

(d) Vegetables with sauces (e.g., gravy, cheese, sauce and/or butter), pasta, noodles, rice or any other ingredients including meat, poultry or fish.

v. Frozen Fruits

i. Must conform to FDA standard of identity (21 CFR Part 155).

ii. Any brand or type.

iii. Any package size.

iv. Any plain fruit and plain fruit mixtures are allowed.

v. Any fruit with fruit juice, artificial sweeteners, and water are allowed.

vi. Organic frozen fruits are allowed.

vii. Not Allowed:

(a) Frozen fruit with added sugars<sup>1</sup>.

(b) Frozen fruits with added fats, oils or salts.

<sup>1</sup> Added Sugars:

Added sugars include corn syrup, high-fructose corn syrup, maltose, dextrose, sucrose, honey, and maple syrup.

[WIC Food Packages State Agency Frequently Asked Questions – May 2014 issued]

<sup>2</sup> Labeling requirements for making a health claim as a “whole grain food with moderate fat content”

FDA Health Claim Notification for Whole Grain Foods with Moderate Fat Content at <http://www.fda.gov/food/ingredientpackaginglabeling/labelingnutrition/ucm073634.htm>

[7CFR 246.10, Subpart C-Participant Benefits, Supplemental Foods, Table 4, June 20, 2016; Whole Grain [Calculator Announcement May 2015](#), USDA. WIC Works Resource System.]

<sup>3</sup> Fruits And Vegetables With Added Ascorbic Acid:

Fruits and vegetables with added ascorbic acid (or an addition of a flavor solution) sold in the refrigerated case cannot be considered “fresh”. The addition of ascorbic acid (or flavor solution) is a form of preservation that does not allow the product to be considered “fresh” 21 CFR 101.95 defines the term “fresh” when referring to eligible fresh fruits and vegetables. The term “fresh” when used on the label or in labeling of a food in a manner that suggests or implies that the food is unprocessed, means that food is in its raw state and has not been frozen or subjected to any form of thermal processing or any other form of preservation.

[WIC Food Packages State Agency Frequently Asked Questions – March 2016 issued]

<sup>4</sup> Dry Beans, Canned Beans, and Frozen Beans:

1. Frozen beans (immature or mature) are purchased with the CVV only. Beans purchased with the CVV may contain added vegetables and fruits, but, may not contain added sugars, fats, oils, or meat as purchased.

2. The following items are not authorized in the mature legume category:

- Soups;
- Immature varieties of legumes, such as those used in canned green peas, green beans, snap beans, yellow beans, and wax beans;
- Baked beans with meat, e.g.,, beans and franks; and
- Beans containing added sugars (with the exception of baked beans), fats, oils, meats, fruits or vegetables.

3. Mature dry beans, peas, or lentils in dry-packed or canned forms are separate food items under the legume category and can be only purchased via the regular food instrument. They may not contain added sugars, fats, oils, vegetables, fruits, or meat as purchased.

[WIC Food Packages State Agency Frequently Asked Questions – March 2016 issued]