SECTION VI: WIC APPROVED FOODS

Overview

Because WIC foods are specifically chosen to help reduce complications of pregnancy due to poor nutrition and to promote the healthiest possible birth, growth and development of infants and children, the retailer's role in ensuring WIC customers receive only those foods prescribed on the WIC check is critical. By signing the agreement the retailer agrees to maintain a minimum stock (quantity and variety) of the current WIC approved foods on the store shelves at all times.

WIC Approved Foods Minimum Stock

A complete printed approved brand list is provided to each retailer on an annual basis. The Department will provide an updated brand list to retailers at least thirty (30) days prior to the expiration of the previous list.

This section also lists the minimum stocking requirement of WIC approved foods. By signing the WIC Retailer Agreement, retailers agree to maintain the minimum stocking requirement of WIC approved foods in the store at all times.

By signing the WIC Retailer Agreement, retailers agree to maintain adequate inventory records (invoices and purchase orders) to verify billings made for all WIC food items purchased at any time during the current agreement year, and for the previous three (3) years if a WIC Retailer Agreement was then in effect. This must include, but is not limited to, inventory records required for Federal tax reporting purposes.

Store Brand Definition

Store brand definition by Private Label Manufacturer's Association: Store brand products encompass all merchandise sold under a retail store's private label. That label can be the store's own name or a brand name created exclusively by the retailer for the store. A store may belong to a wholesale buying group that owns labels, which are available to the members of the group. These are referred to as controlled labels.

6.1 Formula

Policy

Formula is chosen for specific dietary needs. Therefore, it is imperative that Retailers allow WIC customers to redeem only the specific type, size and quantity of formula issued on a WIC check.

Primary Contract Formulas

The Missouri WIC program participates in an infant formula rebate program. In doing so, the Department contracts with a specific infant formula manufacturer who agrees to give a rebate to the Department for each unit of their infant formula redeemed with a WIC check. The money from this rebate enables the Department to serve more eligible participants. The infant formulas included in the rebate contract are called the "Primary Contract Formulas".

Tiered Stocking

The tiered stocking peer grouping requirement is designed to reduce

Peer Groups for Formula

formula inventory for retailers who have less participant traffic and to reduce the financial burden of stocking unneeded formula by smaller retail stores. The retail applicant will initially be placed within Peer Group II, unless the new applicant is a member of a grocery store chain or a discount grocer, in which case they will be placed into Peer Group III or Peer Group IV. The new authorized retailer will remain in this peer group for the first six (6) months they are authorized to accept WIC checks.

After six (6) months, the retailer will have its peer grouping status re-evaluated. Using an extrapolation of the monthly average of the retailer's WIC sales WICNS will determine whether the retailer's current peer grouping needs to be changed.

Peer Group I and II stores are defined as: A retail store ownership that is a sole proprietorship, franchise supported, a partnership, or a L.L.C. or a corporation. If the ownership is a L.L.C. or a corporation, the number of stores in operation is one (1) or more stores that are located in Missouri or are not considered to be a major chain store.

Tiered Peer Groups

- **Peer I:** Stores with annual WIC sales of $85,000 or below.
- **Peer II:** Stores with annual WIC sales of $85,001 and above.
- **Peer III:** Major chains stores, e.g., Dierbergs, Dillon's/Gerbes, Hy-Vee, Kroger, Price Chopper, Price Cutter, Ramey, Shop 'N Save and Schnucks.
- **Peer IV:** Discount groceries and hyper-marts, e.g., Wal-Mart.
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Concentrates and Ready-To-Use Primary Contract Formulas

Concentrates and Ready-To-Use primary contract formulas are not required to be stocked by WIC authorized retailers, but must be made available for a WIC customer within seventy-two (72) hours.

Non-Primary Contract Formulas

Enfagrow Toddler Transitions, Enfagrow Toddler Transitions Gentlease, Enfagrow Toddler Transitions Soy, Enfacare, Enfamil A. R., Pregestimil, Enfamil Premature, Nutramigen with Enflora LGG and other brands of infant formulas are not required to be stocked by WIC Retailers, but must be made available for a WIC customer within seventy-two (72) hours.

Special Formula

All formulas other than the current Missouri Primary Contract Formulas, which may be prescribed on a WIC check, are called "Special" formulas or non-primary contract formulas. When a special formula is prescribed on a WIC check, the special formula is computer printed on the WIC check. Any other type of food items written or typed in this space are not to be allowed by the WIC authorized retailer.

Special Ordered Formula Pricing

Effective October 1, 2004, in the event a WIC customer orders a special formula, the WIC authorized retailer is limited to the amount they may

Limitation

charge for special formulas. The retailer must set the price of the special ordered formula using the following method:

- **The retailer is allowed to mark up the special formulas no more than ten (10) percent over the retailer's wholesale price.**
- **In the event that the formula has special shipping costs an additional five (5) percent of case price may be added to the case price of the special formula.** The shipping price is then distributed evenly among the number of units ordered.
- The retailer must attach a copy of the invoice and shipping costs kept by the retailer to the WIC sales receipt.
- The retailer must attach proof of the special order for a WIC customer. (Proof is the name of the WIC customer, the date special formula is ordered and date of the sale.)

The State WIC office will authorize the purchase of special ordered formulas only at the price levels indicated above. In the event that the special ordered formula exceeds the maximum allowable price on the check, the retailer should not deposit the check. The retailer should complete the check appeal form and attach the following: the check, transaction receipt, a copy of the invoice showing the items and shipping costs, and an explanation of why the cost of the formula being sold exceeds the amount of the check. Submit these items to the WIC staff for review.

The State WIC office monitoring staff shall review the retailer's WIC sales receipts during on-site monitoring reviews. If during these reviews it is found that the retailer has exceeded the ten (10) percent limit on special ordered formulas the Department shall make a claim for reimbursement for the amount exceeding the limitation.

This pricing limitation applies to all special and/or ordered formulas. Pharmacies are not to accept WIC checks for the Primary Contract Formulas of Enfamil Infant, Enfamil Prosobee and Enfamil Gentlease in the concentrate, powder and ready-to-use varieties.

Special Ordered Formula Buyback

The State WIC office will authorize a "buyback" of special ordered formulas using the pricing formula indicated above. This special formula buyback is to be used only when an authorized retailer has ordered a special formula for a WIC customer and not all the ordered formula is purchased. This buyback is to ensure that no authorized retailer has to absorb the cost of the un-purchased special formula. No regular contract formulas will be purchased.

The formula buyback occurs as follows:

- The retailer contacts the Vendor Group at the state WIC office.
- The retailer informs the Vendor Group of the type, size, quantity and expiration date of the special ordered formula. **NOTE: Formula that is expired or will be expiring within sixty (60) days of the retailer notifying the State WIC office will NOT be purchased.**

- The retailer needs to provide the wholesale price and the retail price they have charged for the special formula.
- The Vendor Group will determine if the formula meets the criteria. If so, a WIC check will be created for the formula and will be mailed to the retailer or brought to the retailer by a WICNS staff person.
- The WIC staff person will pick up the buyback formula.

Allowing Correct Amount of Formula

Retailer must allow participants to receive the full amount of formula listed on the WIC check. If necessary, the retailer must split the four, six or eight pack and sell the formula by individual cans. In this case a retailer must take the price of the pack and divide it by the number of cans in the pack to get the individual can price.

Retailers are required to allow the participants the full number of cans/containers listed on the check even if the amount of the sale exceeds the maximum amount listed on the WIC check. If the sale amount exceeds the amount on the WIC check **DO NOT** deposit the check. Send the WIC checks to the state WIC office with an Approval Request for Non-Paid WIC Check form, the cash register receipt, and any written explanation needed (See Appendix F). In addition, retailers can keep a copy of the Special Formula Procedures Card (Appendix J) to assist store personnel with the steps to follow during a special formula WIC check sales transaction.

6.2 Peer Group I and II Stocking Requirements

PEER GROUP 1 AND PEER GROUP 2		
FORMULA		
Enfamil Infant – Powder – 12 cans AND 12 cans total (one variety or in any combination of one or more of the below varieties) Enfamil Gentlease - Powder, Enfamil Prosobee - Powder, Enfamil AR - Powder, Enfamil Reguline – Powder		
INFANT FOODS		
Infant Fruits	Approved brands only. Any single fruit, mixed fruit and mixed fruit and vegetable varieties. Only four (4) ounce jars or twin packs of 4 oz. containers. No added sugars, rice, flour, grains, cereal, seasoning, cinnamon, starches or salt, or DHA/ARA. No organic. No mixed fruit and meat or dinners or added meats. No mixed fruit, pasta and/or meat combination.	3 varieties, 72 total containers. (Jars and/or twin-packs) Twin-packs equal 2 containers.
Infant Vegetables	Approved brands only. Any single vegetable, mixed vegetable and mixed fruit and vegetable varieties. Only four (4) ounce jars or twin packs of 4 oz. containers. No added sugars, rice, flour, grains, cereal, seasoning, cinnamon, starches or salt, or DHA/ARA. No organic. No mixed vegetable and meat or dinners or added meats. No mixed vegetable, pasta and/or meat combination.	3 varieties, 72 total containers. (Jars and/or twin-packs) Twin-packs equal 2 containers.
Infant Meats **For Breastfeeding Infants Only**	Any approved brand and approved flavor, single ingredient with added broth or gravy only in 2.5 ounce jars. No mixed meats or vegetables or dinners. No mixed fruit and meat or dinners. No pasta and/or meat combination. No added sugars, starches, salt or DHA/ARA. No organic.	3 varieties, 24 jars total
Infant Cereal	Any approved brand, of plain, dry (no fruit added) in 8-ounce and 16-ounce container sizes. No organic, jars or cans or ARA/DHA enhanced allowed.	2 varieties, 6 boxes/containers total

CEREAL		
Cold Cereal	Any approved brand in box or bag, 12-ounce to 36-ounce sizes. No individual size servings.	3 varieties, 24 boxes/bags total At least one (1) variety must be a whole grain.
Hot Cereal	Any approved store of hot cereal in box or bag, 11.8-ounce to 36-ounce sizes.	6 boxes/bags total
JUICE		
Ready to Serve Juice	Approved varieties of fruit or vegetable juice, approved store brands only of 64-ounce containers of full strength.	3 varieties, 18 containers total
Frozen Juice Concentrate	Approved brands and varieties of 12-ounce cans of frozen juice concentrates.	3 varieties, 12 cans total
FISH (For Breastfeeding Women Only)		
Salmon	Any brand of pink salmon, water packed only, 5 ounce cans. No added flavorings, sauces or ingredients. No soy or olive oil. No red, Sockeye or Wild Alaskan Pink Salmon. No smoked salmon. No foil pouches or individual servings.	2 types, 12 cans total
Sardines	Any brand of plain sardines, water packed, mustard sauce or tomato sauce only. No other added flavorings, sauces or ingredients. No soy or olive oil. No smoked sardines or fish steaks. No foil pouches or individual servings.	
Tuna	Any brand of plain tuna, water packed only, 5 ounce cans. No Albacore or white tuna.	
BEANS AND PEANUT BUTTER		
Canned Beans	Bush's Best Beans brand only. Approved varieties only of 16-ounce cans. No organic, peppers, onions or other added ingredients, flavorings, seasonings, fats or oils. No fruits, meats, vegetables or bean soups.	2 varieties, 24 cans total
Dried Beans & Peas	Plain (no flavor additives), in one-pound packages, store brand only	3 varieties, 6 bags total
Peanut Butter	16 to 18 ounce jars only. Creamy, plain, store brand only. No organic or crunchy brands. No added honey, jams, or jellies.	6 jars total

CHEESE, EGGS, YOGURT, AND TOFU		
Cheese **(Non-Nat'l. Brand)**	8 or 16-ounce block sizes only. Plain, natural, domestic cheeses, American (sliced but not individually wrapped), Cheddar, Colby, Colby-Jack, Monterey Jack and Mozzarella. Must be prepackaged, store brand only. No individually weighted blocks. No special brands. Low-fat & fat free cheese allowed.	3 varieties, 9 pounds total
Eggs	Large, White Only, Grade A or AA No low cholesterol or specialty eggs, such as free range or organic.	12 dozen of large
Yogurt	Approved brands only, 32 oz. containers, low fat or nonfat only of approved varieties.	Where available
Tofu	Azumaya & NaSoya brands only. Tofu in soft and firm blocks of 16-ounce packages. No added flavors, sauces or ingredients. No cubed tofu allowed.	Where available
MILK		
Soy Milk	8th Continent Original & Vanilla Soy Milk and Great Value Original Soy Milk brands only.	Where available or upon request
Whole Milk and 2%	Must be unflavored, vitamin D fortified. No organic or special brand milk products allowed. No glass bottles.	6 gallons total
Skim and 1%	Must be unflavored, vitamin D fortified. No organic or special brand milk products allowed. No glass bottles.	12 gallons total
Dry Milk (Low-Fat variety.)	Store brand only in a 8 quart box	Where available
Lactose Free Milk **(Whole, 2%, 1% and Skim)**	Any brand and plain variety only. Half-gallon containers only.	Where available
Buttermilk	Whole or Low-Fat variety. No organic or special brand milk products allowed. No glass bottles.	Where available
Evaporated Milk	Store Brands Only, 12 or 13 ounce can Low-Fat & Skim (skim through 1%) variety. **Filled evaporated milk is not WIC approved**.	Where available

Goat Milk Evaporated Whole Fat Non-fat Powder	Meyenberg brand only 12 ounce can	Where available

*Reduced Fat and Low-Fat Milk stocking requirement may be a combination of either type of milk.
Extra Skim Milk is NOT an approved WIC food item.

*The selection of Store Brand or less expensive brands of milk by the participants is highly recommended but NOT required. Other milks prescribed on the WIC check must also be made available for a WIC customer within seventy-two (72) hours.

BREAD, PASTA, RICE AND TORTILLAS		
Whole Grain Breads Approved brands only. No organic breads. No added seasonings, powdered sugar, nuts or fruits. No wraps, flatbreads, buns or rolls. No breads with artificial sweeteners.	16-ounce packages only	2 of the 4 of whole grain types; 18 units total
Whole Wheat Pasta Approved brands only. All shapes are approved. No organic pastas. No added sugars, fats, oils or salt.		
Brown Rice Store brands only of whole grain brown rice. No instant, organic grains or added seasoning or flavors. No individual servings or pouches.		
Tortillas Approved brands only of soft corn or whole wheat tortillas. No added sugar, fat, oils, salt, nuts or fruits. No added seasonings or flavorings. No organics.		

FRESH AND FROZEN FRUITS AND VEGETABLES		
Frozen Fruits	Any approved brand, frozen fruits and vegetables in any size or type of packages. Frozen fruits may contain fruit juice, water or artificial sweeteners (e.g. Splenda). No frozen fruit with added sugar. No frozen vegetables with added sugar, fat, oils, salt or flavorings. No single serving packs or packages with added sauces, flavors or other ingredients. No breaded, seasoned, or flavored vegetables. No french fries, tator tots, potato rounds, diced potatoes with added oils, seasonings or sugars. No shredded/diced hash browns or hash brown patties with added oils, seasonings or sugars. No packages of vegetables containing pasta, rice, or other ingredients. No packages of vegetables containing cheese, sauces or gravies. No packages containing meat, poultry or fish.	2 varieties, 18 bags/containers total
Frozen Vegetables		3 varieties, 24 bags/containers/boxes total
Fresh Fruits	Any variety of approved whole, halved or quartered cuts of fresh fruits & any variety of approved vegetables. Fresh garlic and ginger are allowed. Fresh fruits with added sugar or caramel. No buffet containers or party trays of fruits or vegetables. No bagged lettuce or salad greens with salad dressings, cheese, croutons or other ingredients. No fruit or vegetable baskets. No breaded, creamed or sauced vegetables. No vegetable–grain (pasta or rice) mixtures. No fruit or vegetables available on a salad bar. No salads or individual deli servings. No dried fruits or fruit roll-ups. No nuts, fruit–nut, or vegetable–nut mixtures. No ornamental or decorative fruits or vegetables (pumpkins, gourds, Indian corn, etc.) No baked goods with fruits (e.g. blueberry muffins, fruit pies or pumpkin pies). No pickled, powdered or dried herbs or spices used for seasoning.	5 varieties of fruits, 5 pounds per variety
Fresh Vegetables		5 varieties of vegetables, 5 pounds per variety
<u>Herbs and Spices NOT Allowed:</u> Anise, Basil, Bay leaves, Caraway, Chervil, Chives, Cilantro, Dill, Fenugreek, Horseradish, Lemon Grass, Marjoram, Mint, Oregano, Parsley, Rosemary, Sage, Savory, Tarragon, Thyme and Vanilla bean.		

6.3 Peer Group III and IV Stocking Requirements

PEER GROUP 3 AND PEER GROUP 4		
FORMULA		
Enfamil Infant – Powder – 24 cans AND 18 cans total (one variety or in any combination of one or more of the below varieties) Enfamil Gentlease - Powder, Enfamil Prosobee - Powder, Enfamil AR - Powder, Enfamil Reguline – Powder		
INFANT FOODS		
Infant Fruits	Approved brands only. Any single fruit, mixed fruit and mixed fruit and vegetable varieties. Only four (4) ounce jars or twin packs of 4 oz. containers. No added sugars, rice, flour, grains, cereal, seasoning, cinnamon, starches or salt, or DHA/ARA. No organic. No mixed fruit and meat or dinners or added meats. No mixed fruit, pasta and/or meat combination.	3 varieties, 96 total containers. (Jars and/or twin-packs) Twin-packs equal 2 containers.
Infant Vegetables	Approved brands only. Any single vegetable, mixed vegetable and mixed fruit and vegetable varieties. Only four (4) ounce jars or twin packs of 4 oz. containers. No added sugars, rice, flour, grains, cereal, seasoning, cinnamon, starches or salt, or DHA/ARA. No organic. No mixed vegetable and meat or dinners or added meats. No mixed vegetable, pasta and/or meat combination.	3 varieties, 96 total containers. (Jars and/or twin-packs) Twin-packs equal 2 containers.
Infant Meats **For Breastfeeding Infants Only**	Any approved brand and approved flavor, single ingredient with added broth or gravy only in 2.5 ounce jars. No mixed meats or vegetables or dinners. No mixed fruit and meat or dinners. No pasta and/or meat combination. No added sugars, starches, salt or DHA/ARA. No organic.	3 varieties, 48 jars total
Infant Cereal	Any approved brand, of plain, dry (no fruit added) in 8-ounce and 16-ounce container sizes. No organic, jars or cans or ARA/DHA enhanced allowed.	2 varieties, 6 boxes/containers total

CEREAL		
Cold Cereal	Any approved brand in box or bag, 12-ounce to 36-ounce sizes. No individual size servings.	3 varieties, 24 boxes/bags total At least one (1) variety must be a whole grain.
Hot Cereal	Any approved store of hot cereal in box or bag, 11.8-ounce to 36-ounce sizes.	6 boxes/bags total
JUICE		
Ready to Serve Juice	Approved varieties of fruit or vegetable juice, approved store brands only of 64-ounce containers of full strength.	3 varieties, 18 containers total
Frozen Juice Concentrate	Approved brands and varieties of 12-ounce cans of frozen juice concentrates.	3 varieties, 18 cans total
FISH (For Breastfeeding Women Only)		
Salmon	Any brand of pink salmon, water packed only, 5 ounce cans. No added flavorings, sauces or ingredients. No soy or olive oil. No red, Sockeye or Wild Alaskan Pink Salmon. No smoked salmon. No foil pouches or individual servings.	2 types, 12 cans total
Sardines	Any brand of plain sardines, water packed, mustard sauce or tomato sauce only. No other added flavorings, sauces or ingredients. No soy or olive oil. No smoked sardines or fish steaks. No foil pouches or individual servings.	
Tuna	Any brand of plain tuna, water packed only, 5 ounce cans. No Albacore or white tuna.	
BEANS AND PEANUT BUTTER		
Canned Beans	Bush's Best Beans brand only. Approved varieties only of 16-ounce cans. No organic, peppers, onions or other added ingredients, flavorings, seasonings, fats or oils. No fruits, meats, vegetables or bean soups.	3 varieties, 24 cans total
Dried Beans & Peas	Plain (no flavor additives), in one-pound packages, store brand only	3 varieties, 12 bags total
Peanut Butter	16 to 18 ounce jars only. Creamy, plain, store brand only. No organic or crunchy brands. No added honey, jams, or jellies.	12 jars total

CHEESE, EGGS, YOGURT, AND TOFU		
Cheese **(Non-Nat'l. Brand)**	8 or 16-ounce block sizes only. Plain, natural, domestic cheeses, American (sliced but not individually wrapped), Cheddar, Colby, Colby-Jack, Monterey Jack and Mozzarella. Must be prepackaged, store brand-only. No individually weighted blocks. No special brands. Low-fat & fat free cheese allowed.	3 varieties, 12 pounds total
Eggs	Large, White Only, Grade A or AA No low cholesterol or specialty eggs, such as free range or organic.	12 dozen of large
Yogurt	Approved brands only, 32 oz. containers, low fat or nonfat only of approved varieties.	6 containers
Tofu	Azumaya & NaSoya brands only. Tofu in soft and firm blocks of 16-ounce packages. No added flavors, sauces or ingredients. No cubed tofu allowed.	Where available
MILK		
Soy Milk	8th Continent Original & Vanilla Soy Milk and Great Value Original Soy Milk brands only.	Recommended 6 half-gallon containers
Whole Milk and 2%	Must be unflavored, vitamin D fortified. No organic or special brand milk products allowed. No glass bottles.	12 gallons total
Skim and 1%	Must be unflavored, vitamin D fortified. No organic or special brand milk products allowed. No glass bottles.	24 gallons total
Dry Milk (Low-Fat variety.)	Store brand only in a 8 quart box	Where available
Lactose Free Milk Whole, 2%, 1% and Skim	Any brand and plain variety only. Half-gallon containers only.	Where available
Buttermilk	Whole or Low-Fat variety. No organic or special brand milk products allowed. No glass bottles.	Where available
Evaporated Milk	Store Brands Only, 12 or 13 ounce can Low-Fat & Skim (skim through 1%) variety. **Filled evaporated milk is not WIC approved**.	Where available
Goat Milk Evaporated Whole Fat Non-fat Powder	Meyenberg brand 12 ounce can	Where available

*Reduced Fat and Low-Fat Milk stocking requirement may be a combination of either type of milk.
Extra Skim Milk is NOT an approved WIC food item.

*The selection of Store Brand or less expensive brands of milk by the participants is highly recommended but NOT required. Other milks prescribed on the WIC check must also be made available for a WIC customer within seventy-two (72) hours.

For persons requiring a lactose free milk option, all brands of lactose free milks are allowed.

BREAD, PASTA, RICE AND TORTILLAS		
Whole Grain Breads Approved brands only. No organic breads. No added seasonings, powdered sugar, nuts or fruits. No wraps, flatbreads, buns or rolls. No breads with artificial sweeteners.	16-ounce packages only	3 of the 4 of whole grain types; 36 units total
Tortillas Approved brands only of soft corn or whole wheat tortillas. No added sugar, fat, oils, salt, nuts or fruits. No added seasonings or flavorings. No organics.		
Brown Rice Store brands only of whole grain brown rice. No instant, organic grains or added seasoning or flavors. No individual servings or pouches.		
Whole Wheat Pasta Approved brands only. All shapes are approved. No organic pastas. No added sugars, fats, oils or salt.		

FRESH AND FROZEN FRUITS AND VEGETABLES		
Frozen Fruits	Any approved brand, frozen fruits and vegetables in any size or type of packages. Frozen fruits may contain fruit juice, water or artificial sweeteners (e.g. Splenda). No frozen fruit with added sugar. No frozen vegetables with added sugar, fat, oils, salt or flavorings. No single serving packs or packages with added sauces, flavors or other ingredients. No breaded, seasoned, or flavored vegetables. No French fries, tator tots, potato rounds, diced potatoes with added oils, seasonings or sugars. No shredded/diced hash browns or hash brown patties with added oils, seasonings or sugars. No packages of vegetables containing pasta, rice, or other ingredients. No packages of vegetables containing cheese, sauces or gravies. No packages containing meat, poultry or fish.	3 varieties, 36 bags/containers total
Frozen Vegetables		5 varieties, 60 bags/containers/boxes total

<table>
<tr><td>Fresh Fruits</td><td rowspan="2">Any variety of approved whole, halved or quartered cuts of fresh fruits & any variety of approved vegetables. Fresh garlic and ginger are allowed. Fresh fruits with added sugar or caramel. No buffet containers or party trays of fruits or vegetables. No bagged lettuce or salad greens with salad dressings, cheese, croutons or other ingredients. No fruit or vegetable baskets. No breaded, creamed or sauced vegetables.

No vegetable–grain (pasta or rice) mixtures. No fruit or vegetables available on a salad bar. No salads or individual deli servings. No dried fruits or fruit roll-ups. No nuts, fruit–nut, or vegetable–nut mixtures. No ornamental or decorative fruits or vegetables (pumpkins, gourds, Indian corn, etc.) No baked goods with fruits (e.g. blueberry muffins, fruit pies or pumpkin pies). No pickled, powdered or dried herbs or spices used for seasoning.</td><td>5 varieties of fruits, 10 pounds per variety</td></tr>
<tr><td>Fresh Vegetables</td><td>5 varieties of vegetables, 10 pounds per variety</td></tr>
<tr><td colspan="3"><u>Herbs and Spices NOT Allowed:</u> Anise, Basil, Bay leaves, Caraway, Chervil, Chives, Cilantro, Dill, Fenugreek, Horseradish, Lemon Grass, Marjoram, Mint, Oregano, Parsley, Rosemary, Sage, Savory, Tarragon, Thyme and Vanilla bean.</td></tr>
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End of Section VI: WIC Approved Foods