

SECTION VI: WIC APPROVED FOOD

Overview WIC food is 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 the food prescribed on the WIC check is critical.

WIC Approved Food A complete printed approved brand list is provided to each retailer on an annual basis. The Missouri WIC program will provide an updated brand list to retailers at least 30 days prior to the expiration of the previous list.

Minimum Stock This section also lists the minimum stocking requirements of WIC approved food. Retailers must maintain the minimum stocking requirement of WIC approved food in the store at all times.

Retailers must maintain adequate inventory records (e.g., 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 As a cost containment measure for the WIC program, store brands are utilized where possible. 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 chain's own name or a brand name created exclusively by the retailer for the stores. In some cases, a store may belong to a wholesale buying group that owns labels that are available to the members of the group. These wholesaler-owned brands 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. The Department contracts with a specific infant formula manufacturer who agrees to give a rebate to the WIC program for each unit of their infant formula redeemed with a WIC check. The money from this rebate enables the WIC program to serve more WIC participants. The infant formulas included in the rebate contract are called "Primary Contract Formulas".

**Tiered Stocking
Groups for
Formula**

The tiered stocking grouping requirement is designed to reduce formula inventory for retailers that have less WIC customer traffic and to reduce the financial burden of stocking unneeded formula by smaller retail stores. The retailer applicant will initially be placed within Group II, unless the new applicant is a member of a national or regional grocery store chain, in which case they will be placed into Group III. 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, the Missouri WIC program will determine whether the retailer's current peer grouping is appropriate.

Group I and II stores are defined as: A retail store ownership that is a sole proprietorship, franchise supported, a partnership, an L.L.C., or a corporation. If the ownership is an 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 Stocking Groups

- **Group I:** Stores with annual WIC sales of \$85,000 or below.
- **Group II:** Stores with annual WIC sales above \$85,000.
- **Group III:** National and regional chain stores, (e.g., Dierbergs, Dillon's, Gerbes, Hy-Vee, Kroger, Shop 'N Save, Schnucks, and Walmart).

**Concentrates and
Primary Contract
Formula**

WIC authorized retailers are not required to stock concentrates and ready-to-use primary contract formulas, but must be made available for a WIC customer within 72 hours.

**Non-Primary
Contract
Formula**

WIC authorized retailers are not required to stock Enfacare, Pregestimil, Enfamil Premature varieties, and other brands of non-primary contract infant formula, but must be made available for a WIC customer within 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.

Special Ordered Formula Pricing Limitation

In the event a WIC customer orders a special formula, the WIC authorized retailer is limited as to the amount they may charge for special formula. 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 10 percent over the retailer's wholesale price.**
- **In the event that the formula has special shipping costs, the actual shipping cost or a maximum of 5 percent of the case price (if the shipping cost is greater), 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 to the WIC sales receipt.
- The retailer must attach proof of the special order for a WIC customer. Proof includes the name of the WIC customer, the date special formula was ordered, and date of the sale.

The Missouri WIC program will authorize the purchase of special ordered formula 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 Approval Request for Non-Paid WIC Checks form (located in Appendix F of this manual) 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 Missouri WIC program for review.

The Missouri WIC program monitoring staff shall review the retailer's WIC sales receipts during on-site monitoring reviews. If the monitor discovers that the retailer has exceeded the 10 percent limit on special ordered formula, the Missouri WIC program shall make a claim for reimbursement for the amount exceeding the limitation.

This pricing limitation applies to all special ordered formula. Pharmacies may not accept WIC checks for the primary contract formulas of Enfamil A. R., Enfamil Gentlease, Enfamil Infant, Enfamil Prosobee, and Enfamil Reguline in the concentrate, powder, and ready-to-use varieties.

Special Ordered Formula Buyback

The Missouri WIC program will authorize a "buyback" of special ordered formula 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 unpurchased special formula. No regular contract formula will be included in a buyback. The formula buyback occurs as follows:

- The retailer contacts the Retailer Manager at the Missouri WIC program.
- The retailer informs the Retailer Manager of the type, size, quantity, and expiration date of the special ordered formula. **NOTE: Formula that is expired or will be expiring within 60 days of the retailer notifying the Missouri WIC program will NOT be purchased.**
- The retailer needs to provide the wholesale price and the retail price they have charged for the special formula.
- The Retailer Manager 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 delivered to the retailer by a Missouri WIC program staff person.
- The Missouri WIC program staff person will pick up the buyback formula.

Allowing The Correct Amount of Formula

Retailers must allow WIC customers to receive the full amount of formula listed on the WIC check. If necessary, the retailer must split the pack or case and sell the formula by individual containers. In this case, a retailer must take the price of the pack or case and divide it by the number of containers in the pack or case to get the individual container price.

Retailers are required to allow the WIC customers the full number of 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 check to the Missouri WIC program with an Approval Request for Non-Paid WIC Checks form (Appendix F), the cash register receipt, and any written explanation needed. In addition, retailers can keep a copy of the Special Formula Sales Transaction Procedures card (Appendix J) to assist store personnel with the steps to follow during a special formula WIC check sales transaction.

6.2 Tier 1 Stocking Requirements

GROUP I AND GROUP II		
FORMULA		
<p>Enfamil Infant – Powder – 12 cans</p> <p>AND</p> <p>12 cans total (one (1) variety or in any combination of one (1) or more of the below varieties)</p> <p>Enfamil Gentlease – Powder</p> <p>Enfamil Prosobee – Powder</p> <p>Enfamil A.R. – Powder</p> <p>Enfamil Reguline – Powder</p>		
INFANT FOOD		
Infant Fruit	<p>Approved brands only. Any single fruit, mixed fruit, and mixed fruit and vegetable varieties. Only four (4) ounce jars or twin packs of four (4) ounce containers. No added sugars, rice, flour, grains, cereal, seasoning, cinnamon, starches, salt, or DHA/ARA. No organic. No dinners, pasta, or added meats.</p>	<p>Three (3) varieties and 36 total containers. (Jars, twin packs, or a combination.)</p> <p>Twin packs equal two (2) containers.</p>
Infant Vegetables	<p>Approved brands only. Any single vegetable, mixed vegetables, and mixed fruit and vegetable varieties. Only four (4) ounce jars or twin packs of four (4) ounce containers. No added sugars, rice, flour, grains, cereal, seasoning, cinnamon, starches, salt, or DHA/ARA. No organic. No dinners, pasta, or added meats.</p>	<p>Three (3) varieties and 36 total containers. (Jars, twin packs, or a combination.)</p> <p>Twin packs equal two (2) containers.</p>
Infant Meat	<p>Any approved brand of single ingredient meat with added broth or gravy in 2.5 ounce jars. No added sugars, starches, salt, or DHA/ARA. No organic. No dinners, pasta, or added fruit and vegetables.</p>	<p>Two (2) varieties and 12 jars total.</p>
Infant Cereal	<p>Any approved brand of plain, dry (no fruit added) in eight (8) ounce and 16 ounce container sizes. No organic, jars, cans, or DHA/ARA enhanced allowed.</p>	<p>Two (2) varieties and six (6) boxes, containers, or a combination total.</p>

CEREAL		
Cold Cereal	Any approved brand in a box or bag of 12 to 36 ounce sizes. No individual size servings.	Three (3) varieties and 18 boxes, bags, or a combination total. At least one (1) variety must be a whole grain.
Hot Cereal	Any approved brand of hot cereal in a box or bag of 11.8 to 36 ounce sizes.	Six (6) boxes, bags, or a combination total.
JUICE		
Ready-To-Serve Juice	Approved brands and varieties of fruit or vegetable juice in 64 ounce containers of full strength juice. No juice cocktail varieties.	Three (3) varieties and 12 containers total.
Frozen Juice Concentrate	Approved brands and varieties of 12 ounce cans of frozen juice concentrates.	Two (2) varieties and 12 containers total.
FISH		
Salmon	Any brand of pink salmon, water packed in five (5) ounce cans. No added flavorings, sauces, or ingredients. No soy or olive oil. No smoked salmon. No foil pouches or individual servings.	Two (2) varieties of fish and 12 cans total.
Sardines	Any brand of plain sardines, water packed, mustard sauce, or tomato sauce in 3.75 ounce cans. 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 in five (5) ounce cans. No tuna packed in oil. No albacore or white tuna.	
BEANS AND PEANUT BUTTER		
Canned Beans	Bush's Best Beans brand only of approved varieties in 16 ounce cans. No organic, peppers, onions, other added ingredients, flavorings, seasonings, fats, or oils. No fruit, meat, vegetables, or bean soups.	Two (2) varieties and 24 cans total.
Dried Beans and Peas	Plain (no flavor additives), one (1) pound packages, and store brand only.	Three (3) varieties and six (6) bags total.
Peanut Butter	Store brand, 16 to 18 ounce jars, creamy or crunchy. No natural or organic brands. No low-fat, added chocolate, honey, jams, jellies, or marshmallows.	Six (6) jars total

CHEESE, EGGS, YOGURT, AND TOFU		
Cheese (Non-National Brands)	<p>Eight (8) or 16 ounce block and package sizes.</p> <p>Blocks and packages of shredded plain, natural, domestic cheeses of American (sliced but not individually wrapped), Brick, Cheddar, Colby, Colby Jack, Monterey Jack, Mozzarella, Muenster, Provolone, and Swiss varieties. Marbled and blends of approved varieties are allowed. Must be prepackaged and store brand-only. No individually weighted blocks. No special brands. Low-fat and fat-free cheese is allowed.</p>	Three (3) varieties and nine (9) pounds total.
Eggs	Large, white, grade A or AA. No low cholesterol or specialty eggs, such as free range or organic.	12 dozen
Yogurt	Approved brands and varieties in 32 ounce containers of low-fat or nonfat yogurt.	Where available
Tofu	Azumaya and Nasoya brands in soft and firm blocks of 16 ounce packages. No cubed or added flavors, sauces, or ingredients.	Where available
MILK		
Soy Milk	8 th Continent Original Soymilk, 8 th Continent Vanilla Soymilk, Silk, and Great Value Original Soymilk brands. No organic. No light varieties or other flavors.	Where available
Whole and 2% Milk	Any brand is allowed. Must be unflavored and vitamin D fortified. No organic or special brand milk products allowed. No glass bottles.	Six (6) gallons total
Skim and 1% Milk	Any brand is allowed. Must be unflavored and vitamin D fortified. No organic or special brand milk products allowed. No glass bottles.	Six (6) gallons total
Dry Milk (Low-fat variety)	Store brand only in an 8 quart, 25.6 ounce, or 1 pound 9.6 ounce box or bag.	Where available
Lactose Free Milk (Whole, 2%, 1%, and Skim)	Any brand of plain varieties in half gallon containers.	Where available
Buttermilk	Any brand of whole and low-fat varieties in quart size containers. No organic or special brand milk products allowed. No glass bottles.	Where available

Evaporated Milk	Store brands only of 12 or 13 ounce cans of low-fat and skim varieties. Filled evaporated milk is not WIC approved.	Where available
Goat Milk	Meyenberg brand, 12 ounce can of evaporated whole or nonfat powder.	Where available
<p>Reduced fat and low-fat milk stocking requirement may be a combination of either type of milk. <u>Extra Skim milk is NOT an approved WIC food item.</u></p>		
BREAD, PASTA, RICE, AND TORTILLAS		
Whole Grain Breads	16 ounce packages only	Two (2) of the four (4) whole grain types and 12 units total.
Approved brands only. No organic breads. No added seasonings, powdered sugar, nuts, or fruit. No wraps, flatbreads, buns, or rolls. No breads with artificial sweeteners.		
Whole Wheat Pasta		
Approved brands only. All shapes are approved. No organic pasta. No added sugars, fats, oils, or salt.		
Brown Rice		
Store brands only of whole grain brown rice. No instant or organic rice. No added seasonings or flavorings. No individual servings or pouches.		
Tortillas		
Approved brands only of soft corn or whole wheat tortillas. No added sugar, fats, oils, salt, nuts, or fruit. No added seasonings or flavorings. No organic tortillas.		

FRESH AND FROZEN FRUIT AND VEGETABLES

Frozen Fruit and Vegetables	<p>Any approved brand of frozen fruit and vegetables in any size or type of packages.</p> <p>Frozen fruit may contain fruit juice, water, or artificial sweeteners (e.g., Splenda). No frozen fruit with added sugar. No frozen smoothie mixes. No frozen vegetables with added sugar, fats, 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.</p>	<p align="center">Frozen Fruit:</p> <p>Two (2) varieties and 12 bags, containers (or a combination) total.</p>
		<p align="center">Frozen Vegetables:</p> <p>Three (3) varieties and 24 bags, containers, boxes (or a combination) total.</p>
Fresh Fruit and Vegetables	<p>Any brand and variety of approved whole or cut fresh fruit and vegetables. Fresh garlic and ginger are allowed. Organic fruit and vegetables are allowed. Containers must be at least five (5) ounces.</p> <p>No fruit with added ascorbic acid. No fruit with added sugar or caramel. No baked goods with fruit. No deli, buffet containers, party trays, or baskets of fruit or vegetables. No bagged lettuce or salad greens with salad dressings, cheese, croutons, or other ingredients. No breaded, creamed, or sauced vegetables. No dried fruit, fruit roll-ups, nuts, fruit-nut mixtures, vegetable-nut mixtures or vegetable-grain mixtures. No ornamental or decorative fruit or vegetables (e.g., pumpkins, gourds, Indian corn, or strings of fruit and vegetables.) No dried, pickled, or powdered herbs or spices used primarily as flavoring.</p>	<p align="center">Fresh Fruit:</p> <p>Four (4) varieties of fruit and five (5) pounds per variety.</p>
		<p align="center">Fresh Vegetables:</p> <p>Four (4) varieties of vegetables and five (5) pounds per variety.</p>

Herbs and Spices NOT Allowed: 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 Tier 2 Stocking Requirements

GROUP III		
FORMULA		
Enfamil Infant – Powder – 24 cans AND <u>18 cans total (one (1) variety or in any combination of one (1) or more of the below varieties)</u> Enfamil Gentlease – Powder Enfamil Prosobee – Powder Enfamil A.R. – Powder Enfamil Reguline – Powder		
INFANT FOOD		
Infant Fruit	Approved brands only. Any single fruit, mixed fruit, and mixed fruit and vegetable varieties. Only four (4) ounce jars or twin packs of four (4) ounce containers. No added sugars, rice, flour, grains, cereal, seasoning, cinnamon, starches, salt, or DHA/ARA. No organic. No dinners, pasta, or added meats.	Three (3) varieties and 96 total containers. (Jars, twin packs, or a combination.) Twin packs equal two (2) containers.
Infant Vegetables	Approved brands only. Any single vegetable, mixed vegetables, and mixed fruit and vegetable varieties. Only four (4) ounce jars or twin packs of four (4) ounce containers. No added sugars, rice, flour, grains, cereal, seasoning, cinnamon, starches, salt, or DHA/ARA. No organic. No dinners, pasta or added meats.	Three (3) varieties and 96 total containers. (Jars, twin packs, or a combination.) Twin packs equal two (2) containers.
Infant Meat	Any approved brand of single ingredient meat with added broth or gravy in 2.5 ounce jars. No added sugars, starches, salt, or DHA/ARA. No organic. No dinners, pasta, or added fruit and vegetables.	Three (3) varieties and 48 jars total.
Infant Cereal	Any approved brand, of plain, dry (no fruit added) in eight (8) ounce and 16 ounce container sizes. No organic, jars, cans, or DHA/ARA enhanced allowed.	Two (2) varieties and six (6) boxes, containers, or a combination total.

CEREAL		
Cold Cereal	Any approved brand in a box or bag of 12 to 36 ounce sizes. No individual size servings.	Three (3) varieties and 24 boxes, bags, or a combination total. At least one (1) variety must be a whole grain.
Hot Cereal	Any approved brand of hot cereal in a box or bag of 11.8 to 36 ounce sizes.	Six (6) boxes, bags, or a combination total.
JUICE		
Ready-To-Serve Juice	Approved brands and varieties of fruit or vegetable juice in 64 ounce containers of full strength juice. No juice cocktail varieties.	Three (3) varieties and 18 containers total.
Frozen Juice Concentrate	Approved brands and varieties of 12 ounce cans of frozen juice concentrates.	Three (3) varieties and 18 containers total.
FISH		
Salmon	Any brand of pink salmon, water packed in five (5) ounce cans. No added flavorings, sauces, or ingredients. No soy or olive oil. No smoked salmon. No foil pouches or individual servings.	Two (2) varieties and 12 cans total.
Sardines	Any brand of plain sardines, water packed, mustard sauce, or tomato sauce in 3.75 ounce cans. 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 in five (5) ounce cans. No tuna packed in oil. No albacore or white tuna.	
BEANS AND PEANUT BUTTER		
Canned Beans	Bush's Best Beans brand only of approved varieties in 16 ounce cans. No organic, peppers, onions, other added ingredients, flavorings, seasonings, fats, or oils. No fruit, meat, vegetables, or bean soups.	Three (3) varieties and 24 cans total.
Dried Beans and Peas	Plain (no flavor additives), one (1) pound packages, and store brand only.	Three (3) varieties and 12 bags total.
Peanut Butter	Store brand, 16 to 18 ounce jars, creamy or crunchy. No natural or organic brands. No low-fat, added chocolate, honey, jams, jellies, or marshmallows.	12 jars total

CHEESE, EGGS, YOGURT, AND TOFU		
Cheese (Non-National Brands)	Eight (8) or 16 ounce block and package sizes. Blocks and packages of shredded plain, natural, domestic cheeses of American (sliced but not individually wrapped), Brick, Cheddar, Colby, Colby Jack, Monterey Jack, Mozzarella, Muenster, Provolone, and Swiss varieties. Marbled and blends of approved varieties are allowed. Must be prepackaged and store brand only. No individually weighted blocks. No special brands. Low-fat and fat-free cheese is allowed.	Three (3) varieties and 12 pounds total.
Eggs	Large, white, grade A or AA. No low cholesterol or specialty eggs, such as free range or organic.	12 dozen
Yogurt	Approved brands and varieties in 32 ounce containers of low-fat or nonfat yogurt.	Six (6) containers
Tofu	Azumaya and Nasoya brands in soft and firm blocks of 16 ounce packages. No cubed or added flavors, sauces, or ingredients.	Where available
MILK		
Soy Milk	8 th Continent Original Soymilk, 8 th Continent Vanilla Soymilk, Silk, and Great Value Original Soymilk brands. No organic. No light varieties or other flavors.	Recommended six (6) half-gallon containers.
Whole and 2% Milk	Any brand is allowed. Must be unflavored and vitamin D fortified. No organic or special brand milk products allowed. No glass bottles.	12 gallons total
Skim and 1% Milk	Any brand is allowed. Must be unflavored and 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 an 8 quart, 25.6 ounce, or 1 pound 9.6 ounce box or bag.	Where available
Lactose Free Milk (Whole, 2%, 1%, and Skim)	Any brand of plain varieties in half gallon containers.	Where available
Buttermilk	Any brand of whole and low-fat varieties in quart size containers. No organic or special brand milk products allowed. No glass bottles.	Where available

Evaporated Milk	Store brands only of 12 or 13 ounce cans of low-fat and skim varieties. Filled evaporated milk is not WIC approved.	Where available
Goat Milk	Meyenberg brand, 12 ounce can of evaporated whole or nonfat powder.	Where available
Reduced fat and low-fat milk stocking requirement may be a combination of either type of milk. <u>Extra Skim milk is NOT an approved WIC food item.</u>		
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	Three (3) of the four (4) whole grain types and 36 units total.
Whole Wheat Pasta Approved brands only. All shapes are approved. No organic pasta. No added sugars, fats, oils, or salt.		
Brown Rice Store brands only of whole grain brown rice. No instant or organic rice. No added seasonings or flavorings. No individual servings or pouches.		
Tortillas Approved brands only of soft corn or whole wheat tortillas. No added sugar, fats, oils, salt, nuts, or fruit. No added seasonings or flavorings. No organic tortillas.		

FRESH AND FROZEN FRUIT AND VEGETABLES		
Frozen Fruit and Vegetables	<p>Any approved brand of frozen fruit and vegetables in any size or type of packages.</p> <p>Frozen fruit may contain fruit juice, water, or artificial sweeteners (e.g., Splenda). No frozen fruit with added sugar. No frozen smoothie mixes. No frozen vegetables with added sugar, fats, 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.</p>	<p style="text-align: center;">Frozen Fruit:</p> <p>Three (3) varieties and 36 bags, containers (or a combination) total.</p>
		<p style="text-align: center;">Frozen Vegetables:</p> <p>Five (5) varieties and 60 bags, containers, boxes (or a combination) total.</p>
Fresh Fruit and Vegetables	<p>Any brand and variety of approved whole or cut fresh fruit and vegetables. Fresh garlic and ginger are allowed. Organic fruit and vegetables are allowed. Containers must be at least five (5) ounces.</p> <p>No fruit with added ascorbic acid. No fruit with added sugar or caramel. No baked goods with fruit. No deli, buffet containers, party trays, or baskets of fruit or vegetables. No bagged lettuce or salad greens with salad dressings, cheese, croutons, or other ingredients. No breaded, creamed, or sauced vegetables. No dried fruit, fruit roll-ups, nuts, fruit-nut mixtures, vegetable-nut mixtures or vegetable-grain mixtures. No ornamental or decorative fruit or vegetables (e.g., pumpkins, gourds, Indian corn, or strings of fruit and vegetables.) No dried, pickled, or powdered herbs or spices used primarily as flavoring.</p>	<p style="text-align: center;">Fresh Fruit:</p> <p>Five (5) varieties of fruit and ten (10) pounds per variety.</p>
		<p style="text-align: center;">Fresh Vegetables:</p> <p>Five (5) varieties of vegetables and ten (10) pounds per variety.</p>
<p><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.</p>		

End of Section VI: WIC Approved Food