

## Division of Community Nutrition

<i>Subject:</i> <b>WIC Program Food Standards</b>		<i>Policy:</i> <b>Appendix 11-C</b>
<i>Reference:</i> <b>N / A</b>	<i>Effective:</i> <b>August 12, 2013</b>	<i>Supersedes:</i> <b>October 15, 2011</b>

### Milk

#### A. Federal Standards

**Whole milk:** Pasteurized fluid; evaporated and dry milk that contains 400 I.U. of vitamin D per quart are allowed. Whole milk must contain 2000 I.U. of vitamin A per quart.

**Reduced Fat, Low Fat and Skim:** Pasteurized fluid; evaporated and dry milk that contains 400 I.U. of vitamin D and 2000 I.U. of Vitamin A per quart are allowed.

**Soy-Based Beverage:** Fortified to meet the following nutrient levels: 276 mg calcium per cup, 8g protein per cup, 500 IU vitamin A per cup, 100 IU Vitamin D per cup, 24 mg magnesium per cup, 222 mg phosphorus per cup, 349 mg potassium per cup, 0.44 mg riboflavin per cup and 1.1 mcg vitamin B12 per cup.

#### B. State Standards

- 1) The UPC Approved Brand must be purchased.
- 2) All fluid milk products, (fat free-skim or non-fat milk, low fat - and 1%, reduced fat and whole) must be purchased in gallons only unless another size is stated on the food benefit.
- 3) UHT milk is allowed but must be specified on the food benefit. UHT milk may be purchased in quarts for migrants, homeless persons, disaster victims or incarcerated women with limited or no cooking ability or refrigeration facilities.
- 4) Lactose reduced/lactose free milk is allowed, but must be specified on the food benefit.
- 5) Deluxe skim, organic and extended shelf-life milks are not allowed as their nutritional value does not justify the additional cost; flavored milk and sweetened condensed milk are not allowed because of the high sugar and calorie content.
- 6) Goat's milk is not allowed because it may not be pasteurized and is generally low in folic acid.

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- 7) Soy-Based Beverage are selected brands only (8<sup>th</sup> Continent Soy 64 ounces, 8<sup>th</sup> Continent Soy 32 ounces and Pacific Natural Foods Ultra Soy 32 ounces. Plain, Original and Vanilla only.
- 8) Buttermilk is currently not allowed as the nutritional value does not justify the additional cost.

### **Food Category: Cheese**

#### **A. Federal Standards**

Only domestic cheese including pasteurized processed American, Monterey Jack, Colby, Cheddar, Swiss, Muenster, Provolone, and Mozzarella (part skim and whole) are allowed.

#### **B. State Standards**

- 1) Only types of cheese that appear on the current Virginia food list are allowed.
- 2) Only UPC Approved Brands are allowed for regular and reduced fat domestic cheese.
- 3) Only prepackaged blocks or sliced cheese are allowed.
- 5) The maximum amount of cheese provided per month is 1 pound for all categories except Fully Breastfeeding, who will receive 2 pounds.
- 6) Regular cheese shall only be purchased in 16 ounce size.
- 7) Reduced fat cheese shall be purchased in a 16 ounce size.
- 8) Cheese wrapped in individual slices is not allowed due to customer confusion and may have added cost without added nutritional value.
- 9) Cheese foods, products and spreads are not allowed because they do not meet federal standards.
- 10) Blended cheese food, cheese product, cheese spread, cubed, deli, flavored, grated, imitation, imported, individually wrapped, mixed, organic, random weight, smoked, string, or shredded is not allowed as their nutritional value does not justify the additional cost.

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**Food Category: Eggs**

**A. Federal Standards**

Eggs or dried egg mix are allowed.

**B. State Standards**

- 1) One dozen-size carton is the only size allowed.
- 2) Only white, large, Grade A and AA eggs are allowed.
- 3) Specialty eggs, egg substitutes, brown, organic, and dried egg mix are not allowed as their nutritional value does not justify the additional cost.

**Food Category: Dry or Canned Beans and Peas (Legumes)**

**A. Federal Standards**

Dry beans and peas, including but not limited to, plain lentils, black, navy, kidney, garbanzo, soy, pinto and mung beans; crowder, cow, split and black-eyed peas are allowed.

**B. State Standards**

- 1) Only one-pound packages of dried beans, peas or lentils are allowed or 15-16 ounce can.
- 2) Fresh, flavored and canned beans and peas are not allowed because they do not meet federal standards.

**Food Category: Peanut Butter**

**A. Federal Standards**

Peanut butter is allowed.

**B. State Standards**

- 1) Only 16- 18-ounce jars are allowed.
- 2) Only UPC Approved Brand of peanut butter including creamy, crunchy and extra crunchy are allowed.

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- 3) Peanut butter blends, peanut spreads, low/reduced fat, whipped, low sugar, freshly ground and honey roasted styles of peanut butter are not allowed because they do not meet federal standards.
- 4) Fortified or low sodium styles of peanut butter are not currently allowed due to previous high costs and the wide variety of labeling on products that do not meet nutrition criteria and can cause customer confusion.
- 5) Natural peanut butter is not allowed because the nutritional value does not justify the additional cost.

### **Food Category: Juice**

#### **A. Federal Standards**

Fruit and/or vegetable juice that contains a minimum of 30 milligrams of Vitamin C per 100 milliliters of single strength or reconstituted concentrate is allowed.

#### **B. State Standards**

- 2) 100% single flavor juice that is unsweetened is allowed.
- 3) Only brands and types of juice that appear on the current Virginia food list are allowed.
- 3) Juice is prescribed in 12-ounce frozen cans or 64 oz liquid containers.
- 4) Fruit drinks, fruit punches and sweetened juice are not allowed due to added sugar and lower nutritional value.
- 5) Reduced acid, organic, blended, vegetable, shelf stable or refrigerated juices are not allowed due to the size of the cartons and the nutritional value does not justify the additional cost.
- 6) Juices with added calcium are allowed for participants
- 7) Orange juice with pulp or pulp free are allowed.

### **Food Category: Cereals**

#### **A. Federal Standards**

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- 1) Adult - Hot or cold cereals that contain a minimum of 28 milligrams of iron per 100 grams of dry cereal and not more than 21.2 grams of sucrose and other sugars per 100 grams of dry cereal (six grams per ounce) are allowed. One half of the total cereals offered must have a whole grain as the primary ingredient by weight.
- 2) Infant - Dry cereal that contains a minimum of 45 milligrams of iron per 100 grams of cereal are allowed.

### **B. State Standards**

#### 1) Adult:

- a. Only brands and types of cereal that appear on the current Virginia food list are allowed.
- b. The minimum size box allowed is 12 ounces for cold cereal and 11.8 ounces for hot cereal.
- c. Choice of cereals will include some that are high in fiber and folic acid and some that are made from oats, corn, wheat and rice. Choices include both hot and cold cereals.
- d. UPC Approved Brand cereals that meet nutritional criteria are allowed if they are included on the current Virginia food list.

#### 2) Infant:

- a. Only 8 ounce boxes of infant cereal are allowed.
- b. Only rice and oatmeal cereals are allowed.
- c. Mixed, organic and cereal with fruit is not allowed due to allergen potential.

### **Food Category: Tuna**

#### **A. Federal Standards**

Canned white, light, dark or blended tuna packed in water or oil including solid and solid pack; chunk or chunk style; flake and grated are allowed.

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### **B. State Standards**

- 1) Any brand of chunk, light tuna, packed in water is allowed.
- 2) Only 5 to 6.5-ounce cans are allowed.
- 3) White, solid light, fillet, low sodium, dietetic, vacuum packed or fancy albacore tuna is not allowed as the nutritional value does not justify the additional cost.
- 4) Tuna packed in oil is not allowed.

### **Food Category: Salmon**

#### **A. Federal Standards**

- 1) Canned, pink, red, blueback, or coho, water or oil packed, boneless, skinless. May be regular or lower in sodium content.

#### **B. State Standards**

- 1) Any brand of canned Alaskan or pink salmon packed in water is allowed.
- 2) Only 7.5 or 14.75 ounce can allowed.
- 3) Low sodium, dietetic, red, blueback is not allowed as the nutritional value does not justify the additional cost.
- 4) Salmon packed in oil is not allowed.

### **Food Category: Baby Food**

#### **A. Federal Standards**

- 1) Any variety of single ingredient commercial infant food fruits or vegetables.
- 2) Any variety of commercial infant food meat or poultry, as a single major ingredient, with added broth or gravy.
- 3) Added sugars or salt (i.e. sodium) are not allowed.
- 4) Texture may range from pureed through diced.

#### **B. State Standards**

- 1) Fruits and Vegetables must be a 4 ounce container.
- 2) Meats must be a 2.5 ounce container

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### **Food Category: Formula**

#### **A. Federal Standards**

##### 1) Infants:

- a. Iron fortified milk-based or soy-based infant formula is allowed. The formula must be nutritionally complete, not requiring the addition of any ingredients other than water prior to being served in a liquid state. It also must contain at least 10 milligrams of iron per liter at standard dilution and supply 67 kilocalories per 100 milliliters (i.e. approximately 20 kilocalories per fluid ounce of infant formula) at standard dilution.
- b. Exempt infant formula and WIC-eligible medical food may be provided with medical documentation.
- c. Local agencies are required to prescribe all formulas in either the concentrated or powdered form. Ready to feed formula shall be authorized when the CPA determines one or more of the following:
  - i. Unsanitary or restricted water supply.
  - ii. Parent / legal guardian or caretaker has difficulty in correctly diluting concentrated or powdered formula.
  - iii. If a ready to feed form better accommodates the participant's condition.
  - iv. If a ready to feed form improves the participant's compliance in consuming the prescribed formula.

##### 2) Children and Women with Special Dietary Needs:

- a. Children and women participants who have a documented qualifying condition shall receive WIC formula/ medical food when a physician determines the use of conventional foods is precluded, restricted or inadequate to address their special nutritional needs.

#### **B. State Standards**

- 1) All infants shall receive the contract milk based or soy based formulas per the terms of the infant formula rebate agreement.
- 2) Special formulas (include exempt infant formulas and medical foods) are only allowed when a licensed health care professional, authorized to write medical prescriptions under State law, determines the participant has a medical

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condition that restricts the use of the contract formula and documents the medical reason on the Special Formula Request Form (WIC-395). Only special formulas approved for use in the VA WIC program are allowed.

- 3) Non-contract standard formulas are not allowed.
- 4) Ready to feed formula shall be authorized when the CPA determines one or more of the following:
  - a. Unsanitary or restricted water supply.
  - b. Parent / legal guardian or caretaker has difficulty in correctly diluting concentrated or powdered formula.
  - c. If a ready to feed form better accommodates the participant's condition.
  - d. If a ready to feed form improves the participant's compliance in consuming the prescribed formula.

### **Food Category: Whole Grains**

#### **A. Federal Standards**

- 1) Whole wheat bread must conform to FDA standard of identity (21 CFR 136.180).
- 2) Whole wheat bread must have a whole grain as the primary ingredient by weight according to the food label.
- 3) Contain a minimum of 51% whole grains
- 4) Brown rice must contain unprocessed grains without added sugars, fats, oils, or salt (i.e., sodium). May be instant-, quick-, or regular-cooking.
- 4) Soft corn tortillas must contain a whole grain as the primary ingredient by weight according to the food label.

#### **B. State Standards**

- 1) Whole wheat bread, brown rice and corn and wheat tortillas will be offered.
- 2) Brands as specified on food list.

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- 3) 16 ounce package is required.

### **Food Category: Fruits and Vegetables**

#### **A. Federal Standards**

- 1) Any variety of fresh, canned, frozen or whole or cut fruit without added sugars
- 2) Any variety of fresh, canned, frozen or whole or cut vegetables without added sugars, fats, oils (orange yams, sweet potatoes are allowed)
- 3) Any variety frozen beans ( including beans authorized under the mature beans category) and any other kind of bean not authorized under the mature legume category, e.g., snow peas
- 4) Any variety of canned\* fruits including applesauce, juice pack or water pack without added sugars, fats, oils, or salt (i.e. sodium)
- 5) Any variety of frozen fruits without added sugars
- 6) Any variety of canned\* or frozen vegetables except white potatoes (orange yams and sweet potatoes are allowed); without added sugars\*\*, fats, oils. May be regular or lower in sodium.
- 7) Any type of dried fruits or dried vegetables without added sugars, fats, oils, or salt (i.e. sodium). Not authorized for children because of choking hazard.
- 8) Canned fruit must conform to FDA standard of identity at 21 CFR Part 145
- 9) Canned vegetables must conform to FDA standard of identity at 21 CFR Part 155

\*Canned refers to processed food items in cans or other shelf-stable containers.

- \*\* Note: Small amounts of sugar are added to some foods that are naturally sugar containing during the canning process to prevent stress resulting in membrane rupture (i.e. sweet peas). The small amount of added sugar is minimal and helps to maintain the quality and structure of the food. To encourage greater variety in food choices in the WIC food packages, canned vegetables that contain a small amount of sugar for processing purposes, such as plain canned sweet peas and corn are allowed.

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### Not Allowed:

- White potatoes
- Catsup or other condiments
- Pickled Vegetables
- Olives
- Juices
- Soups
- Herbs or Spices
- Edible blossoms and flowers e.g., squash blossoms (broccoli, cauliflower and artichokes are allowed)
- Creamed or sauced vegetables
- Vegetable-grain (pasta or rice) mixtures
- Fruit-nut mixtures; breaded vegetables
- Fruits and vegetables for purchase on salad bars
- Peanuts
- Ornamental and decorative fruits and vegetables such as chili peppers on a string; garlic on a string; gourds; painted pumpkins; fruit baskets and party vegetable trays
- Items such as blueberry muffins and other baked goods are not authorized
- Mature legumes (dry peas and beans ) and juices are provided as separate food WIC categories and are not authorized under the fruit and vegetable category
- Fruit leathers and fruit roll-ups

### **B. State Standards**

Same as federal standards.