

Division of Community Nutrition

<i>Subject:</i> WIC Program Food Standards		<i>Policy:</i> Appendix 11
<i>Reference:</i> N / A	<i>Effective:</i> June 15, 2018	<i>Supersedes:</i> August 12, 2013

Milk

A. Federal Standards

Whole milk, Reduced Fat milk, Low Fat milk, Skim milk, Soy Based Beverage and Yogurt must be in compliance with Minimum Requirements and Specifications for Supplemental Foods found in the Federal Code of Regulations 246.10. Table 4.

A. State Standards

- 1) 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.
- 2) 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.
- 3) Lactose reduced/lactose free milk is allowed, but must be specified on the food benefit.
- 4) 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.
- 5) Goat's milk is not allowed because it may not be pasteurized and is generally low in folic acid.
- 6) Soy-Based Beverage are selected brands only (8th Continent Soy 64 ounces, 8th Continent Soy 32 ounces and Pacific Natural Foods Ultra Soy 32 ounces. Plain, Original and Vanilla only.
- 7) Buttermilk is currently not allowed as the nutritional value does not justify the additional cost.
- 8) Yogurt must be 32 oz container, plain or vanilla flavors, whole or low-fat. No Greek yogurt or drinkable yogurt or organic yogurt.

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Food Category: Cheese

A. Federal Standards

Cheese must be in compliance with Minimum Requirements and Specifications for Supplemental Foods found in the Federal Code of Regulations 246.10. Table 4.

B. State Standards

- 1) Only types of cheese that appear on the current Virginia food list are allowed.
- 2) 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, Pregnant women with two or more fetuses, Women partially breastfeeding multiples from the same pregnancy and Pregnant women who are fully or partially breastfeeding a singleton infant, who will receive 3 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.

Food Category: Eggs

A. Federal Standards

Eggs must be in compliance with Minimum Requirements and Specifications for Supplemental Foods found in the Federal Code of Regulations 246.10. Table 4.

B. State Standards

- 1) One dozen-size carton is the only size allowed.

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- 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 must be in compliance with Minimum Requirements and Specifications for Supplemental Foods found in the Federal Code of Regulations 246.10. Table 4.

B. State Standards

- 1) Only one-pound packages of dried beans, peas or lentils are allowed or 15-16 ounce can.

Food Category: Peanut Butter

A. Federal Standards

Peanut butter ~~is allowed.~~ must be in compliance with Minimum Requirements and Specifications for Supplemental Foods found in the Federal Code of Regulations 246.10. Table 4.

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.
- 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.

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Food Category: Juice

A. Federal Standards

Fruit juice must be in compliance with Minimum Requirements and Specifications for Supplemental Foods found in the Federal Code of Regulations 246.10. Table 4.

B. State Standards

- 1) 100% single flavor juice that is unsweetened is allowed.
- 2) 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

- 1) Adult - Hot or cold cereals must be in compliance with Minimum Requirements and Specifications for Supplemental Foods found in the Federal Code of Regulations 246.10. Table 4.
- 2) Infant - Dry cereal must be in compliance with Minimum Requirements and Specifications for Supplemental Foods found in the Federal Code of Regulations 246.10. Table 4.

B. State Standards

- 1) Adult:
 - a. Only brands and types of cereal that appear on the current Virginia food list are allowed.

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- 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.
- 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

Tuna must be in compliance with Minimum Requirements and Specifications for Supplemental Foods found in the Federal Code of Regulations 246.10. Table 4.

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

Salmon must be in compliance with Minimum Requirements and Specifications for Supplemental Foods found in the Federal Code of Regulations 246.10. Table 4.

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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: Infant Food

A. Federal Standards

Infant foods must be in compliance with Minimum Requirements and Specifications for Supplemental Foods found in the Federal Code of Regulations 246.10. Table 4.

B. State Standards

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

Food Category: Formula

A. Federal Standards

Infant formula and children and women with Special Dietary needs must be in compliance with Minimum Requirements and Specifications for Supplemental Foods found in the Federal Code of Regulations 246.10. Table 4.

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 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.

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- 4) Ready to feed formula shall be authorized when the CPA determines one or more of the following:
 - a. Unsanitary or restricted water supply.
 - a. Parent / legal guardian or caretaker has difficulty in correctly diluting concentrated or powdered formula.
 - b. If a ready to feed form better accommodates the participant's condition.
 - c. If a ready to feed form improves the participant's compliance in consuming the prescribed formula.

Food Category: Whole Grains

A. Federal Standards

Whole wheat bread, brown rice, corn and wheat tortillas and whole wheat pasta must be in compliance with Minimum Requirements and Specifications for Supplemental Foods found in the Federal Code of Regulations 246.10. [Table 4](#).

B. State Standards

- 1) Whole wheat bread, brown rice and corn and wheat tortillas and whole wheat pasta will be offered.
- 2) Brands as specified on food list.
- 3) 16 ounce package is required.

Food Category: Fruits and Vegetables

A. Federal Standards

Fruits and Vegetables must be in compliance with Minimum Requirements and Specifications for Supplemental Foods found in the Federal Code of Regulations 246.10. [Table 4](#).

B. State Standards

Same as federal standards; must be in compliance with Minimum Requirements and Specifications for Supplemental Foods found in the Federal Code of Regulations 246.10. [Table 4](#).