



SECTION: Nutrition Services
SUBJECT: AUTHORIZED FOODS
DATE: October 1, 2016 (*revised*)

770

POLICY: The state WIC program is responsible for selecting foods for the authorized food list, in accordance with the federal regulations and state policies. Authorized foods are provided through food packages according to the category & nutritional needs of the participant.

PURPOSE: To identify criteria used to select foods available to WIC participants. To identify the foods that can be issued to WIC participants when specified in their WIC food package.

RELEVANT REGULATIONS: 7 CFR §246.10 ¶(c)—Supplemental foods
 21 CFR §101.95— (definition) “Fresh” “Freshly Frozen” ”Fresh Frozen” “Frozen Fresh”

OREGON WIC PPM REFERENCES:

- ◆720—General Information on Formula Use
- ◆730—Bid Formula: Use and Description
- ◆760—Medical Formulas and Medical Foods
- ◆765—Medical Documentation
- ◆769—Assigning WIC Food Packages

DEFINITIONS: *WIC Authorized Food List* The list of foods that are eligible to be prescribed for WIC participants in Oregon.

Food Benefit The individual foods a participant receives on WIC for a selected month.

Food Benefit Balance The unspent issued food benefits which are available for purchase by a cardholder.

APPENDICES: 770.12 Appendix A WIC Authorized Food List
 770.23 Appendix B WIC Food Authorization Process

PROCEDURE:

Authorized foods 1.0 Issue only authorized foods to women, children and infants enrolled in WIC. All foods allowed for Oregon WIC meet the criteria identified in this policy.

WIC Authorized Food List 1.1 Appendix A of this policy summarizes the foods a WIC participant may buy, if listed on their food benefit balance. For the maximum quantity of foods a WIC participant can be assigned per month, refer to ◆769—Assigning WIC Food Packages.

Formula and Medical Foods 2.0 Refer to ◆720—General Information on Formula Use, ◆730—Bid Formula: Use and Description and ◆760—Medical Formulas and Nutritionals for information about issuing formula and medical foods to infants, special children and special women.

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Milk 3.0 Authorized milk meets the following requirements:

Allowed

- All milk must be pasteurized and unflavored.
- Whole milk (evaporated, fluid, or powdered) must contain 400 IU of vitamin D per fluid quart of fluid milk.
- Non-fat, 1%, and 2% milks (evaporated, fluid, or powdered) must contain 400 IU of vitamin D and 2,000 IU of vitamin A per fluid quart of milk.
- Skim Delux, Ultra, Supreme, Creamy, Royale, etc., are allowed.

Not allowed

3.1 The following types of milk are **not** allowed:

- No milk with 5% or greater milk fat content.
- No half and half.
- No whipped cream.
- No buttermilk.
- No flavored milk.
- No raw milk.
- No rice, almond or other grain or nut based beverages.
- No organic milk.
- No added Omega-3 or Vitamin E.
- No specialty items, like glass bottles.

Lactose-free and acidophilus milk

3.2 Lactose-free milk and acidophilus milk are allowed when the competent professional authority (CPA) determines the need **and** it is listed on the food benefit balance.

3.2.1 Lactose-free milk and acidophilus milk must meet the requirements in ¶3.0, depending on the fat content of the milk.

Dry, evaporated milk

3.3 Dry milk or canned evaporated milk is allowed **only** if listed on the food benefit balance.

Goat milk

3.4 Evaporated, fresh or powdered goat milk are allowed **only** if listed on the food benefit balance.

3.4.1 Goat milk must meet the above requirements in ¶3.0, depending on the fat content of the milk.

Soy-based beverage

3.5 Soy-based beverage is allowed **only** if listed on the food benefit balance. For children, see ♦769—WIC Food Packages for required individual nutrition assessment and education prior to issuance.

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(Soy-based beverage)

3.5.1 Soy-based beverages selected contain a minimum of the following nutrients:

- 8 g protein per cup (16.00% DV);
- 276 mg calcium per cup (27.60% DV);
- 500 IU vitamin A per cup (10% DV);
- 100 IU vitamin D per cup (25% DV);
- 24 mg magnesium per cup (6% DV);
- 222 mg phosphorus per cup (22.20%),
- 349 mg potassium per cup (9.97%);
- 0.44 mg riboflavin per cup (25.88% DV); and
- 1.1 mcg vitamin B12 per cup (18.33% DV).

3.5.2 Soy-based beverage may be plain or vanilla, and organic.

3.5.3 32 or 64 oz. carton.

Cheese 4.0 Authorized cheese meets the following conditions:

Allowed

- Must be a domestic cheese, i.e., made in the U.S.A. from 100% pasteurized milk.
- Must be in a 1 or 2 pound (lb) size package.
- Must be one of the following types: cheddar (mild or medium), colby, colby-jack, cheddar-jack, monterey-jack, or mozzarella.
- Must include the type of cheese in the product name, for example:

Allowed or not	Name and type	Reason
Allowed	<i>Tillamook Cheddar Cheese-Mild</i>	The specific type of cheese, “ Cheddar ” is indicated in the name.
Not allowed	<i>Tillamook Cheese-Mild</i>	The specific type of cheese is not indicated in the name.

Not allowed

4.1 The following types of cheese are **not** allowed:

- No sharp, extra sharp or white cheddar.
- No sliced, deli, string or shredded cheeses.
- No cheeses made from raw milk, goat milk or soy milk.
- No cheese food products or spreads (like Velveeta or Cheese Whiz).
- No smoked or flavored cheeses (with items added like jalapeño peppers or caraway).
- No organic cheese.
- No fresh mozzarella cheese (packed in water).

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Low fat or low sodium cheeses

4.2 WIC participants may purchase low-fat, non-fat and low sodium cheeses that meet the conditions in ¶4.0 and do not meet any of the conditions in ¶4.1. For example:

Allowed or not	Name and type	Reason
Allowed	<i>Light Monterey Jack</i>	The specific type “ Monterey Jack, ” is indicated in the name.

Yogurt 5.0 Only yogurt brands authorized by the state WIC program can be purchased with WIC food benefits. See Appendix A. Authorized **yogurt** meet the following requirements:

Allowed

- Pasteurized, whole, low-fat or non-fat, plain or flavored yogurt.
- Not more than 35 g of total sugars per cup
- 32 oz. container

Not allowed

- 5.1 These yogurts are **not** allowed.
- No mix-in ingredients, such as granola, candy pieces, honey, nuts and similar ingredients.
 - No drinkable yogurts.
 - No yogurts with non-nutritive or artificial sweeteners, such as aspartame or sucralose.
 - No organic or Greek.
 - No “light” yogurts.

Tofu 6.0 Only tofu brands authorized by the state WIC program can be purchased with WIC food benefits. See Appendix A. Authorized **tofu** meet the following requirements:

Allowed

- Calcium-set tofu prepared with calcium salts (e.g. calcium sulfate).
- May also contain other coagulants (i.e. magnesium chloride).
- 16 oz. package.

Not allowed

- 6.1 These **tofus** are **not** allowed.
- No added fats, sugars, oils or sodium.

AUTHORIZED FOODS, cont.

- Cereal** 7.0 Only cereal brands authorized by the state WIC program can be purchased with WIC food benefits. See Appendix A. Authorized **cereals** meet the following requirements:
- Allowed*
- Contain a minimum of 28 mg of iron per 100 grams of dry cereal;
 - Contain no more than 21.2 grams of sucrose and other sugars per 100 grams of dry cereal;
 - Meet the price and availability requirements set by the state WIC program; and
 - Must be 12 oz size or larger for cold cereal, 11.8 oz or larger for hot cereal.
 - Cold and hot cereal may contain fruit.
- NOTE:** At least half of the cereals offered by WIC 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” (see <http://www.fda.gov/food/ingredientpackaginglabeling/labelingnutrition/ucm073634.htm>).
- Not allowed* 7.1 These cereals are **not** allowed:
- No single-serving boxes or packets of cold cereal.
 - No cereals with artificial sweeteners.
 - No cereals featuring TV cartoon characters.
 - No cereals with candy flavors, such as caramel and chocolate, or artificial food colorings.
- Juice** 8.0 Only juice authorized by the state WIC program can be purchased with WIC food benefits. See Appendix A. Authorized **juices** meet the following requirements:
- Allowed*
- 100% pasteurized, unsweetened fruit or vegetable juice (or juice blends);
 - Contain a minimum of 30 mg of vitamin C per 100 milliliters; and
 - Meet the price, container size (11.5-12 oz frozen concentrate.; 64 oz plastic bottle single strength) and availability requirements set by the Oregon WIC program.
 - Added fiber, vitamins and minerals are approved.
 - Vegetable juice may be regular or lower in sodium.
- Not allowed* 8.1 These juices are **not** allowed:
- No juice drinks such as Hi-C.
 - No juice cocktails, V-8 splash or apple cider.
 - No imitation beverages such as Awake, Tang, Orange Plus, Start or Sunny Delight.

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- No juice with added sugar or sweeteners or “Light” juice.
- No organic juice.

Eggs 9.0 Authorized eggs are:

Allowed

- White chicken eggs;
- Large size; and
- Any brand, in packages of one dozen.

Not allowed

9.1 These eggs are **not** allowed:

- No brown eggs.
- No dried or powdered eggs.
- No specialty brands such as “Eggland’s Best,” “Naturally Nested,” “cage free” or nutrient modified (e.g. higher Omega-3 or Vitamin E).
- No organic eggs.

Dry or canned beans, peas or lentils

10.0 Authorized dry or canned beans, peas, or lentils are:

Allowed

- Any brand of mature dry beans, peas or lentils in a 16 or 32 oz. size dry-package or a 15-16 oz. can.
- Mixed dry beans, peas or lentils, if they do not contain added seasonings.
- Canned legumes may be regular or lower in sodium content.
- Canned beans may contain a small amount of added sugar for processing purposes.

10.1 Mature dry beans include but are not limited to black, navy, kidney, mature lima (butter beans), fava, garbanzo, soy, pinto, and mung beans. Dry peas include but are not limited to crowder, cow, split, and black-eyed peas.

Not allowed

10.2 These types of dry or canned beans, peas and lentils are **not** allowed:

- No dry beans, peas or lentils with added seasonings.
- No organic beans, peas or lentils.
- May not contain added sugars, fats, oils, vegetables, fruit or meat as purchased.
- No bulk.
- No refried canned beans.
- No baked beans.
- No soups or soup mix.
- No canned green beans or peas.

Peanut butter 11.0 Authorized peanut butter is:

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Allowed

- Any brand of peanut butter in a 16-18 oz container;
- Any texture such as creamy, crunchy or chunky; and
- With or without salt.

Not allowed

11.1 These types of peanut butter are **not** allowed:

- No peanut butter **spread** (most reduced-fat peanut butter is peanut butter spread).
- No peanut butter with jelly, honey, marshmallows, chocolate or similar ingredients added
- No Omega-3 enhanced.
- No honey roasted peanut butter.
- No low-fat or reduced fat peanut butter.
- No organic peanut butter.
- No bulk or “grind your own” peanut butter.

Fish

12.0 Only **fully breastfeeding** women can receive tuna, salmon or sardines. These are **allowed**:

Allowed

- Any brand of canned chunk light tuna packed in water, 5 oz can or larger;
- Any brand pink salmon packed in water, 5 oz. can or larger;
- Bumble Bee or Chicken of the Sea brand sardines packed in water, 3.75 oz can;
- May be regular or lower in sodium content; and
- Pack may include bones or skin.

Not allowed

12.1 These types of tuna, salmon and sardines are **not** allowed:

- No albacore, yellowfin or tongel tuna.
- No red salmon, sockeye salmon, blueback or Atlantic salmon.
- No flavored or seasoned tuna, salmon or sardines.
- No fillets.
- No tuna, salmon or sardines packed in oil.
- No tuna, salmon or sardines packaged in pouches or single serving packages.
- No specialty fish, like pole caught.

Fruits and vegetables

13.0 Authorized fresh and frozen fruits and vegetables meet the conditions below:

Allowed: fresh

13.1 Authorized **fresh** fruits and vegetables are:

- Fresh as defined by 21 CFR §101.95
- Any brand or variety of fresh whole or cut fruit without added sugars.
- Any brand or variety of fresh whole or cut vegetables without

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- added sugars, fats or oils.
 - Salad greens in a bag.
 - Any type fresh immature beans, peas or lentils.
 - Organic is allowed.
- Not allowed* 13.2 The following fresh fruits and vegetables are **not** allowed:
- No salad bar, deli items or party trays.
 - No added dressing or dip.
 - No added nuts, dried fruit, croutons, etc.
 - No canned or jarred fruits or vegetables.
 - No herbs or spices (like basil, cilantro or parsley).
 - No edible blossoms and flowers e.g. squash blossoms (broccoli, cauliflower and artichokes are allowed).
 - No peanuts or other nuts.
 - No ornamental and decorative blossoms, fruits and vegetables, such as chili peppers on a string, garlic on a string, gourds or painted pumpkins.
 - No fruit baskets and party vegetable trays.
 - No baked goods, such as blueberry muffins.
- Allowed: frozen* 13.3 Any brand and variety of **frozen** fruits and vegetables.
- Frozen fruit: any brand or variety of single ingredient unsweetened frozen fruits.
 - Frozen vegetables: any brand or variety of single ingredient frozen vegetables (including frozen beans) without added sugars, salt, fats or oils.
 - Frozen beans (immature or mature), may include edamame, black-eyed peas and lima beans, and may contain added vegetables or fruits.
 - Whole, cut or mixed.
 - Organic is allowed.
- Not allowed* 13.4 The following frozen fruits and vegetables are **not** allowed:
- No fruit or vegetables with added sugars, salt (i.e. sodium), fats or oils.
 - No added sauce or creamed vegetables.
 - No added grain (rice or pasta), meat, noodles, nuts or sauce packets.
 - No French fries, hash browns, potatoes O'Brien or tater tots.
 - No breaded or battered vegetables.
- Whole grains* 14.0 Authorized whole grains include 100% whole wheat bread, soft corn and whole wheat tortillas, brown rice, whole wheat pasta, oats and bulgur

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- Whole wheat bread* 15.0 Authorized **whole wheat breads** meet the following conditions:
- Allowed*
- Must conform to the FDA standard of identity (21 CFR 136.80);
 - “Whole wheat flour” and/or “bromated whole wheat flour” must be the only flours listed in the ingredient list. Other optional ingredients in small amounts, including non-wheat flours, are allowed, so long as the products meet the standard of identity for whole wheat bread.
 - Must have “100% whole wheat” printed on the label;
 - Loaf of bread, and
 - May be any brand and any size package.
- Not allowed* 15.1 For **whole wheat bread**, the following are *not* allowed:
- No whole wheat buns or rolls.
 - No light (lite) bread.
 - No organic bread.
- Soft corn tortillas* 16.0 Only soft corn tortilla brands authorized by the state WIC program can be purchased with WIC food benefits. See Appendix A. Authorized **soft corn tortillas** meet the following conditions:
- Allowed*
- Whole corn is listed as the primary ingredient (e.g. whole corn, corn (masa), whole ground corn.) However, if the market availability of such corn tortillas is limited, corn tortillas may be made from ground masa flour using traditional processing methods (e.g. corn masa flour, masa harina, and white corn flour.) It is allowable for another ingredient, such as water, to be listed as the first ingredient in the corn tortilla.
 - May be any brand of yellow or white soft corn tortillas.
 - Any size package.
- Not allowed* 16.1 For **soft corn tortillas**, the following are *not* allowed:
- No fried or hard shelled tortillas.
 - No tortilla chips.
 - No organic tortillas.
 - No bulk.
- Whole wheat tortillas* 17.0 Only whole wheat flour tortilla brands authorized by the state WIC program can be purchased with WIC food benefits. See Appendix A. Authorized **whole wheat tortillas** meet the following conditions:
- Allowed*
- Whole wheat flour must be the only flour listed in the ingredient list.
 - Any size package.

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Not allowed 17.1 For whole wheat flour tortillas, the following are **not** allowed.

- No organic tortillas
- No bulk.

Brown rice 18.0 Authorized **brown rice** meets the following conditions:

Allowed

- May be instant, quick or regular cooking;
- Basmati and jasmine brown rice are allowed;
- May be any brand.
- Any size package bagged brown rice; instant brown rice 14-16 oz. package.

Not allowed

18.1 For **brown rice**, the following are **not** allowed:

- No white, wild, milled or sprouted rice.
- No organic brown rice.
- No added seasonings, sugars, fat, oil or salt (i.e. sodium).
- No bulk.

Whole wheat pasta 19.0 Only whole wheat pasta brands authorized by the state WIC program can be purchased with WIC food benefits. See Appendix A. Authorized **whole wheat pasta** meet the following conditions:

Allowed

- Whole wheat or whole durum wheat flour must be the only flours listed in the ingredient list.
- 13.25-16 oz. package.

Not allowed

19.1 For **whole wheat pasta**, the following are **not** allowed:

- No added sugars, fats, oils, or salt (i.e. sodium).
- No organic.
- No bulk.

Oats 20.0 Authorized **oats** meet the following conditions:

Allowed

- May be quick or regular cooking.
- May be gluten-free.

Not allowed

20.1 For **oats**, the following are **not** allowed:

- No added sugars, fats, oils, or salt (i.e. sodium).
- No organic.
- No bulk

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<i>Bulgur</i>	21.0	Authorized bulgur meets the following conditions:
<i>Allowed</i>		<ul style="list-style-type: none">• May be instant, quick or regular cooking.
<i>Not allowed</i>	21.1	For bulgur , the following are not allowed: <ul style="list-style-type: none">• No added sugars, fats, oils, or salt (i.e. sodium).• No organic.• No bulk.
<i>Baby cereal</i>	22.0	Only baby cereal brands authorized by the state WIC program can be purchased with WIC food benefits. See Appendix A. Authorized baby cereals meet the following conditions:
<i>Allowed</i>		<ul style="list-style-type: none">• Baby cereal must contain 45 mg of iron per 100 grams of dry cereal.• Must be in an 8 oz package or larger.• Organic baby cereal (brand specific only)
<i>Not allowed</i>	22.1	The following are not allowed: <ul style="list-style-type: none">• No baby cereal with formula, milk, yogurt, fruit or other non-cereal ingredients added (e.g. DHA).• No baby cereal in single serving packets.
<i>Baby food fruits and vegetables</i>	23.0	Only baby food fruit and vegetable brands authorized by the state WIC program can be purchased with WIC food benefits. See Appendix A. Authorized baby food fruits and vegetables meet the following conditions:
<i>Allowed</i>		<ul style="list-style-type: none">• No added sugars, starches, or salt (i.e. sodium).• Fruit or vegetable must be listed as the first ingredient.• Must be in a 4.0 oz glass jar or plastic container.• 2-packs are OK.• Mixed fruits and vegetables are OK.• Combinations of fruits and/or vegetables are allowed.• Mixed vegetables with white potato are authorized, as long as, the white potatoes are not the first ingredient.• Organic baby fruit and vegetables (brand specific only)
<i>Not allowed</i>	23.1	The following are not allowed for baby food fruits and vegetables: <ul style="list-style-type: none">• No pureed baby food fruits or vegetables.• No toddler foods or “Graduates”.• No mixtures with cereal or yogurt.• No infant food desserts (e.g. peach cobbler), dinners or casseroles.• No added meat, noodles or grains.• No added DHA.

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- No pouches

Baby food meat 24.0 Only baby food meat brands authorized by the state WIC program can be purchased with WIC food benefits. See Appendix A. Authorized **baby food meats** meet the following conditions:

Allowed

- Any brand, single ingredient commercial infant food meat or poultry;
- May contain broth or gravy; and
- Must be in a 2.5 oz glass jar or plastic container.
- Organic baby food meat (brand specific only)

Not allowed

24.1 The following are **not** allowed:

- No baby food meat with added sugars or salt (i.e. sodium).
- No added fruit, vegetables or noodles, such as infant food combinations (e.g. meat and vegetables), dinners (e.g. spaghetti and meatballs) or casseroles.
- No toddler food or “Graduates”.
- No added DHA.

24.2 Only infants who are **fully breastfed** can receive baby food meat.

Food authorization process 25.0 For a description of the WIC food authorization process, see Appendix B.★

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WIC Authorized Food List (10/1/2016)

APPENDIX A

Food	Brand	Product	Description	May Not Buy
Cold cereal	General Mills	Cheerios (plain and Multi-Grain Cheerios)	May combine cereals to add up to total number of ounces allowed. Cold cereal: 12 oz size or larger	No cereal brands other than those listed here may be purchased. No single-serving boxes or packets of COLD cereal
		Chex (Rice Chex and Corn Chex)		
		Kix (original, Berry Berry Kix and Honey Kix)		
	Kellogg's	All-Bran Complete Wheat Flakes		
		Corn Flakes (original)		
		Frosted Mini Wheats (Original)		
		Rice Krispies (original)		
		Special K (original)		
	Malt-O-Meal	Crispy Rice (box or bag)		
		Frosted Mini Spooners (box or bag) (original)		
		Blueberry Mini Spooners		
		Oat Blenders with Honey and with Honey and Almonds (box or bag)		
	Post	Honey Bunches of Oats Whole Grain (Honey Crunch and Almond Crunch)		
		Honey Bunches of Oats (Honey Roasted, Almond, and Vanilla Bunches)		
		Grape Nuts		
Quaker	Life (original)			
	Oatmeal Squares (Brown Sugar and Cinnamon)			
Private labels	Corn Flakes (Essential Everyday, Great Value, Kroger, Market Pantry, Signature Kitchens, Western Family, WinCo Foods)			
Hot Cereal	Malt-O-Meal	Malt-O-Meal (original)	May combine cereals to add up to total number of ounces allowed. Hot cereals: 11.8 oz size or larger	No cereal brands other than those listed here may be purchased
	B&G Foods	Cream of Wheat (1, 2 ½ minute and 10 minute)(plain or whole grain)		
		Cream of Rice (plain)		
	Quaker	Instant Grits (original, single serving)		
Private labels	Plain Instant Oatmeal, single serving (Essential Everyday, Kroger, Signature Kitchens, Western Family, WinCo Foods)			

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WIC Authorized Food List (10/1/2016)				APPENDIX A
Food	Type	Brand	Description	May Not Buy
Frozen Juice (11.5-12 oz)	Treetop	Apple	Only the brands and flavors listed. 100% unsweetened juice only. Added fiber, vitamins and minerals are allowed. Frozen: 11.5 - 12 oz	No juice brands or flavors that are not listed. No juice "drinks" (such as Hi-C). No juice "cocktails". No imitation beverages (such as Awake, Tang, Orange Plus, Start, Sunny Delight). No juice with added sugar or sweetener or "light" juices.. No organic juice
	Dole	Any flavor or blend		
	Old Orchard	Any flavor or blend with a green lid		
	Welch's	Any flavor or blend with a yellow peel strip		
	Apple	Essential Everyday, Fred Meyer, Great Value, Kroger, Market Pantry, Signature Kitchens, Western Family, WinCo Foods		
	Grape	Essential Everyday, Market Pantry, Western Family		
	Grapefruit	Any brand		
	Orange	Any brand		
Plastic bottled juice	Treetop	Any flavor	Only the brands and flavors listed. 100% unsweetened juice only. Added fiber, vitamins and minerals are allowed. Plastic bottles: 64 oz only	No apple cider No Treetop 3 Apple Blend No refrigerated.
	Juicy Juice	Any flavor		
	Campbells	Tomato (regular and low sodium)		
	Langers	Any flavor 100% juice		
	Apple	Essential Everyday, Great Value, Kroger, Market Pantry, Signature Kitchens, Western Family, WinCo Foods		
	Cranberry, Cran-grape, Cran-raspberry	Essential Everyday (cranberry, cranberry-raspberry) Great Value (cranberry blend, cranberry grape, cranberry raspberry), Kroger (cranberry juice), Signature Kitchens (cranberry, cranberry-grape, cranberry-raspberry), Western Family (cranberry blend, cranberry-grape, cranberry-raspberry)		
	Grapefruit	any brand		

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WIC Authorized Food List (10/1/2016)				APPENDIX A
Food	Type	Brand	Description	May Not Buy
	Orange	any brand		
	Vegetable (regular and low sodium)	Essential Everyday (regular and low sodium), Great Value, Kroger (spicy and low sodium), Signature Kitchens, WinCo Foods		
Cheese	Cheddar (mild or medium)	Any brand made in USA from 100% pasteurized milk.	May buy only the types listed. 1 pound (16 oz) or 2 pound (32 oz.) packages only. Regular, low-fat, non-fat, or low-sodium.	No sharp, extra sharp or white cheddar. No sliced, deli, string, or shredded cheese. No fresh mozzarella (packed in water) No cheese made from soy milk, goat milk or raw milk. No cheese foods, products, or spreads (like Velveeta, Cheese Whiz). No smoked or flavored cheeses (with items added like jalepeño peppers or caraway seeds). No organic.
	Cheddar-Jack			
	Colby			
	Colby-Jack			
	Monterey Jack			
	Mozzarella			
Yogurt		<p>WHOLE Milk yogurt Dannon Whole, plain Mountain High, Original style, whole, vanilla Mountain High, Original style, whole, plain Nancy's, whole yogurt-honey, plain</p> <p>LOWFAT & NONFAT Yogurts Dannon</p> <ul style="list-style-type: none"> • Nonfat. strawberry • Nonfat. plain • Lowfat. vanilla • Lowfat. plain 	<p>32 oz. container.</p> <p>Pasteurized, whole, lowfat or nonfat plain or flavored yogurt.</p> <p>Not more than 35 g of total sugars per cup.</p>	<p>No mix-in ingredients, such as granola, candy pieces, honey, nuts and similar ingredients.</p> <p>No yogurts with non-nutritive or artificial sweeteners.</p> <p>No organic or Greek yogurt.</p>

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WIC Authorized Food List (10/1/2016)				APPENDIX A
Food	Type	Brand	Description	May Not Buy
		Tillamook: <ul style="list-style-type: none"> • Lowfat, Naturally Plain Mountain High: <ul style="list-style-type: none"> • Fat Free, Vanilla • Fat Free, Plain • Lowfat, Vanilla • Lowfat, Plain Nancy's: <ul style="list-style-type: none"> • Nonfat, plain • Nonfat, vanilla • Lowfat, plain Essential Everyday <ul style="list-style-type: none"> • Fat Free, Plain • Lowfat, Blended vanilla • Lowfat, Blended plain • Lowfat, Blended strawberry Fred Meyer <ul style="list-style-type: none"> • Nonfat, plain Great Value <ul style="list-style-type: none"> • Nonfat, plain • Low fat, vanilla • Low fat, strawberry Lucerne: <ul style="list-style-type: none"> • Plain, fat free • Vanilla, low fat • Strawberry, low fat Market Pantry <ul style="list-style-type: none"> • Nonfat, Traditional Vanilla • Nonfat, Traditional Plain Western Family: <ul style="list-style-type: none"> • Lowfat, Strawberry • Plain Lowfat yogurt 		No "light" yogurts. No yogurts with artificial sweeteners, like aspartame or sucralose.
Tofu		Azumaya (Firm and Extra Firm) House (Firm, Medium Firm, Extra Firm)	16 oz. package	No added fats, sugars, oils or sodium.

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WIC Authorized Food List (10/1/2016)				APPENDIX A
Food	Type	Brand	Description	May Not Buy
Dry beans, peas, or lentils	Any type	Any brand, mature.		No seasonings added. No organic. No bulk.
Canned beans	Any type	Any type of mature dry beans, peas or lentils in canned form. Any brand.	15-16 oz. cans May be regular or low sodium.	No seasonings added. No added oils, seasonings or flavorings. No refried beans, baked beans, green beans or peas.
Eggs	White, large, chicken eggs	Any brand.	White chicken eggs only. Large size only. Packages of one dozen.	No brown eggs or eggs other than chicken eggs. No specialty types or brands like Eggland's Best or Naturally Nested or cage free. No nutrient-modified eggs (like higher Omega-3 or Vitamin E). No organic
Cow's milk	Fresh	Any brand, pasteurized with required Vitamins A and D added based on fat content. Buy the type listed on the voucher: Fat-free (nonfat,skim); Low-fat (1%); Reduced-fat (2%); or Whole milk Acidophilus and Lactose-free are allowed only if listed on the voucher. Skim Delux, Ultra, Supreme, Creamy, Royale, etc., are allowed.	25.6 oz. dry milk 12 oz. can evaporated milk	No organic. No buttermilk. No flavored milk. No raw milk. No rice milk. No half and half.
	Dry	Any brand. May buy only if listed on food benefits list. Non-fat.		No milk with more than 5% milk fat content.

AUTHORIZED FOODS, cont.

WIC Authorized Food List (10/1/2016)				APPENDIX A
Food	Type	Brand	Description	May Not Buy
	Evaporated	Any brand. May buy only if listed on benefits list. May be regular, low-fat or fat-free.		No whipped cream. No Omega-3 or Vitamin E. No specialty items, like glass bottles.
Goat milk	Evaporated	Meyenberg brand only.	May only buy the brand and type of goat milk listed on the benefits list.	No unfortified goat milk.
	Fresh (carton)			
	Powdered			
Soy beverage		Pacific Ultra Soy – original or vanilla 8 th Continent Soymilk – original or vanilla WESTSOY Organic Plus Soymilk - plain or vanilla Silk Soymilk - Original	32 oz. or 64 oz. container	
Peanut butter	Any texture	Any brand.	16-18 oz containers Any texture such as creamy, crunchy or chunky.	No low-fat or reduced-fat peanut butter. No jelly, marshmallow, chocolate or honey added. No “enhanced” with Omega-3. No honey roasted. No peanut “spread”. No organic. No bulk or “grind your own.”
Fish	Chunk light tuna packed in water	Any brand tuna or salmon. Bumble Bee or Chicken of the Sea sardines.	Tuna - 5 oz can or larger. Pink salmon – 5 oz can or larger.	No albacore, yellowfin or tongel tuna. No red, sockeye, blueback

AUTHORIZED FOODS, cont.

WIC Authorized Food List (10/1/2016)				APPENDIX A
Food	Type	Brand	Description	May Not Buy
	Pink salmon packed in water		Sardines – 3.75 oz can. Packed in water only. Regular or low-sodium. May include skin and bones.	or Atlantic salmon. No flavored or seasoned tuna, salmon or sardines. No fillets. No tuna, salmon or sardines packed in oil. No pouches or single serving packages. No specialty fish, like pole caught.
	Sardines packed in water			
Fruit and vegetables	Fresh	Any brand.	Whole pre-cut, shredded or packaged. Salad and greens in a bag. Organic is OK. Must be purchased using the Fruit and Vegetable Cash Value Benefit.	No salad bar, deli items or party trays. No added dressing or dip. No added nuts, dried fruit, croutons, etc. No canned or jarred fruits or vegetables. No herbs or spices (like basil, cilantro or parsley). No plants.
	Frozen	Any brand and variety.	Whole, cut or mixed. Frozen beans are OK (like lima beans, edamame and black-eyed peas) Organic is OK. Only allowed if listed on the benefit list. Must be purchased using the Fruit and Vegetable Cash Value Benefit.	No added sugar, salt, fats or oils. No added sauce or creamed vegetables. No added rice, pasta, meat, nuts, or noodles No French fries, hash browns, potatoes O'Brien, or tater tots. No breaded or battered vegetables.

AUTHORIZED FOODS, cont.

WIC Authorized Food List (10/1/2016)				APPENDIX A
Food	Type	Brand	Description	May Not Buy
Whole grains	Whole wheat bread	Any brand. For authorized list refer to: http://public.health.oregon.gov/HealthyPeopleFamilies/wic/Pages/foods.aspx	Loaf of bread. Must say "100% whole wheat" on the label.	No light or "lite" bread. No organic.
	Soft corn tortillas	Archer Farms Cabo Loco Calidad Canteca Casa Rosa Casa Valdez Don Pancho Essential Everyday Great Value Guerrero HERDEZ Kroger La Banderita La Burrita Las 4 Hermanas Mission Pepes Reser's Salsa Locas Signature Kitchens Tortilla Land	Soft only. Yellow or white corn.	No fried tortillas or tortilla chips. No organic. No bulk
	Brown rice	Any brand.	Brown jasmine and brown basmati rice are allowed, any size. Instant brown rice, "minute" or boil in bag rice are allowed in 14-16 oz. package.	No white, wild, milled, or sprouted rice. No added seasonings, sugar, fat, oil or salt (e.g. sodium.) No organic. No bulk.

AUTHORIZED FOODS, cont.

WIC Authorized Food List (10/1/2016)				APPENDIX A
Food	Type	Brand	Description	May Not Buy
	Whole wheat pasta	<p>Barilla Whole Grain</p> <ul style="list-style-type: none"> • Whole Grain Angel Hair • Whole Grain Elbows • Whole Grain Linguine • Whole Grain Medium shells • Whole Grain Penne • Whole Grain Rotini • Whole Grain Spaghetti • Whole Grain Thin Spaghetti <p>Essential Everyday</p> <ul style="list-style-type: none"> • Whole Wheat Macaroni • Whole Wheat Penne • Whole Wheat Rotini • Whole Wheat Spaghetti • Whole Wheat Thin Spaghetti <p>Kroger</p> <ul style="list-style-type: none"> • Whole Grain Penne Rigate • Whole Grain Rotini • Whole Grain Spaghetti • Whole Grain Thin Spaghetti <p>Market Pantry</p> <ul style="list-style-type: none"> • 100% Whole Grain Penne • 100% Whole Grain Rotini • 100% Whole Grain Spaghetti • 100% Whole Wheat Thin Spaghetti <p>Ronzoni Healthy Harvest</p> <ul style="list-style-type: none"> • 100% Whole Grain Linguini • 100% Whole Grain Penne Rigate • 100% Whole Grain Rotini • 100% Whole Grain Spaghetti • 100% Whole Grain Thin Spaghetti 	Only brands and types listed.	<p>No added sugars, fats, oils or salt (e.g. sodium)</p> <p>No organic.</p> <p>No bulk.</p>

AUTHORIZED FOODS, cont.

WIC Authorized Food List (10/1/2016)				APPENDIX A
Food	Type	Brand	Description	May Not Buy
		Great Value <ul style="list-style-type: none"> • Whole Wheat Elbow Macaroni • Whole Wheat Linguine • Whole Wheat Penne Rigate • Whole Wheat Rotini • Whole Wheat Thin Spaghetti • Whole Wheat Vermicelli Western Family <ul style="list-style-type: none"> • 100% Whole Wheat Penne Rigate • 100% Whole Wheat Spaghetti 		
	Whole wheat tortillas	Don Pancho Essential Everyday Guerrero HERDEZ Kroger LaBanderita Market Pantry Mission Ortega	Only brands listed. Any size package.	No organic. No bulk. No white flour tortillas. No fried tortillas or tortilla chips.
	Oats	Any brand.	Any size package. May be quick, regular cooking, rolled or old fashioned oats. May be gluten-free.	No added sugar, fat, oil or salt (e.g. sodium). No organic. No bulk. No instant. No steel cut, Irish or Scottish oats.
	Bulgur	Any brand.	Any size package. May be instant, quick or regular cooking.	No added seasonings, sugar, fat, oil, or salt (e.g. sodium). No organic. No bulk.

AUTHORIZED FOODS, cont.

WIC Authorized Food List (10/1/2016)				APPENDIX A
Food	Type	Brand	Description	May Not Buy
Baby food: fruits and vegetables	Any baby food fruits and vegetables	Beech-Nut – classics and 100% Naturals (no organic) Earth's Best Gerber (no organic) O Organics	Only brands listed. Must be in a 4 oz glass jar or plastic container. Mixed fruits and vegetables are OK. 2-packs are OK	No "dinners," desserts, smoothies or casseroles. No toddler foods or "Graduates" No added cereal or yogurt. No added meat, rice, noodles or grains. No added sugar or starches. No added DHA. No pouches. No powdered baby food.
Baby food: meat	Any single ingredient baby food meat or poultry	Beech-Nut (no organic) Gerber (no organic) O Organic	Only brands listed. Must be in a 2.5 oz glass jar or plastic container. May contain broth or gravy.	No added fruit, vegetables or noodles. No toddler food or "Graduates". No added DHA.
Baby cereal		Beech-Nut (no organic) Gerber (no organic) Earth's Best	Only brands listed. 8 oz size or larger. May buy infant cereal only if listed on the food benefits list. Any grain.	No added formula, milk, yogurt or fruit. No added DHA. No jars, cans, single-serving packets.
Infant formula	Bid formulas	Refer to ♦730 for more information on bid formulas.	May buy only the formula brand, type, and size listed on the food benefit balance.	No other formula brand, type, or size.

WIC FOOD AUTHORIZATION PROCESS

1. A state Food Review Committee will convene whenever necessary to review the current authorized food list, resolve any food-related issues, and/or determine any change in foods. The authorized food list will be reviewed at least once every 1-2 years.
2. The Food Review Committee recommends general and specific criteria for approving WIC foods:

Nutritional Considerations and Education

- WIC foods shall meet the minimum federal requirements governing the WIC food package 7 CFR 246.10, Table 4, and state criteria for allowable foods, as outlined in ◆770.
- The food package shall offer a variety of types and brands of the allowed foods to ensure that all participants' dietary needs shall be considered (high fiber cereals, variety of grains, wheat-free options, cereals which are good finger foods for toddlers, lactose-intolerant choices, etc.)
- WIC food products shall be consistent with the promotion of good nutrition and education, and provide opportunity to promote sound food buying practices.
- Foods and their packaging shall be evaluated based on the ease in educating participants on the purchase of particular food products. Packaging shall be distinguishable from that of similar products.

Acceptability of Foods

The WIC Program shall select foods that can be consumed by the majority of participants and shall give consideration to cultural food beliefs, preferences and practices or special food needs of participants. The relative acceptability of a food item by participants and staff shall be determined before that food item is added to or removed from the food package. Participant preference of foods will be gathered by the following:

- Participant preference surveys
- Local program staff surveys
- Participant requests
- Participant EBT purchase data

Availability of Foods

The selection of different food products for the WIC Food List shall be determined based on availability at the retail and wholesale level.

- The food product shall be available from WIC Vendors throughout the state or from the majority of the largest wholesale distributors in the state.
- The food product shall have been available for at least one year on store shelves (in the United States) before it is considered for addition to the WIC Food List.
- An availability survey shall be conducted throughout the state as part of the food review process.

AUTHORIZED FOODS, *cont.*

Cost

- The cost of food items shall be considered prior to authorization. Higher priced items may be disallowed if products meeting all other criteria are available at a lower cost, for example organic foods or specialty products. The WIC Program will consider store brands to contain costs.
 - The WIC Program shall have the option to further restrict the number of brands of any product in order to contain the cost of the food package through competitive procurement of rebate contracts or by other similar means.
 - Price surveys of nutritionally adequate products shall be conducted throughout the state as part of the food review process.
3. When a request is made to add a product or clarify if a product meets the WIC criteria, the request should include a label or packaging material which clearly indicates the name of the manufacturer, address of manufacturer, type of food, ingredients, nutrient information, and size of container. Send this information to the Oregon Health Authority WIC Program:

Oregon Health Authority
Nutrition and Health Screening (WIC) Program
800 NE Oregon Street, Suite 865
Portland, OR 97232-3477

As needed, the state WIC Program staff will contact the manufacturer to verify the information on the label and obtain other relevant information such as, but not restricted to, documentation that certifies the actual content of nutrients/ingredients identified in WIC federal regulations, availability, alternative package sizes, cost and Universal Product Code (UPC).

4. The Food Review Committee will use the following tools to determine which foods to authorize:
- Surveys of WIC participants and local program staff; participant requests, participant EBT purchase data and input of authorized grocers.
 - Submissions from food companies requesting consideration of their products for the Food List;
 - Nutrition content charts for submitted foods, reviewed by a state nutritionist;
 - Price and availability checks from stores.
5. Once the food review process is complete, the state WIC program will take the following actions:
- The Food List will be updated.
 - Vendors and local WIC programs will be notified in writing of these changes and their effective date.
 - Participants will be notified either through the mail or by their local WIC program.
 - Data system changes will be made as necessary.