

**Chapter Three**  
**Food Package - General**

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## Overview

### Introduction

Specific food packages are designed, each of which are appropriate for a category of participants, taking into consideration the specific needs of the individuals to be served.

A Food Package Committee determines which foods shall be authorized for inclusion in the Arizona WIC Programs Food List. The nutritional value of all foods selected shall meet Federal Regulations 7 CFR 246.10 (c).

### In This Chapter

This chapter is divided into the following eighteen (18) sections; each one details State and Local Agency responsibilities, and describes the various food packages. It also includes five (5) Appendices.

## Section A State Agency Responsibilities

### Introduction

The State Agency shall develop and distribute a list of authorized foods and shall develop food packages for participants by category and for those with special needs.

### Criteria for Inclusion on the Food List

Those foods authorized by the Food Package Committee are selected on the basis of:

- Nutritional criteria – as listed in Appendix A
- Cost – the cost of each food item shall be similar to like food types, and shall not exceed 130 percent of the cost of like foods
- Availability – the food item shall be readily available in the marketplace
- Time in Market – The food product, with the exception of formula, shall have been available for at least one year on store shelves before it is considered for addition to the WIC food package in an effort to effectively assess cost and future availability. However, the program reserves the right to waive this requirement to ensure that appropriate food packages are implemented.

### Food Distribution List

The list of approved foods shall be provided to all Local Agencies, Participants, and Vendors. The list shall be reviewed periodically, and additions or deletions shall be made as required or recommended by the Food Package Committee.

### Food Packages

Food packages, conforming to Federal food package specifications and based on recognized principles of proper nutrition, shall be developed for each category of participant. Additionally, packages shall be created for those participants with special needs. Food packages are categorically defined as follows: FFP I: Infants 0-5.9 Months; FFP II: Infants 6-11.9 Months; FFP III: Participants with qualifying medical conditions; FFP IV: Children 1-4.9 years of age; FFP V: Pregnant & Mostly Breastfeeding; FFP VI: Postpartum & Minimally Breastfeeding; FFP VII: Fully Breastfeeding Women.

With eWIC, Local Agency staff shall be able to customize food packages based on the client category and food preferences. Local Agency staff shall be able to easily tailor the food package by assigning up to the maximum amount allowable for each food category/subcategory.

## Section B Local Agency Responsibilities

### Introduction

Local Agency staff shall issue and explain the use of Food Benefits and Cash Value Vouchers for food package purchases, and tailor food packages for individual clients' needs and cultural preferences as desired. It is the responsibility of the Local Agency to verify and document food packages for those participants with special needs and obtain medical documentation for the issuance of any supplemental foods requiring medical documentation (see Section L).

### Local Agency Register

The Local Agency WIC Director or designee shall maintain a current listing of the staff members authorized to issue supplemental food packages. The list shall include the names, signatures, and titles of those staff members.

### Certification/Explanation

During Certification, Local Agency staff shall explain the food package to the participant. The explanation shall include a list of which foods can be purchased and how they are relevant to the participant's nutritional risk, including proper use and redemption of Food Benefits and Cash Value Vouchers.

### Custom Food Packages

The State Agency shall provide custom food packages at the request of the Local Agency.

With eWIC, greater tailoring shall be possible at the Local Agency level. Some food package changes shall be able to be done remotely without the client coming into the clinic.

### Food Instrument Issuance

Local Agency staff shall issue Food Benefits to participants (or their proxies) that can be used to purchase supplemental foods.

Participants or Authorized Representative(s) shall be advised, when appropriate, that the supplemental foods issued are only for the use of the WIC participant only. Supplemental foods are not authorized for participant use while hospitalized on an in-patient basis. Supplemental foods are also not authorized for use in communal food service settings.

**NOTE:** The amount of supplemental foods authorized for purchase shall not exceed the maximum quantities specified in Appendix C. The amount can be tailored downward if the participant needs or requests less.

With eWIC, participant Food Benefits are aggregated to the family level for shopping. If a family member is removed after some family benefits have been used, a system shall be in place to determine which participant's benefits have been used.

## **Section C**

### **Introduction of Complementary Foods**

#### **Policy**

Baby food fruits and vegetables allow for early introduction to new flavors and textures over time and encourage availability of developmentally appropriate textures.

Infants shall be issued baby food fruits and vegetables and infant cereal beginning at six (6) months of age and shall continue through eleven (11) months of age.

Fully breastfed infants shall also receive baby food meats in addition to the baby food fruits and vegetables beginning at six (6) months of age and shall continue through eleven (11) months of age.

Special needs children (C1–C4) and women categories shall be able to receive infant fruits and vegetables if needed in place of the Cash Value Voucher.

#### **Local Agency Responsibility**

Infant food packages are designed to address the developmental needs of participants and bring the infant food packages in line with current infant feeding practice guidelines from the American Academy of Pediatrics (AAP). Local Agencies shall issue infant food packages in accordance with the individual developmental needs of the infant to encourage healthy dietary patterns.

## **Section D**

### **Food Packages for Fully Breastfed Infants – FFP I and II**

#### **Introduction**

Local Agency staff shall actively support and encourage breastfeeding to pregnant and postpartum participants.

#### **Definition**

WIC promotes breastfeeding as the optimal feeding choice for infants.

A fully breastfed infant is one who does not receive any formula from the WIC program.

The fully breastfed infant feeding category includes infants who are zero to five (0-5) months; they receive breastfeeding support and referrals. At six to eleven (6-11) months of age, the fully breastfed infant receives baby food fruits and vegetables, baby food meats, and infant cereal in addition to the continued breastfeeding support and referrals.

A breastfeeding assessment shall be done before the issuance of Food Benefits at every visit. The results of the assessment shall be used to provide individualized breastfeeding support and to determine the appropriate food package.

This category is identified as IEN (Infant Exclusively Nursing) in HANDS.

## Section E Food Packages for Mostly Breastfed Infants – FFP I and II

### Introduction

Local Agency staff shall actively support and encourage breastfeeding to pregnant and postpartum participants.

### Definition

WIC promotes breastfeeding as the optimal feeding choice for infants.

A mostly breastfed infant is categorized by four infant feeding categories by age including zero to one (0-1) month of age; one through three (1-3) months of age; four through five (4-5) months of age; and six through eleven (6-11) months of age.

Mostly breastfeeding infants receive baby food fruits and vegetables and infant cereal beginning at six (6) months of age.

A breastfeeding assessment shall be done before the issuance of Food Benefits at every visit. The results of the assessment shall be used to provide individualized breastfeeding support and to determine the appropriate food package.

### Maximum Monthly Allowance

The maximum monthly allowance of formula for the mostly breastfed infant is as follows:

- 0-1 month: 104 fluid oz. of reconstituted powder formula or concentrate or ready-to-feed equivalent. Refer to Chapter 4 Section E for liquid formula issuance policies.
- 1-3 months: 435 fluid oz. of reconstituted powder formula or 388 fluid oz. of liquid concentrate formula or 384 fluid oz. of ready-to-feed formula.
- 4-5 months: 522 fluid oz. of reconstituted powder formula or 460 fluid oz. of liquid concentrate formula or 474 fluid ounces of ready-to-feed formula.
- 6-11 months: 384 fluid oz. of reconstituted powder formula or 315 fluid oz. of liquid concentrate formula or 338 fluid oz. of ready-to-feed formula.

If the Authorized Representative of the mostly breastfed infant requests more than the maximum monthly allowance of formula for a mostly breastfed infant, the infant is identified as an IPN+ in HANDS. The breastfeeding woman shall correspondingly be identified as a PN+ (see Section K) in HANDS, and shall no longer receive a food package or supplemental foods after 6 months postpartum. PN+ mothers shall, however, continue to count as a WIC participant, receiving nutrition and breastfeeding education, support, and referrals.

### Mostly Breastfed Infant Formula Issuance 0-1 month

Formula may only be issued in the first month after birth for mostly breastfeeding infants following a comprehensive assessment of the breastfeeding mom and infant and by approval of the Local Agency designated breastfeeding authority including an IBCLC/CBC/CLE/CLC or RD/nutritionist.

## Section F Food Packages for Formula-Fed Infants – FFP I and II

### Policy

Rebated iron fortified milk or soy-based powdered formulas shall be issued to all healthy infants in their first year of life if breastfeeding is not chosen. Issuance of any other exempt or non-contract infant formula shall follow prescribed procedures as outlined in Chapter 4.

Written medical documentation and nutritionist approval shall be obtained for any non-contract infant formula. State nutritionist approval is required for any regular non-contract brand infant formula (i.e., Enfamil Infant).

### Definition

A formula-fed infant is categorized into three infant feeding categories by age including zero to three (0-3) months of age; four through five (4-5) months of age; and six through eleven (6-11) months of age.

The maximum monthly allowance of formula for the formula-fed infant is as follows:

- 0-3 months: 870 fluid oz. of reconstituted powder formula or 823 fluid oz. of reconstituted liquid concentrate formula or 832 fluid oz. of ready-to-feed formula.
- 4-5 months: 960 fluid oz. of reconstituted powder formula or 896 fluid oz. of reconstituted liquid concentrate formula or 913 fluid ounces of ready-to-feed formula.
- 6-11 months: 696 fluid oz. of reconstituted powder formula or 630 fluid oz. of reconstituted liquid concentrate formula or 643 fluid oz. of ready-to-feed formula.

Formula-fed infants also receive baby food fruits and vegetables and infant cereal beginning at six (6) months of age.

This category is identified as IFF (Infant Formula Feeding) in HANDS.

### Cost Containment

The USDA requires cost containment so that WIC can serve more participants. The terms of the infant formula contract state that the Arizona WIC Program shall issue the specified formula in order to receive rebates. As infant formula is the most expensive food that WIC provides, it is important to issue rebated infant formula whenever possible in order to maximize food dollars. The State Agency shall establish and monitor exception rates to rebated formula issuance.

The State Agency shall monitor formula usage and counsel Local Agencies with exception rates above 3 percent.

During Management Evaluations, chart reviews shall focus on proper documentation for exceptions to the issuance of rebated formula according to procedures contained in the Arizona WIC Policy and Procedure manual (see Chapter 4).

## Section G Food Packages for Children – FFP IV

### Introduction

The primary goals of the Arizona WIC food packages for children are to:

- Help the child maintain a healthy weight.
- Offer a variety of foods.
- Provide foods that are lower in fat and higher in fiber.
- Provide foods that are consistent with the Dietary Guidelines for Americans and MyPlate recommendations.

This package is designed for issuance to children who do not have a condition qualifying them to receive a medical food package to address special nutritional needs.

### Definition

The child's food package is designed for issuance to children 1 through 4 years of age and includes one \$8 cash value voucher for fresh, frozen, and/or canned fruits and vegetables.

Children 1 year of age (12 months-23 months) are authorized to receive whole milk. Reduced fat (2%) milks can be issued to one- year olds for whom overweight or obesity is a concern. This category is identified as C1 in HANDS (see Section N).

Children 2 through 4 years of age shall receive 1% or skim milk. Reduced fat (2%) milks are available only for participants with certain conditions that would benefit from an increased calorie intake, including, but not limited to, being underweight. These categories are identified as C2, C3, and C4 in HANDS (see Section N).

Milk alternatives are allowed as a milk substitution for all children categories.

Special formula or WIC-eligible nutritionals are available for children with qualifying medical conditions up to a maximum of 455 fl oz. of liquid concentrate per month (see Section L).

Maximum monthly allowances for supplemental foods are listed in Appendix D.

## Section H Food Packages for Pregnant Women – FFP V

### Introduction

The primary goals of the Arizona WIC food packages for pregnant women are to:

- Promote a healthy weight gain for mom and baby.
- Improve the variety of foods available.
- Provide foods that are lower in fat and higher in fiber.
- Provide foods that are consistent with the Dietary Guidelines for Americans and MyPlate recommendations.

### Definition

This food package is designed for issuance to pregnant participants and includes two \$5.50 Cash Value Vouchers (\$11 total) for fresh, frozen, and/or canned fruits and vegetables.

Women participants pregnant with multiples are eligible to receive increased foods as listed in the Maximum Monthly Allowances in Appendix D. The maximum monthly allowance of food is equivalent to that of a fully breastfeeding woman (FFP VII).

Special formula or WIC-eligible nutritionals are available for women with qualifying medical conditions up to a maximum of 455 fl oz. of liquid concentrate per month (see Section L).

This category is identified as PG1 (pregnant woman under 18 years of age) and PG2 (pregnant woman 18 years of age and older) in HANDS.

## Section I

### Food Packages for Fully Breastfeeding Women, Pregnant/Partially Nursing with Multiples, or Pregnant while Partially Nursing an Infant – FFP VII

#### Introduction

The primary goals of the Arizona WIC food package for exclusively breastfeeding women are to:

- Actively promote and support successful breastfeeding.
- Promote breastfeeding as the norm and optimal feeding choice for the infant.
- Encourage selection of fully breastfeeding package without formula, providing breastfeeding support to help mom feed only breast milk to baby.
- Encourage continued exclusive breastfeeding and support breast milk supply.
- Improve the variety of foods available.
- Provide foods that are lower in fat and higher in fiber.
- Provide foods that are consistent with the Dietary Guidelines for Americans and MyPlate recommendations.

#### Definition

This package is designed for breastfeeding women up to one year postpartum whose infants do not receive formula from WIC, women pregnant with two or more fetuses; women mostly breastfeeding multiple infants from the same pregnancy; and pregnant women who are also fully or mostly breastfeeding singleton infants. It includes two \$5.50 Cash Value Vouchers (\$11 total) for fresh, frozen, and/or canned fruits and vegetables.

A breastfeeding assessment shall be done before the issuance of Food Benefits at every visit. The results of the assessment shall be used to provide individualized breastfeeding support and to determine the appropriate food package.

A woman fully breastfeeding multiples is eligible to receive 1.5x the maximum monthly allowance of supplemental food authorized for a fully breastfeeding woman. This includes three \$5.50 Cash Value Vouchers (\$16.50 total) for fresh fruits and vegetables.

Maximum monthly allowances for supplemental foods are listed in Appendix D.

Special formula or WIC-eligible nutritionals are available for women with qualifying medical conditions up to a maximum of 455 fl oz. of liquid concentrate per month (see Section L).

This category is identified as EN (Exclusively Nursing) in HANDS.

## Section J

### Food Packages for Mostly Breastfeeding Women – FFP V

#### Introduction

The primary goals of the Arizona WIC food package for the mostly breastfeeding women are to:

- Promote a healthy weight after delivery.
- Actively promote and support successful breastfeeding.
- Improve the variety of foods available.
- Provide foods that are lower in fat and higher in fiber.
- Provide foods that are consistent with the Dietary Guidelines for Americans and MyPlate recommendations.

#### Definition

This food package is designed for the issuance to breastfeeding women participants, up to one year postpartum, whose mostly breastfed infant receives formula from the WIC program in amounts that do not exceed the maximum allowances described in Appendix D for a mostly breastfeeding infant and includes two \$5.50 Cash Value Vouchers (\$11 total) for fresh, frozen, and/or canned fruits and vegetables.

This category is identified as PN (Mostly Nursing) in HANDS. A PN woman shall receive a food package or supplemental foods up to one year postpartum.

A breastfeeding assessment shall be done before the issuance of Food Benefits at every visit. The results of the assessment shall be used to provide individualized breastfeeding support and to determine the appropriate food package.

A partially breastfeeding woman who requests more formula than can be provided for this category (PN) is identified as a PN+ in HANDS, and shall be given smaller food package (see Section K).

Similarly, a partially breastfeeding infant that receives more than the maximum monthly allowance of formula for a mostly breastfed infant shall be an IPN+ in HANDS (see Section E).

Women participants who are mostly breastfeeding multiples are eligible to receive increased foods as listed in the Maximum Monthly Allowances in Appendix D. The maximum monthly allowance of food is equivalent to that of a fully breastfeeding woman (FFP VII).

Special formula or WIC-eligible nutritionals are available for women with qualifying medical conditions up to a maximum of 455 fl oz. of liquid concentrate per month (see Section L).

## Section K

### Food Packages for Postpartum Women and Minimally Breastfeeding Women – FFP VI

#### Introduction

The primary goals of the Arizona WIC food package for the postpartum woman are to:

- Promote a healthy weight after delivery.
- Improve the variety of foods available.
- Provide foods that are lower in fat and higher in fiber.
- Provide foods that are consistent with the Dietary Guidelines for Americans and MyPlate recommendations.

#### Definition

This package is designed for issuance to postpartum women up to six months postpartum (who are not breastfeeding their infants), as well as minimally breastfeeding women. Categories receiving this package are identified in HANDS as P (postpartum) and PN+ (minimally breastfeeding). The package includes two \$5.50 Cash Value Vouchers (\$11 total) for fresh, frozen, and/or canned fruits and vegetables. After 6 months, both P and PN+ women shall no longer receive a food package or supplemental foods. However, PN+ women shall continue to count as WIC participants, and continue receiving nutrition and breastfeeding education support and referrals.

A breastfeeding assessment shall be done before the issuance of Food Benefits at every visit. The results of the assessment shall be used to provide individualized breastfeeding support and to determine the appropriate food package.

Maximum monthly allowances for supplemental foods are listed in Appendix D.

Special formula or WIC-eligible nutritionals are available for women with qualifying medical conditions up to a maximum of 455 fl oz. of liquid concentrate per month (see Section L).

## Section L

### Food Packages for Medically Fragile Participants – FFP III

#### Introduction

This package is reserved for issuance to women, infants, and children with a qualifying medical condition and medical documentation to receive eligible infant formula, exempt infant formula, and WIC-eligible nutritionals. A WIC-eligible nutritional includes certain enteral products specifically formulated to provide enteral support for individuals with a diagnosed medical condition, when the use of conventional foods is precluded, restricted, or inadequate. A WIC-eligible nutritional may be nutritionally complete or incomplete, but shall serve the purpose of a food, provide a source of calories and one or more nutrients, and be designed for enteral digestion via oral or tube feeding.

Qualifying conditions include, but are not limited to: premature birth, low birth weight, failure to thrive, inborn errors of metabolism and metabolic disorders, gastrointestinal disorders, malabsorption syndromes, immune system disorders, severe food allergies that require an elemental formula, and life threatening disorders, diseases and medical conditions that impair ingestion, digestion, absorption or the utilization of nutrients that could adversely affect the participant's nutritional status.

#### Definition

Participants who are eligible to receive this food package shall have one or more qualifying condition as determined by an authorized prescriptive authority. This food package may not be issued solely for the purpose of enhancing nutrient intake or managing body weight without an underlying qualifying condition (see Chapter 4 for specific authorization criteria). Participants eligible for this food package are also eligible to receive supplemental foods that are not contraindicated by the qualifying condition as determined appropriate by the prescriptive authority.

All apparatus or devices designed to administer WIC formulas are not allowable WIC costs.

#### Documentation Requirements

Information regarding the request or medical need for substitutions or alternatives shall be documented in the HANDS system. Medical documentation shall be provided on the Special Formula Authorization form (see Appendix E) and include the following:

- Date of prescription
- Name and type of formula (i.e., ready-to-feed, powder, or concentrate) and amount needed per day
- Allowable supplemental foods and prescribed amounts, or acknowledgment that they defer the authorization of supplemental foods to the agency's Registered Dietitian or State-approved Nutritionist
- Diagnosis and duration
- Signature of the prescriptive authority requesting formula (signature stamps and faxes are acceptable)
- Contact information for the person prescribing the formula

### Medical Documentation is Required for:

- 19 kcal/oz routine infant formula
- Non-contract infant formula
- Exempt infant formula
- Formula prescribed to a child or adult
- WIC-eligible medical nutritionals
- Any supplemental foods issued to participants in FFP III, unless deferred to RD or State-approved Nutritionist by prescriptive authority

Note: New medical prescriptions are required for all formula, WIC-eligible nutritionals, and supplemental foods requiring medical documentation at least yearly or when there is a change in participant category and/or requested WIC-eligible nutritionals.

For further guidance on formula documentation, please refer to Chapter 4.

### Unauthorized Issuance

This food package is not authorized for:

- Any participant solely for the purpose of personal preference, enhancing nutrient intake or managing body weight without an underlying qualifying condition.
- Participants (women, infants, and children) whose only condition is:
  1. A diagnosed formula intolerance or food allergy to lactose, sucrose, milk protein or soy protein that does not require the use of an exempt infant formula; or
  2. A non-specific formula or food intolerance. Participants who have a food intolerance to lactose or milk protein can be successfully managed with the use of one of the other WIC food packages (i.e., Food Packages I, II, or IV–VII).

## Section M Medical Documentation for Healthy Participants

### Introduction

In addition to the medical documentation requirements needed for medically fragile participants in Federal Food Package III (see Section L), medical documentation is also required for “healthy participants” in the following situations:

- Food Package I & II participants (Infants Partially Nursing and Infants Formula Feeding) receiving non-contract brand formula, or contract brand formulas not meeting the USDA definition of infant formula.

### Definition

Medical documentation shall include the following, preferably on the Special Formula Authorization form (see Appendix E):

- Date of prescription
- Name of formula as applicable
- Type of formula (i.e., ready-to-feed, powder, or concentrate) and amount needed per day, as applicable
- Allowable supplemental foods and prescribed amounts or acknowledgment that they defer the authorization of supplemental foods to the agency’s Registered Dietitian or State-approved Nutritionist
- Diagnosis or explanation of need
- Duration
- Signature of the prescriptive authority requesting formula/supplemental food (signature stamps and faxes are acceptable)
- Contact information for the person prescribing the formula/supplemental food

For additional information on related policies and documentation requirements for formula, see Chapter 4.

New medical prescriptions are required for all formula, WIC-Eligible Nutritionals, and supplemental foods requiring medical documentation at least yearly or when there is a change in participant category and/or requested WIC-eligible nutritionals.

### Missing and Incomplete Prescription Information

If the client does not have documentation deferring to the RD for food requiring a prescription, an RD or nutritionist can approve one month based on the nutrition assessment and if participant has previously tolerated this food.

When an incomplete prescription is presented, three months may be issued as long as the following criteria are met:

- The prescription, at a minimum, contains the food requested and diagnosis
- AND

- The missing prescription information has been obtained through a verbal order from a prescriptive authority and written documentation shall be obtained within 30 days.

**NOTE:** If complete written prescription is not obtained within this issuance period, additional months of the food requiring prescription cannot be given until complete written documentation is obtained.

## Section N Milk and Milk Alternative Food Packages

### Policy

Children 12-23 months:

- Whole milk is the standard.
- Reduced fat (2%) milks can be issued to one-year olds if overweight or obesity is a concern.
- Low-fat (1%) / fat-free milk shall only be authorized for medically fragile participants receiving Federal Food Package III with medical documentation.

Children two years of age and older and all women:

- Low-fat (1%) / fat-free milk is the standard.
- Reduced fat (2%) milk is available for those participants over age 2 with certain conditions, including, but not limited to, being underweight, and for women with maternal weight loss during pregnancy.
- Whole milk shall only be authorized for those medically fragile participants receiving Federal Food Package III with medical documentation, including, but not limited to, a diagnosis such as failure to thrive.

Nutrition education shall be directed towards appropriate foods and food amounts for underweight and overweight participants. If a participant receives a type of milk not standard for their category, reasoning should be documented in HANDS.

Lactose free or lactose-reduced dairy products shall be offered before non-dairy milk alternatives for participants with lactose intolerance.

### Authorized Foods

Authorized substitutions for milk include:

- Lactose free or lactose-reduced milk
- Ultra-High Temperature or long-shelf-life (UHT) milk
- Evaporated milk
- Powdered milk
- Soy-based beverage
- Goat's Milk
- Tofu
- Cheese
- Yogurt

For specific maximum quantities and substitution rates, please refer to Appendix D.

## Section 0 Food Packages for Homeless Participants

### Policy

The Local Agency shall provide Food Benefits and Cash Value Vouchers for supplemental foods which are the most appropriate to the homeless participant's situation.

### Documentation Considerations

In order to authorize a homeless food package, WIC staff shall ensure that the client(s) is homeless (please refer to Chapter 2 Section C on Residency).

Please note:

- WIC foods will not be used in communal feeding.
- Food packages may be tailored with options of individual serving-size containers or alternate forms of specific food items to accommodate lack of storage or preparation facilities.
- The Food Benefits and Cash Value Vouchers shall benefit the client, not a homeless facility or institution.

Alternate forms may include the following:

- Ready-to-feed formula
- Long-shelf-life (UHT) milk
- 5.5 oz - 8 oz juices

## Section P Tailoring the Food Package

### Policy

Individual tailoring of food packages shall be completed after a comprehensive assessment of the participant's supplemental nutrition needs and to accommodate cultural preferences.

### Special Conditions

The certifier shall document in the participant's file all special conditions that require tailoring of the food package and issuance of special products. This shall include, but is not limited to:

- Special dietary needs as determined by a competent Health Professional
- Lactose intolerance which might necessitate a need for goat's milk, soymilk and/or tofu
- Poor refrigeration or an unsafe water supply that necessitates issuance of ready-to-feed formula or a long shelf life food package
- Homelessness
- Cultural eating patterns
- Religious eating patterns

Food package requests to individually tailor a food package which omits or reduces quantities of certain foods that do not already exist in HANDS shall be submitted to the State Food Package Nutritionist.

**NOTE:** If a food package that shall meet the participant's needs is not available in the HANDS system, please fill out the "Request for New Food Package in HANDS" form found in Chapter 4, Appendix G.

With eWIC, more food package tailoring by the clinic shall be possible, rather than having to request a package at the State level.

## **Section Q**

### **Use of the Full Food Package**

#### **Policy**

The designated authority shall prescribe types of supplemental foods in quantities appropriate for each participant, taking into consideration the participant's category and nutritional needs. The amounts of supplemental foods shall not exceed the maximum quantities specified in the USDA Federal Regulations.

#### **Procedure**

All participants shall be prescribed a food package that meets the participants' nutritional needs.

Food package tailoring continues to be the preferred standard when issuing appropriate food packages to participants.

## **Section R**

### **Poor Water/Refrigeration**

#### **Policy**

The Local Agency shall provide participants Food Benefits and Cash Value Vouchers with which to purchase supplemental foods most appropriate to the participant's living situation.

#### **Documentation**

Documentation in the client's record of the following conditions shall exist prior to the authorization of poor water/refrigeration packages:

- Unsanitary water supply
- and/or
- Lack of refrigeration

#### **Authorized Foods**

- Ready-to-feed formula
- Long-shelf-life (UHT) milk
- 5.5 oz - 8 oz juices

**Appendix A**  
**Food Selection Criteria**

**STATE OF ARIZONA, INTER TRIBAL COUNCIL OF ARIZONA, INC. AND NAVAJO NATION  
WIC PROGRAMS FOOD SELECTION CRITERIA  
FOR FFY 2015**

**PHILOSOPHY STATEMENT**

The State of Arizona, Inter Tribal Council of Arizona, Inc. (ITCA) and Navajo Nation WIC Programs shall provide a reasonable selection of nutritious foods within each category and shall consider the following factors: client nutritional needs, client cultural preferences, cost, and state and program-wide availability.

In addition to the criteria specified in this policy, WIC reserves the right to restrict the number of brands and types of any products. WIC is not obligated to authorize every available food that meets federal requirements.

**GENERAL CRITERIA**

Foods and their packaging shall be evaluated by the Tri-State Food Package Committee based on the following factors: nutritional considerations, cost, product distribution within the areas served by the Arizona, ITCA and Navajo Nation WIC Programs, participant acceptance and administrative feasibility.

**A. NUTRITIONAL CONSIDERATIONS:**

1. WIC foods shall meet all federal requirements specified in 7 C.F.R. §246.1 et seq. Refer to the following link:  
  
<http://www.fns.usda.gov/wic/final-rule-revisions-wic-food-packages>
2. The allowed food products shall be compatible with current nutrition and public health recommendations for maternal, infant and child health.
3. The food package shall offer a variety of types and brands of the allowed foods to ensure that all client dietary needs shall be considered. (i.e. high fiber cereals, low-fat milk, lactose-free milk, etc.).

**B. ACCEPTABILITY OF FOODS:**

Foods shall be selected that can be consumed by the majority of clients and shall consider cultural and special food needs of the clients.

1. Client preference analysis shall be conducted at least one year after implementation of any changes to the WIC Programs food list by each of the three WIC Programs in Arizona. The results shall be compiled by each Program and reviewed at the quarterly Tri-State meeting held immediately following the compilation. Foods that show a high degree of acceptability shall be considered for the next WIC food authorization process.

2. Cultural food beliefs, preferences and practices shall be considered when evaluating a food item based upon participant characteristics, and responses to annual customer satisfaction surveys.
3. Environmental concerns and ease of preparation may also determine allowable forms and packaging of specific foods.

C. AVAILABILITY OF FOODS:

The selection of food products for the WIC Food Package shall be determined based on availability at the retail and wholesale level in urban and rural areas.

1. The food product shall be available from one of the five largest wholesale distributors for non-chain stores, in each of the three service areas (Arizona, ITCA and Navajo Nation). Exceptions may be allowed based on specific Program needs.
2. Change in formulations of an authorized food item may be reviewed at any time and the food item may be removed if it does not continue to meet the food selection requirements.
3. The food product, with the exception of formula, shall have been available for at least one year on store shelves before it is considered for addition to the WIC Food Package in an effort to effectively assess cost and future availability. However, due to the new changes in the food package regulations, the programs reserve the right to waive this requirement to ensure that appropriate food packages are implemented.

D. COST

1. The cost of food items shall be considered prior to authorization.
2. When there is an immediate (soon after being authorized) or a ten percent (10%) increase in the cost of an authorized food, it may be reviewed to assess the impact to the Program's budget and may be removed from the food list when the impact is relevant.
3. With the exception of the fruit and vegetable cash value vouchers, Arizona WIC, ITCA WIC, and Navajo Nation WIC have a "No Organic" policy.

E. ARIZONA WIC PROGRAMS SELECTION CRITERIA

FOOD ITEM	GUIDELINES
<p><b>Cereal</b></p>	<p>Any brand meeting the below criteria shall be considered for inclusion on the authorized food list.</p> <p>The package size shall not be smaller than 14 ounces for cold cereals and 11.8 ounces for hot cereals.</p> <p>The authorized cereals must include:</p> <ul style="list-style-type: none"> <li>• at least three types of grains (i.e. corn, rice, wheat, oat)</li> <li>• at least half of the cereals on the food list must have whole grain as the primary ingredient by weight and meet the labeling requirements for making a health claim as a “whole grain food with moderate fat content”.</li> <li>• at least two hot cereals</li> <li>• one high fiber ( <input type="checkbox"/> 4 gm dietary fiber)</li> <li>• one cereal that is fortified with 100% of the RDA for vitamins and minerals</li> <li>• three cereals containing low levels of phenylalanine.</li> </ul>
<p><b>Juice</b></p>	<p>Any brand meeting the below criteria shall be considered for inclusion on the authorized food list.</p> <p>Juice may be single strength or frozen concentrate.</p> <p>Fresh and non-frozen concentrate juices are not allowed.</p> <p>Organic juice is not allowed.</p> <p>Allowable containers include plastic containers, cartons and cans only.</p> <p>Shelf-stable and refrigerated must be 64 oz. container size and include apple, orange, grape, grapefruit, pineapple and tomato.</p> <p>Frozen concentrate must be 11.5-12 oz. size and include apple, orange, grape, grapefruit, pineapple and blended flavors.</p> <p>Individual servings of juice are allowed only in specific situations as outlined in policy.</p>
<p><b>Cheese</b></p>	<p>Store/house brands declared by the vendor are the only brands authorized and must meet the criteria below:</p> <p>The package size must be 16 ounces.</p> <p>Pasteurized domestic cheese in blocks are allowed in the following varieties:</p> <ul style="list-style-type: none"> <li>• Cheddar (includes longhorn)</li> <li>• Colby (includes longhorn)</li> <li>• Monterey Jack</li> <li>• Mozzarella</li> <li>• Blended Cheese, including Colby Jack</li> </ul> <p>Mozzarella string cheese is allowed.</p> <p>Cheese sticks or cheese swirls are <b>not allowed</b>.</p> <p>Shredded, cubed, random weight and deli counter cheeses are <b>not allowed</b>.</p>

FOOD ITEM	GUIDELINES
	<p>Cheese with added flavors or ingredients such as, wine, peppers, onions or pepperoni is <b>not allowed</b>.</p> <p>Cheese food, cheese products, cheese spreads and imitation cheeses are <b>not allowed</b>.</p>
<b>Eggs</b>	<p>Store/house brands declared by the vendor are the only brands authorized and must meet the criteria below:</p> <p>Medium or Large white chicken eggs are allowed.</p> <p>Eggs shall be packaged in cartons of a dozen.</p> <p>Extra-large, jumbo, brown eggs and egg substitutes are <b>not allowed</b>.</p> <p>Specialty eggs, including low cholesterol, DHA, organic, free range, cage free, nest and fertile eggs are <b>not allowed</b>.</p>
<b>Canned Fish</b>	<p>Any brand meeting the below criteria is allowed.</p> <p>Chunk light water packed tuna and canned water packed pink salmon is allowed.</p> <p>Oil packed tuna; solid white or albacore tuna and tuna lunch kits are <b>not allowed</b>.</p> <p>Canned red sockeye salmon is <b>not allowed</b>.</p> <p><b>Flavored or seasoned canned salmon and tuna is not allowed</b></p> <p>Pouches are not allowed.</p> <p>3.75 oz cans flavored, seasoned or plain sardines. Any type except Brisling and Norwegian Brisling.</p>
<b>Dried Beans, Peas, and Lentils</b>	<p>Any brand meeting the below criteria is allowed.</p> <p>Mature legumes</p> <p>The package size must be 16 ounces.</p> <p>Bulk dry beans are allowed.</p> <p>Any type or variety of dry, plain mature beans, peas or lentils is allowed.</p> <p>Flavored, seasoned or gourmet beans and bean soup mixes are <b>not allowed</b>.</p> <p>Immature varieties of legumes such as green beans, snap beans, yellow beans, and wax beans are <b>not allowed</b>.</p>
<b>Canned Beans</b>	<p>Any brand meeting the below criteria may be included on the authorized food list.</p> <p>Mature legumes up to 16 oz can size allowed.</p> <p>May not contain added sugars*, fats, oils, fruit, vegetables or meat Canned beans may be regular or lower in sodium content</p> <p><b>*Note:</b> 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 (e.g., kidney beans). This 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 legumes that contain a small amount of sugar for processing purposes, such as plain canned kidney beans, are allowed.</p> <p>Pork and beans, baked beans, and refried beans are also <b>not allowed</b>.</p>
<b>Peanut Butter</b>	<p>Any brand meeting the below criteria is allowed.</p> <p>The container size must be 16 to 18 ounces.</p> <p>Plain, smooth, or chunky types of peanut butter are allowed.</p> <p>Natural peanut butter is allowed.</p>

FOOD ITEM	GUIDELINES
	<p>Peanut butter with added ingredients such as jams, jelly, marshmallow, chocolate, DHA, omega-3, or honey is <b>not allowed</b>.</p> <p>Peanut butter spreads and organic peanut butters are <b>not allowed</b>.</p> <p>Peanut butter in tubes are <b>not allowed</b>.</p>
<b>Milk</b>	<p>For cow's milk only - store/house brands declared by the vendor are the only brands authorized and must meet the criteria below:</p> <p>Fluid whole, reduced fat, low fat, skim or fat free cow's milk in gallon containers are allowed.</p> <p>Half gallon and quart containers of milk shall be allowed only under special circumstances.</p> <p>Lactose free milks are allowed.</p> <p>Milk in the following identities is allowed: canned evaporated whole or skim milk; dry whole, non-fat or low fat milk; and calcium fortified milk.</p> <p>UHT milk is allowed for clients that are homeless or have poor refrigeration.</p> <p>Flavored milks are <b>not allowed</b>.</p> <p>Organic, raw, goat's, non-dairy, evaporated filled milk, buttermilk, acidophilus, sweetened condensed milk and half and half are <b>not allowed</b>.</p>
<b>Yogurt</b>	<p>32 oz. quart sized yogurt only.</p> <p>Yogurt must be pasteurized and conform to FDA standard of identity for whole fat (21 CFR 131.200), low-fat (21 CFR 313.203), or non-fat (21 CFR 131.206).</p> <p>Can be plain or flavored with &lt; 40 gm of total sugars per cup.</p> <p>Yogurts fortified with added vitamin A and D are allowed.</p> <p>Yogurts sold with accompanying mix-in ingredients such as granola, candy pieces, honey, nuts, and similar ingredients are not authorized.</p> <p>Greek, organic, and drinkable yogurts are not authorized.</p>
<b>Soy Based Beverage</b>	<p>Any brand meeting the below criteria shall be considered for inclusion on the authorized food list.</p> <p>Packaging sizing must be a minimum of 32 ounces (1 quart).</p> <p>Must be fortified to meet the following nutrient levels: 276 mg calcium/ cup, 8 grams protein/ cup, 500 IU vitamin A/ cup, 100 IU vitamin D/ cup, 24 mg magnesium/ cup, 222 mg phosphorus/ cup, 349 mg potassium/ cup, 0.44 mg riboflavin/ cup, and 1.1 mcg vitamin B12 per cup, in accordance with fortification guidelines issued by FDA.</p> <p>Flavored or unflavored.</p>
<b>Goat's Milk</b>	<p>Any brand meeting the below criteria shall be considered for inclusion on the authorized food list.</p> <p>AZ and Navajo Nation Only.</p> <p>Package size must be a minimum of 32 ounces (1 quart).</p> <p>Fluid low fat and whole goat's milk are allowed.</p>
<b>Tofu</b>	<p>Any brand meeting the below criteria is allowed.</p> <p>16 oz. container size only</p> <p>Any texture calcium-set tofu without added fats, sugar, oils or sodium is allowed. Tofu must be calcium-set, (contain calcium salts), but may also contain other coagulants, i.e., magnesium chloride.</p>
<b>Fresh Fruits and</b>	<p>Any variety of fresh fruits and vegetables is allowed.</p>

FOOD ITEM	GUIDELINES
<b>Vegetables</b>	Whole or cut fresh fruits and vegetables are allowed. Bagged vegetables, including lettuce are allowed. Not allowed: Herbs and spices; edible blossoms such as squash blossoms; creamed or sauced vegetables; vegetable-grain mixtures; fruit-nut mixtures; breaded vegetables; fruits and vegetables for purchase on salad bars; salad kits; nuts; ornamental fruits and vegetables, such as chilies on a string; painted pumpkins; fruit baskets and party trays; and items such as blueberry muffins are <b>not allowed</b> .
<b>Frozen Fruit</b>	Any brand and type of container is allowed. AZ and Navajo Nation Only. Any variety of plain frozen fruits without added sugars Any brand and type of container is allowable
<b>Frozen Vegetables</b>	Any brand and type of container is allowed. AZ and Navajo Nation Only. Any variety of frozen vegetables without added sugars, fats, or oils. Any brand and type of container is allowable
<b>Canned Fruit</b>	Any brand and type of container is allowed. AZ and Navajo Nation Only. Any variety of canned* fruits including applesauce, juice pack or water pack without added sugars, fats, oils, or salt (i.e. sodium) Any brand *Containers may be cans or other shelf-stable containers (i.e. jars, pouches).
<b>Canned Vegetables</b>	AZ and Navajo Nation Only. Any brand and type of container is allowed. Any variety of canned* vegetables without added sugars**, fats, or oils. May be regular or lower in sodium ** <b>Note:</b> 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). This 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.
<b>Whole Grains</b>	Any brand meeting the below criteria shall be considered for inclusion on the authorized food list. <b>16 oz package size only.</b> <b>Whole Wheat Bread:</b> Packaging must be labeled with 100% Whole Wheat and meet the Standard of Identity (SOI) for whole wheat bread (21 CFR 136.180). [This standard allows for negligible amounts of non-wheat flours.] <b>Brown Rice:</b> Long grain or short grain brown rice is allowed. Instant brown rice and rice in plastic containers is <b>not allowed</b> . <b>Corn Tortillas:</b> Whole corn (or ground masa/corn flour) must be listed as the first ingredient. Soft corn plain, yellow or white tortillas are allowed. <b>Whole Wheat Flour Tortillas:</b> Whole wheat flour must be listed as the only flour in the ingredient list. <b>Whole wheat pasta:</b> Most conform to FDA standard of identity (21 CFR

FOOD ITEM	GUIDELINES
	139.138) and have no added sugars, fats, oils, or salt (i.e, sodium). “Whole wheat flour” and/or “whole durum wheat flour” must be the only flours listed in the ingredient list. Must have no added sugars, fats, oils, or salt.
<b>Infant Fruit and Vegetables</b>	Any brand meeting the below criteria shall be considered for inclusion on the authorized food list. Stage 2 single variety or combination of plain fruits or vegetables in 3.5 or 4 oz containers. (Added salt, sugar and/or starches is not allowed) Pouches are <b>not allowed</b> . Organic jarred infant foods are <b>not allowed</b> . Desserts, dinners and food combinations are <b>not allowed</b> .
<b>Infant Food Meats</b>	Any brand meeting the below criteria shall be considered for inclusion on the authorized food list. Any stage, 2.5 oz single ingredient infant meats with added broth or gravy are allowed. (Added salt and/or sugars are <b>not allowed</b> .) Desserts, dinners and food combinations are <b>not allowed</b> .
<b>Infant Formula</b>	Contract formulas are allowed. Non-contract and exempt formulas are authorized per each state agency’s policies as defined in the Federal Regulations.
<b>Infant Cereal</b>	Any brand meeting the below criteria shall be considered for inclusion on the authorized food list. Only single grain cereals in 8 or 16 oz boxes are allowed. Organic cereals, high protein cereals and mixed cereals are <b>not allowed</b> . Cereals with added fruit, sugar, yogurt, formula or DHA/ARA are <b>not allowed</b> . Cereals in jars, cans or variety boxes are <b>not allowed</b> .

F. ARIZONA WIC PROGRAMS' WIC FOOD AUTHORIZATION PROCEDURE

All foods shall meet nutrient standards as defined by the United States Department of Agriculture (7 C.F.R. §246 et seq.).

The following process shall be used for authorization of food products for the WIC program:

1. A food company or other entity, such as a local WIC clinic, shall submit a written request for authorization of a product by May 1st of the year prior to the beginning of the 3-year contract period. (For example, product information would need to be received by May 1, 2010 for the contract period beginning October 1, 2011.)
2. The food company representative shall furnish package flats or labels, information on package sizes and prices, and a summary of current distribution.
3. The food company's summary of current distribution shall be in writing and shall include, but is not limited to:
  - Identification of the wholesaler(s) carrying the product; and
  - An assessment of when the new product shall replace the old product on store shelves (when there is a change in the product formulation).
4. The Tri-State Food Package Committee shall be comprised of:
  - Up to four representatives from each of the WIC programs (Arizona, ITCA and Navajo Nation) to be selected by each program.
  - Two Vendor representatives to be selected by the President of the Arizona Food Marketing Alliance. Vendor representatives shall only provide input on authorized foods.

The committee shall elect a chairperson. The chairperson shall oversee the authorization process for WIC foods.

5. The Tri-State Food Package Committee shall evaluate each food product based on the federal requirements and the Arizona, ITCA and Navajo Nation Food Selection Criteria.
6. The Tri-State Food Package Committee shall verify product availability and price information for all foods submitted that meet the federal and state requirements. This shall be accomplished by completing site visits to at least 10% of each Program's Independent/Trading Post population of authorized Vendors and documenting the above-mentioned information. An Excel spreadsheet shall be developed and sent to each authorized Vendor Chain Corporation requesting input and submission of their data on the products.
7. The Tri-State Food Package Committee shall review all data and recommendations and shall present their recommendations to the WIC Directors from the Arizona, ITCA and Navajo Nation in October of the year preceding the contract year.

8. The WIC Directors' (Arizona, ITCA and Navajo Nation) acceptance or denial of all or part of the recommendations shall be final.
9. The WIC Directors shall notify the food companies through a joint correspondence of acceptance or denial of the food products and the Tri-State Food Package Committee shall disseminate information regarding upcoming changes to the authorized foods.
10. There shall be opportunities to review food products outside the established time frame. The Tri-State Food Package Committee shall determine when special reviews are necessary and make decisions as to how a limited process shall occur. Special circumstances that may require additional reviews include, but are not limited to:
  - Changes in federal regulations
  - Changes in product formulations that make the authorized product ineligible
  - Changes in product packaging that cause difficulties in product purchases
  - Changes in price that negatively impact one or more of the three WIC Programs' budget(s)
  - Changes in product availability due to unforeseen circumstances, i.e., natural disasters that negatively impact participant variety
11. In eWIC, an Authorized Products List shall be available on the website with authorized products.

**Appendix B**  
**Food List**

## FFY 2017 Arizona WIC / ITCA / Navajo Nation Food List

**Effective with Arizona WIC, Navajo Nation WIC, and ITCA WIC October 1, 2017**

\*In accordance with FNS, USDA WIC Regulations Part 246, 7 CFR

Food Item	Can Buy	Cannot Buy
<b>Infant Fruit and Vegetables</b>	Any of the following single or mixed variety of 4 oz. Stage 2 infant fruits and vegetables: <ul style="list-style-type: none"> <li>• Beech-Nut Classics</li> <li>• Gerber</li> <li>• Tippy Toes</li> </ul>	<ul style="list-style-type: none"> <li>• Foods with added salt, sugar or starches</li> <li>• Desserts, dinners and food combinations</li> <li>• Added formula, cereal or DHA/ARA</li> <li>• Smoothies</li> <li>• Organic</li> <li>• Pouches</li> <li>• Beech-Nut Naturals</li> </ul>
<b>Infant Food Meats</b>	Any of the following 2.5 oz. single ingredient infant meats (added broth and gravy allowed) in any stage: <ul style="list-style-type: none"> <li>• Beech-Nut</li> <li>• Gerber</li> <li>• Tippy Toes</li> </ul> <p><b>ITCA WIC Only:</b> Fresh bananas if listed on the check, including those that are in a bunch, single and organic.</p>	<ul style="list-style-type: none"> <li>• Foods with added salt or sugar</li> <li>• Dinners and food combinations</li> <li>• Meat sticks</li> <li>• Organic</li> </ul> <p><b>ITCA WIC Only:</b> Plantains, baby and red bananas are not allowed.</p>
<b>Infant Cereal</b>	Gerber or Beech-Nut, single grain cereal, 8 or 16 oz. <ul style="list-style-type: none"> <li>• Barley</li> <li>• Oatmeal</li> <li>• Rice</li> <li>• Whole wheat</li> </ul>	<ul style="list-style-type: none"> <li>• Infant cereal with added fruit, sugar, yogurt, formula or DHA/ARA</li> <li>• Jars, cans or single serving cups</li> <li>• High protein</li> <li>• Mixed cereals</li> <li>• Multi-grain</li> <li>• Organic</li> </ul>
<b>Infant Formula</b>	Only brand, type and size as specified on your WIC benefits. All formula listed on your WIC benefits must be purchased.	

Food Item	Can Buy	Cannot Buy
<b>Cow's Milk</b>	<p>Store or house brand+, refrigerated milk in containers as specified on your WIC benefits</p> <ul style="list-style-type: none"> <li>• Pasteurized fluid cow's milk                             <ul style="list-style-type: none"> <li>– Fat-free</li> <li>– Low-fat (1%)</li> <li>– Reduced-fat (2%)</li> <li>– Whole</li> </ul> </li> </ul> <p>Any Brand Specialty Items</p> <ul style="list-style-type: none"> <li>• Lactose-free cow's milk (½ gallon)</li> <li>• Evaporated milk (12 oz. can)</li> <li>• Powdered dry milk (9.6 to 25.6 oz. box)</li> <li>• UHT/Sterile/Long Shelf Life Milk</li> </ul> <p>+ Look for the 'WIC Approved' sign Type of milk as specified on your WIC benefits. Half gallons and quarts only when specified on the WIC benefits.</p>	<ul style="list-style-type: none"> <li>• Chocolate milk</li> <li>• Flavored milk</li> <li>• Buttermilk</li> <li>• Acidophilus milk</li> <li>• Half and half</li> <li>• Rice milk</li> <li>• Raw milk</li> <li>• Sweetened condensed milk</li> <li>• Creamers</li> <li>• Filled milk</li> <li>• Organic milk</li> <li>• Nut or grain milk (like almond, coconut, or rice)</li> </ul>
<b>Soy Milk</b>	<ul style="list-style-type: none"> <li>• Pacific Ultra Soy 32 oz. shelf stable, original and vanilla only</li> <li>• 8th Continent, ½ gallon, refrigerated, original and vanilla only</li> <li>• Silk, ½ gallon, refrigerated, original only</li> </ul>	<ul style="list-style-type: none"> <li>• Soy milk with added DHA/ARA</li> <li>• Organic or Light</li> <li>• 8th Continent chocolate, fat-free, or complete vanilla</li> <li>• Silk Soymilk in other flavors</li> </ul>
<b>Goat Milk</b>	<ul style="list-style-type: none"> <li>• Meyenberg, quart, refrigerated</li> </ul>	<ul style="list-style-type: none"> <li>• Evaporated</li> <li>• Powdered</li> <li>• Canned</li> </ul>
<b>Tofu</b>	<p>The following brands of water-packed, any texture (i.e., soft, medium, firm or extra firm) calcium-set tofu in a 16 oz. size only</p> <ul style="list-style-type: none"> <li>• Azumaya</li> <li>• House Foods</li> </ul>	<ul style="list-style-type: none"> <li>• Tofu with added fats, sugars, oils or sodium</li> <li>• Organic tofu</li> </ul>

Food Item	Can Buy	Cannot Buy
<p><b>Yogurt</b></p>	<p>Any flavor of the following brands of 32 oz. quart sized yogurt*</p> <ul style="list-style-type: none"> <li>• Any of the following store brands                             <ul style="list-style-type: none"> <li>– Food Club</li> <li>– Great Value</li> <li>– Kroger</li> <li>– Market Pantry</li> <li>– Lucerne</li> </ul> </li> <li>• Brown Cow</li> <li>• Dannon</li> <li>• LALA</li> <li>• Mountain High</li> <li>• Yoplait</li> </ul> <p>*Type of yogurt as specified on the WIC benefits. If whole milk yogurt is specified on the WIC benefits, choose Brown Cow Smooth &amp; Creamy Cream Top, Dannon All Natural Plain, or Mountain High Original yogurts.</p>	<ul style="list-style-type: none"> <li>• Yogurt with mix-ins such as granola, candy pieces, honey, nuts and similar ingredients</li> <li>• Yogurts that are:                             <ul style="list-style-type: none"> <li>– Greek</li> <li>– Organic</li> <li>– Drinkable</li> </ul> </li> </ul>
<p><b>Cheese</b></p>	<p>Store or house brand+, pasteurized, pre-packaged, 1 lb. (16 oz.) regular, reduced fat or low sodium</p> <ul style="list-style-type: none"> <li>• Cheddar (mild, medium, sharp, extra sharp, longhorn or white)</li> <li>• Monterey Jack</li> <li>• Mozzarella (includes string cheese)</li> <li>• Colby</li> <li>• Blended cheese (blend of any type listed above)</li> </ul>	<ul style="list-style-type: none"> <li>• Diced, grated, shredded or sliced</li> <li>• Cheese from the deli counter</li> <li>• Random weight cheese</li> <li>• Cheese with added peppers or other ingredients</li> <li>• Imported cheese</li> <li>• Processed American cheese, processed cheese food, cheese product or cheese spread</li> <li>• Cream cheese</li> <li>• Cheese sticks (besides string cheese) or swirls</li> <li>• Packages less than 16 oz.</li> <li>• Organic cheese</li> </ul>

Food Item	Can Buy	Cannot Buy
<p><b>Frozen Concentrate Juice</b></p>	<p>+Look for the ‘WIC Approved’ sign</p> <p>11.5-12 oz. Frozen Concentrate:</p> <p>Only these brands of 100% juice; no added sugar or sweetener</p> <p><b>Apple</b></p> <ul style="list-style-type: none"> <li>• Langers</li> <li>• Old Orchard</li> <li>• Seneca</li> <li>• Shurfine</li> <li>• Tree Top</li> <li>• Western Family</li> </ul> <p><b>Grape</b></p> <ul style="list-style-type: none"> <li>• Old Orchard</li> <li>• Western Family</li> <li>• Welch’s (including purple or white grape)</li> </ul> <p><b>Pineapple</b></p> <ul style="list-style-type: none"> <li>• Dole</li> <li>• Old Orchard</li> </ul> <p><b>Orange*</b></p> <ul style="list-style-type: none"> <li>• Any brand</li> </ul> <p><b>Grapefruit*</b></p> <ul style="list-style-type: none"> <li>• Any brand</li> </ul> <p>* Calcium fortified allowed. Allowable containers include plastic bottles, cartons, and cans only.</p>	<ul style="list-style-type: none"> <li>• Organic NOT allowed</li> <li>• No juice blends allowed</li> </ul>

Food Item	Can Buy	Cannot Buy
<p><b>Shelf Stable and Refrigerated Juice</b></p>	<p>64 oz. Shelf Stable or Refrigerated:</p> <p>Only these brands of 100% juice; no added sugar or sweetener</p> <p><b>Apple</b></p> <ul style="list-style-type: none"> <li>• Langers</li> <li>• Seneca</li> <li>• Shurfine</li> <li>• Tree Top+</li> <li>• Western Family</li> </ul> <p><b>Grape</b></p> <ul style="list-style-type: none"> <li>• Langers (including purple or white grape)</li> <li>• Shurfine</li> <li>• Welch’s (including purple or white grape)</li> <li>• Western Family</li> </ul> <p><b>Pineapple</b></p> <ul style="list-style-type: none"> <li>• Langers</li> </ul> <p><b>Tomato</b></p> <ul style="list-style-type: none"> <li>• Campbell’s</li> </ul> <p><b>Orange*</b></p> <ul style="list-style-type: none"> <li>• Any brand</li> </ul> <p><b>Grapefruit*</b> (shelf stable only)</p> <ul style="list-style-type: none"> <li>• Any brand</li> </ul> <p><b>Only when specified on the WIC benefits:</b></p>	<ul style="list-style-type: none"> <li>• No added sugar or sweetener</li> <li>• Organic NOT allowed</li> <li>• No juice blends allowed</li> <li>• No Odwalla or Naked brands of refrigerated orange juice</li> </ul> <p>+ No Tree Top 3 Apple Blend Juice</p>

Food Item	Can Buy	Cannot Buy
	<ul style="list-style-type: none"> <li>• 5.5-6 oz. containers of Dole Pineapple, Donald Duck Orange and V8 juice (any type).</li> </ul> <p><b>Navajo Nation WIC Only:</b></p> <ul style="list-style-type: none"> <li>• 4.23 oz. containers of Juicy Juice (any flavor) in eight packs.</li> </ul> <p>* Calcium fortified allowed. Allowable containers include plastic bottles, cartons, and cans only.</p>	
<b>Fresh Fruits</b>	<p>Any variety of fresh fruit</p> <ul style="list-style-type: none"> <li>• Whole</li> <li>• Cut-up</li> <li>• Single pieces</li> <li>• Bagged or pre-packaged</li> <li>• Organic</li> </ul>	<ul style="list-style-type: none"> <li>• Dried fruit</li> <li>• Fruit-nut mixtures</li> <li>• Fruit with dipping sauce</li> <li>• Fruit for purchase on salad bars</li> <li>• Ornamental fruits</li> <li>• Fruit baskets</li> <li>• Party trays</li> <li>• Items such as blueberry muffins</li> <li>• Fruit with added sugar, fat, oil or salt</li> </ul>
<b>Frozen Fruits (Arizona and Navajo Nation WIC only)</b>	<p>Any brand</p> <ul style="list-style-type: none"> <li>• Any size and type of container</li> <li>• Any single or mixed variety</li> <li>• Organic</li> </ul>	<ul style="list-style-type: none"> <li>• Fruit with: <ul style="list-style-type: none"> <li>– added sugar, fat, oil or salt</li> <li>– artificial sweeteners such as Splenda or NutraSweet</li> <li>– any other added ingredients</li> </ul> </li> <li>• Smoothies</li> </ul>
<b>Canned Fruits (Arizona and Navajo Nation WIC only)</b>	<p>Any brand</p> <ul style="list-style-type: none"> <li>• Any size and type of container (shelf stable or refrigerated)</li> <li>• Any single or mixed variety packaged in juice or water</li> </ul>	<ul style="list-style-type: none"> <li>• Fruit: <ul style="list-style-type: none"> <li>– packed in syrup such as heavy, light or extra light</li> <li>– with added sugar, fat, oil or salt</li> <li>– packed in sweetened fruit juice or nectar</li> <li>– with artificial sweeteners such as Splenda or NutraSweet</li> </ul> </li> </ul>

Food Item	Can Buy	Cannot Buy
	<ul style="list-style-type: none"> <li>• Natural or unsweetened applesauce</li> <li>• Organic</li> </ul>	<ul style="list-style-type: none"> <li>• Cranberry sauce or pie filling</li> </ul>
<b>Fresh Vegetables</b>	<p>Any variety of fresh vegetables</p> <ul style="list-style-type: none"> <li>• Whole</li> <li>• Cut-up</li> <li>• Single</li> <li>• Bagged or pre-packaged, including lettuce</li> <li>• Organic</li> </ul>	<ul style="list-style-type: none"> <li>• Kits with dressings or dipping sauce</li> <li>• Herbs and spices</li> <li>• Edible blossoms such as squash blossoms (broccoli, cauliflower and artichokes are allowed)</li> <li>• Creamed or sauced vegetables</li> <li>• Vegetable-grain mixtures</li> <li>• Breaded vegetables</li> <li>• Vegetables for purchase on salad bars</li> <li>• Salad kits</li> <li>• Ornamental vegetables, such as chilies on a string</li> <li>• Painted pumpkins</li> <li>• Party trays</li> <li>• Vegetables with added sugar, fat, oil or salt</li> </ul>
<b>Frozen Vegetables (Arizona and Navajo Nation WIC only)</b>	<p>Any brand</p> <ul style="list-style-type: none"> <li>• Any size and type of container</li> <li>• Any single or mixed variety</li> <li>• Steamer bags</li> <li>• Organic</li> </ul>	<ul style="list-style-type: none"> <li>• Breaded or seasoned vegetables</li> <li>• French fries, tater tots or hash browns</li> <li>• Vegetables with :               <ul style="list-style-type: none"> <li>– sauce such as cheese, butter or teriyaki sauce</li> <li>– added sugar, syrup, oil, fat, pasta, rice or any other ingredients</li> </ul> </li> </ul>
<b>Canned Vegetables (Arizona and Navajo Nation WIC only)</b>	<p>Any brand</p> <ul style="list-style-type: none"> <li>• Any size and type of container</li> <li>• Regular and low sodium</li> <li>• Any single or mixed variety</li> <li>• Tomato sauce, paste, puree, whole, crushed, diced or stewed tomatoes</li> <li>• Organic vegetables</li> </ul>	<ul style="list-style-type: none"> <li>• Vegetables with added fat, sugar* or oil</li> <li>• Added pastas or rice</li> <li>• Pickled or creamed vegetables</li> <li>• Vegetables in sauce</li> <li>• Pizza sauce, soups, ketchup, relish and olives</li> </ul>

Food Item	Can Buy	Cannot Buy
<b>Dry Beans/Peas/Lentils</b>	Any eligible brand, any variety • 16 oz. package size	* Sugar allowed for sweet peas and corn only. • Green, yellow or wax beans • Fresh or frozen beans • Refried beans • Bean soup mixes with flavoring packets/spices • Organic beans • Bulk
<b>Peanut Butter</b>	Any eligible brand, 16 to 18 oz. • Plain, creamy, chunky or super chunky styles • Low sodium • Low sugar • Natural	• Peanut butter spread • Peanut butter with added jams, jellies, chocolate, marshmallows, DHA, omega-3 or honey • Peanut butter in tubes • Organic peanut butter
<b>Eggs</b>	Store or house brand+, dozen-size carton • Fresh, raw, white chicken eggs • Medium or large  +Look for the ‘WIC Approved’ sign	• Specialty eggs (low cholesterol, DHA, organic, free range, cage free, nest and fertile) • Extra large or jumbo • Brown eggs • Eggs in six-pack cartons • Egg substitutes
<b>Canned Beans</b>	(Only when specified on the WIC benefits) Any brand, any variety, in up to 16 oz. size. Plain, regular, or low sodium. In varieties such as: • Black • Black-eyed peas • Cannellini • Garbanzo (Chickpeas) • Great Northern • Kidney (red or white) • Lima • Navy • Pink • Pinto	• Refried beans • Peas or lentils • Green peas, green beans or wax beans • Baked, Cajun, barbeque or ranch style • Beans with added fat, oils, seasonings, spices, meat, fruits or vegetables • Pork and beans • Chili beans • Organic

Food Item	Can Buy	Cannot Buy
<b>Tuna</b>	<ul style="list-style-type: none"> <li>• Red</li> <li>Any eligible brand</li> <li>• Chunk light only</li> <li>• Plain, water-packed</li> <li>• Regular or low sodium</li> </ul>	<ul style="list-style-type: none"> <li>• Solid white or Albacore tuna</li> <li>• Tuna with soy protein added</li> <li>• Oil-packed tuna</li> <li>• Prime fillet</li> <li>• Lunch kit tuna mix</li> <li>• Tuna packed in pouches</li> <li>• Tuna with added ingredients</li> <li>• Flavored or seasoned tuna</li> </ul>
<b>Pink Salmon</b>	<ul style="list-style-type: none"> <li>Any eligible brand</li> <li>• Pink salmon only</li> <li>• Plain, water-packed</li> <li>• Regular or low sodium</li> </ul>	<ul style="list-style-type: none"> <li>• Salmon with added ingredients</li> <li>• Red salmon</li> <li>• Salmon in pouches</li> <li>• Flavored or seasoned salmon</li> <li>• Atlantic salmon</li> <li>• Fillets</li> </ul>
<b>Sardines</b>	<ul style="list-style-type: none"> <li>Any eligible brand</li> <li>• 3.75 oz. cans, flavored, seasoned or plain</li> </ul>	<ul style="list-style-type: none"> <li>• Brisling</li> <li>• Norwegian</li> </ul>
<b>Hot Cereal</b>	<ul style="list-style-type: none"> <li>11.8 oz. box or larger; up to 36 combined oz.</li> <li>• Cream of Wheat Original (Instant individual packets, 1 minute, and 2.5 minute varieties)</li> <li>• Malt-O-Meal Original</li> <li>• Quaker Instant Oatmeal Original individual packets</li> </ul>	<ul style="list-style-type: none"> <li>• Hot cereals less than 11.8 oz.</li> <li>• Added raisins, fruit or nuts</li> <li>• Variety packs</li> <li>• Organic cereals</li> </ul>
<b>Cold Cereal</b>	<ul style="list-style-type: none"> <li>14 oz. or larger bags or boxes; up to 36 combined oz.</li> <li>• <b>Any of the following store brand Crispy Rice:</b> Best Yet, First Street, Great Value, Western Family</li> <li>• <b>Any of the following store brand Toasted Oats:</b> Best Yet, First Street,</li> </ul>	<ul style="list-style-type: none"> <li>• Cold cereals less than 14 oz.</li> <li>• Variety packs</li> <li>• Frosted cereals except those listed in the CAN BUY section</li> <li>• Organic cereals</li> </ul>

Food Item	Can Buy	Cannot Buy
	<p>Food Club, Great Value, Hy-Top, Kroger, Market Pantry, Signature Kitchens, Western Family, WinCo</p> <ul style="list-style-type: none"> <li>• <b>General Mills:</b> Total, Kix (Plain), Cheerios (Plain and MultiGrain), and Chex (Corn, Rice and Wheat)</li> <li>• <b>Kellogg's:</b> Corn Flakes, Special K Original, All-Bran Complete Wheat Flakes, Frosted Mini-Wheats Original and Rice Krispies</li> <li>• <b>Malt-O-Meal:</b> Frosted Mini Spooners and Crispy Rice</li> <li>• <b>Post:</b> Great Grains Banana Nut Crunch, Honey Bunches of Oats (Honey Roasted, Almond, Whole Grain Almond Crunch, Whole Grain Honey Crunch, Whole Grain Vanilla Bunches), Grape-Nuts Original and Grape-Nuts Flakes</li> <li>• <b>Quaker:</b> Life (Original), Oatmeal Squares (Brown Sugar and Cinnamon)</li> </ul>	
<b>100% Whole Wheat Bread</b>	<p>Any of the following loaves of bread in a 16 oz. size only:</p> <ul style="list-style-type: none"> <li>• Any eligible store or house brand labeled 100% whole wheat bread</li> <li>• Bimbo 100% Whole Wheat</li> <li>• Nature's Own 100% Whole Wheat</li> <li>• Oroweat 100% Whole Wheat</li> <li>• Ozark Hearth 100% Whole Wheat</li> <li>• Roman Meal Sun Grain 100% Whole Wheat</li> <li>• Sara Lee 100% Whole Wheat</li> <li>• Wonder 100% Whole Wheat</li> </ul>	<ul style="list-style-type: none"> <li>• Gluten-free</li> <li>• Diet, light or low carb</li> <li>• Mini loaves</li> <li>• Pita or flat bread</li> <li>• English muffins</li> <li>• Sandwich thins or rounds</li> <li>• Bagels</li> <li>• Buns</li> <li>• Rolls</li> <li>• Organic</li> </ul>
<b>Brown Rice</b>	<p>Any of the following brands of brown rice (long or short grain) in a 16 oz. size only</p>	<ul style="list-style-type: none"> <li>• Instant brown rice</li> <li>• Rice in plastic containers</li> </ul>

Food Item	Can Buy	Cannot Buy
	<ul style="list-style-type: none"> <li>• Any store or house brand</li> <li>• Blue Ribbon</li> <li>• Mahatma</li> <li>• Shurfine</li> <li>• Springfield</li> </ul>	<ul style="list-style-type: none"> <li>• Seasoned or flavored rice</li> <li>• White rice</li> <li>• Basmati and jasmine rice</li> <li>• Organic rice</li> </ul>
<p><b>Whole Wheat Flour Tortillas</b></p>	<p>Any of the following whole wheat flour tortillas in a 16 oz. size only*</p> <ul style="list-style-type: none"> <li>• Essential Everyday</li> <li>• Guerrero Tortillas de Harina Integral</li> <li>• IGA</li> <li>• Kroger</li> <li>• La Banderita Fajita</li> <li>• Mission</li> <li>• Santa Fe Tortilla Company</li> <li>• Sunrise Bakery</li> </ul> <p>*Whole wheat flour must be the only flour listed in the ingredient list.</p>	<ul style="list-style-type: none"> <li>• Tortilla chips</li> <li>• Tostada or taco shells</li> <li>• White flour tortillas</li> <li>• Flavored tortillas (such as spinach or tomato)</li> <li>• Organic tortillas</li> </ul>
<p><b>Soft Corn Tortillas</b></p>	<p>Any of the following yellow or white soft corn tortillas in a 16 oz. size only*</p> <ul style="list-style-type: none"> <li>• Casa Rica</li> <li>• Don Pancho</li> <li>• Essential Everyday</li> <li>• Guerrero</li> <li>• La Banderita</li> <li>• La Burrita</li> <li>• Mama Lola's</li> <li>• Mission</li> <li>• Santa Fe Tortilla Company</li> </ul> <p>* Corn (masa) flour, ground corn, or whole corn flour must be listed as the first ingredient.</p>	<ul style="list-style-type: none"> <li>• Tortilla chips</li> <li>• Tostada or taco shells</li> <li>• Organic tortillas</li> </ul>

Food Item	Can Buy	Cannot Buy
<b>Whole Wheat Pasta</b>	Any variety of the following brands of whole wheat pasta in a 16 oz. size only <ul style="list-style-type: none"> <li>• Any of the following store brands: Essential Everyday, Great Value, Kroger, Natural Directions, O Organics, Simple Truth Organics, Shurfine, Simply Balanced, Western Family</li> <li>• Barilla</li> <li>• Delallo</li> <li>• Hodgson Mill</li> </ul>	<ul style="list-style-type: none"> <li>• Pastas that list any other flour besides whole wheat and/or whole durum wheat flour in the ingredients</li> <li>• Pastas with added sugars, fats, oils or salt</li> </ul>

**Appendix C**  
**Authorized Supplemental Foods – Basic Specifications**

## Authorized Supplemental Foods – Basic Specifications

### Infant Formula

All authorized infant formulas shall:

1. meet the definition for an infant formula in section 201(z) of the Federal Food, Drug, and Cosmetic Act (21 U.S.C. 321(z)) and meet the requirements for an infant formula under section 412 of the Federal Food, Drug and Cosmetic Act, as amended (21 U.S.C. 350a) and the regulations at 21 CFR Parts 106 and 107;
2. be designed for enteral digestion via an oral or tube feeding;
3. provide at least 10 mg iron per liter (at least 1.8 mg iron/100 kilocalories) at standard dilution;
4. provide at least 67 kilocalories per 100 milliliters (approximately 20 kilocalories per fluid ounce) at standard dilution if without a prescription
5. not require the addition of any ingredients other than water prior to being served in a liquid state.
6. contract brand infant formula that does not meet the definition of infant formula, may only be issued with medical documentation

### Exempt Infant Formula

All authorized exempt infant formula shall:

1. meet the definition and requirements for an exempt infant formula under section 412(h) of the Federal Food, Drug, and Cosmetic Act as amended (21 U.S.C. 350a(h)) and the regulations at 21 CFR Parts 106 and 107; and
2. be designed for enteral digestion via an oral or tube feeding.

### WIC-eligible Nutritional

Certain enteral products that are specifically formulated to provide nutrition support for individuals with a qualifying condition, when the use of conventional foods is precluded, restricted, or inadequate. Such WIC-eligible nutritional shall serve the purpose of a food, meal, or diet (may be nutritionally complete or incomplete) and provide a source of calories and one or more nutrients; be designed for enteral digestion via an oral or tube feeding; and may not be a conventional food, drug, flavoring, or enzyme.

WIC-eligible nutritional include many, but not all, products that meet the definition of medical food in Section 5(b)(3) of the Orphan Drug Act (21 U.S.C.360ee(b)(3)).

### **Cow's Milk**

Shall conform to FDA standard of identity for whole, reduced fat, low fat, or non-fat milks (21 CFR 131.110). Must be pasteurized and contain at least 400 IU of vitamin D per quart (100 IU per cup) and 2000 IU of vitamin A per quart (500 IU per cup).

May be fluid, shelf-stable, evaporated (21 CFR 131.130), or dried (i.e., powder) (21 CFR 131.147).

### **Yogurt**

Yogurt must be pasteurized and conform to FDA standard of identity for whole fat (21 CFR 131.200), lowfat (21 CFR 131.203) or nonfat (21 CFR 131.206); plain or flavored with < 40 g of total sugars per 1 cup yogurt.

### **Soy-based Beverage**

Must be fortified to meet the following nutrient levels:

276 mg calcium per cup, 8 g 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, in accordance with fortification guidelines issued by FDA.

### **Goat Milk**

Must conform to FDA standard of identity for whole, reduced fat, low fat, or non-fat milks (21 CFR Part 131). Must be pasteurized and contain at least 400 IU of vitamin D per quart (100 IU per cup) and 2000 IU of vitamin A per quart (500 IU per cup) following FDA fortification standards (21 CFR Part 131). May be Fluid.

### **Tofu**

Calcium-set tofu prepared with only calcium salts (e.g., calcium sulfate). May not contain added fats, sugars, oils, or sodium.

### **Cheese**

Domestic cheese made from 100% pasteurized milk. Must conform to FDA standard of identity (21 CFR Part 133); Monterey Jack, Colby, natural Cheddar, part-skim or whole Mozzarella, or blends of any of these cheeses are authorized. Cheeses that are labeled low, free, reduced, less or light in the nutrients of sodium, fat or cholesterol are WIC-eligible.

### **Juice**

Must be pasteurized 100% unsweetened fruit juice. Must conform to FDA standard of identity (21 CFR Part 146) as appropriate or vegetable juice must conform to FDA standard of identity (21 CFR Part 156) and contain at least 30 mg of vitamin C per 100 mL of juice. With the exception of 100% citrus juices, State agencies must verify the vitamin C content of all State approved juices. Juices that are fortified

with other nutrients may be allowed at the State agency's option. Juice may be fresh, from concentrate, frozen, canned, or shelf-stable. Vegetable juice may be regular or lower in sodium.

### Eggs

Fresh shell domestic hens' eggs or dried eggs mix (must conform to FDA standard of identity in 21 CFR 160.105) or pasteurized liquid whole eggs (must conform to FDA standard of identity in 21 CFR 160.115). Hard boiled eggs, where readily available for purchase in small quantities, may be provided for homeless participants.

### Dry Cereal

Breakfast cereals as defined by FDA in 21 CFR 170.3(n)(4) for ready-to-eat and instant and regular hot cereals. Must contain a minimum of 28 mg iron per 100 g dry cereal. Must contain  $\leq 21.2$  g sucrose and other sugars per 100 g dry cereal ( $\leq 6$  g per dry oz). At least half of the cereals authorized on a State agency's food list must 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":

1. contain a minimum of 51% whole grains (using dietary fiber as the indicator);
  2. meet the regulatory definitions for "low saturated fat" at 21 CFR 101.62 ( $\leq 1$  g saturated fat per RACC) and "low cholesterol" ( $\leq 20$  mg cholesterol per RACC);
  3. bear quantitative trans fat labeling;
- and
4. (4) contain  $\leq 6.5$  g total fat per RACC and  $\leq 0.5$  g trans fat per RACC.

### Infant Cereal

Infant cereal must contain a minimum of 45 mg of iron per 100 g of dry cereal.

Infant cereals containing infant formula, milk, fruit, or other non-cereal ingredients are not allowed.

### Infant Food Fruits

Any variety of single ingredient commercial infant food fruit without added sugars, starches, or salt (i.e., sodium).

Mixtures with cereal or infant food desserts (e.g., peach cobbler) are not authorized; however, combinations of single ingredients (e.g., apple-banana) are allowed.

### Infant Food Vegetables

Any variety of single ingredient commercial infant food vegetables without added sugars, starches, or salt (i.e., sodium). Texture may range from strained through diced.

Combinations of single ingredients (e.g., peas and carrots) are allowed.

No infant food combinations (e.g., meat and vegetables) or dinners (e.g., spaghetti and meatballs) are allowed.

### Infant Food Meat

Any variety of commercial infant food meat or poultry, as a single major ingredient, with added broth or gravy. Added sugars or salt (i.e., sodium) are not allowed. Texture may vary.

### Fruits and Vegetables

Any variety of fresh whole or cut fruit without added sugars. Any variety of fresh whole or cut vegetables are allowed.

Any variety of canned\* fruits (must conform to FDA standard of identity (21 CFR Part 145); including applesauce, juice pack or water pack without added sugars, fats, oils, or salt (i.e., sodium). Any variety of canned\* vegetables (must conform to FDA standard of identity (21 CFR Part 155)) without added sugar†, fats, or oils. May be regular or lower in sodium.

**\*NOTE:** Canned refers to processed food items in cans or other shelf-stable containers (i.e. jars, pouches).

**†NOTE:** Canned vegetables that contain a small amount of sugar for processing purposes, such as plain canned sweet peas and corn, are allowed.

Any variety of frozen fruits without added sugars.

Any variety of frozen vegetables (must conform to FDA standard of identity (21 CFR part 155)) without added sugars, fats, or oils. May be regular or lower in sodium.

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; and items such as blueberry muffins and other baked goods are not authorized. Ketchup or other condiments; pickled vegetables, olives; soups; juices; and fruit leathers and fruit roll-ups are not authorized.

### Mature dry beans or peas

Any type of mature dry beans, peas, or lentils in dry-packaged form. Examples include, but are not limited to, black beans (“turtle beans”), black eye peas (cowpeas of the black eye variety, “cow beans”), garbanzo beans (chickpeas), great northern beans, kidney beans, lima beans (“butter beans”), navy beans, pinto beans, soybeans, split peas, and lentils.

### **Canned beans**

May be any plain, canned, mature beans. May not contain added sugar, fats, oils, or meats.

The following canned mature legumes are not authorized: soups; immature varieties of legumes, such as those used in canned green peas, green beans, snap beans, orange beans, and wax beans; baked beans with meat; e.g., beans and franks; and beans containing added sugars (with the exception of baked beans), fats, meat, or oils.

### **Peanut butter**

Peanut butter and reduced fat peanut butter (must conform to FDA Standard of Identity (21 CFR 164.150)); creamy or chunky, regular or reduced fat, salted or unsalted forms are allowed.

### **Canned Fish**

Canned only: Light tuna (must conform to FDA standard of identity (21 CFR 161.190)); Salmon (must conform to FDA standard of identity (21 CFR 161.170)); May be packed in water or oil; Sardines; Pack may include bones or skin. May be regular or lower in sodium content.

### **Whole Grains**

Whole wheat bread: Packaging must be labeled with 100% Whole Wheat and meet the Standard of Identity (SOI) for whole wheat bread (21 CFR 136.180). [This standard allows for negligible amounts of non-wheat flours.]

Brown rice: Plain without added sugars, fats, oils, or salt (i.e. sodium).

Soft corn tortillas: Soft corn tortillas made from ground masa flour (corn flour) using traditional processing methods are WIC eligible, e.g., whole corn, corn (masa), whole ground corn, corn masa flour, masa harina, and white corn flour.

Whole wheat tortillas: Whole wheat must be the primary ingredient by weight. Whole wheat flour must be the only flour listed in the ingredient list.

Whole wheat pasta: Must conform to FDA standard of identity (21 CFR 139.138) and have no added sugars, fats, oils, or salt (i.e. sodium). “Whole wheat flour” and/or “whole durum wheat flour” must be the only flours listed in the ingredient list. Must have no added sugars, fats, oils, or salt.

**Appendix D**  
**Maximum Monthly Quantity**

**Maximum Monthly Quantity**

**Maximum Monthly Quantity**

1. INFANTS (0-5 months) 246.10(c)(1)			Federal Food Package I - 7 CFR							
Formula	Container size	Category	Non-Homeless			Homeless				
			0 -1 mo.	1 -3 mo.	4 -5 mo.	0 -1 mo.	1 -3 mo.	4 -5 mo.		
- Concentrate OR	13 oz bottle	IFF & IPN+	31		34	0				
		IPN	4	14	17					
		IEN	0							
- Powder OR	Oz of reconstituted powder	IFF & IPN+	870		960	0				
		IPN	104	435	522					
		IEN	0							
- Ready-To-Feed	8 oz bottle	IFF & IPN+	104		112	104		112		
		IPN	13	48	56	13	48	56		
		IEN	0			0				
	32 oz bottle	IFF & IPN+	26		28	0				
		IPN	3	12	14					
		IEN	0							
2. INFANTS (6-11 months) 246.10(c)(2)			Federal Food Package II - 7 CFR							
Formula	Container size	Category	Non-Homeless			Homeless				
			6 -11 mo.			6 -11 mo.				
- Concentrate OR	13 oz bottle	IFF & IPN+	24			0				
		IPN	12							
		IEN	0							
- Powder OR	Oz of reconstituted powder	IFF & IPN+	696			0				
		IPN	384							
		IEN	0							
- Ready-To-Feed	8 oz bottle	IFF & IPN+	80			80				
		IPN	40			40				
		IEN	0			0				
	32 oz bottle	IFF & IPN+	20			0				
		IPN	10							
		IEN	0							
<b>Cereal</b>		IFF & IPN+	Up to 24 oz.			Up to 24 oz.				
		IPN								
		IEN								
<b>Infant Fruits and Vegetables</b>		IFF & IPN+	32- 4oz jars OR 36- 3.5oz jars			32- 4oz jars OR 36- 3.5oz jars				
			IPN	32- 4oz jars OR 36- 3.5oz jars			32- 4oz jars OR 36- 3.5oz jars			
		IEN		64- 4oz jars OR 73- 3.5oz jars			64- 4oz jars OR 73- 3.5oz jars			
			<b>Infant Meats</b>		IFF & IPN+	0			0	
		IPN			0			0		
		IEN			31- 2.5oz jars			31- 2.5oz jars		

<b>3. Children and Women with Special Needs</b>		
Federal Food Package III –7 CFR 246.10 (c)(3)		
<b>Formula</b>		
-Concentrate, OR	13 oz can	35
-Powder, OR		910 fl oz of reconstituted powder
-Ready-To-Feed	8 oz can	113
	32 oz can	28
<b>Cereal</b>		
Regular, hot or cold		36 oz
<b>Juice</b>		
-Single-strength, OR	64 oz bottle	2 – C1-C4 2 – PG, PN, EN 1 – P, PN+
-Frozen concentrate	12 oz cans	2 – C1-C4 3 – PG, PN, EN 2 – P, PN+
<b>Milk</b>		16 qt – C1-C4, P, PN+ 22 qt – PG, PN 24 qt – EN
<b>Whole grains</b>		2 lb – C1-C4 1 lb – PG, PN, EN 0 – P, PN+
<b>Fish</b>		30 oz – EN
<b>Legumes OR Canned Beans</b>		1 lb dry OR 64 oz canned
<b>OR Peanut Butter</b>		18 oz – C1-C4, P, PN+
AND Peanut Butter		18 oz – PG, PN, EN
<b>Tofu</b>		1 lb of tofu can be substituted for 1 quart of milk. Up to 4 lbs of Tofu can be given for C1-C4, P, PG/PN; Up to 6 lbs of tofu can be given for EN
<b>Yogurt</b>	1 quart	1 quart can be given in place of 1 quart of milk for C1-C4, PG, P, PN+, EN
<b>Cheese</b>	1 lb each	1 lb can be given in place of 3 quarts of milk for C1-C4, PN+,P,PN,PG 1 lb in the package and up to 2 lbs can be substituted with 3 quarts of milk substituted per lb of cheese for EN
<b>Cash Value Voucher</b>		\$8 (one voucher)- C1-C4 \$11 (2 - \$5.50 vouchers)- PG, P, PN+,PN, EN

<b>4. CHILDREN</b>			
Federal Food Package IV – 7 CFR 246.10 (c)(4)			
		<b>Non-Homeless</b>	<b>Homeless</b>
<b>Milk</b>			
-Fluid (whole, reduced fat, skim/non-fat, low fat, long shelf life, lactose-reduced, goat's, soy) OR		16 qt	16 qt
-Dry (non-fat, low fat) OR			16 qt reconstituted (up to 51.2 dry oz)
-Evaporated	12 oz can	21	21
<b>**ALL ONE YEAR OLDS ARE ISSUED WHOLE MILK UNLESS OTHERWISE SPECIFIED**</b>			
<b>Yogurt</b>	1 quart of yogurt can be substituted for 1 quart of milk A maximum of 1 quart of yogurt can be substituted for milk		
<b>Cheese</b>	1 pound of cheese reduces the amount of milk by 3 quarts. A maximum of 1 pound of cheese can be substituted for milk		
<b>Tofu</b>	Up to 4 pounds of tofu can be added in the package. 1 quart of milk is substituted for each pound of tofu added.		
<b>Eggs – Grade A</b>		1 dozen	1 dozen
<b>Cereal - Regular, hot or cold</b>		36 oz dry	36 oz dry
<b>Juice</b>			
-Single strength, OR	64 oz bottle 6 oz can	2 0	2 18
-Frozen concentrate	12 oz can	2	0
<b>Peanut Butter, OR</b>		18 oz	18 oz
<b>Dry Beans or Peas</b>		1 lb dry OR	
<b>Canned Beans</b>		64 oz canned	64 oz canned
<b>Whole Grains</b>		32 oz	32 oz
<b>Cash Value Vouchers</b>		\$8.00	\$8.00

<b>5. PREGNANT AND MOSTLY BREASTFEEDING WOMEN</b>			
Federal Food Package V - 7 CFR 246.10 (c)(5)			
		<b>Non-Homeless</b>	<b>Homeless</b>
<b>Milk</b>			
-Fluid (whole, reduced-fat, skim/non-fat, low fat, long shelf life, lactose-reduced, goat's, soy) OR		22 qt	22 qt
-Dry (non-fat, low fat) OR			22 qt reconstituted (up to 70.4 dry oz)
-Evaporated	12 oz can	29	29
<b>Yogurt</b>	1 quart of yogurt can be substituted for 1 quart of milk A maximum of 1 quart of yogurt can be substituted for milk		
<b>Cheese</b>	1 pound of cheese reduces the amount of milk by 3 quarts. A maximum of 1 pound of cheese can be substituted for milk		
<b>Tofu</b>	Up to 4 pounds of tofu can be added in the package. 1 quart of milk is substituted for each pound of tofu added.		
<b>Eggs - Grade A</b>		1 dozen	1 dozen
<b>Cereal - regular, hot or cold</b>		36 oz dry	36 oz dry
<b>Juice</b>			
-Single strength, OR	64 oz bottle 6 oz can	2 OR	2 OR 24
-Frozen concentrate	12 oz can	3	0
<b>Peanut Butter, OR</b>		18 oz	18 oz
<b>Dry Beans or Peas</b>		1 lb dry OR	
<b>Canned Beans</b>		64 oz canned	64 oz canned
<b>Whole grains</b>		1 lb	1 lb
<b>Cash Value Vouchers</b>		2 - \$5.50 vouchers	2 - \$5.50 vouchers

<b>6. POSTPARTUM, NON-BREASTFEEDING WOMEN AND MINIMALLY BREASTFEEDING WOMEN</b>			
Federal Food Package VI - 7 CFR 246.10 (c)(6)			
		<b>Non-Homeless</b>	<b>Homeless</b>
<b>Milk</b>			
-Fluid (whole, reduced-fat, skim/non-fat, low fat, long shelf life, lactose-reduced, goat's, soy) OR		16 qt	13 qt
-Dry (non-fat, low-fat) OR		16 qt reconstituted (up to 51.2 dry oz)	13 qt reconstituted (up to 41.6 dry oz)
-Evaporated	12 oz can	21	17
<b>Yogurt</b>	1 quart of yogurt can be substituted for 1 quart of milk A maximum of 1 quart of yogurt can be substituted for milk		
<b>Cheese</b>	1 pound of cheese reduces the amount of milk by 3 quarts. A maximum of 1 pound of cheese can be substituted for milk		
<b>Tofu</b>	Up to 4 pounds of tofu can be added in the package. 1 quart of milk is substituted for each pound of tofu added.		
<b>Eggs</b>		1 dozen	1 dozen
<b>Cereal</b> - regular, hot or cold		36 oz dry	36 oz dry
<b>Juice</b>			
-Single strength OR	64 oz bottle 6 oz can	1 0	1 16
-Frozen concentrate	12 oz can	2	0
<b>Dry Beans or Peas or Canned Beans Or Peanut Butter</b>		1 lb. OR 64 OZ OR 18 oz	1 lb. OR 64 OZ OR 18 oz
<b>Cash Value Voucher</b>		2 - \$5.50 vouchers	2 - \$5.50 vouchers

<b>7. FULLY BREASTFEEDING WOMEN and PG WOMEN WHO ARE MOSTLY NURSING AN INFANT and PREGNANT WITH MULTIPLES WOMENS PACKAGE</b>			
Federal Food Package VII - 7 CFR 246.10 (c)(5)			
		<b>Non-Homeless</b>	<b>Homeless</b>
<b>Milk</b>			
-Fluid (whole, reduced-fat, skim/non-fat, low fat, long shelf life, lactose-reduced, goat's, soy) OR		24 qt	24 qt
-Dry (non-fat, low-fat) OR			24 qt reconstituted (up to 76.8 dry oz)
-Evaporated	12 oz can	32	32
<b>Yogurt</b>	1 quart of yogurt can be substituted for 1 quart of milk A maximum of 1 quart of yogurt can be substituted for milk		
<b>Cheese</b>		1 lb	1 lb
Additional pounds of cheese shall be substituted at a rate of 1 pound of cheese for 3 quarts of milk. A maximum of 2 pounds of cheese can be substituted for milk			
<b>Tofu</b>	Up to 6 pounds of tofu can be added in the package. 1 quart of milk is substituted for each pound of tofu added.		
<b>Eggs - Grade A</b>		2 dozen	2 dozen
<b>Cereal - regular, hot or cold</b>		36 oz dry	36 oz dry
<b>Juice</b>			
-Single strength, OR	64 oz bottle 6 oz can	2 OR	2 OR 24
-Frozen concentrate	12 oz can	3	0
<b>Dry Beans</b>		1 lb dry OR	
<b>Canned Beans</b>		64 oz canned	64 oz canned
<b>Peanut Butter</b>		18 oz	18 oz
<b>Fish</b>		30 oz	30 oz
<b>Whole grains</b>		16 oz	16 oz
<b>Cash Value Vouchers</b>		2 - \$5.50 vouchers	2 - \$5.50 vouchers

<b>8. BREASTFEEDING WOMEN WITH MULTIPLES and PG WOMEN EXCLUSIVLY NURSING AN INFANT</b>			
Federal Food Package VII – 7 CFR 246.10 (c)(7)			
		<b>Non-Homeless</b>	<b>Homeless</b>
<b>Milk</b>			
-Fluid (whole, reduced-fat, low fat, skim/non-fat, long shelf life, lactose-reduced, goat's, soy) OR		36 qt	36 qt
-Dry (non-fat, low-fat) OR			36 qt reconstituted (up to 115.2 dry oz)
-Evaporated	12 oz can		48
<b>Yogurt</b>	1 quart of yogurt can be substituted for 1 quart of milk A maximum of 1 quart of yogurt can be substituted for milk		
<b>Cheese</b>		1 lb	1 lb
Additional pounds of cheese shall be substituted at a rate of 1 pound of cheese for 3 quarts of milk. A maximum of 2 pounds of cheese can be substituted for milk.			
<b>Tofu</b>	Up to 6 pounds of tofu can be added in the package. 1 quart of milk is substituted for each pound of tofu added.		
<b>Eggs – Grade A</b>		3 dozen	3 dozen
<b>Cereal</b> - regular, hot or cold		54 oz dry	54 oz dry
<b>Juice</b>			
-Single strength, OR	64 oz bottle 6 oz can	3 OR	3 OR 36
-Frozen concentrate	12 oz can	4	0
<b>Dry Beans</b>		24oz OR	24 oz OR
<b>Canned Beans</b>		96 oz	96 oz
<b>Peanut Butter</b>		18 oz	18 oz
<b>Fish</b>		45 oz	45 oz
<b>Whole grains</b>		24 oz	24 oz
<b>Cash Value Vouchers</b>		3 - \$5.50 vouchers	3 - \$5.50 vouchers

**Appendix E**  
**Medical Documentation Form**



### Medical Documentation Form for Special Needs Food Packages

Client Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ WIC Client ID: \_\_\_\_\_

*Please fully complete every section (1-7) to avoid delays in issuance. Please choose WIC routine formulas whenever possible, as noted by \*\**

- 1. Current Formula Request:**
- |  |  |
|--|--|
| <input type="checkbox"/> Similac Advance (20 Cal/oz.)* | <input type="checkbox"/> Alimentum                                       |
| <input type="checkbox"/> Similac Sensitive*            | <input type="checkbox"/> Nutramigen                                      |
| <input type="checkbox"/> Similac for Spit-up*          | <input type="checkbox"/> Gerber Extensive HA (Powder)                    |
| <input type="checkbox"/> Similac Total Comfort*        | <input type="checkbox"/> Enfamil Enficare (Powder and RTF)               |
| <input type="checkbox"/> Gerber Good Start Soy*        | <input type="checkbox"/> Similac Expert Care Neosure (Powder and RTF)    |
| <input type="checkbox"/> Gerber Graduates Soy*         | <input type="checkbox"/> Pediasure (must meet WIC criteria for issuance) |
|  | <input type="checkbox"/> Other: _____                                    |

- 2. Amount of Formula Requested Per Day:** \_\_\_\_\_  
(If no amount written, amount defaults to WIC Maximum)
- Oral  Tube Feeding
- 3. Form of Formula:**  
 Powder  Concentrate  Ready-to-feed  
 Note: Concentrate or Ready to feed form given to premature clients unless otherwise specified.

**4. Diagnosis for Similac Advance (20 Cal/oz.), Similac Sensitive (19 Cal/oz.), Similac for Spit-up (19 Cal/oz.), Gerber Good Start Soy, and Similac Total Comfort (19 Cal/oz.):**

- Formula Intolerance  Food allergy  Inappropriate growth patterns  Other: \_\_\_\_\_

**Diagnosis for any other formulas not listed above:**

- Prematurity  GERD or reflux  Dysphagia  Failure to thrive  
 Severe food allergy \_\_\_\_\_  Other: \_\_\_\_\_

Note: Must be a specific medical diagnosis.

**5. WIC Foods:**

- Default to WIC Registered Dietitian (RD)/Qualified Nutritionist to choose appropriate WIC foods  
 OR Check any foods listed below that are not appropriate for this patient

Category	WIC Foods	Do Not Give
Infants (6-11 mo.) or Special Needs Women/Children	Infant cereal	<input type="checkbox"/>
	Jarred-fruits/vegetables	<input type="checkbox"/>
Children (1-5 yr.) and Women	Cow's milk	<input type="checkbox"/>
	Cheese	<input type="checkbox"/>
	Yogurt	<input type="checkbox"/>
	Eggs	<input type="checkbox"/>
	Peanut butter	<input type="checkbox"/>
	Whole grains**	<input type="checkbox"/>
	Cereal	<input type="checkbox"/>
	Beans	<input type="checkbox"/>
	Vegetables/fruits	<input type="checkbox"/>
	Juice	<input type="checkbox"/>
	Goat milk	<input type="checkbox"/>
	Soy milk	<input type="checkbox"/>
	Tofu	<input type="checkbox"/>

**Note:**  
 Children 12-23 months old are typically given whole milk. Anyone 2 and older is given 1%/fat free milk. If another milk type is needed please include in comment section.

Comments: \_\_\_\_\_

- Exclusively Nursing Only:**  
 Women Canned Fish   
 Infants (6-11 mo.) Infant Jarred Meats

\*\*Grains include the options of whole wheat bread, brown rice, whole wheat pasta, whole wheat tortillas, and/or corn tortillas.

**6. Length of Time Requested:**  Up to first birthday OR # months: \_\_\_\_\_

**7. Print Provider Name:** \_\_\_\_\_ **Title (Circle):** MD., D.O., P.A., N.P. **Date:** \_\_\_\_\_

**Healthcare Provider Signature:** \_\_\_\_\_ **Phone Number:** \_\_\_\_\_

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