Chapter Three
Food Package – General
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 will be authorized for inclusion in the Arizona WIC Programs Food List. The nutritional value of all foods selected must 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.
### Chapter Three
Food Package - General

#### Overview (continued)

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## Chapter Three
### Food Package - General

### Section A
#### State Agency Responsibilities

**Introduction**
The State Agency will develop and distribute a list of authorized foods and will 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 will be similar to like food types, and will not exceed 130 percent of the cost of like foods
- Availability – the food item will 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 will be provided to all Local Agencies, participants, and Vendors. The list will be reviewed periodically, and additions or deletions will 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, will be developed for each category of participant. Additionally, packages will 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 and partially breastfeeding
- **FFP VI**: Postpartum
- **FFP VII**: Fully Breastfeeding Women
**Chapter Three**  
**Food Package - General**

### Section B  
**Local Agency Responsibilities**

**Introduction**  
Local Agency staff will issue and explain the use of food instruments 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 will maintain a current listing of the staff members authorized to issue supplemental food packages. The list will include the names, signatures, and titles of those staff members.

**Certification / Explanation**  
During Certification, Local Agency staff will explain the food package to the participant. The explanation will 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 instruments and Cash Value Vouchers.

**Custom Food Packages**  
The State Agency will provide custom food packages at the request of the Local Agency.

**Food Instrument Issuance**  
Local Agency staff will issue food instruments to participants (or their proxies) that can be used to purchase supplemental foods. Participants or caretakers 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 will not exceed the maximum quantities specified in Appendix C. The amount can be tailored downward if the participant needs or requests less.
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 will be issued baby food fruits and vegetables and infant cereal beginning at six (6) months of age and will continue through eleven (11) months of age.

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

Local Agency Responsibility
Infant food packages are designed to address the developmental needs of infants and bring the infant food packages in line with current infant feeding practice guidelines from the American Academy of Pediatrics (AAP). Local Agencies should issue infant food packages in accordance with the individual developmental needs of the infant to encourage healthy dietary patterns.
Local Agency staff will actively support and encourage breastfeeding to pregnant and postpartum participants.

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 should be done before the issuance of food instruments at every visit. The results of the assessment should 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 Partially Breastfed Infants – FFP I and II

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

Definition
WIC promotes breastfeeding as the optimal feeding choice for infants.

A partially (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.

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

A breastfeeding assessment should be done before the issuance of food instruments at every visit. The results of the assessment should 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 partially (mostly) breastfed infant is as follows:

- 0-1 month: 104 fluid oz. of reconstituted powder formula.
- 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 caregiver of the partially breastfeeding infant requests more than the maximum monthly allowance of formula for a partially (mostly) breastfed infant, the infant is identified as an IPN+ in HANDS. The partially breastfeeding woman will correspondingly be identified as a PN+ (see Section K) in HANDS, and will no longer receive a food package or supplemental foods after 6 months postpartum. PN+ mothers will, however, continue to count as a WIC participant, receiving nutrition and breastfeeding education, support, and referrals.
## Section E
### Food Packages for Partially Breastfed Infants – FFP I and II
(Continued)

<table>
<thead>
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<th>Partially Breastfed Infant Formula Issuance 0-1 month</th>
<th>Formula may only be issued in the first month after birth for partially (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 nutritionist.</th>
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ARIZONA WIC PROGRAM

POLICY AND PROCEDURE MANUAL

ORIGINAL: MARCH 1997

REVISION: JUNE 2014

3-9
Section F
Food Packages for Formula-Fed Infants – FFP I and II

Policy
Rebated iron fortified milk or soy-based powdered formulas should 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 must follow prescribed procedures as outlined in Chapter 4.

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

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.

Continued on Next Page
Section F
Food Packages for Formula-Fed Infants – FFP I and II (Continued)

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 will 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 will establish and monitor exception rates to rebated formula issuance.

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

During Management Evaluations, chart reviews will 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.

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.

Soy products are allowed as a milk substitution for all children categories.

Special formula or medical foods 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.
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 Cash Value Vouchers ($10 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 medical foods 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 – 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 partially (mostly) breastfeeding multiple infants from the same pregnancy; and pregnant women who are also fully or partially (mostly) breastfeeding singleton infants. It includes two $5 Cash Value Vouchers ($10 total) for fresh, frozen, and/or canned fruits and vegetables.

A breastfeeding assessment should be done before the issuance of food instruments at every visit. The results of the assessment should 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 Cash Value Vouchers ($15 total) for fresh fruits and vegetables.

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

Special formula or medical foods 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.
Chapter Three
Food Package - General

Section J
Food Packages for Partially (Mostly) Breastfeeding Women – FFP V

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

- 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 partially (mostly) breastfed infant receives formula from the WIC program in amounts that do not exceed the maximum allowances described in Appendix D for a partially (mostly) breastfeeding infant and includes two $5 Cash Value Vouchers ($10 total) for fresh, frozen, and/or canned fruits and vegetables.

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

A breastfeeding assessment should be done before the issuance of food instruments at every visit. The results of the assessment should 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 will 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 partially (mostly) breastfed infant will be an IPN+ in HANDS (see Section E).

Women participants who are partially (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 medical foods 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:

- Helps maintain the strength needed to care for an infant.
- Promote a steady weight loss and/or maintain 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 Cash Value Vouchers ($10 total) for fresh, frozen, and/or canned fruits and vegetables. After 6 months, both P and PN+ women will no longer receive a food package or supplemental foods. PN+ women will continue to count as a WIC participant, however, receiving nutrition and breastfeeding education support and referrals.

A breastfeeding assessment should be done before the issuance of food instruments at every visit. The results of the assessment should 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 medical foods 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 medical foods. 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 must 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 must 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. (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.

Continued on Next Page
### Section L

**Food Packages for Medically Fragile Participants – FFP III (Continued)**

**Documentation Requirements**

Information regarding the request or medical need for substitutions or alternatives must be documented in the HANDS system. Medical documentation must 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
- Diagnosis and duration
- Signature of the prescriptive authority requesting formula (signature stamps and faxes are acceptable)
- Contact information for the person prescribing the formula

**FFP III Medical Documentation Requirements**

- Any exempt infant formula
- Any formula prescribed to a child or adult
- Any WIC-eligible medical nutritional
- Any supplemental foods issued to participants in FFP III, unless deferred to RD by prescriptive authority
- New medical prescriptions are required for all formula, medical foods, and supplemental foods requiring medical documentation at least yearly or when there is a change in participant category and/or requested WIC-eligible nutritionals.

*Continued on Next Page*
Section L
Food Packages for Medically Fragile Participants – FFP III (Continued)

Unauthorized Issuance

This food package is not authorized for:

- 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).

- Any participant solely for the purpose of personal preference, enhancing nutrient intake or managing body weight without an underlying qualifying condition.
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 must be provided on the Special Formula Authorization form (see Appendix E) and include the following:

- 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
- 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, medical foods, and supplemental foods requiring medical documentation at least yearly or when there is a change in participant category and/or requested WIC-eligible nutritionals.
### Section M
Medical Documentation for “Healthy Participants”  
(Continued)

<table>
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<tr>
<th>Missing and Incomplete Prescription Information</th>
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<tr>
<td>If the client does not have documentation <strong>deferring to the RD</strong> for food requiring a prescription, an RD or nutritionist can approve one month <strong>based on the nutrition assessment</strong> and if participant has previously tolerated this food.</td>
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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 licensed healthcare provider and written documentation will 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 will 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 will 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.

Lactose free or lactose-reduced dairy products should 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

Cheese is substituted for milk at the rate of one (1) pound of cheese per three (3) quarts of milk.
The maximum amount of cheese that may be issued is one (1) pound for children and pregnant/postpartum/partially (mostly) breastfeeding women and two (2) pounds of cheese for fully breastfeeding women and women who qualify for food package VII, in addition to the one (1) pound standard included in food package VII. Food packages with cheese substituted for milk may be chosen for a participant based on nutritional need and individual preference.
Section O
Food Packages for Homeless Participants

Policy
The Local Agency will provide Food Instruments and Cash Value Vouchers for supplemental foods which are the most appropriate to the homeless participant’s situation.

Documentation
In order to authorize a homeless food package, there must be documentation in the client’s record of the following conditions:

- Client is homeless.
- The Food Instruments and Cash Value Vouchers will benefit the client, not a homeless facility or institution.
- 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.

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 is recommended after a comprehensive assessment of the participant’s supplemental nutrition needs and to accommodate cultural preferences.

Special Conditions

The certifier will document in the participant’s file all special conditions that require tailoring of the food package and issuance of special products. This will 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.

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

NOTE: If a food package that will 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.

The need for a participant’s food package to be tailored can only be determined on an individual basis and substitutions of food(s) to allow for different cultural eating patterns are available.

Issuance of supplemental foods to meet religious eating patterns will be accommodated with documentation in HANDS.
### Section Q
Use of the Full Food Package

**Policy**
The designated authority will 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
Authorization of Poor Water/Refrigeration Packages

Policy
The Local Agency will provide participants Food Instruments 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 must 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

See Following Pages
PHILOSOPHY STATEMENT

The 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 will 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 Food Selection Coordination Committee (FSCC) 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:


2. The allowed food products must 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 will 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

<table>
<thead>
<tr>
<th>Food Item</th>
<th>GUIDELINES</th>
</tr>
</thead>
</table>
| **Cereal** | Any brand meeting the below criteria will be considered for inclusion on the authorized food list.  
The package size shall not be smaller than 14 ounces for cold cereals and 11.8 ounces for hot cereals.  
The authorized cereals must include:  
  - at least three types of grains (i.e. corn, rice, wheat, oat)  
  - 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”.  
  - at least two hot cereals  
  - one high fiber ($\geq 4$ gm dietary fiber per ounce) cold cereal  
  - one cereal that is fortified with 100% of the RDA for vitamins and minerals  
  - three cereals containing low levels of phenylalanine. |
| **Juice** | Any brand meeting the below criteria will be considered for inclusion on the authorized food list.  
Juice may be single strength or frozen concentrate.  
Fresh and non-frozen concentrate juices are not allowed.  
Organic juice is not allowed.  
Allowable containers include plastic containers, cartons and cans only.  
Shelf-stable and refrigerated must be 64 oz. container size and include apple, orange, grape, grapefruit, pineapple and tomato.  
Frozen concentrate must be 11.5-12 oz. size and include apple, orange, grape, grapefruit, pineapple and blended flavors.  
Individual servings of juice are allowed only in specific situations as outlined in policy. |
### Food Item Guidelines

<table>
<thead>
<tr>
<th>Food Item</th>
<th>GUIDELINES</th>
</tr>
</thead>
</table>
| **Cheese** | Store/house brands declared by the vendor are the only brands authorized and must meet the criteria below:  
  
  The package size must be 16 ounces.  
  
  Pasteurized domestic cheese in blocks are allowed in the following varieties:  
  
  - Cheddar (includes longhorn)  
  - Colby (includes longhorn)  
  - Monterey Jack  
  - Mozzarella  
  - Blended Cheese, including Colby Jack  
  
  Mozzarella string cheese is allowed.  
  
  Cheese sticks or cheese swirls are **not allowed**.  
  
  Shredded, cubed, random weight and deli counter cheeses are **not allowed**.  
  
  Cheese with added flavors or ingredients such as, wine, peppers, onions or pepperoni is **not allowed**.  
  
  Cheese food, cheese products, cheese spreads and imitation cheeses are **not allowed**. |
| **Eggs** | Store/house brands declared by the vendor are the only brands authorized and must meet the criteria below:  
  
  Medium or Large white chicken eggs are allowed.  
  
  Eggs shall be packaged in cartons of a dozen.  
  
  Extra-large, jumbo, brown eggs and egg substitutes are **not allowed**.  
  
  Specialty eggs, including low cholesterol, DHA, organic, free range, cage free, nest and fertile eggs are **not allowed**. |
### Canned Fish

<table>
<thead>
<tr>
<th>GUIDELINES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Any brand meeting the below criteria is allowed.</td>
</tr>
<tr>
<td>Chunk light water packed tuna and canned pink salmon is allowed.</td>
</tr>
<tr>
<td>5 oz minimum can size for chunk light tuna. Oil packed tuna; solid white or albacore tuna and tuna lunch kits are <strong>not allowed</strong>.</td>
</tr>
<tr>
<td>5 oz minimum can size plain pink salmon, no added ingredients. Canned red sockeye salmon is <strong>not allowed</strong>.</td>
</tr>
<tr>
<td><strong>Flavored or seasoned canned salmon and tuna is not allowed</strong></td>
</tr>
<tr>
<td>Pouches are not allowed.</td>
</tr>
<tr>
<td>3.75 oz cans flavored, seasoned or plan sardines. Any type except Brisling and Norwegian Brisling.</td>
</tr>
</tbody>
</table>

### Beans, Peas, and Lentils

<table>
<thead>
<tr>
<th>GUIDELINES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Any brand meeting the below criteria is allowed.</td>
</tr>
<tr>
<td>Mature legumes</td>
</tr>
<tr>
<td>The package size must be 16 ounces.</td>
</tr>
<tr>
<td>Bulk dry beans are allowed.</td>
</tr>
<tr>
<td>Any type or variety of dry, plain mature beans, peas or lentils is allowed.</td>
</tr>
<tr>
<td><strong>Flavored, seasoned or gourmet beans and bean soup mixes are not allowed</strong>.</td>
</tr>
<tr>
<td>Immature varieties of legumes such as green beans, snap beans, yellow beans, and wax beans are <strong>not allowed</strong>.</td>
</tr>
</tbody>
</table>

### Canned Beans

<table>
<thead>
<tr>
<th>GUIDELINES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Any brand meeting the below criteria will be considered for inclusion on the authorized food list.</td>
</tr>
<tr>
<td>Mature legumes up to 16 oz can size allowed.</td>
</tr>
<tr>
<td>May not contain added sugars*, fats, oils, fruit, vegetables or meat. Canned beans may be regular or lower in sodium content</td>
</tr>
</tbody>
</table>

*Note: Small amounts of sugar are added to some foods that are naturally sugar-containing during the canning process to prevent stress resulting in membrane rupture (e.g., kidney beans). This small amount of added sugar is minimal and helps to maintain the quality and structure of the
### Food Package - General

<table>
<thead>
<tr>
<th>Food Item</th>
<th>GUIDELINES</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Food</strong></td>
<td>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. Beans in brands and varieties not listed on the food list are <strong>not allowed</strong>. Pork and beans, baked beans, and refried beans are also <strong>not allowed</strong>.</td>
</tr>
<tr>
<td><strong>Peanut Butter</strong></td>
<td>Any brand meeting the below criteria is allowed. The container size must be 16 to 18 ounces. Plain, smooth, or chunky types of peanut butter are allowed. Natural peanut butter is allowed. Peanut butter with added ingredients such as jelly, marshmallow, chocolate, or honey is <strong>not allowed</strong>. Peanut butter spreads and organic peanut butters are <strong>not allowed</strong>. Peanut butter in tubes are <strong>not allowed</strong>.</td>
</tr>
<tr>
<td><strong>Milk</strong></td>
<td>For cow’s milk only - store/house brands declared by the vendor are the only brands authorized and must meet the criteria below: Fluid whole, reduced fat, low fat, skim or fat free cow’s milk in gallon containers are allowed. Half gallon and quart containers of milk will be allowed only under special circumstances. Lactose free milks are allowed. 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. UHT milk is allowed for clients that are homeless or have poor refrigeration. Flavored milks are <strong>not allowed</strong>. Organic, raw, goat’s, non-dairy, evaporated filled milk, buttermilk, acidophilus, sweetened condensed milk and half and half are <strong>not allowed</strong>.</td>
</tr>
</tbody>
</table>
### Chapter Three
#### Food Package - General

<table>
<thead>
<tr>
<th>Food Item</th>
<th>GUIDELINES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Soy Based Beverage</td>
<td>Any brand meeting the below criteria will be considered for inclusion on the authorized food list.</td>
</tr>
<tr>
<td></td>
<td>Packaging sizing must be a minimum of 32 ounces (1 quart).</td>
</tr>
<tr>
<td></td>
<td>Plain and Vanilla flavors are allowed.</td>
</tr>
<tr>
<td></td>
<td>Chocolate flavor is <strong>not allowed</strong>.</td>
</tr>
<tr>
<td>Goat’s Milk</td>
<td>Any brand meeting the below criteria will be considered for inclusion on the authorized food list.</td>
</tr>
<tr>
<td></td>
<td>AZ and Navajo Nation Only.</td>
</tr>
<tr>
<td></td>
<td>Package size must be a minimum of 32 ounces (1 quart).</td>
</tr>
<tr>
<td></td>
<td>Fluid low fat and whole goat’s milk are allowed.</td>
</tr>
<tr>
<td>Tofu</td>
<td>Any brand meeting the below criteria is allowed.</td>
</tr>
<tr>
<td></td>
<td>Up to 16 oz size.</td>
</tr>
<tr>
<td></td>
<td><strong>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.</strong></td>
</tr>
<tr>
<td>Fresh Fruits and Vegetables</td>
<td>With the exclusion of white potatoes, any variety of fresh fruits and vegetables is allowed.</td>
</tr>
<tr>
<td></td>
<td>Whole or cut fresh fruits and vegetables are allowed.</td>
</tr>
<tr>
<td></td>
<td>Bagged vegetables, including lettuce are allowed.</td>
</tr>
<tr>
<td></td>
<td>Not allowed: Potatoes (except sweet potatoes or yams); 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 <strong>not allowed</strong>.</td>
</tr>
<tr>
<td>Frozen Fruit</td>
<td>Any brand and type of container is allowed.</td>
</tr>
<tr>
<td></td>
<td>AZ and Navajo Nation Only.</td>
</tr>
</tbody>
</table>
### Chapter Three
#### Food Package - General

<table>
<thead>
<tr>
<th>Food Item</th>
<th>GUIDELINES</th>
</tr>
</thead>
</table>
| **Frozen Vegetables** | Any brand and type of container is allowable.  
AZ and Navajo Nation Only.  
Any variety of frozen vegetables except white potatoes (orange yams and sweet potatoes are allowed); without added sugars, fats, or oils.  
Any brand and type of container is allowable. |
| **Canned Fruit**  | 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). |
| **Canned Vegetables** | Any brand and type of container is allowed.  
AZ and Navajo Nation Only.  
Any variety of canned* vegetables except white potatoes (orange yams and sweet potatoes are allowed); without added sugars**, fats, or oils. May be regular or lower in sodium  
**Note: Small amounts of sugar are added to some foods that are naturally sugar-containing during the canning process to prevent stress resulting in membrane rupture (i.e. sweet peas). 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.  
Any brand  
*Containers may be cans or other shelf-stable containers (i.e. jars, pouches). |

---

*Any variety of plain frozen fruits without added sugars*

*Any brand and type of container is allowable*
### Whole Grains

Any brand meeting the below criteria will be considered for inclusion on the authorized food list.

- 16 oz package size only.

  **Whole Wheat Bread:** Whole Wheat Bread: Packaging must be labeled with 100% Whole Wheat and have whole wheat flour and/or bromated whole wheat flour listed as the only flours on the ingredient list.

- Brown Rice: Long grain or short grain brown rice is allowed. Instant brown rice and rice in plastic containers is **not allowed**.

- Corn Tortillas: Whole corn (or ground masa/corn flour) must be listed as the first ingredient. Soft corn plain, yellow or white tortillas are allowed.

  **Whole Wheat Flour Tortillas:** Whole wheat flour must be listed as the only flour in the ingredient list.

### Infant Fruit and Vegetables

Any brand meeting the below criteria will 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)

- A fruit and vegetable must be listed as the first ingredient.

  **Organic jarred infant foods are not allowed.**

  **Desserts, dinners and food combinations are not allowed.**

### Infant Food Meats

Any brand meeting the below criteria will 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 **not allowed**.)

  **Desserts, dinners and food combinations are not allowed.**

### Infant Formula

Contract formulas are allowed.

- Non-contract and exempt formulas are authorized per each state agency’s policies as defined in the Federal Regulations.
**Food Item** | **GUIDELINES**
---|---
Infant Cereal | Any brand meeting the below criteria will 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 not allowed.
| Cereals with added fruit, sugar, yogurt, formula or DHA/ARA are not allowed.
| Cereals in jars, cans or variety boxes are not allowed.
Chapter Three  
Food Package - General

F. ARIZONA WIC PROGRAMS' WIC FOOD AUTHORIZATION PROCEDURE

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

The following process will 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:
   a. Identification of the wholesaler(s) carrying the product; and
   b. An assessment of when the new product will replace the old product on store shelves (when there is a change in the product formulation).

4. The Food Selection Coordination Committee (FSCC) will 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 will only provide input on authorized foods.

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

5. The FSCC shall evaluate each food product based on the federal requirements and the Arizona, ITCA and Navajo Nation Food Selection Criteria.

6. The FSCC shall verify product availability and price information for all foods submitted that meet the federal and state requirements. This will 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 will be developed and sent to each authorized Vendor Chain Corporation requesting input and submission of their data on the products.
7. The FSCC 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 will be final.

9. The WIC Directors will notify the food companies through a joint correspondence of acceptance or denial of the food products and the FSCC will disseminate information regarding upcoming changes to the authorized foods.

10. There shall be opportunities to review food products outside the established time frame. The FSCC 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
ARIZONA WIC PROGRAMS

FOOD LIST

EFFECTIVE
July 1, 2013

BRINGING MORE TO THE TABLE

This food list is effective July 1, 2013. Vendors may not carry all items listed and/or pictured on the WIC food list.
**WIC Participant Responsibilities**

Before you shop:
1. Look carefully at the “First Date to Use” and “Last Date to Use” dates printed on your checks to make sure you are taking the right checks to the store.
2. Your WIC office will let you know the locations where you can cash your checks. Look for the “WIC Accepted Here” sign.
3. Tell the clinic staff if you would like someone else to be able to pick up and cash WIC checks.

While you shop:
1. Read your checks carefully. Each family member may be provided with different foods.

At the checkout stand:
1. Separate WIC foods from other foods you’re buying.
2. Tell the cashier right away that you are using WIC checks.
3. Sign your WIC checks in front of the cashier after the cashier writes the price on the check. Do not sign your checks before you go to the store.
4. If your check is not accepted at the store, contact your clinic.

If you have problems at the grocery store:
Talk to the store manager if you have a problem at the store. Report the date, time and names of store people involved and save your store receipt. Contact your WIC office if you are still not satisfied.

If you want to know if a particular brand of food is eligible, please visit the Arizona Food List Database at http://azdhs.gov/azwic/az-food-list-database.htm or contact your WIC office.

Maximum amount of each food item will be specified on your WIC check.

Weights: What’s helpful to know
- 16 ounces = 1 pound
- pound = #

- The weight printed on your WIC check is what you can buy.

In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability.

To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 447-0593 (Spanish). USDA is an equal opportunity provider and employer.
MILK

CAN BUY

Store or house brand, refrigerated milk in containers as specified on your WIC check
- Pasteurized fluid cow's milk*
  - Fat-free
  - Low-fat (1%)
  - Reduced-fat (2%)
  - Whole

Speciality Items
- Lactose-free cow's milk*
  (½ gallon)
- Evaporated milk*
  (12 oz. can)
- Powdered dry milk*
  (9.6 to 25.6 oz. box)
- UHT/Sterile/Long Shelf Life Milk*

CANNOT BUY

- Chocolate milk
- Flavored milk
- Buttermilk
- Acidophilus milk
- Half and half
- Rice milk

SOY MILK

Only when specified on your WIC check

CAN BUY
- Pacific Ultra Soy 32 oz.
  shelf stable, plain and vanilla only
- 8th Continent, ½ gallon
  refrigerated, original and vanilla only

CANNOT BUY
- Soy milk with added DHA/ARA
- Pacific Ultra Soy chocolate or organic
- 8th Continent chocolate,
  light, fat-free, organic or complete vanilla

TOFU

Only when specified on your WIC check

CAN BUY
- Any eligible brand,
  up to 16 oz.
- Water-packed, any texture,
  calcium-set tofu (i.e., soft,
  medium, firm or extra firm)

CANNOT BUY
- Tofu with added fats,
  sugars, oils or sodium
- Organic tofu

GOAT MILK

Arizona WIC only:
When specified on your WIC check

CAN BUY
- Meyenberg, quart,
  refrigerated

CANNOT BUY
- Evaporated
- Powdered
- Canned

*Type of milk as specified on your WIC check. Half gallons and quarts only when specified on your WIC check.
CHEESE

CAN BUY
Store or house brand, pasteurized, pre-packaged, 1 lb. (16 oz.) regular, reduced fat or low sodium
- Cheddar (mild, medium, sharp, extra sharp, longhorn or white)
- Monterey Jack
- Mozzarella (includes string cheese)
- Colby
- Blended cheese (blend of any type listed above)

CANNOT BUY
- Diced, grated, shredded or sliced
- Cheese from the deli counter
- Random weight cheese
- Cheese with added peppers or other ingredients
- Imported cheese
- Processed American cheese, processed cheese food, cheese product or cheese spread
- Cream cheese
- Cheese sticks or swirls
- Packages less than 16 oz.
- Organic cheese

WHOLE GRAINS

100% WHOLE WHEAT BREAD

CAN BUY
- Any of the following loaves of bread in a 16 oz. size only
- Any eligible store or house brand labeled 100% whole wheat bread (including bakery)
- Bimbo 100% Whole Wheat Bread
- Roman Meal Sun Grain 100% Whole Wheat Bread
- Sara Lee Classic 100% Whole Wheat Bread
- Wonder Soft 100% Whole Wheat Bread

CANNOT BUY
- Gluten-free
- Diet, light or low carb
- Mini loaves
- Pita or flat bread
- English muffins
- Sandwich thins or rounds
- Bagels
- Buns
- Rolls
- Organic
WHOLE GRAINS

**BROWN RICE**

**CAN BUY**
- Any of the following brown rice (long or short grain) in a 16 oz. size only
  - Any store or house brand
  - Blue Ribbon Brown Rice
  - Mahatma Brown Rice
  - Shurfine Brown Rice
  - Springfield Brown Rice

**CANNOT BUY**
- Instant brown rice
- Rice in plastic containers
- Seasoned or flavored rice
- White rice
- Basmati and jasmine rice
- Organic rice

**WHOLE WHEAT FLOUR TORTILLAS**

**CAN BUY**
- Any of the following whole wheat flour tortillas in a 16 oz. size only
  - Any store or house brand*
  - Guerrero Tortillas de Harina Integral
  - La Banderita Fajita Whole Wheat Tortillas
  - Mission Whole Wheat Tortillas

**CANNOT BUY**
- Tortilla chips
- Tostada or taco shells
- White flour tortillas
- Flavored tortillas (such as spinach or tomato)
- Organic tortillas

*Whole wheat flour must be listed as the first ingredient or “100% Whole Wheat” printed on the label.

**SOFT CORN TORTILLAS**

**CAN BUY**
- Any of the following yellow or white soft corn tortillas in a 16 oz. size only
  - Any store or house brand
  - Casa Rica
  - Don Pancho
  - Guerrero
  - La Banderita
  - La Burrita
  - Mama Lola’s
  - Mission
  - Santa Fe Tortilla Company

**CANNOT BUY**
- Tortilla chips
- Tostada or taco shells
- Organic tortillas
**FRUITS**

**FRESH FRUITS**

**CAN BUY**
- Any variety of whole or cut-up fresh fruit
  - Single (individual) pieces of fruit
  - Bagged or pre-packaged fresh fruit
  - Organic fruit
- Dried fruit
- Fruit-nut mixtures
- Fruit with dipping sauce
- Fruit for purchase on salad bars
- Ornamental fruits
- Fruit baskets
- Party trays
- Items such as blueberry muffins
- Fruit with added sugar, fat, oil or salt

**CANNOT BUY**

**FROZEN FRUITS**
*Arizona and Navajo Nation WIC only*

**CAN BUY**
- Any brand
- Any size and type of container
- Any plain fruit or mixed fruit
- Organic fruit

**CANNOT BUY**
- Fruit with added sugar, fat, oil or salt
- Fruit with artificial sweeteners such as Splenda or NutraSweet
- Fruit with any other added ingredients
- Smoothies

**CANNED FRUITS**
*Arizona and Navajo Nation WIC only*

**CAN BUY**
- Any brand
- Any size and type of container (shelf stable or refrigerated)
- Any plain fruit or mixed fruit packaged in juice or water
- Natural or unsweetened applesauce
- Organic fruit

**CANNOT BUY**
- Fruit packed in syrup such as heavy, light or extra light
- Fruit with added sugar, fat, oil or salt
- Fruit packed in sweetened fruit juice or nectar
- Fruit cocktail, cranberry sauce or pie filling
- Fruit with artificial sweeteners such as Splenda or NutraSweet

*Allowable containers include cans, cups or jars.

*Arizona WIC only*
You may also use your cash value voucher (CVV) to buy fresh fruits and vegetables at approved farmers’ markets if specified on check.
VEGETABLES

FRESH VEGETABLES

**CAN BUY**
- Any variety of whole or cut-up fresh vegetables
  - Single (individual) vegetables
  - Bagged or pre-packaged vegetables, including lettuce
  - Sweet potatoes or yams
  - Organic vegetables

**CANNOT BUY**
- Potatoes, except sweet potatoes or yams
- Kits with dressings or dipping sauce
- Herbs and spices
- Edible blossoms such as squash blossoms
- Creamed or sauced vegetables
- Vegetable-grain mixtures
- Breaded vegetables
- Vegetables for purchase on salad bars
- Salad kits
- Ornamental vegetables, such as chilies on a string
- Painted pumpkins
- Party trays
- Vegetables with added sugar, fat, oil or salt

Arizona WIC only
You may also use your cash value voucher (CVV) to buy fresh fruits and vegetables at approved farmer’s markets if specified on check.

FROZEN VEGETABLES

**Arizona and Navajo Nation WIC only**

**CAN BUY**
- Any brand
  - Any size and type of container
  - Any mixed vegetables without potatoes
  - Sweet potatoes and yams without added sugar or syrup
  - Steamer bags
  - Organic vegetables

**CANNOT BUY**
- Breaded or seasoned vegetables
- Any potatoes other than sweet potatoes or yams
- French fries, tater tots, hash browns or mashed potatoes
- Vegetables with sauce such as cheese, butter or teriyaki sauce
- Vegetables with added sugar, syrup, oil, fat, pasta, rice or any other ingredients

CANNED VEGETABLES*

**Arizona and Navajo Nation WIC only**

**CAN BUY**
- Any brand
  - Any size and type of container
  - Regular and low sodium
  - Any mixed vegetables without potatoes
  - Sweet potatoes and yams without added sugar or syrup
  - Tomato sauce, paste, puree, whole, crushed, diced or stewed tomatoes
  - Organic vegetables

**CANNOT BUY**
- Vegetables with added fat, sugar*** or oil
- Added pastas or rice
- Potatoes other than sweet potatoes or yams
- Pickled or creamed vegetables
- Vegetables in sauce
- Spaghetti or pizza sauce, soups, ketchups, relish, olives, salsas

*Allowable containers include cans, cups or jars.
** Sugar allowed for sweet peas and corn only.
FRUITS AND VEGETABLES BUYING GUIDE

The buying guide will help you get the most food with your fruit and vegetable checks. This chart can help you figure out the cost of an item priced by the pound. When choosing fresh fruits and vegetables, follow these steps:
- Place the item on the grocery scale
- Round the weight up to the nearest pound or half pound
- Estimate the cost of the item based on the chart
- There may be differences in weight between the scales in the produce section and at the register. The scale at the register will determine the actual weight and cost of the fruits and vegetables.

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EGGS, PEANUT BUTTER AND BEANS

EGGS

CAN BUY
- Store or house brand, dozen size carton
  - Fresh, raw, white chicken eggs medium or large

CANNOT BUY
- 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

PEANUT BUTTER

CAN BUY
- Any eligible brand, 16 to 18 oz.
  - Plain, creamy, chunky or super chunky styles
  - Low sodium
  - Low sugar
  - Natural

CANNOT BUY
- Peanut butter spread
- Peanut butter with added jams, jellies, chocolate, DHA, omega-3 or honey
- Peanut butter in tubes
- Organic peanut butter

DRY BEANS / PEAS / LENTILS

CAN BUY
- Any eligible brand, any variety
  - 16 oz. package size
  - Bulk

CANNOT BUY
- Green, yellow or wax beans
- Fresh or frozen beans
- Refried beans
- Bean soup mixes with flavoring packets/spices
- Snap beans
- Gourmet beans
- Organic beans
CANNED BEANS

Can buy any of these brands of beans in varieties listed on the following page

Albertsons/Everyday: Cannellini, Garbanzo, Great Northern, Red and Whole Pinto

Bush’s: Black, Cannellini White Kidney, Dark Red Kidney, Garbanzo, Great Northern and Pinto

El Mexicano: Garbanzo and Pinto

Food Club: Dark Red Kidney, Garbanzo, Great Northern and Pinto

Fry’s/Kroger: Black, Black-eyed Peas, Cannellini Kidney, Dark Red Kidney, Garbanzo, Great Northern, Light Red Kidney, Pinto and Red

Great Value: Black, Great Northern, Pinto and Red

CANNED BEANS

Can buy any following brands and varieties of beans in up to 16 oz. size

Safeway: Black, Garbanzo, Light Red Kidney, Lima, Pinto and Red

Shurfine: Premium Black, Premium Dark Red Kidney, Premium Garbanzo, Premium Great Northern, Premium Light Red Kidney and Premium Pinto

Springfield: Fancy Black, Fancy Black-eyed Peas and Fancy Pinto

Valu Time: Pinto

Western Family: Premium Black, Premium Garbanzo, Premium Great Northern, Premium Light Red Kidney and Premium Pinto

CANNOT BUY

- Beans in brands and varieties not listed
- Beans with added fat, oil, seasonings, spices or meat
- Pork and beans
- Baked beans
- Refried beans
CEREAL

COLD CEREAL
14 oz. or larger bags or boxes; up to 36 combined oz.

CAN BUY
- Any store brand Crispy Rice or Toasted Oats
- General Mills: Total, Kix (Plain), Cheerios (Plain and Multigrain), and Chex (Corn and Wheat)
- Kellogg’s: Corn Flakes, Special K, All-Bran Wheat Flakes, Frosted Mini-Wheats Original, and Rice Krispies
- Malt-O-Meal: Frosted Mini Spooners, Crispy Rice
- Post: Great Grains Banana Nut Crunch, Honey Bunches of Oats (Honey Roasted, Almond or Vanilla Bunches), Grape-Nuts and Grape-Nuts Flakes
- Quaker: Life (Original), Oatmeal Squares (Brown Sugar and Cinnamon)

CANNOT BUY
- Cold cereals less than 14 oz.
- Variety packs
- Frosted cereals except those listed in the CAN BUY section
- Organic cereals

COLD CEREAL
14 oz. or larger bags or boxes; up to 36 combined oz.

HOT CEREAL
11.8 oz. box or larger; up to 36 combined oz.

CAN BUY
- Cream of Wheat Instant Original Flavor individual packets
- Malt-O-Meal Original
- Quaker Instant Oatmeal Original individual packets

CANNOT BUY
- Hot cereals less than 11.8 oz.
- Added raisins, fruit or nuts
- Variety packs
- Organic cereals
# JUICE

### 64 OZ. SHELF STABLE OR REFRIGERATED

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### 64 OZ. SHELF STABLE

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### 64 OZ. REFRIGERATED

**CAN BUY**

- Orange* (any brand)
- Grapefruit* (any brand)

**CANNOT BUY**

- Odwalla and Naked brands of refrigerated juice

### 11.5-12 OZ. FROZEN CONCENTRATE

**Only when specified on your WIC check**

- Apple
- Grape
- Pineapple

**Only when specified on your WIC check**

- Orange* (any brand)
- Grapefruit* (any brand)

### Calcium fortified allowed. Organic NOT allowed. Allowable containers include plastic bottles, cartons and cans only.

**Only when specified on your WIC check**

- 5.5-6 oz. containers of Dole Pineapple, Donald Duck Orange and V8 juice (any type)
- 8 oz. containers of Sunglo juice boxes (any flavor)
**INFANT FOODS**

**INFANT FRUITS AND VEGETABLES**

**CAN BUY**
Any eligible brand, Stage 2, infant fruits and vegetables
- 3.5 or 4 oz. containers
- Any single variety
- Any combination of plain fruits and/or vegetables (e.g. apples and bananas, carrots and mangos)
- Multipacks and variety packs

**CANNOT BUY**
- Foods with added salt, sugar or starches
- Desserts, dinners and food combinations
- Added formula, cereal or DHA/ARA
- Smoothies
- Organic

**INFANT FOOD MEATS**
Allowable for fully breastfeeding infants only

**CAN BUY**
Any eligible brand, any stage, 2.5 oz. single ingredient infant meats (added broth and gravy allowed)

**CANNOT BUY**
- Foods with added salt or sugar
- Dinners and food combinations
- Meat sticks
- Organic

**INFANT CEREAL AND FORMULA**

**INFANT CEREAL**

**CAN BUY**
*Gerber or Beechnut, single grain cereal, 8 or 16 oz.*
- Barley
- Oatmeal
- Rice
- Whole wheat

**CANNOT BUY**
- Infant cereal with added fruit, sugar, yogurt, formula or DHA/ARA
- Jars, cans or single serving cups
- High protein
- Mixed cereals
- Organic

**INFANT FORMULA**

Only brand, type, and size as specified on your WIC check

**CAN BUY**
- All formula listed on WIC check must be purchased.
- Store and manufacturer coupons cannot be used for infant formula.

**CANNOT BUY**
- All formula listed on WIC check must be purchased.
- Store and manufacturer coupons cannot be used for infant formula.
FOR WOMEN WHO EXCLUSIVELY BREASTFEED ONLY

TUNA
CAN BUY
Any eligible brand
- Chunk light only
- Plain, water-packed

CANNOT BUY
- Solid white or Albacore tuna
- Tuna with soy protein added
- Oil-packed tuna
- Prime fillet
- Lunch kit tuna mix
- Tuna packed in pouches
- Tuna with added ingredients
- Flavored or seasoned tuna

PINK SALMON
CAN BUY
Any eligible brand
- Pink salmon only
- Plain, water-packed

CANNOT BUY
- Salmon with added ingredients
- Red salmon
- Salmon in pouches
- Flavored or seasoned salmon
- Atlantic salmon
- Fillets

SARDINES
CAN BUY
Any eligible brand
- 3.75 oz. cans, flavored, seasoned or plain

CANNOT BUY
- Brisling
- Norwegian
Appendix C
Authorized Supplemental Foods – Basic Specifications

See Following Pages
Authorized Supplemental Foods – Basic Specifications

Infant Formula
All authorized infant formulas must:

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;
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 must:

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 must 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)).
Chapter Three
Food Package – General

Cow’s Milk
Must 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).

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
Chapter Three
Food Package – General

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 ≤ 21.2 g sucrose and other sugars per 100 g dry cereal (≤ 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 (≤ 1 g saturated fat per RACC) and “low cholesterol” (≤ 20 mg cholesterol per RACC);
3. bear quantitative trans fat labeling;
4. contain ≤ 6.5 g total fat per RACC and ≤ 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


Chapter Three
Food Package – General

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 vegetable, except white potatoes, without added sugars, fats, or oils (orange yams and sweet potatoes 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)) except white potatoes (orange yams and sweet potatoes are allowed); without added sugars†, 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)) except white potatoes (orange yams and sweet potatoes are allowed); 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. White potatoes; ketchup or other condiments; pickled vegetables, olives; soups; juices; and fruit leathers and fruit roll-ups are not authorized.
### Chapter Three
**Food Package – General**

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<th>Mature dry beans or peas</th>
<th>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.</th>
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<tr>
<td>Canned beans</td>
<td>May be any plain, canned, mature beans. May not contain added sugar, fats, oils, or meats.</td>
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<td>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.</td>
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<td>Peanut butter</td>
<td>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.</td>
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<td>Canned Fish</td>
<td>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.</td>
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<td>Whole Grains</td>
<td>Whole wheat bread must conform to FDA standard of identity (21 CFR 136.180). (Includes whole wheat buns and rolls.) “Whole wheat flour” and/or “bromated whole wheat flour” must be the only flours listed in the ingredient list.</td>
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<td>Brown rice is allowed without added sugars, fats, oils, or salt (i.e. sodium).</td>
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<tr>
<td></td>
<td>Soft corn tortillas: Whole grain must be the primary ingredient by weight.</td>
</tr>
<tr>
<td></td>
<td><strong>Whole wheat tortillas:</strong> Whole wheat must be the primary ingredient by weight. Whole wheat flour must be the only flour listed in the ingredient list.</td>
</tr>
</tbody>
</table>
Appendix D
Maximum Monthly Quantity

See Following Pages
### Maximum Monthly Quantity

#### 1. INFANTS (0-5 months)

**Federal Food Package I - 7 CFR 246.10(c)(1)**

<table>
<thead>
<tr>
<th>Formula</th>
<th>Container size</th>
<th>Category</th>
<th>Non-Homeless</th>
<th>Homeless</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>0 -1 mo.</td>
<td>1 -3 mo.</td>
<td>4 -5 mo.</td>
</tr>
<tr>
<td>- Concentrate OR</td>
<td>13 oz bottle</td>
<td>IFF &amp; IPN+</td>
<td>31</td>
<td>34</td>
</tr>
<tr>
<td></td>
<td></td>
<td>IPN</td>
<td>4</td>
<td>14</td>
</tr>
<tr>
<td></td>
<td></td>
<td>IEN</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>- Powder OR</td>
<td>Oz of reconstituted powder</td>
<td>IFF &amp; IPN+</td>
<td>870</td>
<td>960</td>
</tr>
<tr>
<td></td>
<td></td>
<td>IPN</td>
<td>104</td>
<td>435</td>
</tr>
<tr>
<td></td>
<td></td>
<td>IEN</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>- Ready-To-Feed</td>
<td>8 oz bottle</td>
<td>IFF &amp; IPN+</td>
<td>104</td>
<td>112</td>
</tr>
<tr>
<td></td>
<td></td>
<td>IPN</td>
<td>13</td>
<td>48</td>
</tr>
<tr>
<td></td>
<td></td>
<td>IEN</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td></td>
<td>32 oz bottle</td>
<td>IFF &amp; IPN+</td>
<td>26</td>
<td>28</td>
</tr>
<tr>
<td></td>
<td></td>
<td>IPN</td>
<td>3</td>
<td>12</td>
</tr>
<tr>
<td></td>
<td></td>
<td>IEN</td>
<td>0</td>
<td>0</td>
</tr>
</tbody>
</table>

#### 2. INFANTS (6-11 months)

**Federal Food Package II - 7 CFR 246.10(c)(2)**

<table>
<thead>
<tr>
<th>Formula</th>
<th>Container size</th>
<th>Category</th>
<th>Non-Homeless</th>
<th>Homeless</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>6 -11 mo.</td>
<td>6 -11 mo.</td>
<td></td>
</tr>
<tr>
<td>- Concentrate OR</td>
<td>13 oz bottle</td>
<td>IFF &amp; IPN+</td>
<td>24</td>
<td>0</td>
</tr>
<tr>
<td></td>
<td></td>
<td>IPN</td>
<td>12</td>
<td>0</td>
</tr>
<tr>
<td></td>
<td></td>
<td>IEN</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>- Powder OR</td>
<td>Oz of reconstituted powder</td>
<td>IFF &amp; IPN+</td>
<td>696</td>
<td>0</td>
</tr>
<tr>
<td></td>
<td></td>
<td>IPN</td>
<td>384</td>
<td>0</td>
</tr>
<tr>
<td></td>
<td></td>
<td>IEN</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>- Ready-To-Feed</td>
<td>8 oz bottle</td>
<td>IFF &amp; IPN+</td>
<td>80</td>
<td>80</td>
</tr>
<tr>
<td></td>
<td></td>
<td>IPN</td>
<td>40</td>
<td>40</td>
</tr>
<tr>
<td></td>
<td></td>
<td>IEN</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td></td>
<td>32 oz bottle</td>
<td>IFF &amp; IPN+</td>
<td>20</td>
<td>0</td>
</tr>
<tr>
<td></td>
<td></td>
<td>IPN</td>
<td>10</td>
<td>0</td>
</tr>
<tr>
<td></td>
<td></td>
<td>IEN</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Cereal</td>
<td>IFF &amp; IPN+</td>
<td>Up to 24 oz.</td>
<td>Up to 24 oz.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>IPN</td>
<td>Up to 24 oz.</td>
<td>Up to 24 oz.</td>
<td></td>
</tr>
<tr>
<td>Infant Fruits and Vegetables</td>
<td>IFF &amp; IPN+</td>
<td>32- 4oz jars</td>
<td>32- 4oz jars</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>OR</td>
<td>OR</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>36- 3.5oz jars</td>
<td>36- 3.5oz jars</td>
<td></td>
</tr>
<tr>
<td></td>
<td>IPN</td>
<td>32- 4oz jars</td>
<td>32- 4oz jars</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>OR</td>
<td>OR</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>36- 3.5oz jars</td>
<td>36- 3.5oz jars</td>
<td></td>
</tr>
<tr>
<td></td>
<td>IPN</td>
<td>64- 4oz jars</td>
<td>64- 4oz jars</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>OR</td>
<td>OR</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>73- 3.5oz jars</td>
<td>73- 3.5oz jars</td>
<td></td>
</tr>
<tr>
<td>Infant Meats</td>
<td>IFF &amp; IPN+</td>
<td>0</td>
<td>0</td>
<td></td>
</tr>
<tr>
<td></td>
<td>IPN</td>
<td>0</td>
<td>0</td>
<td></td>
</tr>
<tr>
<td></td>
<td>IEN</td>
<td>31- 2.5oz jars</td>
<td>31- 2.5oz jars</td>
<td></td>
</tr>
</tbody>
</table>
### Chapter Three
#### Food Package – General

**Maximum Monthly Quantity (Continued)**

<table>
<thead>
<tr>
<th>3. CHILDREN</th>
<th>Federal Food Package IV – 7 CFR 246.10 (c)(4)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Milk</strong></td>
<td></td>
</tr>
<tr>
<td>- Fluid (whole, reduced fat, skim/non-fat, low fat, long shelf life, lactose-reduced, goat’s, soy) OR</td>
<td>16 qt</td>
</tr>
<tr>
<td>- Dry (non-fat, low fat) OR</td>
<td>16 qt reconstituted (up to 51.2 dry oz)</td>
</tr>
<tr>
<td>- Evaporated</td>
<td>12 oz can</td>
</tr>
</tbody>
</table>

**ALL ONE YEAR OLDS ARE ISSUED WHOLE MILK UNLESS OTHERWISE SPECIFIED**

<table>
<thead>
<tr>
<th><strong>Cheese</strong></th>
<th>0</th>
<th>1 lb</th>
</tr>
</thead>
</table>
| • Remember 1 pound of cheese reduces the amount of milk by 3 quarts. 
• A maximum of 1 pound of cheese can be substituted for milk 
• The food package for a homeless participant will contain 1 pound of cheese. |

<table>
<thead>
<tr>
<th><strong>Tofu</strong></th>
<th>Up to 4 pounds of tofu can be added in the package. 1 quart of milk is substituted for each pound of tofu added.</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th><strong>Eggs</strong></th>
<th>1 dozen</th>
<th>1 dozen</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Grade A</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Cereal</strong></th>
<th>36 oz dry</th>
<th>36 oz dry</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Regular, hot or cold</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Juice</strong></th>
<th>64 oz bottle</th>
<th>6 oz can</th>
<th>12 oz can</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Single strength, OR</td>
<td>2</td>
<td>0</td>
<td>2</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Peanut Butter, OR</strong></th>
<th>18 oz</th>
<th>18 oz</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th><strong>Dry Beans or Peas</strong></th>
<th>1 lb OR</th>
<th>1 lb OR</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th><strong>Canned Beans</strong></th>
<th>64 oz</th>
<th>64 oz</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th><strong>Whole Grains</strong></th>
<th>32 oz</th>
<th>32 oz</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th><strong>Cash Value Vouchers</strong></th>
<th>$8.00</th>
<th>$8.00</th>
</tr>
</thead>
</table>

*Continued on Next Page*
### Maximum Monthly Quantity (Continued)

#### 4. PREGNANT AND PARTIALLY (MOSTLY) BREASTFEEDING WOMEN

Federal Food Package V - 7 CFR 246.10 (c)(5)

<table>
<thead>
<tr>
<th></th>
<th>Non-Homeless</th>
<th>Homeless</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Milk</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>- Fluid (whole,</td>
<td>22 qt</td>
<td>19 qt</td>
</tr>
<tr>
<td>reduced-fat,</td>
<td></td>
<td></td>
</tr>
<tr>
<td>skim/non-fat,</td>
<td></td>
<td></td>
</tr>
<tr>
<td>low fat, long shelf</td>
<td></td>
<td></td>
</tr>
<tr>
<td>life, lactose-reduced,</td>
<td></td>
<td></td>
</tr>
<tr>
<td>goat’s, soy) OR</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- Dry (non-fat, low</td>
<td>22 qt reconstituted (up to 70.4 dry oz)</td>
<td>19 qt reconstituted (up to 60.8 dry oz)</td>
</tr>
<tr>
<td>fat) OR</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- Evaporated</td>
<td>12 oz can</td>
<td>29</td>
</tr>
<tr>
<td><strong>Cheese</strong></td>
<td></td>
<td>1 lb</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Additional pounds of cheese will be substituted at a rate of 1 pound of cheese for 3 quarts of milk.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• A maximum of 1 pound of cheese can be substituted for milk</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• The food package for a homeless participant will contain 1 pound of cheese.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Tofu**

Up to 4 pounds of tofu can be added in the package. 1 quart of milk is substituted for each pound of tofu added.

**Eggs**

- Grade A
  - 1 dozen

**Cereal**

- Regular, hot or cold
  - 36 oz dry

**Juice**

- Single strength, OR
  - 64 oz bottle, 2 OR
  - 6 oz can, 2
- Frozen concentrate
  - 12 oz can, 3

**Peanut Butter, OR**

- 18 oz

**Dry Beans or Peas**

- 1 lb OR

**Canned Beans**

- 64 oz

**Whole grains**

- 1 lb

**Cash Value Vouchers**

- 2 - $5 vouchers

*Continued on Next Page*
### Maximum Monthly Quantity (Continued)

#### 5. PREGNANT WITH MULTIPLES WOMEN'S PACKAGE
Federal Food Package VII - 7 CFR 246.10 (c)(5)

<table>
<thead>
<tr>
<th>Milk</th>
<th>Non-Homeless</th>
<th>Homeless</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fluid (whole, reduced-fat, skim/non-fat, low fat, long shelf life, lactose-reduced, goat’s, soy) OR</td>
<td>24 qt</td>
<td>21 qt</td>
</tr>
<tr>
<td>-Dry (non-fat, low-fat) OR</td>
<td>24 qt reconstituted (up to 76.8 dry oz)</td>
<td>21 qt reconstituted (up to 67.2 dry oz)</td>
</tr>
<tr>
<td>-Evaporated</td>
<td>12 oz can</td>
<td>32</td>
</tr>
<tr>
<td>Cheese</td>
<td>1 lb</td>
<td>2 lb</td>
</tr>
</tbody>
</table>

- Additional pounds of cheese will 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.
- The food package for a homeless participant will contain 2 pounds of cheese.

**Tofu**

Up to 6 pounds of tofu can be added in the package. 1 quart of milk is substituted for each pound of tofu added.

<table>
<thead>
<tr>
<th>Eggs</th>
<th>2 dozen</th>
<th>2 dozen</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Cereal</th>
<th>36 oz dry</th>
<th>36 oz dry</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Juice</th>
<th>64 oz bottle</th>
<th>2 OR</th>
<th>2 OR</th>
</tr>
</thead>
<tbody>
<tr>
<td>OR 6 oz can</td>
<td>2 OR</td>
<td>24</td>
<td></td>
</tr>
</tbody>
</table>

- Frozen concentrate

<table>
<thead>
<tr>
<th>Dry Beans</th>
<th>1 lb OR</th>
<th>1 lb OR</th>
</tr>
</thead>
<tbody>
<tr>
<td>Canned Beans</td>
<td>64 oz</td>
<td>64 oz</td>
</tr>
<tr>
<td>Peanut Butter</td>
<td>18 oz</td>
<td>18 oz</td>
</tr>
<tr>
<td>Fish</td>
<td>30 oz</td>
<td>30 oz</td>
</tr>
<tr>
<td>Whole grains</td>
<td>16 oz</td>
<td>16 oz</td>
</tr>
<tr>
<td>Cash Value Vouchers</td>
<td>2 - $5 vouchers</td>
<td>2 - $5 vouchers</td>
</tr>
</tbody>
</table>
### Chapter Three

**Food Package – General**

**Maximum Monthly Quantity (Continued)**

<table>
<thead>
<tr>
<th>6. FULLY BREASTFEEDING WOMEN and PG WOMEN WHO ARE PARTIALLY (MOSTLY) NURSING AN INFANT (Enhanced Package)</th>
<th>Non-Homeless</th>
<th>Homeless</th>
</tr>
</thead>
<tbody>
<tr>
<td>Federal Food Package VII – 7 CFR 246.10 (c)(7)</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Milk</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fluid (whole, reduced-fat, low fat, skim/non-fat, long shelf life, lactose-reduced, goat’s, soy) OR</td>
<td>24 qt</td>
<td>21 qt</td>
</tr>
<tr>
<td>Dry (non-fat, low-fat) OR</td>
<td>24 qt reconstituted (up to 76.8 dry oz)</td>
<td>21 qt reconstituted (up to 67.2 dry oz)</td>
</tr>
<tr>
<td>Evaporated</td>
<td>12 oz can</td>
<td>32</td>
</tr>
<tr>
<td><strong>Cheese</strong></td>
<td>1 lb</td>
<td>2 lb</td>
</tr>
<tr>
<td>• Additional pounds of cheese will be substituted at a rate of 1 pound of cheese for 3 quarts of milk.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• A maximum of 2 pounds of cheese can be substituted for milk.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• The food package for a homeless participant will contain 2 pounds of cheese.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Tofu</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Up to 6 pounds of tofu can be added in the package. 1 quart of milk is substituted for each pound of tofu added.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Eggs</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Grade A</td>
<td>2 dozen</td>
<td>2 dozen</td>
</tr>
<tr>
<td><strong>Cereal</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Regular, hot or cold</td>
<td>36 oz dry</td>
<td>36 oz dry</td>
</tr>
<tr>
<td><strong>Juice</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Single strength, OR 64 oz bottle 6 oz can</td>
<td>2</td>
<td>0</td>
</tr>
<tr>
<td>Frozen concentrate 12 oz can</td>
<td>3</td>
<td>0</td>
</tr>
<tr>
<td><strong>Dry Beans</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 lb OR</td>
<td></td>
<td>1 lb OR</td>
</tr>
<tr>
<td><strong>Canned Beans</strong></td>
<td>64 oz</td>
<td>64 oz</td>
</tr>
<tr>
<td><strong>Peanut Butter</strong></td>
<td>18 oz</td>
<td>18 oz</td>
</tr>
<tr>
<td><strong>Fish</strong></td>
<td>30 oz</td>
<td>30 oz</td>
</tr>
<tr>
<td><strong>Whole grains</strong></td>
<td>16 oz</td>
<td>16 oz</td>
</tr>
<tr>
<td><strong>Cash Value Vouchers</strong></td>
<td>2 - $5 vouchers</td>
<td>2 - $5 vouchers</td>
</tr>
</tbody>
</table>
### 7. BREASTFEEDING WOMEN WITH MULTIPLES and PG WOMEN

**EXCLUSIVLY NURSING AN INFANT** (Enhanced package)

Federal Food Package VII – 7 CFR 246.10 (c)(7)

<table>
<thead>
<tr>
<th></th>
<th>Non-Homeless</th>
<th>Homeless</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Milk</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>- Fluid (whole, reduced-fat, low fat, skim/non-fat, long shelf life, lactose-reduced, goat's, soy) OR</td>
<td>36 qt</td>
<td>30 qt</td>
</tr>
<tr>
<td>- Dry (non-fat, low-fat) OR</td>
<td>36 qt reconstituted (up to 115.2 dry oz)</td>
<td>30 qt reconstituted (up to 96 dry oz)</td>
</tr>
<tr>
<td>- Evaporated</td>
<td>12 oz can</td>
<td>48</td>
</tr>
<tr>
<td><strong>Cheese</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>1.5 lb</td>
<td>2 lb</td>
</tr>
</tbody>
</table>

- Additional pounds of cheese will 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.
- The food package for a homeless participant will contain 2 pounds of cheese.

**Tofu**

Up to 6 pounds of tofu can be added in the package. 1 quart of milk is substituted for each pound of tofu added.

<table>
<thead>
<tr>
<th><strong>Eggs</strong></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>- Grade A</td>
<td>3 dozen</td>
<td>3 dozen</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Cereal</strong></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>- Regular, hot or cold</td>
<td>54 oz dry</td>
<td>54 oz dry</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Juice</strong></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>- Single strength, OR 64 oz bottle 6 oz can</td>
<td>3 OR 3 OR 36</td>
<td></td>
</tr>
<tr>
<td>- Frozen concentrate 12 oz can</td>
<td>4</td>
<td>0</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Dry Beans</strong></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>24 oz OR 96 oz</td>
<td></td>
<td>24 oz OR 96 oz</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Canned Beans</strong></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>18 oz</td>
<td>18 oz</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Peanut Butter</strong></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>18 oz</td>
<td>18 oz</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Fish</strong></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>45 oz</td>
<td>45 oz</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Whole grains</strong></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>24 oz</td>
<td>24 oz</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Cash Value Vouchers</strong></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>3 - $5 vouchers</td>
<td>3 - $5 vouchers</td>
<td></td>
</tr>
</tbody>
</table>
### Maximum Monthly Quantity (Continued)

#### 8. POSTPARTUM, NON-BREASTFEEDING WOMEN AND MINIMALLY BREASTFEEDING WOMEN

Federal Food Package VI - 7 CFR 246.10 (c)(6)

<table>
<thead>
<tr>
<th>Non-Homeless</th>
<th>Homeless</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Milk</strong></td>
<td></td>
</tr>
<tr>
<td>- Fluid (whole, reduced-fat, skim/non-fat, low fat, long shelf life, lactose-reduced, goat’s, soy) OR</td>
<td>16 qt</td>
</tr>
<tr>
<td>- Dry (non-fat, low-fat) OR</td>
<td>16 qt reconstituted (up to 51.2 dry oz)</td>
</tr>
<tr>
<td>- Evaporated</td>
<td>12 oz can</td>
</tr>
<tr>
<td><strong>Cheese</strong></td>
<td>1 lbs</td>
</tr>
<tr>
<td>- Additional pounds of cheese will be substituted at a rate of 1 pound of cheese for 3 quarts of milk.</td>
<td></td>
</tr>
<tr>
<td>- A maximum of 1 pound of cheese can be substituted for milk.</td>
<td></td>
</tr>
<tr>
<td>- The food package for a homeless participant will contain 1 pound of cheese.</td>
<td></td>
</tr>
<tr>
<td><strong>Tofu</strong></td>
<td>Up to 4 pounds of tofu can be added in the package. 1 quart of milk is substituted for each pound of tofu added.</td>
</tr>
<tr>
<td><strong>Eggs</strong></td>
<td>0</td>
</tr>
<tr>
<td><strong>Cereal</strong></td>
<td></td>
</tr>
<tr>
<td>- Regular, hot or cold</td>
<td>36 oz dry</td>
</tr>
<tr>
<td><strong>Juice</strong></td>
<td></td>
</tr>
<tr>
<td>- Single strength OR</td>
<td>64 oz bottle</td>
</tr>
<tr>
<td></td>
<td>6 oz can</td>
</tr>
<tr>
<td>- Frozen concentrate</td>
<td>12 oz can</td>
</tr>
<tr>
<td><strong>Dry Beans or Peas or Canned Beans or Peanut Butter</strong></td>
<td>1 lb.</td>
</tr>
<tr>
<td>Or</td>
<td>OR</td>
</tr>
<tr>
<td></td>
<td>64 OZ</td>
</tr>
<tr>
<td>Or</td>
<td>OR</td>
</tr>
<tr>
<td></td>
<td>18 oz</td>
</tr>
<tr>
<td><strong>Cash Value Voucher</strong></td>
<td>2 - $5 vouchers</td>
</tr>
</tbody>
</table>

*Continued on Next Page*
### Chapter Three
Food Package – General

#### Maximum Monthly Quantity (Continued)

<table>
<thead>
<tr>
<th>7. Children and Women with Special Needs</th>
<th>Federal Food Package III – 7 CFR 246.10 (c)(3)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Formula</strong></td>
<td></td>
</tr>
<tr>
<td>- Concentrate, OR</td>
<td>13 oz can 35</td>
</tr>
<tr>
<td>- Powder, OR</td>
<td>910 fl oz of reconstituted powder</td>
</tr>
<tr>
<td>- Ready-To-Feed</td>
<td>8 oz can 113</td>
</tr>
<tr>
<td></td>
<td>32 oz can 28</td>
</tr>
<tr>
<td><strong>Cereal</strong></td>
<td></td>
</tr>
<tr>
<td>Regular, hot or cold</td>
<td>36 oz</td>
</tr>
<tr>
<td><strong>Juice</strong></td>
<td></td>
</tr>
<tr>
<td>- Single-strength, OR</td>
<td>64 oz bottle</td>
</tr>
<tr>
<td></td>
<td>2 – C1-C4</td>
</tr>
<tr>
<td></td>
<td>2 – PG, PN, EN</td>
</tr>
<tr>
<td></td>
<td>1 – P, PN+</td>
</tr>
<tr>
<td>- Frozen concentrate</td>
<td>12 oz cans</td>
</tr>
<tr>
<td></td>
<td>2 – C1-C4</td>
</tr>
<tr>
<td></td>
<td>3 – PG, PN, EN</td>
</tr>
<tr>
<td></td>
<td>2 – P, PN+</td>
</tr>
<tr>
<td><strong>Milk</strong></td>
<td></td>
</tr>
<tr>
<td></td>
<td>16 qt – C1-C4, P, PN+</td>
</tr>
<tr>
<td></td>
<td>22 qt – PG, PN</td>
</tr>
<tr>
<td></td>
<td>24 qt – EN</td>
</tr>
<tr>
<td><strong>Whole grains</strong></td>
<td></td>
</tr>
<tr>
<td></td>
<td>2 lb – C1-C4</td>
</tr>
<tr>
<td></td>
<td>1 lb – PG, PN, EN</td>
</tr>
<tr>
<td></td>
<td>0 – P, PN+</td>
</tr>
<tr>
<td><strong>Fish</strong></td>
<td></td>
</tr>
<tr>
<td></td>
<td>30 oz – EN</td>
</tr>
<tr>
<td><strong>Legumes OR Canned Beans</strong></td>
<td>1 lb dry OR 64 oz canned</td>
</tr>
<tr>
<td><strong>OR Peanut Butter</strong></td>
<td>18 oz – C1-C4, P, PN+</td>
</tr>
<tr>
<td><strong>AND Peanut Butter</strong></td>
<td>18 oz – PG, PN, EN</td>
</tr>
<tr>
<td><strong>Tofu</strong></td>
<td>1 lb of tofu can be substituted for 1 quart of milk.</td>
</tr>
<tr>
<td></td>
<td>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</td>
</tr>
<tr>
<td><strong>Cash Value Voucher</strong></td>
<td>$8 (one voucher) - C1-C4</td>
</tr>
<tr>
<td></td>
<td>$10 (2 - $5 vouchers) - PG, P, PN+, PN, EN</td>
</tr>
</tbody>
</table>
Chapter Three
Food Package – General

Appendix E
Medical Documentation Form

See Following Pages
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:
   - Similac Advance*
   - Similac Sensitive*
   - Similac for Spit-up*  
   - Similac Total Comfort*
   - Enfamil ProSobee*  
   - Enfagrow Toddler Transitions Soy*
   - Alimentum  
   - Nutramigen
   - Enfamil Enfamilcare (Powder and RTF)
   - Gerber Good Start Nourish (Powder and RTF)
   - Similac Expert Care Nutrace (Powder and RTF)
   - Pediasure (must meet WIC criteria for issuance)
   - 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 routine formula (includes Similac Advance, Similac Sensitive, Similac for Spit-up, Enfamil ProSobee, and Similac Total Comfort):
   - Formula intolerance
   - Food allergy
   - Inappropriate growth patterns
   - Other

Diagnoses for Special Formula or Medical Food:
   - Prematurity
   - GERD or reflux
   - Dysphagia
   - Failure to thrive (2nd percentile wt/length or 5th percentile BMI/age)
   - Other:
   Note: Must be a specific medical diagnosis.

5. WIC Foods:
   Default to WIC RD to choose appropriate WIC foods OR Check any foods listed below that are not appropriate for this patient.

<table>
<thead>
<tr>
<th>Category</th>
<th>WIC Foods</th>
<th>Do Not Give</th>
<th>Note</th>
</tr>
</thead>
<tbody>
<tr>
<td>Infants (6-11 mo.)</td>
<td>Infant cereal</td>
<td></td>
<td>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.</td>
</tr>
<tr>
<td></td>
<td>Jarred fruits/vegetables</td>
<td></td>
<td>Comments:</td>
</tr>
<tr>
<td>Children (1-5 yr)</td>
<td>Cow’s milk</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Cheese</td>
<td></td>
<td></td>
</tr>
<tr>
<td>and Women</td>
<td>Eggs</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Peanut butter</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Whole grains*</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Cereal</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Beans</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Vegetables/fruit</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Juice</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Soy milk</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Tofu</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Exclusively</td>
<td>Canned Fish</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Nursing Women</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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

6. Length of Time Requested: □ Up to first birthday OR # months: ______________

7. Print Provider Name/Title: __________________________ Date: __________________________
   Healthcare Provider Signature: __________________________ Phone Number: __________________________

Please visit http://www.azwic.gov/physicians.htm for additional forms or information.

Revised 10/2014
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