

Section 2

FOODS

What Foods are Available on the WIC Program?

WIC foods are carefully selected to meet Federal nutritional requirements, which provide vitamins, minerals, and proteins to WIC participants. Therefore, no substitutions for WIC foods are allowed. Listed below are categories of WIC foods:

Nutrient Provided	WIC Foods Which Supply the Nutrient
Protein:	Infant formula, milk (including soy and goat), eggs, cheese, peanut butter, dried peas or beans, tuna and pink salmon.
Iron:	WIC approved brands of cereal, peanut butter, dried peas or beans, eggs, iron-fortified infant formula, fruits and vegetables, 100% whole wheat breads.
Vitamin C:	Citrus fruit juices, fruit juices fortified with Vitamin C, infant formula, fruits and vegetables.
Vitamin A:	Milk (including soy and goat), eggs, cheese, infant formula, fruits and vegetables.
Calcium:	Cheese, milk (including soy and goat), tofu, infant formula, 100% whole wheat breads.

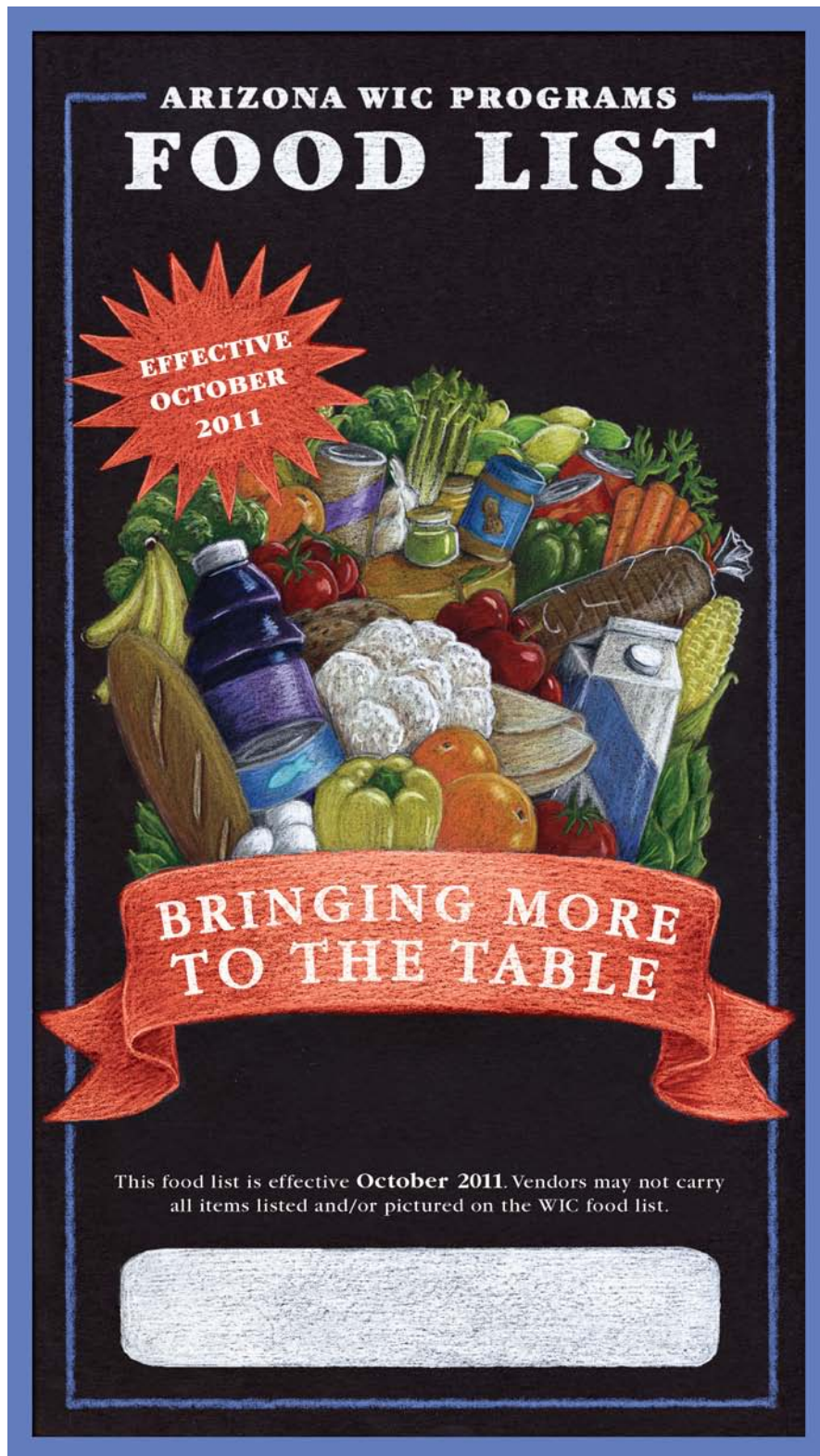
Approved and Non-approved WIC Foods

The Arizona WIC Programs Food List contains only the types and brands of foods allowed on the Arizona WIC Program. In addition, the food list specifies foods that cannot be purchased. This list is available in English and Spanish. The Arizona Food Selection Criteria Committee revises this food list periodically. The Committee is made up of representatives from each of the three (3) WIC Programs in Arizona, including local agency staff, and the Arizona Food Marketing Alliance (representing the Vendor community). Vendors are notified whenever changes are made to the food list prior to the change going into effect.

Vendors must ensure that a **current** food list is maintained at each cash register. The Department will provide a supply of English and Spanish versions of the food list at the beginning of each Contract period. An additional supply may be requested by completing and submitting the Arizona WIC Program Vendor Order Form found in Appendix 2 of this Manual.

NOTE: The Arizona WIC, Inter Tribal Council of Arizona, Inc. and Navajo Nation WIC Programs use a common food list. An example of the English version of the Arizona WIC Programs Food List is shown on the next page.

Arizona WIC Programs Food List



Note: Available in Spanish

Minimum Stock Requirements

The Department has established minimum stock requirements for all WIC foods, which must be maintained by the Vendor at all times. The minimum stock and varieties required are outlined on the following pages. The purpose is to ensure that the Vendor will be able to adequately serve WIC participants/authorized representatives when food instruments are redeemed.

Grocers and Military Commissaries

Grocers and Military Commissaries are required to maintain minimum stock and variety of all WIC foods either on its shelves or stored at its location address (**not available to order**) from the **date the application is submitted** and if approved, throughout the entire contract period. Failure to maintain minimum stock and variety of all WIC foods at any time throughout the Contract period may result in termination of the Contract.

Pharmacies

Pharmacies are not required to maintain the minimum stock requirements if they were contracted to provide only "special formula." However, pharmacies are required to order WIC eligible infant formula in the amounts and brands specified on the food instrument(s) redeemed by a WIC participant/authorized representative or ordered by WIC staff from either the Department or local agency.

Undue Hardship for Current Vendors

A current Vendor may be authorized to stock a reduced minimum stock of infant **and/or** woman/child food packages if one of the following criteria exists:

1. A local agency documents **fewer** than:
 - a. Four (4) milk based **and/or** two (2) soy based infant formula participants, and/or
 - b. Eight (8) woman/child participants.
2. A Vendor may request the stocking of these products be reduced based on the low volume of WIC sales of these products. The Department will make a determination based on the following criteria:
 - a. The Vendor's redemption of infant **and/or** woman/child food packages during the past six (6) calendar months must substantiate the Vendor's request to reduce the minimum stock requirements;
 - b. The number of authorized Vendors in the area.

The request must be submitted in writing to the Department. Any local agency whose participants may be affected by this reduction must approve the decision to reduce the minimum stock requirements of these products. The approval is contingent upon the Vendor's agreement to provide all WIC authorized foods. If a WIC participant makes a request for any item that relates to the reduction, the Vendor must order the item and make it available to them within five (5) calendar days.

Written documentation from the Department approving the reduced amounts must be on file at the Department with a written notification to the affected Vendor and local agency before the requirement will become effective. The effective date will be the date the written notification is received by the Vendor.

NOTE: During FFY 2009, the Arizona WIC Program served approximately 185,201 participants per month. Minimum stock requirements are very low in relationship to the number of participants enrolled.

ARIZONA WIC PROGRAM'S MINIMUM STOCK REQUIREMENTS

(These stock requirements must be maintained at all times.)

WIC FOOD	BRAND/TYPE	AMOUNT	SIZE	# OF VARIETIES
Cereal	<p>ONLY THESE BRANDS:</p> <p>Cold Cereal Any Store Brand Crispy Rice Any Store Brand Toasted Oats General Mills Chex: Corn, Rice, Wheat General Mills Cheerios: Plain and Multi-Grain General Mills Kix: Plain General Mills Total: Plain Kellogg's Corn Flakes Kellogg's Special K: Plain Kellogg's All-Bran Complete Wheat Flakes Kellogg's Frosted Mini Wheats: Bite Size Kellogg's Rice Krispies Malt-O-Meal Crispy Rice Malt-O-Meal Frosted Mini Spooners Post Banana Nut Crunch Post Honey Bunches of Oats: Almond, Honey Roasted and Vanilla Post Grape Nuts Post Grape-Nuts Flakes Quaker Life: Plain Quaker Oatmeal Squares: Brown Sugar and Cinnamon</p> <p>Hot Cereal Cream of Wheat Instant Original Flavor Malt-O-Meal Original Hot Wheat Cereal Quaker Instant Oatmeal Original flavor, (single serving packets only)</p>	<p>24</p> <p>-- or --</p> <p>24</p> <p>-- or --</p> <p>24</p>	<p>boxes or bags, 12 ounce or larger of cold cereal</p> <p>boxes, 11.8 ounces or larger of hot cereal</p> <p>boxes and bags, appropriate size as listed above of hot <u>and</u> cold cereal combined</p>	<p>4 brands: one must be General Mills Plain Cheerios, one must be General Mills Plain Kix and two other brands</p>
<p><u>Do not</u> count organic or frosted (except Malt-O-Meal Frosted Mini Spooners and Kellogg's Frosted Mini Wheats: Bite Size), hot cereal with added raisins, fruit or nuts or variety packs.</p>				
Eggs	Any eligible brand, fresh, raw, white chicken eggs.	16	small, medium, or large - one (1) dozen cartons	one size must be large
<p><u>Do not</u> count organic or specialty (low cholesterol, DHA, free range, cage free, nest and fertile), six-packs, brown, extra large, jumbo eggs or egg substitutes.</p>				
Dry Beans / Peas / Lentils	Any eligible brand and type of dry beans, peas or lentils in one (1) pound bulk or prepackaged (not more than 16 ounces)	8	pounds	1 type Dry Beans --and-- 1 type Peas or Lentils
<p><u>Do not</u> count organic or immature varieties (i.e., green beans, snap beans, yellow beans or wax beans), fresh, frozen, flavored, refried beans, seasoned, bean soup mixes with flavoring packets and spices or gourmet beans.</p>				

ARIZONA WIC PROGRAM'S MINIMUM STOCK REQUIREMENTS

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WIC FOOD	BRAND/TYPE	AMOUNT	SIZE	# OF VARIETIES	
Canned Beans	ONLY THESE BRANDS:				
	Albertson's	Cannellini, Garbanzo, Great Northern, Red, Whole Pinto	8	up to 16 ounce cans	not applicable
	Bush's	Black, Cannellini White Kidney, Dark Red Kidney, Garbanzo, Great Northern and Pinto			
	El Mexicano	Garbanzo, Pinto			
	Food Club	Dark Red Kidney, Garbanzo, Great Northern, Pinto			
	Fry's/Kroger	Black, Black-eyed Peas, Cannellini Kidney, Dark Red Kidney, Garbanzo, Great Northern, Light Red Kidney, Pinto, Red			
	Great Value	Black, Great Northern, Pinto, Red			
	Safeway	Black, Garbanzo, Light Red Kidney, Lima, Pinto, Red			
	Shurfine (Premium)	Black, Dark Red Kidney, Garbanzo, Great Northern, Light Red Kidney, Pinto			
	Springfield (Fancy)	Black, Black-eyed Peas, Pinto			
Valu Time	Pinto				
Western Family (Premium)	Black, Garbanzo, Great Northern, Light Red Kidney, Pinto				
<p><u>Do not</u> count organic or beans with added fat, oil, spices or meat (i.e., pork and beans), refried beans, canned green peas, green beans, snap beans, yellow beans or wax beans, fresh, frozen, flavored, or seasoned beans such as Cajun style, chili beans, BBQ beans, ranch-style, or baked beans.</p>					

ARIZONA WIC PROGRAM'S MINIMUM STOCK REQUIREMENTS

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WIC FOOD	BRAND/TYPE	AMOUNT	SIZE	# OF VARIETIES
Peanut Butter	Any eligible brand of plain (creamy, chunky, super chunk or natural) peanut butter. Low sugar and low sodium are allowed.	8	16 to 18 ounce jars	not applicable
<p><u>Do not</u> count 'grind your own', organic or spreads, peanut butter with added ingredients (i.e., jams, jelly, marshmallow, chocolate, DHA, omega-3, or honey), or in tubes.</p>				
WHOLE GRAINS				
Soft Corn Tortillas	<p>ONLY THESE BRANDS OF YELLOW OR WHITE SOFT CORN TORTILLAS:</p> <p>Casa Rica Don Pancho Guerrero La Banderita La Burrita Mama Lola's Mission Yellow Santa Fe Tortilla Company</p> <p>Any store brand</p>	6 -- or --	16 ounce packages only	not applicable
Soft Whole Wheat Flour Tortillas	<p>ONLY THESE BRANDS OF WHOLE WHEAT FLOUR TORTILLAS:</p> <p>Guerrero Tortillas de Harina Integral La Banderita Fajita Whole Wheat Mission Whole Wheat</p> <p>Any store brand, whole wheat flour must be listed as the first ingredient or 100% whole wheat must be printed on the label.</p>	6 -- or --		
<p><u>Do not</u> count organic or tortilla chips, tostada or taco shells, or white flour tortillas, or flavored tortillas (such as spinach or tomato).</p>				
Brown Rice	<p>ONLY THESE BRANDS OF LONG OR SHORT GRAIN BROWN RICE:</p> <p>Blue Ribbon Mahatma Shurfine Springfield</p> <p>Any store brand</p>	6 -- or -- any combination that equals 6 packages		
<p><u>Do not</u> count organic or white rice, basmati, jasmine, or instant brown rice, seasoned or flavored or rice in plastic containers.</p>				

ARIZONA WIC PROGRAM'S MINIMUM STOCK REQUIREMENTS

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WIC FOOD	BRAND/TYPE	AMOUNT	SIZE	# OF VARIETIES
Bread	<p>ONLY THESE BRANDS OF 100% WHOLE WHEAT LOAVES OF BREAD:</p> <p>Bimbo 100% Whole Wheat Roman Meal Sun Grain 100% Whole Wheat Sara Lee Classic 100% Whole Wheat Wonder Soft 100% Whole Wheat</p> <p>Any eligible store brand labeled 100% Whole Wheat (including bakery)</p>	6	16 ounce packages only	2 brands
<p><u>Do not</u> count organic or gluten-free, diet, light, or low carb, buns, rolls, mini-loaves, pita or flatbread, English muffins, sandwich thins and rounds, or bagels.</p>				
Milk	Lowest Cost Brand of refrigerated milk.	28	gallon containers	2 types: one must be 1% and one must be whole
<p><u>Do not</u> count pint, quart or half gallon containers, organic or chocolate or any flavored milk, buttermilk, acidophilus, half and half, rice or filled milk (i.e., sweetened condensed milk), creamers, or non-dairy products.</p>				
Soy milk	Pacific Ultra Soy, shelf stable, plain and vanilla only.	*see note	32 ounce container	not applicable
	8 th Continent, refrigerated, original and vanilla only.		1/2 gallon containers	
<p><u>Do not</u> count pint or gallon containers, organic or light, low fat, chocolate, or soy milk with DHA/ARA, or 8th Continent Complete Vanilla.</p>				
Goat's Milk	Meyenberg, refrigerated, whole or low fat	*see note	quart containers only	not applicable
<p><u>Do not</u> count organic or evaporated, powdered, or canned.</p>				
Tofu	Any eligible brand, water-packed, any texture calcium set tofu with NO added fat, sugar, oil or salt (sodium).	*see note	packages, up to 16 ounces	not applicable
<p><u>Do not</u> count organic.</p>				

* **Note:** Due to manufacturer timing of availability and distribution of this new product, the Department has not set a minimum stock requirement at this time. However, if a WIC participant makes a request for this item, the Vendor must order the item and make it available within five (5) calendar days.

ARIZONA WIC PROGRAM'S MINIMUM STOCK REQUIREMENTS

(These stock requirements must be maintained at all times.)

WIC FOOD	BRAND/TYPE	AMOUNT	SIZE	# OF VARIETIES
Cheese	<p>Any eligible brand, plain, domestic cheese (16 ounces only) prepackaged in blocks.</p> <p>ONLY THESE TYPES:</p> <p>Cheddar (includes longhorn) Colby (includes Longhorn) Monterey Jack Mozzarella (whole or part skim – includes string cheese) Blended cheese (blend of any type listed above)</p>	8	pounds	3 types: one must be Cheddar, one must be Monterey Jack, and one other type
<p><u>Do not</u> count deli counter or random weight cheese, organic or imported cheese, with added flavors or ingredients (i.e., peppers, pimentos, wine, etc.), cream cheese, cheese that is diced, grated, shredded, or sliced, cheese sticks or swirls, processed American cheese, processed cheese food, cheese product, or cheese spread.</p>				
Juice	<p>Only these brands, 100% juice, with NO sugar or sweeteners added:</p> <p><u>64 ounce shelf stable:</u></p> <p>Any brand Orange and Grapefruit Campbells Tomato Seneca Apple Shurfine Apple and Grape Treetop Apple Langer's Apple, Grape, White Grape and Pineapple Welch's Grape and White Grape Western Family Apple and Grape</p> <p><u>64 ounce refrigerated:</u></p> <p>Any brand Orange and Grapefruit</p> <p><u>11.5 – 12 ounce frozen:</u></p> <p>Any brand Orange and Grapefruit Dole Pineapple and Pineapple Orange Langer's Apple Old Orchard Apple, Grape and Pineapple Seneca Apple Shurfine Apple Treetop Apple Welch's Grape and White Grape Western Family Apple and Grape</p>	16	64 ounce single strength or 11.5/12 ounce frozen containers	3 types: one must be 64 ounce Tree Top Apple shelf stable Juice, one must be any brand 11.5 or 12 ounce frozen Orange Juice and one other type
<p><u>Do not</u> count organic or fresh, and non-frozen concentrate, Naked and Odwalla brands, juice in glass bottles, 6-ounce frozen containers or juices with other added ingredients (including but not limited to grape seed extract, ginseng, guarana, taurine, caffeine, carnitine, chromium, St. John's Wort, wheatgrass, Ginkgo Biloba or others).</p>				

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WIC FOOD	BRAND/TYPE	AMOUNT	SIZE	# OF VARIETIES
Tuna	Any eligible brand, plain, chunk light, water packed tuna.	12	5 or 6 ounce cans	not applicable
<p><u>Do not</u> count organic tuna, oil packed, solid white, albacore, prime fillet, flavored or seasoned, pouches or lunch kits, or with added ingredients or soy protein.</p>				
Pink Salmon	Any eligible brand, plain water-packed, pink salmon.	6 -- or -- 5 -- or -- 4	5 ounce cans 6 ounce cans 7.5 ounce cans	not applicable
<p><u>Do not</u> count organic salmon, oil packed, red (includes Red Sockeye), Atlantic salmon, flavored, seasoned, in pouches, lunch kits or with added ingredients.</p>				
Sardines	Any eligible brand, flavored, seasoned or plain sardines.	16	3.75 ounce cans	not applicable
<p><u>Do not</u> count organic sardines, Brisling or Norwegian sardines.</p>				
Fresh Fruits and Vegetables	Any variety of fresh (includes organic), whole or cut, fruits and vegetables. Single individual pieces, bagged or prepackaged fruits and vegetables (including lettuce) are allowed.	32	pounds	2 types of fruits --and-- 2 types of vegetables.
<p><u>Do not</u> count potatoes (except sweet potatoes or yams), canned or frozen, herbs or spices, edible blossoms of flowers (i.e., squash blossoms), fruits and vegetables served at a salad bar, salad kits, ornamental fruits and vegetables (i.e., chilies on a string or painted pumpkins), fruit baskets, party trays or nuts (including peanuts).</p>				
Canned Vegetables	Any brand Any variety, including organic, regular or low sodium, mixed vegetables without potatoes, sweet potatoes and yams without added sugar or syrup, tomato paste, tomato sauce, puree, whole, crushed, stewed, or diced tomatoes are allowed.	not applicable	Any size and type of container, including cans, cups or jars	not applicable
<p><u>Do not</u> count vegetables with added fat, *sugar, or oil, added pastas or rice, any potatoes (except sweet potatoes and yams), pickled or creamed, vegetables in sauce, spaghetti or pizza sauce, soups, ketchup, relish, olives, or salsas.</p> <p>*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. This small amount of added sugar is minimal and helps to maintain the quality and structure of the food and is allowed for canned peas and corn only.</p>				

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WIC FOOD	BRAND/TYPE	AMOUNT	SIZE	# OF VARIETIES
Canned Fruits	Any brand Any variety, including organic, shelf stable or refrigerated plain fruit or mixed fruit packed in juice or water, and natural or unsweetened applesauce is allowed.	not applicable	Any size and type of container, including cans, cups or jars	not applicable
<u>Do not</u> count fruit packed in syrup (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, pie filling, fruit with artificial sweeteners, such as Splenda or NutraSweet, or with any other added ingredient.				
Frozen Vegetables	Any brand Any variety, including organic, mixed vegetables without potatoes, sweet potatoes and yams without added sugar or syrup, and steamer bags are allowed.	not applicable	Any size and type of container	not applicable
<u>Do not</u> count breaded or seasoned vegetables, any potatoes, including French fries, tater tots, hash browns, or mashed (except sweet potatoes and yams), vegetables with added sugar, syrup, oil, fat, pasta, rice, or any other ingredients, and vegetables with sauce, such as cheese, butter, or teriyaki sauce.				
Frozen Fruits	Any brand Any variety, including organic, plain fruit or mixed fruit is allowed.	not applicable	Any size and type of container	not applicable
<u>Do not</u> count fruit with any other added ingredients, fruits with added sugar, fat, oil or salt, smoothies, or fruit with artificial sweeteners, such as Splenda or NutraSweet.				

ARIZONA WIC PROGRAM'S MINIMUM STOCK REQUIREMENTS

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WIC FOOD	BRAND/TYPE	AMOUNT	SIZE	# OF VARIETIES
Infant Formula	<u>Similac Advance with Iron</u> (with EarlyShield) Powder	36	12.4 ounce cans	not applicable.
	<u>Similac Soy Isomil</u> (with EarlyShield) Powder	18	12.4 ounce cans	not applicable.
Infant cereal	Beechnut or Gerber, plain without fruit.	18	8 ounce boxes	not applicable.
	<u>Only these varieties:</u> Barley Oatmeal Rice Whole Wheat	-- or -- 9	16 ounce boxes any combination of 8 and 16 ounce boxes that equals 144 ounces	not applicable.
<p><u>Do not</u> count organic or high protein, mixed, cereals with fruit, sugar, yogurt or formula or DHA/ARA added, single serving, cups, jars or cans.</p>				
Infant jarred foods - fruits and vegetables	Any eligible brand, stage 2, infant fruits and vegetables, single variety, or any combination of plain fruits and/or vegetables (i.e., apples and bananas, carrots and mangos).	64	4 ounce jars	2 types of fruits --and-- 2 types of vegetables
<p><u>Do not</u> count organic or with added sugars, salts or starches, desserts, dinners, smoothies, and food combinations.</p>				
Infant jarred foods - meats	Any eligible brand, any stage, infant meats, single variety with added broth or gravy.	31	2.5 ounce containers	not applicable.
<p><u>Do not</u> count organic or with added sugars, salts or starches, dinners, and food combinations.</p>				

WIC Price/Stock Survey

The Department requires Vendors to verify and complete a WIC Price/Stock Survey semi-annually. A copy of the WIC Price/Stock Survey Instruction Worksheet is located in Appendix 2. The Vendor must accurately complete and submit the on-line survey to the Department, between the first (1st) and the fifteenth (15th) calendar day of June and December. The Vendor is required to submit additional WIC Price/Stock Surveys when requested by the Department. Also, additional surveys may be submitted when there is a wholesale price increase. The Department uses the price data submitted to evaluate and ensure that competitive price criteria continue to be met throughout the term of the Vendor Contract. The data is also used to monitor retail price increases, compare wholesale to retail, monitor market trends, and for food forecasting. The price data is not used to set or establish the maximum redemption amount for food instruments.

Exception: Pharmacies are exempt from this requirement, if they were contracted to provide only “special infant formula.”

Chain stores must submit one consolidated WIC Price/Stock Survey for all outlets. However, if prices vary for each outlet and/or region, a separate survey must be submitted for each outlet and/or region.

- **NOTE:**
1. The Department’s on-line system will not save or submit incomplete surveys. All required information must be entered.
 2. The WIC Price/Stock Survey completed and submitted for authorization is required for the enrollment process and **may not** replace the WIC Price/Stock Survey due in June and December.
 3. The WIC Price/Stock Survey that is due semi-annually should not be submitted prior to the first (1st) calendar day of the month and no later than the fifteenth (15th) calendar day of the month in which they are due. (June and December)