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

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

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

OREGON WIC PPM REFERENCES
♦ 720—General Information on Formula Use
♦ 730—Bid Formula: Use and Description
♦ 760—Medical Formulas and Medical Foods
♦ 765—Medical Documentation
♦ 769—Assigning WIC Food Packages

APPENDICES
770.14 Appendix A: WIC Authorized Food List
770.15 Appendix B: WIC Food Authorization Process

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

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

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

1.0 Authorized foods

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

1.1 WIC Authorized Food List

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

2.0 Formula and medical foods

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

3.0 Milk

3.1 Allowed

Authorized milk meets the following requirements:

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

3.2 Not allowed

The following types of milk are not allowed:

- Milk with 5% or greater milk fat content
- Half and half
- Whipped cream
- Buttermilk
- Flavored milk
- Raw milk
- Rice, almond or other grain or nut based beverages
- Organic milk
- Added Omega-3 or Vitamin E
- Specialty items, like glass bottles
3.3 Lactose-free and acidophilus milk

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

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

3.4 Dry, evaporated milk

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

3.5 Goat milk

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

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

3.6 Soy-based beverage

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

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

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

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

3.6.3 32 or 64 oz. carton
4.0 **Cheese**

4.1 *Allowed*

The following type of cheese is allowed:

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

<table>
<thead>
<tr>
<th>Allowed or not</th>
<th>Name and type</th>
<th>Reason</th>
</tr>
</thead>
<tbody>
<tr>
<td>Allowed</td>
<td>Tillamook <strong>Cheddar</strong> Cheese-Mild</td>
<td>The specific type of cheese, “Cheddar” is indicated in the name.</td>
</tr>
<tr>
<td>Not allowed</td>
<td>Tillamook Cheese-Mild</td>
<td>The specific type of cheese is not indicated in the name.</td>
</tr>
</tbody>
</table>

4.2 *Not allowed*

The following types of cheese are *not* allowed:

- Sharp, extra sharp or white cheddar
- Sliced, deli, string or shredded cheeses
- Cheeses made from raw milk, goat milk or soy milk
- Cheese food products or spreads (like Velveeta or Cheese Whiz)
- Smoked or flavored cheeses (with items added like jalapeño peppers or caraway)
- Organic cheese
- Fresh mozzarella cheese (packed in water)

4.3 *Lowfat or low sodium cheeses*

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

<table>
<thead>
<tr>
<th>Allowed or not</th>
<th>Name and type</th>
<th>Reason</th>
</tr>
</thead>
<tbody>
<tr>
<td>Allowed</td>
<td>Light Monterey Jack</td>
<td>The specific type “Monterey Jack,” is indicated in the name.</td>
</tr>
</tbody>
</table>
5.0 Yogurt

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

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

5.2 Not allowed
These yogurts are not allowed:

- Mix-in ingredients, such as granola, candy pieces, honey, nuts and similar ingredients
- Drinkable yogurts
- Yogurts with non-nutritive or artificial sweeteners, such as aspartame or sacralose
- Organic or Greek
- “Light” yogurts

6.0 Tofu

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

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

6.2 Not allowed
These tofus are not allowed:

- Tofus with added fats, sugars, oils or sodium
7.0 Cereal

7.1 Allowed

Only cereal brands authorized by the state WIC program can be purchased with WIC food benefits. See Appendix A. Authorized cereals meet the following requirements:

- Contain a minimum of 28 mg of iron per 100 grams of dry cereal;
- Contain no more than 21.2 grams of sucrose and other sugars per 100 grams of dry cereal;
- Meet the price and availability requirements set by the state WIC program, and
- Must be 12 oz. size or larger for cold cereal, 11.8 oz. or larger for hot cereal.
- Cold and hot cereal may contain fruit.

**NOTE:** At least half of the cereals offered by WIC have whole grain as the primary ingredient by weight and meet labeling requirements for making a health claim as a “whole grain food with moderate fat content” (see [http://www.fda.gov/food/ingredientspackaginglabeling/labelingnutrition/ucm073634.htm](http://www.fda.gov/food/ingredientspackaginglabeling/labelingnutrition/ucm073634.htm))

7.2 Not allowed

These cereals are not allowed:

- Single-serving boxes or packets of cold cereal
- Cereals with artificial sweeteners
- Cereals featuring TV cartoon characters
- Cereals with candy flavors, such as caramel and chocolate, or artificial food colorings

8.0 Juice

8.1 Allowed

Only juice authorized by the state WIC program can be purchased with WIC food benefits. See Appendix A. Authorized juices meet the following requirements:

- 100% pasteurized, unsweetened fruit or vegetable juice (or juice blends);
- Contain a minimum of 30 mg of vitamin C per 100 milliliters; and
- Meet the price, container size (11.5-12 oz frozen concentrate; 64 oz. plastic bottle single strength) and availability requirements set by the Oregon WIC program.
- Added fiber, vitamins and minerals are approved.
- Vegetable juice may be regular or lower in sodium.
8.2 *Not allowed*

These juices are *not* allowed:
- Juice drinks such as Hi-C
- Juice cocktails, V-8 splash or apple cider
- Imitation beverages such as Awake, Tang, Orange Plus, Start or Sunny Delight
- Juice with added sugar or sweeteners or “Light” juice
- Organic juice

9.0 **Eggs**

9.1 *Allowed*

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

9.2 *Not allowed*

These eggs are *not* allowed:
- Brown eggs
- Dried or powdered eggs
- Specialty brands such as “Eggland’s Best,” “Naturally Nested,” “cage free” or nutrient modified (e.g. higher Omega-3 or Vitamin E)
- Organic eggs

10.0 **Dry or canned beans, peas or lentils**

10.1 *Allowed*

Authorized dry or canned beans, peas, or lentils are:
- Any brand of mature dry beans, peas or lentils in a 16 or 32 oz. size dry-package or a 15-16 oz. can.
- Mixed dry beans, peas or lentils, if they do not contain added seasonings.
- Canned legumes may be regular or lower in sodium content.
- Canned beans may contain a small amount of added sugar for processing purposes.
- Mature dry beans include but are not limited to black, navy, kidney, mature lima (butter beans), fava, garbanzo, soy, pinto, and mung beans. Dry peas include but are not limited to crowder, cow, split, and black-eyed peas.
10.2 Not allowed
These types of dry or canned beans, peas and lentils are not allowed:

- Dry beans, peas or lentils with added seasonings
- Organic beans, peas or lentils
- Contain added sugars, fats, oils, vegetables, fruit or meat as purchased
- Bulk
- Refried canned beans
- Baked beans
- Soups or soup mix
- Canned green beans or peas

11.0 Peanut butter

11.1 Allowed
Authorized peanut butter is:

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

11.2 Not allowed
These types of peanut butter are not allowed:

- Peanut butter spread (most reduced-fat peanut butter is peanut butter spread)
- Peanut butter with jelly, honey, marshmallows, chocolate or similar ingredients added
- Omega-3 enhanced
- Honey roasted peanut butter
- Lowfat or reduced fat peanut butter
- Organic peanut butter
- Bulk or “grind your own” peanut butter
12.0 Fish

12.1 Only **fully breastfeeding** women can receive tuna, salmon or sardines.

12.2 **Allowed**

Authorized fish is:

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

12.3 **Not Allowed**

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

- Albacore, yellowfin or tongel tuna
- Red salmon, sockeye salmon, blueback or Atlantic salmon
- Flavored or seasoned tuna, salmon or sardines
- Fillets
- Tuna, salmon or sardines packed in oil
- Tuna, salmon or sardines packaged in pouches or single serving packages
- Specialty fish, like pole caught

13.0 Fruits and vegetables

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

13.1 **Fresh fruits and vegetables**

13.1.1 **Allowed**

Authorized fresh fruits and vegetables are:

- Fresh as defined by 21 CFR §101.95
- Any brand or variety of fresh whole or cut fruit without added sugars.
- Any brand or variety of fresh whole or cut vegetables without added sugars, fats or oils.
- Salad greens in a bag.
- Any type fresh immature beans, peas or lentils.
- Organic is allowed.
13.1.2 *Not allowed*

The following fresh fruits and vegetables are *not* allowed:

- Salad bar, deli items or party trays.
- Added dressing or dip.
- Added nuts, dried fruit, croutons, etc.
- Canned or jarred fruits or vegetables.
- Herbs or spices (like basil, cilantro or parsley).
- Edible blossoms and flowers e.g. squash blossoms (broccoli, cauliflower and artichokes are allowed).
- Peanuts or other nuts.
- Ornamental and decorative blossoms, fruits and vegetables, such as chili peppers on a string, garlic on a string, gourds or painted pumpkins.
- Fruit baskets and party vegetable trays.
- Baked goods, such as blueberry muffins.

13.2 *Frozen fruits and vegetables*

13.2.1 *Allowed*

Any brand and variety of frozen fruits and vegetables:

- Frozen fruit: any brand or variety of single ingredient unsweetened frozen fruits
- Frozen vegetables: any brand or variety of single ingredient frozen vegetables (including frozen beans) without added sugars, salt, fats or oils
- Frozen beans (immature or mature), may include edamame, black-eyed peas and lima beans, and may contain added vegetables or fruits
- Whole, cut or mixed
- Organic is allowed

13.2.2 *Not allowed*

The following frozen fruits and vegetables are *not* allowed:

- Fruit or vegetables with added sugars, salt (i.e. sodium), fats or oils
- Added sauce or creamed vegetables
- Added grain (rice or pasta), meat, noodles, nuts or sauce packets
- French fries, hash browns, potatoes O’Brien or tater tots
- Breaded or battered vegetables
14.0 Whole grains

Authorized whole grains include 100% whole wheat bread, soft corn and whole wheat tortillas, brown rice, whole wheat pasta, oats and bulgur.

14.1 Whole wheat bread

14.1.1 Allowed

- Must conform to the FDA standard of identity (21 CFR 136.80);
- “Whole wheat flour” and/or “bromated whole wheat flour” must be the only flours listed in the ingredient list. Other optional ingredients in small amounts, including non-wheat flours, are allowed, so long as the products meet the standard of identity for whole wheat bread.
- Must have “100% whole wheat” printed on the label;
- Loaf of bread, and
- May be any brand and any size package.

14.1.2 Not allowed

For whole wheat bread, the following are not allowed:

- Whole wheat buns or rolls
- Light (lite) bread
- Organic bread

14.2 Soft corn tortillas

14.2.1 Allowed

Only soft corn tortilla brands authorized by the state WIC program can be purchased with WIC food benefits. See Appendix A. Authorized soft corn tortillas meet the following conditions:

- Whole corn is listed as the primary ingredient (e.g. whole corn, corn (masa), whole ground corn.) However, if the market availability of such corn tortillas is limited, corn tortillas may be made from ground masa flour using traditional processing methods (e.g. corn masa flour, masa harina, and white corn flour.) It is allowable for another ingredient, such as water, to be listed as the first ingredient in the corn tortilla.
- May be any brand of yellow or white soft corn tortillas.
- Any size package.
14.2.2  *Not allowed*
For soft corn tortillas, the following are *not* allowed:
- Fried or hard shelled tortillas
- Tortilla chips
- Organic tortillas
- Bulk

14.3  **Whole wheat flour tortillas**

14.3.1  *Allowed*
Only whole wheat flour tortilla brands authorized by the state WIC program can be purchased with WIC food benefits. See Appendix A. Authorized whole wheat tortillas meet the following conditions:
- Whole wheat flour must be the only flour listed in the ingredient list
- Any size package

14.3.2  *Not allowed*
For whole wheat flour tortillas, the following are *not* allowed:
- Organic tortillas
- Bulk

14.4  **Brown rice**

14.4.1  *Allowed*
Authorized brown rice meets the following conditions:
- May be instant, quick or regular cooking;
- Basmati and jasmine brown rice are allowed;
- May be any brand
- Any size package bagged brown rice; instant brown rice 14-16 oz. package

14.4.2  *Not allowed*
For brown rice, the following are *not* allowed:
- White, wild, milled or sprouted rice
- Organic brown rice
- Added seasonings, sugars, fat, oil or salt (i.e. sodium)
- Bulk
14.5 **Whole wheat pasta**

14.5.1 *Allowed*

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

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

14.5.2 *Not allowed*

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

- Added sugars, fats, oils, or salt (i.e. sodium)
- Organic
- Bulk

14.6 **Oats**

14.6.1 *Allowed*

Authorized oats meet the following conditions:

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

14.6.2 *Not allowed*

For oats, the following are *not* allowed:

- Added sugars, fats, oils, or salt (i.e. sodium)
- Organic
- Bulk

14.7 **Bulgur**

14.7.1 *Allowed*

Authorized bulgur meets the following conditions:

- May be instant, quick or regular cooking

14.7.2 *Not allowed*

For bulgur, the following are *not* allowed:

- Added sugars, fats, oils, or salt (i.e. sodium)
- Organic
- Bulk
15.0 Baby cereal

15.1 Allowed

Only baby cereal brands authorized by the state WIC program can be purchased with WIC food benefits. See Appendix A. Authorized baby cereals meet the following conditions:

- Baby cereal must contain 45 mg of iron per 100 grams of dry cereal
- Must be in an 8 oz. package or larger
- Organic baby cereal (brand specific only)

15.2 Not allowed

The following are not allowed:

- Baby cereal with formula, milk, yogurt, fruit or other non-cereal ingredients added (e.g. DHA)
- Baby cereal in single serving packets

16.0 Baby food fruits and vegetables

16.1 Allowed

Only baby food fruit and vegetable brands authorized by the state WIC program can be purchased with WIC food benefits. See Appendix A. Authorized baby food fruits and vegetables meet the following conditions:

- No added sugars, starches, or salt (i.e. sodium)
- Fruit or vegetable must be listed as the first ingredient
- Must be in a 4.0 oz glass jar or plastic container
- 2-packs are OK
- Mixed fruits and vegetables are OK
- Combinations of fruits and/or vegetables are allowed
- Mixed vegetables with white potato are authorized, as long as, the white potatoes are not the first ingredient
- Organic baby fruit and vegetables (brand specific only)

16.2 Not Allowed

The following are not allowed for baby food fruits and vegetables:

- Pureed baby food fruits or vegetables
- Toddler foods or “Graduates”
- Mixtures with cereal or yogurt
- Infant food desserts (e.g. peach cobbler), dinners or casseroles
- Added meat, noodles or grains
- Added DHA
- Pouches
17.0 Baby food meat

17.1 Allowed

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

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

17.2 Not allowed

The following are not allowed:

- Baby food meat with added sugars or salt (i.e. sodium)
- Added fruit, vegetables or noodles, such as infant food combinations (e.g. meat and vegetables), dinners (e.g. spaghetti and meatballs) or casseroles
- Toddler food or “Graduates”
- Added DHA

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

18.0 Food authorization process

For a description of the WIC food authorization process, see Appendix B.
## APPENDIX A

### WIC AUTHORIZED FOOD LIST

*Originally published October 1, 2016, Revised August 1, 2017*

<table>
<thead>
<tr>
<th>Food</th>
<th>Brand</th>
<th>Product</th>
<th>Description</th>
<th>May Not Buy</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Cold cereal</strong></td>
<td>General Mills</td>
<td>Cheerios (plain and Multi-Grain Cheerios)</td>
<td>May combine cereals to add up to total number of ounces allowed.</td>
<td>No cereal brands other than those listed here may be purchased.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Chex (Rice Chex and Corn Chex)</td>
<td></td>
<td>No single-serving boxes or packets of <strong>COLD</strong> cereal</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Kix (original, Berry Berry Kix and Honey Kix)</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Kellogg's</td>
<td>All-Bran Complete Wheat Flakes</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Corn Flakes (original)</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Frosted Mini Wheats (Original)</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Rice Krispies (original)</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Special K (original)</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Malt-O-Meal</td>
<td>Crispy Rice (box or bag)</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Frosted Mini Spooners (box or bag) (original)</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Blueberry Mini Spooners</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Post</td>
<td>Honey Bunches of Oats Whole Grain (Honey Crunch and Almond Crunch)</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Honey Bunches of Oats (Honey Roasted, Almond, and Vanilla Bunches)</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Grape Nuts</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Quaker</td>
<td>Life (original)</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Oatmeal Squares (Brown Sugar and Cinnamon)</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Private labels</td>
<td>Corn Flakes (Essential Everyday, Great Value, Kroger, Market Pantry, Signature Kitchens, Western Family, WinCo Foods)</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Hot Cereal</strong></td>
<td>Malt-O-Meal</td>
<td>Malt-O-Meal (original)</td>
<td>May combine cereals to add up to total number of ounces allowed.</td>
<td>No cereal brands other than those listed here may be purchased.</td>
</tr>
<tr>
<td></td>
<td>B&amp;G Foods</td>
<td>Cream of Wheat (1, 2 ½ minute and 10 minute)(plain or whole grain)</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Cream of Rice (plain)</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Quaker</td>
<td>Instant Grits (original, single serving)</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Private labels</td>
<td>Plain Instant Oatmeal, single serving (Essential Everyday, Kroger, Signature Kitchens, Western Family, WinCo Foods)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Food</td>
<td>Type</td>
<td>Brand</td>
<td>Description</td>
<td>May Not Buy</td>
</tr>
<tr>
<td>-----------------------</td>
<td>---------------</td>
<td>------------------------------------</td>
<td>-----------------------------------------------------------------------------</td>
<td>---------------------------------------------------------------------------------------------</td>
</tr>
<tr>
<td><strong>Frozen Juice</strong></td>
<td><strong>(11.5-12 oz)</strong></td>
<td></td>
<td></td>
<td>No juice brands or flavors that are not listed.</td>
</tr>
<tr>
<td></td>
<td>Tree Top</td>
<td>Apple</td>
<td>Only the brands and flavors listed</td>
<td>No juice &quot;drinks&quot; (such as Hi-C)</td>
</tr>
<tr>
<td></td>
<td>Dole</td>
<td>Any flavor or blend</td>
<td>100% unsweetened juice only</td>
<td>No juice &quot;cocktails&quot;</td>
</tr>
<tr>
<td></td>
<td>Old Orchard</td>
<td>Any flavor or blend with a green lid</td>
<td>Added fiber, vitamins and minerals are allowed</td>
<td>No imitation beverages (such as Awake, Tang, Orange Plus, Start, Sunny Delight)</td>
</tr>
<tr>
<td></td>
<td>Welch’s</td>
<td>Any flavor or blend with a yellow peel strip</td>
<td>100% unsweetened juice only</td>
<td>No juice with added sugar or sweetener or “light” juices</td>
</tr>
<tr>
<td></td>
<td>Apple</td>
<td>Essential Everyday, Fred Meyer, Great Value, Kroger, Market Pantry, Signature Kitchens, Western Family, WinCo Foods</td>
<td>Added fiber, vitamins and minerals are allowed</td>
<td>No organic juice</td>
</tr>
<tr>
<td></td>
<td>Grape</td>
<td>Essential Everyday, Market Pantry, Western Family</td>
<td>Frozen: 11.5 - 12 oz</td>
<td>No apple cider</td>
</tr>
<tr>
<td></td>
<td>Grapefruit</td>
<td>Any brand</td>
<td></td>
<td>No Tree Top 3 Apple Blend, or Honeycrisp</td>
</tr>
<tr>
<td></td>
<td>Orange</td>
<td>Any brand</td>
<td></td>
<td>No refrigerated</td>
</tr>
<tr>
<td></td>
<td>Vegetable</td>
<td>Essential Everyday (regular and low sodium), Great Value, Kroger (spicy and low sodium), Signature Kitchens, WinCo Foods</td>
<td></td>
<td>No refrigerated</td>
</tr>
</tbody>
</table>

**Plastic bottled juice**: All brands and flavors listed are allowed except for Tree Top 3 Apple Blend, or Honeycrisp.
<table>
<thead>
<tr>
<th>Food</th>
<th>Type</th>
<th>Brand</th>
<th>Description</th>
<th>May Not Buy</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cheese</td>
<td>Cheddar (mild or medium)</td>
<td></td>
<td>May buy only the types listed</td>
<td>No sharp, extra sharp or white cheddar</td>
</tr>
<tr>
<td></td>
<td>Cheddar-Jack</td>
<td></td>
<td>1 pound (16 oz) or 2 pound (32 oz.) packages only</td>
<td>No sliced, deli, string, or shredded cheese</td>
</tr>
<tr>
<td></td>
<td>Colby</td>
<td></td>
<td>Regular, lowfat, nonfat, or low-sodium</td>
<td>No fresh mozzarella (packed in water)</td>
</tr>
<tr>
<td></td>
<td>Colby-Jack</td>
<td></td>
<td></td>
<td>No cheese made from soy milk, goat milk or raw milk</td>
</tr>
<tr>
<td></td>
<td>Monterey Jack</td>
<td></td>
<td></td>
<td>No cheese foods, products, or spreads (like Velveeta, Cheese Whiz).</td>
</tr>
<tr>
<td></td>
<td>Mozzarella</td>
<td></td>
<td></td>
<td>No smoked or flavored cheeses (with items added like jalepeño peppers or</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>caraway seeds)</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>No organic</td>
</tr>
</tbody>
</table>

Any brand made in USA from 100% pasteurized milk.
<table>
<thead>
<tr>
<th>Food</th>
<th>Type</th>
<th>Brand</th>
<th>Description</th>
<th>May Not Buy</th>
</tr>
</thead>
</table>
| Yogurt   | Whole milk yogurt    | • Dannon Whole, plain  
• Dannon, Whole, vanilla  
• Dannon, Whole, strawberry  
• Mountain High, Original, whole, strawberry  
• Mountain High, Original, whole, vanilla  
• Mountain High, Original, whole, plain  
• Nancy’s, whole yogurt-honey, plain | 32 oz. container. Pasteurized, whole, lowfat or nonfat plain or flavored yogurt. Not more than 35 g of total sugars per cup. | No mix-in ingredients, such as granola, candy pieces, honey, nuts and similar ingredients.  
No yogurts with non-nutritive or artificial sweeteners.  
No organic or Greek yogurt.  
No “light” yogurts.  
No yogurts with artificial sweeteners, like aspartame or sucralose. |
|          | Lowfat & Nonfat Yogurts | Dannon:  
• Nonfat, strawberry  
• Nonfat, plain  
• Lowfat, vanilla  
• Lowfat, plain  
Tillamook:  
• Lowfat, Naturally Plain  
Mountain High:  
• Fat Free, Vanilla  
• Fat Free, Plain  
• Lowfat, Vanilla  
• Lowfat, Plain  
Nancy’s:  
• Nonfat, plain  
• Nonfat, vanilla  
• Lowfat, plain  
Fred Meyer:  
• Nonfat, plain  
Winco Foods:  
• Nonfat, plain  
• Lowfat, vanilla  
• Lowfat, strawberry  
Great Value:  
• Nonfat, plain  
• Lowfat, vanilla  
• Lowfat, strawberry  
Lucerne:  
• Plain, fat free  
• Vanilla, lowfat  
• Strawberry, lowfat  
Market Pantry:  
• Nonfat, Traditional Vanilla  
• Nonfat, Traditional Plain  
Western Family:  
• Lowfat, Strawberry  
• Plain Lowfat yogurt  
Essential Everyday:  
• Fat Free, Plain  
• Lowfat, Blended vanilla  
• Lowfat, Blended plain  
• Lowfat, Blended strawberry | | |
<p>|          | Tofu                 | Azumaya (Firm and Extra Firm) House (Firm, Medium Firm, Extra Firm) | 16 oz. package                                                                                       | No added fats, sugars, oils or sodium.                                                            |</p>
<table>
<thead>
<tr>
<th>Food</th>
<th>Type</th>
<th>Brand</th>
<th>Description</th>
<th>May Not Buy</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Dry beans, peas, or lentils</strong></td>
<td>Any type</td>
<td>Any brand, mature</td>
<td></td>
<td>No seasonings added. No organic. No bulk.</td>
</tr>
<tr>
<td><strong>Canned beans</strong></td>
<td>Any type</td>
<td>Any type of mature dry beans, peas or lentils in canned form Any brand</td>
<td>15-16 oz. cans May be regular or low sodium.</td>
<td>No seasonings added. No added oils, seasonings or flavorings. No refried beans, baked beans, green beans or peas.</td>
</tr>
<tr>
<td><strong>Eggs</strong></td>
<td>White, large, chicken eggs</td>
<td>Any brand.</td>
<td></td>
<td>No brown eggs or eggs other than chicken eggs. No specialty types or brands like Eggland’s Best or Naturally Nested or cage free. No nutrient-modified eggs (like higher Omega-3 or Vitamin E). No organic.</td>
</tr>
<tr>
<td><strong>Cow milk</strong></td>
<td>Fresh</td>
<td>Any brand, pasteurized with required Vitamins A and D added based on fat content. Buy the type listed on the voucher: Fat-free (nonfat, skim); Lowfat (1%); Reduced-fat (2%); or Whole milk. Acidophilus and Lactose-free are allowed only if listed on the food benefit list. Skim Delux, Ultra, Supreme, Creamy, Royale, etc., are allowed.</td>
<td>25.6 oz. dry milk 12 oz. can evaporated milk</td>
<td>No organic No buttermilk No flavored milk No raw milk No rice milk No half and half No milk with more than 5% milk fat content No whipped cream No Omega-3 or Vitamin E No specialty items, like glass bottles</td>
</tr>
<tr>
<td><strong>Dry</strong></td>
<td>Any brand</td>
<td>May buy only if listed on food benefits list. Nonfat</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Evaporated</strong></td>
<td>Any brand</td>
<td>May buy only if listed on benefits list. May be regular, lowfat or fat-free.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Goat milk</strong></td>
<td>Evaporated</td>
<td>Meyenberg brand only.</td>
<td>May only buy the brand and type of</td>
<td>No unfortified goat milk.</td>
</tr>
<tr>
<td>Fresh (carton)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Food</td>
<td>Type</td>
<td>Brand</td>
<td>Description</td>
<td>May Not Buy</td>
</tr>
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</tr>
<tr>
<td>Soy beverage</td>
<td>Powdered</td>
<td>Pacific Ultra Soy – original or vanilla 8th Continent Soymilk – original or vanilla WESTSOY Organic Plus Soymilk - plain or vanilla Silk Soymilk - original</td>
<td>goat milk listed on the benefits list.</td>
<td></td>
</tr>
<tr>
<td>Soy beverage</td>
<td></td>
<td>32 oz. or 64 oz. container</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Peanut butter</td>
<td>Any texture</td>
<td>Any brand.</td>
<td>16-18 oz containers Any texture such as creamy, crunchy or chunky.</td>
<td>No lowfat or reduced-fat peanut butter No jelly, marshmallow, chocolate or honey added No “enhanced” with Omega-3 No honey roasted No peanut “spread”. No organic No bulk or “grind your own.”</td>
</tr>
<tr>
<td>Fish</td>
<td>Chunk light tuna packed in water</td>
<td>Any brand tuna or salmon. Bumble Bee or Chicken of the Sea sardines.</td>
<td>Tuna - 5 oz can or larger. Pink salmon – 5 oz can or larger. Sardines – 3.75 oz can. Packed in water only. Regular or low-sodium. May include skin and bones.</td>
<td>No albacore, yellowfin or tongel tuna. No red, sockeye, blueback or Atlantic salmon. No flavored or seasoned tuna, salmon or sardines. No fillets. No tuna, salmon or sardines packed in oil. No pouches or single serving packages. No specialty fish, like pole caught.</td>
</tr>
<tr>
<td>Fish</td>
<td>Pink salmon packed in water</td>
<td>Any brand tuna or salmon. Bumble Bee or Chicken of the Sea sardines.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fish</td>
<td>Sardines packed in water</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Food</td>
<td>Type</td>
<td>Brand</td>
<td>Description</td>
<td>May Not Buy</td>
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</tr>
<tr>
<td>Fruit and vegetables</td>
<td>Fresh</td>
<td>Any brand</td>
<td>Whole pre-cut, shredded or packaged. Salad and greens in a bag. Organic is OK. Must be purchased using the Fruit and Vegetable Cash Value Benefit.</td>
<td>No salad bar, deli items or party trays. No added dressing or dip. No added nuts, dried fruit, croutons, etc. No canned or jarred fruits or vegetables. No herbs or spices (like basil, cilantro or parsley). No plants.</td>
</tr>
<tr>
<td></td>
<td>Frozen</td>
<td>Any brand and variety</td>
<td>Whole, cut or mixed. Frozen beans are OK (like lima beans, edamame and black-eyed peas). Organic is OK. Only allowed if listed on the benefit list. Must be purchased using the Fruit and Vegetable Cash Value Benefit.</td>
<td>No added sugar, salt, fats or oils. No added sauce or creamed vegetables. No added rice, pasta, meat, nuts, or noodles. No French fries, hash browns, potatoes O’Brien, or tater tots. No breaded or battered vegetables.</td>
</tr>
<tr>
<td>Food</td>
<td>Type</td>
<td>Brand</td>
<td>Description</td>
<td>May Not Buy</td>
</tr>
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</tr>
<tr>
<td>Whole wheat bread</td>
<td>Any brand. For authorized list refer to: <a href="http://public.health.oregon.gov/HealthyPeopleFamilies/wic/Pages/foods.aspx">http://public.health.oregon.gov/HealthyPeopleFamilies/wic/Pages/foods.aspx</a></td>
<td>Loaf of bread. Must say “100% whole wheat” on the label.</td>
<td>No light or “lite” bread</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>No organic</td>
</tr>
<tr>
<td>Whole grains</td>
<td>Soft corn tortillas</td>
<td>Archer Farms, Cabo Loco, Calidad, Canteca, Casa Rosa, Casa Valdez, Don Pancho, Essential Everyday, Great Value, Guerrero, Guerrero, HERDEZ</td>
<td>Soft only Yellow or white corn</td>
<td>No fried tortillas or tortilla chips</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Kroger, La Banderita, La Burrita, Las 4 Hermanas, Mission, Pepes, Reser’s, Salsa Locas, Signature Kitchens, Tortilla Land</td>
<td></td>
<td>No organic</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>No bulk</td>
</tr>
<tr>
<td>Whole grains</td>
<td>Brown rice</td>
<td>Any brand</td>
<td>Brown jasmine and brown basmati rice are allowed, any size.</td>
<td>No white, wild, milled, or sprouted rice</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Instant brown rice, “minute” or boil in bag rice are allowed in 14-16 oz. package.</td>
<td>No added seasonings, sugar, fat, oil or salt (e.g. sodium).</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>No organic</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>No bulk</td>
</tr>
<tr>
<td>Food</td>
<td>Type</td>
<td>Brand</td>
<td>Description</td>
<td>May Not Buy</td>
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</tr>
<tr>
<td>Barilla Whole Grain</td>
<td>Whole Grain Angel Hair</td>
<td>- Whole Grain Angel Hair&lt;br&gt;- Whole Grain Elbows&lt;br&gt;- Whole Grain Linguine&lt;br&gt;- Whole Grain Medium shells&lt;br&gt;- Whole Grain Penne&lt;br&gt;- Whole Grain Rotini&lt;br&gt;- Whole Grain Spaghetti&lt;br&gt;- Whole Grain Thin Spaghetti</td>
<td>100% Whole Grain Linguine&lt;br&gt;100% Whole Grain Penne Rigate&lt;br&gt;100% Whole Grain Rotini&lt;br&gt;100% Whole Grain Spaghetti&lt;br&gt;100% Whole Grain Thin Spaghetti</td>
<td>Only brands and types listed. No added sugars, fats, oils or salt (e.g. sodium). No organic No bulk</td>
</tr>
<tr>
<td>Essential Everyday</td>
<td>Whole Wheat Macaroni</td>
<td>- Whole Wheat Macaroni&lt;br&gt;- Whole Wheat Penne&lt;br&gt;- Whole Wheat Rotini&lt;br&gt;- Whole Wheat Spaghetti&lt;br&gt;- Whole Wheat Thin Spaghetti</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kroger</td>
<td>Whole Wheat Penne Rigate</td>
<td>- Whole Grain Penne Rigate&lt;br&gt;- Whole Grain Rotini&lt;br&gt;- Whole Grain Spaghetti&lt;br&gt;- Whole Grain Thin Spaghetti</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Market Pantry</td>
<td>100% Whole Grain Penne</td>
<td>- 100% Whole Grain Penne&lt;br&gt;- 100% Whole Grain Rotini&lt;br&gt;- 100% Whole Grain Spaghetti&lt;br&gt;- 100% Whole Wheat Thin Spaghetti</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Great Value</td>
<td>Simple Pasta</td>
<td>- Simple Pasta&lt;br&gt;- Whole Wheat Penne&lt;br&gt;- Whole Wheat Rotini&lt;br&gt;- Whole Wheat Spaghetti&lt;br&gt;- Whole Wheat Thin Spaghetti</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Western Family</td>
<td>Simple Pasta</td>
<td>- Simple Pasta&lt;br&gt;- Whole Wheat Penne&lt;br&gt;- Whole Wheat Rotini&lt;br&gt;- Whole Wheat Spaghetti&lt;br&gt;- Whole Wheat Thin Spaghetti</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Food Type</td>
<td>Brand</td>
<td>Description</td>
<td>May Not Buy</td>
<td></td>
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<td></td>
</tr>
<tr>
<td>Oats</td>
<td>Any brand.</td>
<td>Any size package. May be quick, regular cooking, rolled or old fashioned oats. May be gluten-free.</td>
<td>No added sugar, fat, oil or salt (e.g. sodium). No organic. No bulk. No instant. No steel cut, Irish or Scottish oats.</td>
<td></td>
</tr>
<tr>
<td>Bulgur</td>
<td>Any brand.</td>
<td>Any size package. May be instant, quick or regular cooking.</td>
<td>No added seasonings, sugar, fat, oil, or salt (e.g. sodium). No organic. No bulk.</td>
<td></td>
</tr>
<tr>
<td>Food</td>
<td>Type</td>
<td>Brand</td>
<td>Description</td>
<td>May Not Buy</td>
</tr>
<tr>
<td>-------------------------------</td>
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<td>-----------------------------------------------------------------------------</td>
</tr>
<tr>
<td>Baby food fruits and vegetables</td>
<td>Any baby food fruits and vegetables</td>
<td>Beech-Nut – classics and 100% Naturals (no organic) Earth’s Best Gerber (no organic) O Organics</td>
<td>Only brands listed. Must be in a 4 oz glass jar or plastic container. Mixed fruits and vegetables are OK. 2-packs are OK</td>
<td>No “dinners,” desserts, smoothies or casseroles. No toddler foods or “Graduates” No added cereal or yogurt. No added meat, rice, noodles or grains. No added sugar or starches. No added DHA. No pouches. No powdered baby food.</td>
</tr>
<tr>
<td>Baby food meat</td>
<td>Any single ingredient baby food meat or poultry</td>
<td>Beech-Nut (no organic) Gerber (no organic) O Organic</td>
<td>Only brands listed. Must be in a 2.5 oz glass jar or plastic container. May contain broth or gravy.</td>
<td>No added fruit, vegetables or noodles. No toddler food or “Graduates”. No added DHA.</td>
</tr>
<tr>
<td>Baby cereal</td>
<td></td>
<td>Beech-Nut (no organic) Gerber (no organic) Earth’s Best</td>
<td>Only brands listed. 8 oz size or larger. May buy infant cereal only if listed on the food benefits list. Any grain.</td>
<td>No added formula, milk, yogurt or fruit. No added DHA. No jars, cans, single-serving packets.</td>
</tr>
<tr>
<td>Infant formula</td>
<td>Bid formulas</td>
<td>Refer to ◆730 for more information on bid formulas.</td>
<td>May buy only the formula brand, type, and size listed on the food benefit balance.</td>
<td>No other formula brand, type, or size.</td>
</tr>
</tbody>
</table>
APPENDIX B

WIC FOOD AUTHORIZATION PROCESS

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

2. The Food Review Committee recommends general and specific criteria for approving WIC foods:

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

Acceptability of Foods
The WIC Program shall select foods that can be consumed by the majority of participants and shall give consideration to cultural food beliefs, preferences and practices or special food needs of participants. The relative acceptability of a food item by participants and staff shall be determined before that food item is added to or removed from the food package. Participant preference of foods will be gathered by the following:
- Participant preference surveys
- Local program staff surveys
- Participant requests
- Participant EBT purchase data
Availability of Foods
The selection of different food products for the WIC Food List shall be determined based on availability at the retail and wholesale level.

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

Cost
- The cost of food items shall be considered prior to authorization. Higher priced items may be disallowed if products meeting all other criteria are available at a lower cost, for example organic foods or specialty products. The WIC Program will consider store brands to contain costs.
- The WIC Program shall have the option to further restrict the number of brands of any product in order to contain the cost of the food package through competitive procurement of rebate contracts or by other similar means.
- Price surveys of nutritionally adequate products shall be conducted throughout the state as part of the food review process.

3. When a request is made to add a product or clarify if a product meets the WIC criteria, the request should include a label or packaging material which clearly indicates the name of the manufacturer, address of manufacturer, type of food, ingredients, nutrient information, size of container and Universal Product Code (UPC). Send this information to the Oregon Health Authority WIC Program:

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

As needed, the state WIC Program staff will contact the manufacturer to verify the information on the label and obtain other relevant information such as, but not restricted to, documentation that certifies the actual content of nutrients/ingredients identified in WIC federal regulations, availability, alternative package sizes and cost.
4. The Food Review Committee will use the following tools to determine which foods to authorize:
   - Surveys of WIC participants and local program staff; participant requests, participant EBT purchase data and input of authorized grocers.
   - Submissions from food companies requesting consideration of their products for the Food List;
   - Nutrition content charts for submitted foods, reviewed by a state nutritionist;
   - Price and availability checks from stores.

5. Once the food review process is complete, the state WIC program will take the following actions:
   - The Food List will be updated.
   - Vendors and local WIC programs will be notified in writing of these changes and their effective date.
   - Participants will be notified either through the mail or by their local WIC program.
   - Data system changes will be made as necessary.