



ISSUE DATE: 04/01/2025
TO: WIC Coordinators
FROM: Erin Lynch
OHA - Oregon WIC Program
SUBJECT: **WIC Policy Update 2025-04**

MAJOR REVISIONS: *Policies with content changes that impact local agency functions. Please review all policies with major revisions.*

Policy 769 – Assigning Food Packages

- Added new definitions for:
 - Nutrition Assessment
 - Food package tailoring
 - Breastfeeding Assessment
- Rearranged the policy sections and added a sections list
 - Food Package Background
 - Assigning Food Packages
 - Breastfeeding Participants' Food Package
 - Infant Food package
 - Specific Food Details
 - Special Food Packages and Medical Formula
 - Specific Circumstances
- Full policy revision to align with final Federal Rule updated.
- Clarified the standard food package section to include information about basic food package substitutions and added maximum monthly allowance language.
- Reworded of the food package assignment to include the role of the CPA.
- No changes to clerical staff making changes to the food packages. Allowed changes include: bottled juice to frozen juice, \$3 FVB to juice, regular cow milk to evaporated/dry milk, concentrate formula to powder, powder formula to concentrate.
- Food package education added. This includes required education on maximum monthly allowance (MMA), substitutions, and discussion with participants on how to spend the MMA.
- Food package education requires documentation and can be completed by using the Nutrition Education topic drop down "Food package tailoring and maximums."
- Removed requirement of consulting the WIC Nutritionist for issuance of plant-based milk alternatives or tofu. This is now part of tailoring.
- Clarified sections that describe the food packages of the mostly breastfeeding vs some breastfeeding participants.
- Added substitution options of the jarred fruit and vegetable benefit to the infant food package section. The required nutrition education for issuance of infant FVB and documentation remains.
- Appendix A
 - Updated tables to reflect new standard food packages.
 - New pregnant food package in the second table.
 - Footnote (a) states for whom the mostly breastfeeding food package is to be issued.
 - Footnotes include information about food category maximum amounts.
 - Added juice substitution for the FVB.
 - Clarified cheese & yogurt substitution rates.

- Added substitution options available for eggs: peanut, nut, or seed butter or beans.
- Appendix B
 - Deleted 0-1month food package and replaced it with 0-3 months.
 - Added “up to” formula amounts to the tables.
 - Updated the infant FVB options that are now available after 6 months.
- Appendix C
 - Puree section: For children and women who require jarred infant food fruits and vegetables in place of the FVB, the conversion is \$1 FVB= 6.25 ounces of jarred infant food fruits and vegetables.

Policy 770 – Authorized Foods

- Added a background section.
- Updated appendix A with the new WIC-eligible foods and removed the foods that are coming off the food list.
- Soy and Plant Beverage:
 - Must meet a new added sugar limit and nine other nutrient specifications
 - Added three new options to this category
- Cheese:
 - Added 8oz package sizes, sliced, and shredded options
 - Added Muenster, Swiss, Provolone, and sharp cheeses
- Yogurt:
 - New added sugar limit of less than or equal to 16 g of added sugar in 8 oz
- Tofu:
 - Added 14 oz package sizes
 - New calcium requirement of 100 mg calcium per 100 grams
- Cereal:
 - Added 19 new cold cereals
 - 75% of our cereal must have whole grain as the first ingredient
 - Total sugar limit was replaced with an added sugar limit of ≤ 21.2 grams per 100 grams
- Juice:
 - Removed Dole and Treetop frozen juices
 - Added V-8 and pineapple juices
- Eggs:
 - Added brown eggs
 - Any size of eggs is now allowed
- Peanut, nut and seed butter:
 - All products must provide protein and iron equal to or greater than in peanut butter
 - Added almond, sunflower, and Tahini options
- Fish:
 - Added pouches for smaller package sizes
- Fruit and Vegetables:
 - Added fresh cut herbs
 - Removed restrictions on party trays
- Baby food:
 - Removed Earth’s Best fruits and vegetables jars as they will be discontinued
 - Removed Beechnut infant cereal as they’re getting out of that market

- Two new brands of jarred baby food fruits and vegetables were added
- Whole grains:
 - Added buns, rolls, English muffins, and bagels in package sizes of 12- 32 oz
 - Added corn masa flour and corn meal as authorized products
 - Added whole wheat pita and naan, gluten-free whole grain bread, and bagged whole grains
 - WIC-eligible bagged whole grains include: amaranth, black rice, brown rice, buckwheat, bulgur, kamut, millet, quinoa, sorghum, teff, wheat berries, wild rice, brown basmati/jasmine rice.

MINOR REVISIONS: *Minor edits, grammatical updates, clarifications, and/or formatting changes have occurred in these policies*

1100 – Farm Direct Nutrition Program: Local Program Responsibilities

- Added what happens when staff issues a participant more than one booklet.
- Added clarification that a foster child who has been issued Farm Direct benefits may not receive an additional booklet of vouchers upon return to their birth parents, even if their WIC ID changes.
- Clarification on allowable incentive items.

WIC policies can be viewed online at:

oregon.gov/OHA/PH/HEALTHYPEOPLEFAMILIES/WIC/Pages/wicpolicy.aspx

Call the state WIC office at 971-673-0040 if you have questions about this release.