



## Policy 770

### Authorized Foods

July 1, 2025

## 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 and 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 Nutritionals](#)
- ◆ [765—Medical Documentation](#)
- ◆ [769—Assigning WIC Food Packages](#)

## APPENDICES

770.16 Appendix A: WIC Authorized Food List

770.36 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.

## BACKGROUND

WIC provides supplemental, nutritious foods to participants to address specific nutritional needs of pregnancy, breastfeeding, infancy, and early childhood development. The WIC food packages focus is on choice and flexibility, as well as nutritional balance.

## PROCEDURE

### Authorized foods

- 1.0 Issue only authorized foods to individuals enrolled in WIC. All foods allowed for Oregon WIC meet the criteria identified in this policy.

### WIC Authorized Food List

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

### Formula and Medical Foods

- 3.0 Refer to ♦ [720—General Information on Formula Use](#), ♦ [730—Bid Formula: Use and Description](#) and ♦ [760—Medical Formulas](#) for information about issuing formula and medical foods to infants, special children and special adult participants.

### Milk

- 4.0 Allowed. Authorized milk meets the following requirements:
  - All milk must be pasteurized and unflavored
  - Non-fat, 1%, 2%, and whole 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 Deluxe, Ultra, Supreme, Creamy, Royale, etc., are allowed

#### ***Lactose-free and acidophilus milk***

- 4.1. Lactose-free milk and acidophilus milk are allowed only if listed on the food benefit balance.
- 4.2. Lactose-free milk and acidophilus milk must meet the requirements in ¶4.0, depending on the fat content of the milk.

#### ***Dry, evaporated milk***

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

#### ***Goat milk***

- 4.4. Evaporated, fresh or powdered goat milk are allowed only if listed on the food benefit balance.
- 4.5. Goat milk must meet the above requirements in ¶4.0,

#### ***Soy and Plant Beverage***

- 4.6. Soy and plant beverage is allowed only if listed on the food benefit balance.
- 4.7. Allowed. Only soy and plant beverages authorized by the State WIC program can be purchased with WIC food benefits. See Appendix A. Soy and plant beverages selected contain a minimum of the following nutrients:

- 8 g protein per cup
  - Less than or equal to 10 grams of added sugar per cup
  - 276 mg calcium per cup
  - 500 IU vitamin A per cup
  - 100 IU (2.5 mcg) 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
- 4.8. Soy and plant beverage may be plain or vanilla, and organic.
- 4.9. 32 oz., 59 oz., 64 oz. or 128 oz. package sizes allowed.
- 4.10. 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
  - A2 milk
  - Organic milk
  - Added Omega-3 or Vitamin E
  - Specialty items, like glass bottles
  - Milks with non-nutritive or artificial sweeteners, such as acesulfame potassium or sucralose

## **Cheese**

5.0 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 8, 16 or 32 ounce size package
- Must be one of the following types: Cheddar (mild, medium or sharp), Cheddar-Jack, Colby, Colby-Jack, Monterey Jack, Mozzarella, Muenster, Provolone or Swiss
- 16 oz. (1 lb) mozzarella string cheese
- Block, sliced and shredded cheese

- Sharp is okay
- Must include the type of cheese in the product name, for example:

| Allowed or not | Name and type                 | Reason  |
|----------------|-------------------------------|---|
| Allowed        | Tillamook Cheddar Cheese-Mild | The specific type of cheese, “Cheddar” is indicated in the name |
| Not allowed    | Tillamook Cheese-Mild         | The specific type of cheese is not indicated in the name        |

### ***Low-fat or low sodium cheeses***

5.1. WIC participants may purchase low-fat, non-fat and low sodium cheeses that meet the conditions in ¶5.0 and do not meet any of the conditions in ¶6.0 For example:

| Allowed or not | Name and type            | Reason  |
|----------------|--------------------------|---|
| Allowed        | Low Sodium Monterey Jack | The specific type of cheese, “Monterey Jack” is indicated in the name |

6.0 The following type of cheeses are not allowed:

- Extra sharp or white Cheddar
- Deli cheeses
- Cheeses made from raw milk, goat milk, soy or plant beverage
- 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)

### **Yogurt**

7.0 Allowed. Must conform to the Food and Drug (FDA) standard of identity (21 CFR 131.200). Only yogurt brands authorized by the State WIC program can be purchased with WIC food benefits. See Appendix A. Authorized yogurt meets the following requirements:

- Pasteurized, whole, low-fat or non-fat, plain or flavored yogurt
- Not more than 16 g of added sugar per cup
- As of April 19, 2027 must meet 106 IU (2.67 mcg) vitamin D per cup
- 32 oz. Container
- May be lactose free

8.0 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 sucralose
- “Light” yogurts

## Tofu

- 9.0 Allowed. Tofu is allowed only if it is listed on the food benefit balance. Only tofu brands authorized by the State WIC program can be purchased with WIC food benefits. See Appendix A. Authorized tofu meets the following requirements:
- Water packed tofu
  - Minimum of 100 mg calcium per 100 g
  - 14 to 16 oz. package
- 10.0 Not allowed. These tofus are **not** allowed:
- Tofus with added fats, sugars, oils or sodium

## Cereal

- 11.0 Allowed. Only cereal brands authorized by the State WIC program can be purchased with WIC food benefits. At least 75% of the cereals offered by WIC have whole grain as the first ingredient. 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 added sugar per 100 grams of dry cereal;
  - Meet the price and availability requirements set by the State WIC program, and
  - Must be 12 oz. to 36 oz. size for cold cereal, 9.8 oz. to 36 oz. size for hot cereal.
  - Cold and hot cereal may contain fruit.
- 12.0 Not allowed. These cereals are **not** allowed:
- Single-serving boxes or packets of cold cereal
  - Cereals with artificial sweeteners
  - Cereals featuring TV/media cartoon characters
  - Cereals with candy flavors, such as caramel and chocolate, or artificial food colorings

## Juice

- 13.0 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.

14.0 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
- Juices featuring TV/media cartoon characters
- Organic juice

## Eggs

15.0 Allowed. Authorized eggs are:

- White or brown chicken eggs;
- Any size
- Any brand, in packages of one dozen.

16.0 Not allowed. These eggs are **not** allowed

- Dried or powdered eggs
- Specialty brands, nutrient modified (e.g. higher Omega-3 or Vitamin E), or “pasture-raised”
- Organic eggs

## Dry or canned beans peas or lentils

17.0 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.
- May be organic.

18.0 Not allowed. These types of dry or canned beans, peas and lentils are not allowed:

- Dry beans, peas or lentils with added seasonings
- 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 green peas

### **Peanut, nut and seed butter**

19.0 Allowed. Peanut butter must conform to the FDA standard of identity (21 CFR 164.150). Any brand of peanut butter. Nut and seed butters authorized by the State WIC program may be purchased with WIC food benefits. See Appendix A.

- Any brand of peanut butter in a 16-18 oz container;
- Nut and seed butters in a 16-18 oz. container (must provide comparable nutritive value to peanut butter i.e. protein and iron)
- Any texture such as creamy, crunchy or chunky; and
- With or without salt
- May be organic.

20.0 Not allowed. These types of peanut, nut or seed butter are not allowed:

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

### **Fish**

21.0 Allowed tuna, salmon, or sardines. Authorized fish is:

- Any brand of canned chunk light tuna (must conform to FDA 21 CFR 161.190) packed in water or oil, 2.5 oz. to 20 oz size
- Any brand salmon (pacific salmon must conform to FDA 21 CFR 161.170) packed in water or oil, 2.5 oz. to 20 oz size
- Sardines packed in water or oil, 3.75 oz. can and authorized by the State WIC program. See Appendix A
- May be regular or lower in sodium content; and
- Pack may include bones or skin.
- Pouches or single serving packages

22.0 Not Allowed. These types of tuna, salmon and sardines are not allowed:

- Albacore, bluefin, yellowfin, bigeye, or tongel tuna
- Flavored or seasoned tuna, salmon or sardines
- Fillets
- Specialty fish, like pole caught

## **Fruits and vegetables**

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

### ***Fresh fruits and vegetables***

23.1. 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.
- Fresh herbs, cut at the root
- Salad greens in a bag.
- Any type fresh immature beans, peas or lentils.
- Organic is allowed.

23.2. 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.
- Dried herbs or spices
- Edible blossoms and flowers e.g. squash blossoms (broccoli, cauliflower and artichokes are allowed).
- No seeds, potted plants with vegetables, fruits or herbs
- 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.
- Baked goods, such as blueberry muffins.

### ***Frozen fruits and vegetables***

23.3. Allowed. Any brand and variety of frozen fruits and vegetables:

- Frozen fruits: any brand or variety unsweetened frozen fruits
- Frozen vegetables: any brand or variety frozen vegetables (including frozen beans)



- 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

23.4. Not allowed. The following frozen fruits and vegetables are not allowed:

- Fruit, vegetables or frozen beans 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

### ***Canned fruits and vegetables***

23.5. Allowed. Any brand, size and type of container of canned fruits and vegetables:

- Any variety of canned fruits defined by 21 CFR part 145, with fruit listed as the first ingredient, including applesauce.
- Packed in juice, with added fruit juice concentrate or water pack.
- Any variety of canned vegetables defined by 21 CFR part 155, with vegetables listed as the first ingredient. May be regular or lower in sodium.
- Any type of immature beans, peas or lentils in canned forms.
- Canned tomatoes are allowed, such as whole, strained, crushed, diced, paste or purees.
- Organic is allowed

23.6. Not allowed. The following canned fruits and vegetables are not allowed:

- Canned fruits packed in syrup, such as heavy, light or extra light
- Canned fruits with added sugars, fats, oils or salt
- Canned fruits made with artificial sweeteners or no-calorie sweeteners
- Fruit cocktail or mixed fruit with cherries
- Canned vegetables with added fats or oils
- Canned vegetable mixtures with mature beans, such as kidney beans, black beans or pinto beans
- Pickled, creamed or sauced canned vegetables
- Salsa, stewed tomatoes or tomato sauces
- Home canned or home-preserved fruits and vegetables

## **Whole Grains**

- 24.0 Authorized whole grains include 100% whole wheat bread, whole wheat pita and naan, gluten free whole grain bread, soft corn and whole wheat flour tortillas, whole wheat pasta, oats, bagged whole grains, corn masa flour and corn meal.

**100% Whole wheat bread**

24.1. Allowed

- Must conform to the Food and Drug Administration (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.
- Must have “100% whole wheat” printed on the label;
- Loaf of bread, buns, rolls, English muffin, or bagel
- 12 oz. to 32 oz.

24.2. Not allowed. For 100% whole wheat bread, the following are not allowed:

- Light (lite) bread or carb controlled
- Organic bread
- Whole wheat breads with non-nutritive or artificial sweeteners, such as maltitol or sucralose

**Whole wheat pita and naan**

- 24.3. Allowed. Only whole wheat pita and naan authorized by the State WIC program can be purchased with WIC food benefits. See Appendix A. Authorized whole wheat pita and naan meet the following conditions:

- Conform with FDA Standard of Identity for whole grain bread (21 CFR 136.110) and contain at least 50% whole grains with remaining grains being either enriched or whole grains.
- 11 oz to 17 oz size

**Gluten Free whole grain bread**

- 24.4. Allowed. Only gluten free whole grain bread authorized by the state WIC program can be purchased with WIC food benefits. See Appendix A. Authorized gluten free whole grain bread meet the following conditions:

- Conform with FDA Standard of Identity for whole grain bread (21 CFR 136.110) and contain at least 50% whole grains with remaining grains being either enriched or whole grains.
- 12 oz to 24 oz size

**Soft corn tortillas**

- 24.5. 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 made with folic acid-fortified corn masa flour
- Yellow or white soft corn tortillas.
- 8 oz to 80 oz package size

24.6. Not allowed. For soft corn tortillas, the following are not allowed:

- Fried or hard-shelled tortillas
- Tortilla chips
- Organic tortillas
- Bulk

### ***Whole wheat flour tortillas***

24.7. 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
- 8 oz to 48 oz package size

24.8. Not allowed. For whole wheat flour tortillas, the following are **not** allowed:

- Organic tortillas
- No added cellulose
- No added sucralose
- Bulk

### ***Whole wheat pasta***

24.9. 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 and/or whole durum wheat flours must be the only flours listed in the ingredient list
- 16 oz to 32 oz package size

24.10. Not allowed. For whole wheat pasta, the following are not allowed:

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

## **Oats**

24.11. Allowed. Authorized oats meet the following conditions:

- May be quick or regular cooking
- May be gluten-free
- May be organic
- 16 oz to 42 oz package size

24.12. Not allowed. For oats, the following are not allowed:

- Added sugars, fats, oils, or salt (i.e. sodium)
- No steel-cut, Irish, or Scottish oats
- Bulk

## **Bagged Whole Grains**

24.13. Allowed. Authorized whole grains meets the following conditions:

- Amaranth, black rice, brown rice, buckwheat, bulgur, kamut, millet, quinoa, sorghum, teff, wheat berries, wild rice, brown basmati rice, brown jasmine rice
- Must be whole grain
- May be any brand
- May be instant, quick or regular cooking
- Instant brown rice 14-16 oz. package
- May be organic.
- 12 to 32 oz package size

24.14. Not allowed. For bagged whole grains, the following are not allowed:

- White rice
- Milled, pearled or sprouted
- Added seasonings, sugars, fat, oil or salt (i.e. sodium)
- Bulk

## **Corn Masa Flour**

24.15. Allowed. Only corn masa flour authorized by the state WIC program can be purchased with WIC food benefits. See Appendix A. Authorized corn masa flour meet the following conditions:

- Made with corn using traditional processing methods
- Without added sugars, fats, oils or salt (i.e. sodium)

## **Corn Meal**

24.16. Allowed. Only corn meal authorized by the state WIC program can be

purchased with WIC food benefits. See Appendix A. Authorized corn meal meet the following conditions:

- Either be made of whole grain corn or if enriched corn meal, then conform to the FDA Standard of Identity 21 CFR 137.60 Enriched corn meals.
- Without added sugar, fats, oils, or salt (i.e. sodium)
- May be instant, quick, or regular cooking.

### **Baby Cereal**

25.0 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 or 16 oz package size
- Organic baby cereal (brand specific only)

26.0 Not allowed. The following are not allowed:

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

### **Baby food fruits and vegetables**

27.0 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 and multiple-packs are OK
- Mixed fruits and vegetables are OK
- Combinations of fruits and/or vegetables are allowed
- Organic baby fruit and vegetables (brand specific only)

28.0 Not allowed. The following are not allowed for baby food fruits and 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
- Additives, such as DHA, yeast, beta glucan.

- Pouches
- Powdered baby food

### **Baby food meat**

- 29.0 Only infants who are **fully breastfed** can receive baby food meat.
- 30.0 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)
- 31.0 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

### **Food Authorization process**

- 32.0 For a description of the WIC food authorization process, see Appendix B.

**If you need this in large print or an alternate format, please call 971-673-0040.**

**This institution is an equal opportunity provider.**

### **POLICY HISTORY**

| <b>Date</b> | <b>* Revised, Reviewed, Released</b> |
|-------------|--------------------------------------|
| 7/21/2008   | Date of Origin                       |
| 4/1/2013    | Revised                              |
| 10/1/2016   | Revised                              |
| 8/1/2017    | Released                             |
| 1/4/2019    | Released                             |
| 1/8/2021    | Major revision                       |
| 1/11/22     | Released                             |
| 10/26/2022  | Revision (jarred baby food)          |
| 11/3/2023   | Revision (soymilk)                   |
| 4/01/2025   | Major Revision                       |

The date located at the top of the policy is the date of the most recent release. Policies are to be implemented on release date and will become compliance findings 6 months from the release date.

**\*Released:** Significant changes made to policy. Release notes can be found in the corresponding document on the [Policy and Procedure Manual page](#).

**Reviewed:** The writer looked at this policy to make sure it was still accurate. Formatting changes may have occurred.

**Revised:** Minor edits or formatting has occurred without need for release. USDA has accepted a policy and watermark is reviewed.

**Date of Origin:** Date policy was initially released

## APPENDIX A

### WIC Authorized Food List

| Food        | Brand                     | Product  | Description  | May Not Buy   |
|-------------|---------------------------|--|--|---|
| Cold cereal | General Mills             | Cheerios (plain), Cheerios Veggie Blends Apple Strawberry, Cheerios Veggie Blends Blueberry Banana and Multi-Grain Cheerios (original) | May combine cereals to add up to total number of ounces allowed.<br><br>Cold cereal: 12 oz to 36 oz. size<br><br>For information about which of the authorized cereals provide 100% of the Daily value for folic acid, are made with whole grains, and is gluten free according to the company, refer to the <a href="#">Food List</a> . | No cereal brands other than those listed here may be purchased.<br><br>No single-serving boxes or packets of <b>COLD</b> cereal |
|             |                           | Chex (Blueberry, Cinnamon, Corn, Rice, and Wheat)  |  |   |
|             |                           | Fiber One Honey Clusters   |  |   |
|             |                           | Kix (original)   |  |   |
|             |                           | Total Whole Grain  |  |   |
|             |                           | Wheaties   |  |   |
|             | Kellogg's                 | Corn Flakes (original)   |  |   |
|             |                           | Frosted Mini Wheats (original), Blueberry Muffin, Cinnamon Roll, Honey, Strawberry, Bite Size Pumpkin Spice, Little Bites              |  |   |
|             |                           | Kashi Blueberry Clusters   |  |   |
|             |                           | Rice Krispies (original)   |  |   |
|             |                           | Special K (original)   |  |   |
|             | Malt-O-Meal               | Frosted Mini Spooners (box or bag) (original)  |  |   |
|             | Post                      | Grape Nuts   |  |   |
|             |                           | Grape Nuts Flakes  |  |   |
|             |                           | Great Grains Banana Nut Crunch   |  |   |
|             |                           | Great Grains Crunchy Pecan   |  |   |
|             |                           | Honey Bunches of Oats (Honey Roasted, Cinnamon Bunches, with Almonds, Maple & Pecans, Vanilla)   |  |   |
|             | The Silver Palate         | Grain Berry Apple Cinnamon   |  |   |
|             |                           | Grain Berry Cinnamon Frosted Shredded Wheat  |  |   |
|             |                           | Grain Berry Multi-Bran Flakes  |  |   |
|             |                           | Grain Berry Original Toasted Oats  |  |   |
|             | Quaker                    | Life Multigrain Cereal, Original   |  |   |
|             |                           | Oatmeal Squares Brown Sugar, Oatmeal Squares Honey Nut   |  |   |
|             | Private Label Bran Flakes | Best Yet, Food Club, Great Value, IGA, Signature Select, WinCo Foods   |  |   |



| Food       | Brand          | Product  | Description  | May Not Buy  |
|------------|----------------|--|--|--|
| Hot Cereal | Malt-O-Meal    | Malt-O-Meal (original)   | May combine cereals to add up to total number of ounces allowed. | No cereal brands other than those listed here may be purchased |
|            | B&G Foods      | Cream of Wheat (1 and 2 ½ minute)(plain or whole grain)<br>Cream of Rice (plain)   |  |  |
|            | Quaker         | Instant Grits (original, single serving)   | Hot cereals: 9.8 oz to 36 oz. size                               | No Cream of Wheat, instant<br>No Cream of Rice, instant        |
|            |                | Instant Oatmeal (original, single serving)   |  |  |
|            | Private labels | Plain Instant Oatmeal, single serving (Best Yet, Essential Everyday, Food Club, Great Value, IGA, Kroger, Signature Select, WinCo Foods) |  |  |

| Food                      | Type   | Brand   | Description   | May Not Buy |
|---------------------------|--|---|---|-------------|
| Frozen Juice (11.5-12 oz) | Any flavor or blend with a green lid                   | Old Orchard   | Only the brands and flavors listed<br><br>100% unsweetened juice only<br><br>Added fiber, vitamins and minerals are allowed<br><br>Frozen: 11.5 - 12 oz |             |
|                           | Apple  | Best Yet, Essential Everyday, Food Club, Great Value, Kroger, Signature Select, WinCo Foods |   |             |
|                           | Grape  | Food Club (grape), Kroger, Signature Select   |   |             |
|                           | Grapefruit   | Any brand   |   |             |
|                           | Orange   | Any brand   |   |             |
|                           | Any flavor   | Tree Top  |   |             |
| Plastic bottled juice     | Any flavor   | Juicy Juice   | Only the brands and flavors listed  |             |
|                           | Tomato (regular and low sodium)                        | Campbells   |   |             |
|                           | 100% Vegetable Juice (Original, Low sodium, Spicy Hot) | V-8   | 100% unsweetened juice only   |             |
|                           | 100% juice, any flavor                                 | Langers   | Added fiber, vitamins and   |             |
|                           | 100% juice, no sugar added, any flavor                 | Ocean Spray   |   |             |

| Food | Type                                  | Brand  | Description  | May Not Buy   |
|------|---------------------------------------|--|--|---|
|      | Apple                                 | Best Yet, Essential Everyday, Food Club, Great Value, IGA, Kroger, Market Pantry, Signature Select, WinCo Foods  | minerals are allowed<br><br>Plastic bottles: 64 oz. only | No juice brands or flavors that are not listed.                                 |
|      | Cranberry, Cran-grape, Cran-raspberry | Great Value (cranberry blend, cranberry grape), Kroger (cranberry juice), Signature Select (cranberry, cranberry-grape, cranberry-raspberry),  |  | No juice "drinks" (such as Hi-C)  |
|      | Grape (purple or white)               | Best Yet (grape and white grape), Essential Everyday (purple and white grape) Food Club (grape and white grape), Great Value (grape and white grape), IGA (grape and white grape), Kroger (grape and white grape), Market Pantry (purple and white grape), Signature Select (grape or white grape), WinCo Foods (grape and white grape), |  | No juice "cocktails"  |
|      | Grapefruit                            | Any brand  |  | No imitation beverages (such as Awake, Tang, Orange Plus, Start, Sunny Delight) |
|      | Orange                                | Any brand  |  | No juice with added sugar or sweetener or "light" juices                        |
|      | Pineapple                             | Best Yet, Essential Everyday, Food Club, Signature Select  |  | No organic juice  |
|      | Prune                                 | Langer's 100% Prune Plus   |  | No apple cider  |
|      | Vegetable (regular and low sodium)    | Best Yet, Essential Everyday (regular), Food Club, Great Value, Kroger (regular and low sodium), Signature Select (regular and low sodium), WinCo Foods (regular and low sodium)   |  | No Tree Top 3 Apple Blend, or Honeycrisp  |
|      |                                       |  |  | No refrigerated   |

| Food   | Type                               | Brand  | Description  | May Not Buy   |
|--------|------------------------------------|--|--|---|
| Cheese | Cheddar<br>(mild, medium or sharp) | Any brand made in USA from 100% pasteurized milk.  | May buy only the types listed<br><br>8 oz., 16 oz (1 lb) or 32 oz.(2 lb) packages only<br><br>Block, sliced or shredded<br><br>Regular, low-fat, non-fat, or low-sodium<br><br>16 oz (1 lb) package mozzarella string cheese | No extra sharp or white cheddar<br><br>No deli cheese<br><br>No fresh mozzarella (packed in water)<br><br>No cheese made from soy or plant beverage, goat milk or raw milk<br><br>No cheese foods, products, or spreads (like Velveeta, Cheese Whiz).<br><br>No smoked or cheeses with items added like jalapeño peppers or caraway seeds<br><br>No organic |
|        | Cheddar-Jack                       |  |  |   |
|        | Colby                              |  |  |   |
|        | Colby-Jack                         |  |  |   |
|        | Monterey Jack                      |  |  |   |
|        | Mozzarella                         |  |  |   |
|        | Muenster                           |  |  |   |
|        | Provolone                          |  |  |   |
|        | Swiss                              |  |  |   |
| Tofu   | Azumaya                            | 16 oz. Firm or Extra Firm  | 14-16 oz. package<br>Water packed  | No added fats, sugars, oils or sodium.<br><br>No containers smaller than 14 oz.   |
|        | Franklin Farms                     | 14 oz. Organic Medium Firm, Firm, Extra Firm or Pressed Firm<br>16 oz. Soft, Medium Firm, Firm or Extra Firm |  |   |
|        | House Foods                        | 14 oz. Premium or Organic: Medium Firm or Firm<br>16 oz. Premium Medium Firm, Firm or Extra Firm             |  |   |
|        | Nasoya                             | 14 oz. Organic Firm or Extra Firm<br>16 oz. Organic Silken   |  |   |
|        | O Organics                         | 14 oz. Firm or Extra Firm  |  |   |
|        | Simple Truth Organic               | 14 oz. Firm or Extra Firm<br>15.5 oz. Extra Firm   |  |   |

| Food | Type      | Brand     | Description  | May Not Buy   |
|------|-----------|-----------|--|---|
| Eggs | Any Brand | Any brand | White or brown chicken eggs only.<br>Any size.<br>Packages of one dozen. | No eggs other than chicken eggs.<br>No specialty brands or pasture-raised.<br>No nutrient-modified eggs (like higher Omega-3 or Vitamin E).<br>No organic |

| Food   | Type              | Brand   | Description  | May Not Buy  |
|--------|-------------------|---|--|--|
| Yogurt | WHOLE Milk yogurt | <ul style="list-style-type: none"> <li>• bettergoods Greek, Whole Plain</li> <li>• Brown Cow Whole Milk Yogurt, Plain</li> <li>• Brown Cow Whole Milk Yogurt, Vanilla</li> <li>• Brown Cow Whole Milk Yogurt, Maple</li> <li>• Chobani, Greek, whole, plain</li> <li>• Dannon Whole, plain</li> <li>• Good &amp; Gather, Greek, whole, plain</li> <li>• Lucerne, whole, plain</li> <li>• Lucerne Greek, Whole, plain</li> <li>• Mountain High, Original, whole, plain</li> <li>• Mountain High, Original, whole, vanilla</li> <li>• Mountain High, Original, whole, strawberry</li> <li>• Nancy's, whole yogurt-honey, plain</li> <li>• Nancy's Organic Whole Milk Yogurt</li> <li>• Nancy's Organic Whole Milk Vanilla Yogurt</li> <li>• Stonyfield Organic Probiotic Whole, Plain</li> <li>• Stonyfield Organic Probiotic Whole, Vanilla</li> <li>• Stonyfield Organic Probiotic Whole, Strawberry</li> <li>• Stonyfield Organic Probiotic Whole, Vanilla</li> <li>• WinCo Foods, whole, plain</li> <li>• Zoi Greek Whole, Plain</li> <li>• Zoi Greek Whole, Vanilla</li> </ul> | <p>32 oz. container.</p> <p>Pasteurized, whole, lowfat or nonfat plain or flavored yogurt.</p> <p>Not more than 16 g of added sugar per cup.</p> | <p>No mix-in ingredients, such as granola, candy pieces, honey, nuts and similar ingredients.</p> <p>No yogurts with non-nutritive or artificial sweeteners.</p> <p>No organic yogurt.</p> <p>No "light" yogurts.</p> <p>No yogurts with artificial sweeteners, like aspartame or sucralose.</p> |

|  |  |  |   |  |  |
|--|--|--|---|--|--|
|  |  | <p><b>Best Yet:</b></p> <ul style="list-style-type: none"> <li>• Nonfat, plain</li> <li>• Greek Nonfat Plain</li> <li>• Greek Nonfat Vanilla</li> </ul> <p><b>Chobani, Greek:</b></p> <ul style="list-style-type: none"> <li>• Nonfat, plain</li> <li>• Nonfat, vanilla</li> <li>• Nonfat, strawberry</li> <li>• Lowfat, plain</li> <li>• Lowfat, less sugar vanilla &amp; cinnamon</li> </ul> <p><b>Dannon:</b></p> <ul style="list-style-type: none"> <li>• Nonfat, plain</li> <li>• Lowfat, plain</li> <li>• Greek, nonfat, Light &amp; Fit, Plain</li> </ul> <p><b>Essential Everyday:</b></p> <ul style="list-style-type: none"> <li>• Nonfat, Plain</li> </ul> <p><b>Food Club:</b></p> <ul style="list-style-type: none"> <li>• Lowfat, plain</li> <li>• Greek, nonfat, plain</li> </ul> <p><b>Good &amp; Gather:</b></p> <ul style="list-style-type: none"> <li>• Greek, nonfat, plain</li> <li>• Greek, nonfat, vanilla</li> </ul> <p><b>Great Value:</b></p> <ul style="list-style-type: none"> <li>• Nonfat, plain</li> </ul> <p><b>Kroger:</b></p> <ul style="list-style-type: none"> <li>• Greek, nonfat, plain</li> </ul> <p><b>LaLa</b></p> <ul style="list-style-type: none"> <li>• Lowfat, plain</li> </ul> | <p><b>Lucerne:</b></p> <ul style="list-style-type: none"> <li>• Nonfat, plain</li> <li>• Greek, nonfat, plain</li> </ul> <p><b>Mountain High:</b></p> <ul style="list-style-type: none"> <li>• Fat Free, plain</li> <li>• Fat Free, vanilla</li> <li>• Lowfat, plain</li> <li>• Lowfat, vanilla</li> </ul> <p><b>Nancy's:</b></p> <ul style="list-style-type: none"> <li>• Nonfat, plain</li> <li>• Nonfat, vanilla</li> <li>• Lowfat, plain</li> <li>• Organic Nonfat Plain</li> <li>• Organic Nonfat Vanilla</li> <li>• Organic LowFat, Plain</li> </ul> <p><b>Okios</b></p> <ul style="list-style-type: none"> <li>• Nonfat, vanilla</li> </ul> <p><b>O Organics</b></p> <ul style="list-style-type: none"> <li>• Greek, nonfat, plain</li> </ul> <p><b>Stonyfield Organic</b></p> <ul style="list-style-type: none"> <li>• Nonfat, plain</li> <li>• Nonfat, vanilla</li> <li>• Lowfat, plain</li> <li>• Lowfat, vanilla</li> <li>• Greek, nonfat, plain</li> </ul> <p><b>Tillamook:</b></p> <ul style="list-style-type: none"> <li>• Lowfat, peach</li> <li>• Lowfat, vanilla</li> <li>• Lowfat, strawberry</li> </ul> <p><b>Winco Foods</b></p> <ul style="list-style-type: none"> <li>• Nonfat, plain</li> <li>• Greek, nonfat, plain</li> <li>• Greek, nonfat, vanilla</li> </ul> <p><b>Zoi</b></p> <ul style="list-style-type: none"> <li>• Greek, nonfat, plain</li> </ul> |  |  |
|--|--|--|---|--|--|

| Food                               | Brand        | Product  | Description   | May Not Buy  |
|------------------------------------|--------------|--|---|--|
| <b>Peanut, Nut and Seed butter</b> | Any texture. | Peanut butter, Any brand<br><br><b>Almond Butters:</b> <ul style="list-style-type: none"> <li>• Good &amp; Gather Creamy Almond Butter, stir</li> <li>• Good &amp; Gather Crunchy Almond Butter, stir</li> <li>• Open Nature Almond Butter Creamy, stir</li> <li>• Open Nature Almond Butter Crunchy, stir</li> <li>• Simple Truth Creamy Almond Butter, dry roasted almonds, stir</li> <li>• Simple Truth Crunchy Almond Butter , dry roasted almonds, stir</li> </ul> <b>Sunflower Butter:</b> <ul style="list-style-type: none"> <li>• SunButter, Natural</li> <li>• SunButter, No Sugar Added</li> </ul> <b>Sesame Seed or Tahini:</b> <ul style="list-style-type: none"> <li>• Alexis Roasted Sesame Tahini</li> <li>• Roland Tahini 100% Ground Sesame Seeds</li> <li>• Simple Truth Organic Tahini Ground Sesame Seed</li> <li>• Tarazi Tahini</li> </ul> | 16-18 oz containers<br>Any texture such as creamy, crunchy or chunky.<br><br>Organic is OK. | No low-fat or reduced-fat peanut butter<br><br>No jelly, marshmallow, chocolate or honey added<br><br>No “enhanced” with Omega-3<br><br>No honey roasted.<br><br>No peanut “spread”.<br><br>No bulk or “grind your own.” |
| <b>Dry beans, peas, or lentils</b> | Any Brand    | Any type, mature   | Organic is OK.  | No seasonings added.<br><br>No bulk  |
| <b>Canned Beans</b>                | Any Brand    | Any type of mature dry beans, peas or lentils in canned form   | 15-16 oz. cans<br>May be regular or low sodium<br><br>Organic is OK.                        | No seasonings added.<br><br>No added oils, seasonings or flavorings.<br><br>No refried beans, baked beans, green beans or peas.  |

| Food                          | Type       | Brand  | Description  | May Not Buy   |
|-------------------------------|------------|--|--|---|
| <b>Cow's milk</b>             | Fresh      | Any brand, pasteurized with required Vitamins A and D added based on fat content.<br><br>Buy the type listed on the benefits list: Fat-free (nonfat, skim); Low-fat (1%); Reduced-fat (2%); or Whole milk.<br><br>Acidophilus and Lactose-free are allowed only if listed on the food benefit list.<br><br>Skim Deluxe, Ultra, Supreme, Creamy, Royale, etc., are allowed. | 25.6 oz. dry milk<br>12 oz. can evaporated milk  | No organic<br>No buttermilk<br>No flavored milk<br>No raw milk<br>No A2 milk<br>No rice or almond milk<br>No half and half<br>No milk with more than 5% milk fat content<br>No whipped cream<br>No Omega-3 or Vitamin E<br>No specialty items, like glass bottles |
|                               | Dry        | Any brand<br>May buy only if listed on food benefits list.<br>Non-fat  |  |   |
|                               | Evaporated | Any brand.<br>May buy only if listed on benefits list.<br>May be regular, low-fat.   |  |   |
| <b>Goat milk</b>              | Fresh      | Meyenberg brand only.  | May only buy the brand and type of goat milk listed on the benefits list:<br>Whole and lowfat goat milk (32 oz., 64 oz.), whole powdered (12 oz. can or pouch), whole evaporated milk (12 oz. can) | No unfortified goat milk.   |
|                               | Dry        |  |  |   |
|                               | Evaporated |  |  |   |
| <b>Soy and Plant Beverage</b> |            | <u>bettergoods soymilk, original (refrigerated)</u>  | 32 oz., 59 oz., 64 oz., 128 oz. container  |   |
|                               |            | Pacific Ultra Soy – original (shelf stable)  |  |   |
|                               |            | ripple plant based milk, original (shelf stable)   |  |   |
|                               |            | Silk Kids- Oatmilk Blend (refrigerated)  |  |   |
|                               |            | Silk Soymilk – Original (refrigerated and shelf stable)  |  |   |



| Food               | Type             | Brand   | Description   | May Not Buy   |
|--------------------|------------------|---|---|---|
| <b>Canned Fish</b> | Chunk light tuna | Any brand   | Tuna & Salmon – 2.5 oz to 20 oz size<br>Sardines – 3.75 oz can.<br>Packed in water or oil | No albacore, bluefin, yellowfin, bigeye or tongel tuna.<br>No flavored or seasoned tuna, salmon or sardines.<br>No fillets. |
|                    | Salmon           | Any brand   | Regular or low-sodium.<br>May include skin and bones.<br>May be in pouches.               | No specialty fish, like pole caught.  |
|                    | Sardines         | <ul style="list-style-type: none"> <li>• Bumble Bee sardines in water, 3.75 oz. can</li> <li>• Chicken of the Sea sardines in water, 3.75 oz. can</li> <li>• Beach Cliff Sardines in water, 3.75 oz. can</li> </ul> |   |   |

| Food                        | Type   | Brand                 | Description  | May Not Buy  |
|-----------------------------|--------|-----------------------|--|--|
| <b>Fruit and vegetables</b> | Fresh  | Any brand             | <p>Whole pre-cut, shredded or packaged.</p> <p>Salad and greens in a bag.</p> <p>Fresh herbs, cut at the root</p> <p>Organic is OK.</p> <p>Must be purchased using the Fruit and Vegetable Cash Value Benefit.</p>   | <p>No salad bar, or deli items</p> <p>No added dressing or dip.</p> <p>No added nuts, dried fruit, croutons, etc.</p> <p>No dried herbs or spices No seeds, potted plants with vegetables, fruits or herbs.</p>  |
|                             | Frozen | Any brand and variety | <p>Whole, cut or mixed.</p> <p>Frozen beans are OK (like lima beans, edamame and black-eyed peas).</p> <p>Organic is OK.</p> <p>Only allowed if listed on the benefit list.</p> <p>Must be purchased using the Fruit and Vegetable Cash Value Benefit.</p> | <p>No added sugars, salt (i.e. sodium), fats or oils to frozen fruit.</p> <p>No added sugars, fats or oils to frozen vegetables.</p> <p>No added sauce or creamed vegetables.</p> <p>No added rice, pasta, meat, nuts, or noodles.</p> <p>No French fries, hash browns, potatoes O'Brien, or tater tots.</p> <p>No breaded or battered vegetables.</p> |

| Food | Type   | Brand     | Description   | May Not Buy   |
|------|--------|-----------|---|---|
|      | Canned | Any brand | <ul style="list-style-type: none"> <li>• Fruit packed in water or juice without added sugars</li> <li>• Any type of container, including plastic multi-packs</li> <li>• Natural or unsweetened applesauce OK</li> <li>• Organic is OK</li> <li>• Vegetables without added fats or oils</li> <li>• Tomato OK (like whole, strained, crushed, diced, paste or purees)</li> <li>• Organic is OK</li> </ul> | <ul style="list-style-type: none"> <li>• Canned fruits made with syrup, such as heavy, light or extra light</li> <li>• Canned fruits made with artificial sweeteners or no-calorie sweeteners</li> <li>• Fruits cocktail or mixed fruit with cherries</li> <li>• Canned vegetable mixtures with mature beans, such as kidney or black beans</li> <li>• Pickled, creamed or sauced canned vegetables</li> <li>• Salsa, stewed tomatoes or tomato sauces</li> </ul> |

| Food         | Type                            | Brand   | Description  | May Not Buy   |
|--------------|---------------------------------|---|--|---|
| Whole Grains | Whole wheat bread               | Any brand.  | Bread, buns, rolls, English muffin or bagel<br>12 oz. to 32 oz.<br>Must say "100% whole wheat" on the label. | No light, "lite" bread or carb controlled<br>No organic |
|              | Whole Wheat Pita Bread and Naan | <ul style="list-style-type: none"> <li>• Alexis Pita Flatbread Wheat</li> <li>• Bakestone Brothers Puffed Up &amp; Proud Whole Wheat Pita</li> <li>• Mission Fresh Signature Pita Whole Wheat</li> <li>• Papa Pita Greek Style Whole Wheat Pita</li> <li>• Sam's Choice Whole Wheat Greek Style Pita</li> <li>• Seattle International Baking Company Greek Pita Bread Whole Wheat</li> <li>• Signature Select Artisan Whole Wheat Naan</li> </ul> | 11 oz to 17oz size   |   |

| Food | Type                          | Brand  |  | Description         | May Not Buy |
|------|-------------------------------|--|--|---------------------|-------------|
|      | Gluten free whole grain bread | <b>Franz Gluten Free</b> <ul style="list-style-type: none"> <li>• Great Seed Bread</li> <li>• Mountain White Bread</li> <li>• Seven Grain Bread</li> <li>• Hawaiian Bread</li> <li>• Hamburger Buns</li> <li>• Hot Dog Buns</li> </ul> <b>Food for Life Gluten Free</b> <ul style="list-style-type: none"> <li>• Brown Rice Bread</li> <li>• Brown Rice English Muffins</li> <li>• Brown Rice Tortillas</li> <li>• Multi-Seed English Muffins</li> </ul> | <b>Canyon Bakehouse Gluten Free 100% Whole Grain</b> <ul style="list-style-type: none"> <li>• Mountain White Bread</li> <li>• 7-Grain Bread</li> <li>• Heritage Style Whole Grain Bread</li> <li>• Country White Bread</li> <li>• Heritage style Honey white</li> <li>• Ancient Grain</li> <li>• Cinnamon Raisin Bread</li> <li>• Hawaiian Sweet Bread</li> <li>• Plain Bagels</li> <li>• Everything Bagels</li> <li>• Deli White Bagels</li> <li>• Burger Buns</li> <li>• Sub Rolls</li> <li>• Honey Whole Grain English Muffins</li> </ul> | 12 oz to 24 oz size |             |

| Food | Type                | Brand   |  | Description  | May Not Buy  |
|------|---------------------|---|--|--|--|
|      | Soft corn tortillas | Calidad<br>Don Pancho<br>Essential Everyday<br>Guerrero | IGA<br>Kroger<br>La Banderita<br>La Burrita<br>Mission<br>Signature Select | 8 oz to 80 oz<br>package size<br><br>Soft only<br><br>Yellow or white<br>corn<br><br>For information<br>about corn<br>tortillas fortified<br>with folate, refer<br>to the Food List. | No fried tortillas or<br>tortilla chips<br><br>No organic<br><br>No bulk |

| Food | Type              | Brand   |  | Description   | May Not Buy   |
|------|-------------------|---|--|---|---|
|      | Whole wheat pasta | Barilla<br>Essential Everyday<br>Food Club<br>Great Value<br>Kroger<br>Ronzoni<br>Signature Select<br>WinCo Foods |  | 16 oz to 32 oz<br>package size<br><br>Any shape of<br>whole grain or<br>whole wheat<br>pasta of brands<br>listed. | No added sugars,<br>fats, oils or salt<br>(e.g. sodium).<br><br>No organic<br><br>No bulk |

| Food | Type                  | Brand   | Description   | May Not Buy   |
|------|-----------------------|---|---|---|
|      | Whole wheat tortillas | DeCasa<br>Essential Everyday<br>Great Value<br>Guerrero<br>Kroger<br>La Banderita<br>Market Pantry<br>Mission<br>Ortega<br>Signature Select | 8 oz to 48 oz package size<br><br>Only brands listed. | No organic.<br>No bulk.<br>No white flour tortillas.<br>No fried tortillas or tortilla chips. |



| Food | Type                | Brand   | Description   | May Not Buy   |
|------|---------------------|---|---|---|
|      | Oats                | Any brand   | Any size package.<br>May be quick, regular cooking, rolled or old fashioned oats.<br>May be gluten-free.<br>Organic is OK.  | No added sugar, fat, oil or salt (e.g. sodium).<br>No bulk.<br>No instant.<br>No steel cut, Irish or Scottish oats.                           |
|      | Bagged Whole Grains | <p>Any brand of whole grain amaranth, black rice, brown rice, buckwheat, bulgur, kamut, millet, quinoa, sorghum, teff, wheat berries, wild rice</p> <p>Choose from these brands of <b>corn masa flour</b>:</p> <ul style="list-style-type: none"> <li>• Great Value Instant Corn Masa Four</li> <li>• MASECA Antojitos Instant Corn Masa Flour</li> <li>• MASECA Amarillo Instant Yellow Corn Masa Flour</li> <li>• Bob's Red Mill Golden Corn Flour Masa Harina</li> <li>• Bob's Red Mill Organic Golden Corn Flour Masa Harina</li> </ul> <p>Choose from these brands of <b>corn meal</b>:</p> <ul style="list-style-type: none"> <li>• Pearl Milling Company Yellow Cornmeal</li> <li>• Bob's Red Mill Cornmeal (Course Grind, Medium Grind, Organic Medium Grind)</li> <li>• P.A.N. Pre-cooked White Corn Meal</li> <li>• P.A.N. Pre-cooked Whole Grain White Corn Meal</li> <li>• Signature Select Yellow Corn Meal</li> <li>• Quaker Yellow Corn Meal for Baking</li> </ul> | <p>12 oz to 32 oz package size</p> <p>May be instant, quick or regular cooking.</p> <p>Brown jasmine and brown basmati rice are allowed</p> <p>Instant brown rice, "minute" or boil in bag rice are allowed in 14-16 oz. package.</p> <p>Organic is OK.</p> | <p>No white rice.</p> <p>No milled, pearled or sprouted</p> <p>No added seasonings, sugar, fat, oil or salt (e.g. sodium).</p> <p>No bulk</p> |

| Food                                   | Brand   | Product  | Description   | May Not Buy   |
|--|---|--|---|---|
| <b>Baby food fruits and vegetables</b> | Any baby food fruits and vegetables             | Beech-Nut – original, 100% Naturals, organics<br>Gerber – 2 pack and jars: original, natural, organic<br>Happy Baby Organics<br>O Organics<br>Tippy Toes<br>Wild Harvest Organic | Only brands listed.<br>Must be in a 4 oz glass jar or plastic container.<br>Mixed fruits and vegetables are OK.<br>2-packs are OK | No “dinners,” desserts, smoothies or casseroles.<br>No toddler foods or “Graduates”<br>No added cereal or yogurt.<br>No added meat, rice, noodles or grains.<br>No added sugar or starches.<br>No additives such as DHA, yeast, beta glucan.<br>No pouches.<br>No powdered baby food. |
| <b>Baby food meat</b>                  | Any single ingredient baby food meat or poultry | Beech-Nut (no organic)<br>Gerber (no organic)  | Only brands listed.<br>Must be in a 2.5 oz glass jar or plastic container.<br>May contain broth or gravy.                         | No added fruit, vegetables or noodles.<br>No toddler food or “Graduates”.<br>No added DHA.  |

| Food                  | Brand        | Product  | Description  | May Not Buy  |
|-----------------------|--------------|--|--|--|
| <b>Baby cereal</b>    |              | Gerber (organic ok) –Multi-Grain, Oatmeal<br>Earth's Best Organic – Multi-Grain, Oatmeal | Only brands and grains listed.<br>8 oz and 16 oz size<br>May buy infant cereal only if listed on the food benefits list. | No rice cereal.<br>No added formula, milk, yogurt or fruit.<br>No added DHA.<br>No jars, cans, single-serving packets. |
| <b>Infant formula</b> | Bid formulas | Refer to ♦ 730 for more information on bid formulas.                                     | May buy only the formula brand, type, and size listed on the food benefit balance.                                       | No other formula brand, type, or size.   |

## APPENDIX B

### WIC Food Authorization Process

- 1.0 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 every 2 years.
- 2.0 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—Authorized Foods](#).
- 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 benefit 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 is available from WIC Vendors throughout the state or from the majority of the largest wholesale distributors in the state.
- The food product is 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 is 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.

- 3.0 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.

- 4.0 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 benefit purchase data and input of authorized Vendors.
  - 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 information
- 5.0 Once the food review process is complete, the state WIC program will take the following actions:
- The Food List will be updated.
  - The Food List will be translated into languages based on pre-determined thresholds
  - Vendors and local WIC programs will be notified in writing of these changes and their effective date.
  - Participants will be notified.
  - Data system changes will be made as necessary.