



Policy 770

Authorized Foods

October 26, 2022

Effective date: October 26, 2022

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

770.14 Appendix A: WIC Authorized Food List

770.31 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

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

- 1.1. 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 food a WIC participant can be assigned per month, refer to [◆769—Assigning WIC Food Packages.](#)

Formula and Medical Foods

- 2.0 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.

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
- Non-fat, 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
- A2 milk
- Rice, almond or other grain or nut-based beverages
- 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

- 3.3. Lactose-free and acidophilus milk

- 3.3.1. 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.

- 3.3.2. 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
 - 3.4.1. Dry milk or canned evaporated milk is allowed **only** if listed on the food benefit balance.
- 3.5. Goat milk
 - 3.5.1. Evaporated, fresh or powdered goat milk are allowed **only** if listed on the food benefit balance.
 - 3.5.2. Goat milk must meet the above requirements in ¶3.0, depending on the fat content of the milk.
- 3.6. Soy-based beverage
 - 3.6.1. 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.
 - 3.6.2. Soy-based beverages selected contain a minimum of the following nutrients:
 - 8 g protein per cup
 - 276 mg calcium per cup
 - 500 IU vitamin A per cup
 - 100 IU vitamin D per cup
 - 24 mg magnesium per cup
 - 222 mg phosphorus per cup
 - 349 mg potassium per cup
 - 0.44 mg riboflavin per cup and
 - 1.1 mcg vitamin B12 per cup
 - 3.6.3. Soy-based beverage may be plain or vanilla, and organic.
 - 3.6.4. 32 oz., 64 oz. or 128 oz. package

4.0 Cheese

- 4.1. 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
 - 16 oz. (1 lb) mozzarella string cheese
 - 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

4.2. The following type of cheeses are not allowed:

- Sharp, extra sharp or white Cheddar
- Sliced, deli, or shredded cheeses
- Cheeses made from raw milk, goat milk or soy 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)

4.3. Low-fat or low sodium cheeses

4.3.1. WIC participants may purchase low-fat, non-fat and low sodium cheeses that meet the conditions in ¶4.1 and do not meet any of the conditions in ¶4.2. 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

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 meets the following requirements:

- Pasteurized, whole, low-fat or non-fat, 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 sucralose
- Organic
- “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:

- Water packed 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. to 36 oz. size for cold cereal, 9.8 oz. to 36 oz. size 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/ingredientpackaginglabeling/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.
- Cage-free eggs OK

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

- Brown eggs
- Dried or powdered eggs
- Specialty brands such as “Eggland’s Best,” nutrient modified (e.g. higher Omega-3 or Vitamin E), “free-range” or “pasture-raised”
- 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.
- May be organic.

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
- 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
- May be organic.

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
- Low-fat or reduced fat peanut butter
- Bulk or “grind your own” peanut butter

12.0 **Fish**

12.1. Only fully breastfeeding participants 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**

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

13.2. ***Fresh fruits and vegetables***

13.2.1. 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.

13.2.2. 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.
- 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.

13.3. ***Frozen fruits and vegetables***

13.3.1. 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

13.3.2. 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

13.4. ***Canned fruits and vegetables***

13.4.1. 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

13.4.2. 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

14.0 **Whole Grains**

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

14.2. ***Whole wheat bread***

14.2.1. 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, 16 oz. to 32 oz.

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

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

14.3. ***Soft corn tortillas***

14.3.1. 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.
- 8 oz. package or larger

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

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

14.4. **Whole wheat flour tortillas**

14.4.1. 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
- 8 oz. package or larger

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

- Organic tortillas
- Bulk

14.5. **Brown rice**

14.5.1. 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
- May be organic.

14.5.2. Not allowed. For brown rice, the following are not allowed:

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

14.6. **Whole wheat pasta**

14.6.1. 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 flours listed in the ingredient list
- 16 oz. package

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

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

14.7. **Oats**

14.7.1. Allowed. Authorized oats meet the following conditions:

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

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

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

14.8. **Bulgur**

14.8.1. Allowed. Authorized bulgur meets the following conditions:

- May be instant, quick or regular cooking
- May be organic.

14.8.2. Not allowed. For bulgur, the following are **not** allowed:

- Added sugars, fats, oils, or salt (i.e. sodium)
- 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 rice cereal
- 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:

- 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

17.0 **Baby food meat**

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

17.2. 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)

17.3. 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

18.0 **Food Authorization process**

18.1. 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

Date	* Revised, Reviewed, Released
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)

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) and Multi-Grain Cheerios (original)	<p>May combine cereals to add up to total number of ounces allowed.</p> <p>Cold cereal: 12 oz to 36 oz. size</p> <p>For information about which of the authorized cereals provide 100% of the RDA for folic acid, are made with whole grains, and is gluten free according to the company, refer to the Food List.</p>	<p>No cereal brands other than those listed here may be purchased.</p> <p>No single-serving boxes or packets of COLD cereal</p>
		Chex (Rice, Corn, Blueberry and Cinnamon)		
		Kix (original, Berry Berry Kix and Honey Kix)		
	Kellogg's	All-Bran Complete Wheat Flakes		
		Corn Flakes (original)		
		Frosted Mini Wheats (original)		
		Frosted Mini-Wheats Strawberry		
		Rice Krispies (original)		
		Special K (original)		
	Malt-O-Meal			
		Frosted Mini Spooners (box or bag) (original)		
	Post	Grape Nuts		
		Great Grains Banana Nut Crunch		
Greats Grains Crunchy Pecan				
Honey Bunches of Oats (Honey Roasted, Almond, and Vanilla Bunches, Pecan & Maple Brown Sugar)				
Store brand Bran Flakes	Best Yet, Essential Everyday, Food Club, Great Value, IGA, Signature Select			
Hot Cereal	Malt-O-Meal	Malt-O-Meal (original)	<p>May combine cereals to add up to total number of ounces allowed.</p> <p>Hot cereals: 9.8 oz to 36 oz. size</p>	<p>No cereal brands other than those listed here may be purchased</p> <p>No Cream of Wheat, instant</p> <p>No Cream of Rice, instant</p>
	B&G Foods	Cream of Wheat (1 and 2 ½ minute)(plain or whole grain)		
		Cream of Rice (plain)		
	Quaker	Instant Grits (original, single serving)		
		Instant Oatmeal (original, single serving)		
Private labels	Plain Instant Oatmeal, single serving (Best Yet, Food Club, Great Value, Kroger, Shurfine, Signature Select, WinCo Foods)			

Food	Type	Brand	Description	May Not Buy
Frozen Juice (11.5-12 oz)	Apple	Tree Top	Only the brands and flavors listed 100% unsweetened juice only Added fiber, vitamins and minerals are allowed Frozen: 11.5 - 12 oz	No juice brands or flavors that are not listed. No juice "drinks" (such as Hi-C) No juice "cocktails" No imitation beverages (such as Awake, Tang, Orange Plus, Start, Sunny Delight)
	Any flavor or blend	Dole		
	Any flavor or blend with a green lid	Old Orchard		
	Apple	Best Yet, Essential Everyday, Food Club, Great Value, Kroger, Signature Select, WinCo Foods		
	Grape	Best Yet, Food Club, Great Value, WinCo Foods (grape and white grape)		
	Grapefruit	Any brand		
Orange	Any brand			
Plastic bottled juice	Any flavor	Tree Top	Only the brands and flavors listed 100% unsweetened juice only Added fiber, vitamins and minerals are allowed Plastic bottles: 64 oz. only	No juice with added sugar or sweetener or "light" juices No organic juice No apple cider No Tree Top 3 Apple Blend, or Honeycrisp No refrigerated
	Any flavor	Juicy Juice		
	Tomato (regular and low sodium)	Campbells		
	100% juice, any flavor	Langers		
	100% juice, no sugar added, any flavor	Ocean Spray		
	Apple	Best Yet, Essential Everyday, Food Club, Great Value, IGA, Kroger, Market Pantry, Signature Select, Western Family, WinCo Foods		
	Cranberry, Cran-grape, Cran-raspberry	Best Yet (cranberry, cran-grape), Food Club (cranberry-raspberry), Great Value (cranberry blend, cranberry grape), Kroger (cranberry juice), Signature Select (cranberry, cranberry-grape, cranberry-raspberry), Western Family (cranberry, cranberry grape, cranberry-raspberry)		
	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 (white grape), Signature Select (grape or white grape), WinCo Foods (grape and white grape), Western Family (grape and white grape)		

Food	Type	Brand	Description	May Not Buy
	Grapefruit	Any brand		
	Orange	Any brand		
	Vegetable (regular and low sodium)	Best Yet, Essential Everyday (regular and low sodium), Food Club, Great Value, Kroger (spicy and low sodium), Signature Select (regular and low sodium), WinCo Foods (regular and low sodium)		

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

Food	Type	Brand	Description	May Not Buy
Eggs	Any Brand	White, large, chicken eggs	White chicken eggs only. Large size only. Packages of one dozen. Cage-free OK.	No brown eggs or eggs other than chicken eggs. No specialty types or brands like Eggland's Best, range-free or pasture-raised. No nutrient-modified eggs (like higher Omega-3 or Vitamin E). No organic

Food	Type	Brand	Description	May Not Buy
Yogurt	WHOLE Milk yogurt	<ul style="list-style-type: none"> • Chobani, Greek, whole, plain • Dannon Whole, plain • Dannon, Whole, vanilla • Essential Everyday, whole, plain • Essential Everyday, Greek, whole, plain • Food Club, Greek whole, vanilla • Good & Gather, Greek, whole, plain • Good & Gather, Greek, whole, vanilla honey • Great Value, Greek, whole, plain • Lucerne, whole, plain • Lucerne, whole, vanilla • Lucerne, whole, strawberry • Mountain High, Original, whole, plain • Mountain High, Original, whole, vanilla • Mountain High, Original, whole, strawberry • Nancy's, whole yogurt-honey, plain • Open Nature, Greek, whole, plain • WinCo Foods, whole, plain 	<p>32 oz. container.</p> <p>Pasteurized, whole, lowfat or nonfat plain or flavored yogurt.</p> <p>Not more than 35 g of total sugars 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>

	LOWFAT & NONFAT Yogurts	<p>Best Yet:</p> <ul style="list-style-type: none"> • Nonfat, plain • Nonfat, vanilla • Lowfat, plain • Lowfat, vanilla <p>Chobani, Greek:</p> <ul style="list-style-type: none"> • Nonfat, plain • Nonfat, vanilla • Nonfat, strawberry • Lowfat, plain <p>Dannon:</p> <ul style="list-style-type: none"> • Nonfat, plain • Lowfat, plain • Lowfat, vanilla <p>Essential Everyday:</p> <ul style="list-style-type: none"> • Fat Free, Plain • Lowfat, plain • Lowfat, vanilla • Lowfat, strawberry • Lowfat, blueberry • Greek, nonfat, plain • Greek, nonfat, vanilla • Greek, nonfat, strawberry <p>Food Club:</p> <ul style="list-style-type: none"> • Lowfat, plain • Lowfat, vanilla • Lowfat, strawberry • Lowfat, peach • Lowfat, raspberry • Greek, nonfat, plain <p>Good & Gather:</p> <ul style="list-style-type: none"> • Greek, nonfat, plain 	<p>Lucerne:</p> <ul style="list-style-type: none"> • Nonfat, plain • Lowfat, plain • Lowfat, strawberry • Lowfat, peach • Greek, nonfat, plain • Greek, nonfat, vanilla <p>:</p> <p>Mountain High:</p> <ul style="list-style-type: none"> • Fat Free, plain • Fat Free, vanilla • Lowfat, plain • Lowfat, vanilla <p>Nancy's:</p> <ul style="list-style-type: none"> • Nonfat, plain • Nonfat, vanilla • Lowfat, plain <p>Open Nature</p> <ul style="list-style-type: none"> • Greek, nonfat, plain • Greek, nonfat, vanilla • Greek, nonfat, strawberry <p>Tillamook:</p> <ul style="list-style-type: none"> • Lowfat, peach • Lowfat, vanilla • Lowfat, strawberry <p>Winco Foods</p> <ul style="list-style-type: none"> • Nonfat, plain • Lowfat, vanilla • Lowfat, strawberry • Lowfat, peach <p>Yoplait</p> <ul style="list-style-type: none"> • Lowfat, vanilla • Lowfat, strawberry 		
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Food	Type	Brand	Description	May Not Buy
		<ul style="list-style-type: none"> • Greek, nonfat, vanilla Great Value: <ul style="list-style-type: none"> • Nonfat, plain • Low fat, vanilla • Low fat, strawberry • Lowfat, strawberry-banana • Lowfat peach Kroger: <ul style="list-style-type: none"> • Lowfat, strawberry • Lowfat raspberry • Lowfat, peach • Greek, nonfat, plain • Greek, nonfat, vanilla 	<ul style="list-style-type: none"> • Lowfat, strawberry-banana • Lowfat, peach • Lowfat, blueberry 	

Food	Brand	Product	Description	May Not Buy
Peanut butter	Any texture.	Any brand	<p>16-18 oz containers Any texture such as creamy, crunchy or chunky.</p> <p>Organic is OK.</p>	<p>No low-fat or reduced-fat peanut butter</p> <p>No jelly, marshmallow, chocolate or honey added</p> <p>No “enhanced” with Omega-3</p> <p>No honey roasted.</p> <p>No peanut “spread”.</p> <p>No bulk or “grind your own.”</p>
Dry beans, peas, or lentils	Any Brand	Any type, mature	Organic is OK.	<p>No seasonings added.</p> <p>No bulk</p>
Canned Beans	Any Brand	Any type of mature dry beans, peas or lentils in canned form	<p>15-16 oz. cans May be regular or low sodium</p>	No seasonings added.

Food	Brand	Product	Description	May Not Buy
			Organic is OK.	No added oils, seasonings or flavorings. No refried beans, baked beans, green beans or peas.

Food	Type	Brand	Description	May Not Buy
Cow's milk	Fresh	Any brand, pasteurized with required Vitamins A and D added based on fat content. Buy the type listed on the benefits list: Fat-free (nonfat, skim); Low-fat (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.	25.6 oz. dry milk 12 oz. can evaporated milk	No organic No buttermilk No flavored milk No raw milk No A2 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
	Dry	Any brand May buy only if listed on food benefits list. Non-fat		
	Evaporated	Any brand. May buy only if listed on benefits list. May be regular, low-fat.		
Goat milk	Fresh	Meyenberg brand only.		No unfortified goat milk.

Food	Type	Brand	Description	May Not Buy
	Dry Evaporated		May only buy the brand and type of goat milk listed on the benefits list: Whole and lowfat goat milk (32 oz., 64 oz.), whole powdered (12 oz. can or pouch), whole evaporated milk (12 oz. can)	
Soy Beverage		Pacific Ultra Soy – original (shelf stable) 8 th Continent Soymilk – original or vanilla (refrigerated) WESTSOY Organic Plus Soymilk - plain or vanilla (shelf stable) Silk Soymilk – Original (refrigerated and shelf stable)	32 oz, 64 oz. or 128 oz. container	

Food	Type	Brand	Description	May Not Buy
Canned Fish	Chunk light tuna packed in water		Tuna - 5 oz can or larger. Pink salmon – 5 oz can or larger.	No albacore, yellowfin or tongel tuna. No red, sockeye, blueback or Atlantic salmon.
	Pink salmon packed in water		Sardines – 3.75 oz can.	No flavored or seasoned tuna, salmon or sardines.
	Sardines packed in water		Packed in water only. Regular or low-sodium. May include skin and bones.	No fillets. No tuna, salmon or sardines packed in oil. No pouches or single serving packages. No specialty fish, like pole caught.

Food	Type	Brand	Description	May Not Buy
Fruit and vegetables	Fresh	Any brand	<p>Whole pre-cut, shredded or packaged.</p> <p>Salad and greens in a bag.</p> <p>Organic is OK.</p> <p>Must be purchased using the Fruit and Vegetable Cash Value Benefit.</p>	<p>No salad bar, deli items or party trays.</p> <p>No added dressing or dip.</p> <p>No added nuts, dried fruit, croutons, etc.</p> <p>No herbs or spices (like basil, cilantro or parsley).</p> <p>No plants.</p>

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

Food	Type	Brand	Description	May Not Buy	
Whole Grains	Whole wheat bread	Any brand. For authorized list refer to: http://public.health.oregon.gov/HealthyPeopleFamilies/wic/Pages/foods.aspx		Loaf of bread, 16 oz. to 32 oz. Must say "100% whole wheat" on the label.	No light or "lite" bread No organic
	Soft corn tortillas	Calidad Casa Rosa Don Pancho Essential Everyday Food Club Guerrero	Herdez IGA Kroger La Banderita La Burrita Las 4 Hermanas Mission Reser's Baja Café Signature Select Tortilla Land	8 oz. package or larger Soft only Yellow or white corn	No fried tortillas or tortilla chips No organic No bulk
	Brown rice	Any brand		Brown jasmine and brown basmati rice are allowed, any size. Instant brown rice, "minute" or boil in bag rice are allowed in 14-16 oz. package. Organic is OK.	No white, wild, milled, or sprouted rice No added seasonings, sugar, fat, oil or salt (e.g. sodium). No bulk

Food	Type	Brand	Description	May Not Buy
	Whole wheat pasta	Barilla Essential Everyday Food Club Great Value Kroger Ronzoni Signature Select WinCo Foods	16 oz. package Any shape of whole grain or whole wheat pasta of brands listed.	No added sugars, fats, oils or salt (e.g. sodium). No organic No bulk
	Whole wheat tortillas	Don Pancho Essential Everyday Guerrero IGA Kroger LaBanderita Market Pantry Mission Ortega Signature Select	8 oz. package or larger Only brands listed. Any size package.	No organic. No bulk. No white flour tortillas. No fried tortillas or tortilla chips.
	Oats	Any brand	Any size package. May be quick, regular cooking, rolled or old fashioned oats. May be gluten-free. Organic is OK.	No added sugar, fat, oil or salt (e.g. sodium). No bulk. No instant. No steel cut, Irish or Scottish oats.
	Bulgur	Any brand	Any size package. May be instant, quick or regular cooking. Organic is OK.	No added seasonings, sugar, fat, oil, or salt (e.g. sodium). No bulk.

Food	Brand	Product	Description	May Not Buy
Baby food fruits and vegetables	Any baby food fruits and vegetables	Beech-Nut – original, 100% Naturals, organics Earth’s Best Organic Gerber – 2 pack and jars: original, natural, organic Wild Harvest Organic Happy Baby Organics	Only brands listed. Must be in a 4 oz glass jar or plastic container. Mixed fruits and vegetables are OK. 2-packs are OK	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 additives such as DHA, yeast, beta glucan. No pouches. No powdered baby food.
Baby food meat	Any single ingredient baby food meat or poultry	Beech-Nut (no organic) Earth’s Best Organic Gerber (no organic)	Only brands listed. Must be in a 2.5 oz glass jar or plastic container. May contain broth or gravy.	No added fruit, vegetables or noodles. No toddler food or “Graduates”. No added DHA.

Food	Brand	Product	Description	May Not Buy
Baby cereal		Beech-Nut (organic ok) – Multi-Grain, Oatmeal Gerber (organic ok) –Multi-Grain, Oatmeal, Whole Wheat Earth’s Best Organic – Mixed-Grain, Oatmeal	Only brands and grains listed. 8 oz size or larger. May buy infant cereal only if listed on the food benefits list.	No rice cereal. No added formula, milk, yogurt or fruit. No added DHA. No jars, cans, single-serving packets.
Infant formula	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. 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. 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 is be 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. 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 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. 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.