

MI-WIC POLICY

Food Package

7.0 Food Package

Effective Date: 8/1/09

7.02 Authorized WIC Foods

PURPOSE: The MDCH WIC Division's objective for food authorization is to manage the program in a cost effective manner while concurrently maximizing the nutritional value of the WIC food package and providing a variety of choices for the WIC client. Foods authorized for the WIC Program must:

- Meet federal and state criteria for an approvable food for the WIC Program. (WIC Federal Regulations: 7CFR Part 246.10)
- Have marketing strategies congruent with WIC goals.
- Be compatible with current dietary recommendations for maternal, infant and child health.
- Lack packaging confusion with non-approved products.
- Have a retail cost that is competitive with similar WIC-approved products.
- Be commonly used by WIC clients.
- Be available from WIC vendors throughout the state.

DEFINITION: WIC Formula means infant formula, exempt infant formula or WIC-eligible medical foods.

A. POLICY:

1. The MDCH WIC Division is responsible for adding and removing foods from the authorized WIC food list.
 - a. Local agencies shall not add food to, or remove foods from the authorized food list.
 - b. WIC Program food authorization criteria will be reviewed on an annual basis and adjusted as necessary, based on nutrition factors, cost and other pertinent information.
 - c. Changes to the authorized food list will be made once per year, usually taking effect between November 1st and January 1st. Local agencies shall be notified in writing of these changes and their effective date.
 - d. Local agencies and WIC vendors shall be notified in writing of foods which are determined ineligible at any time throughout the year.
 - e. Requests for product review and authorization must be received by MDCH WIC Division by February 1st to be guaranteed consideration. When an inquiry is made on a product, a label or packaging material which clearly indicates the name of the manufacturer, address of manufacturer, type of food, ingredients, nutrient information, and size of container must be included. Information should be sent to MDCH WIC Division:

WIC Division, Nutrition Program and Evaluation Section
Michigan Department of Community Health
320 S. Walnut
Lansing, Michigan 48913

As needed, the MDCH WIC Division staff will contact the manufacturer to verify 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 size and cost. The MDCH WIC Division will make available the authorized food list and food authorization criteria upon request.

2. Authorized WIC Foods

Authorized supplemental foods shall be prescribed according to the client's category and nutritional need(s). For information related to client food packages, refer to Policies 7.04 and 7.05.

The following is the authorized food list by food item:

a. **Formula**

- 1) It is a USDA requirement that the WIC Program encourage breastfeeding of infants. If an infant is fully formula fed or partially breastfed, the WIC Program will provide iron fortified infant formula for the first year of life.

The Michigan WIC Program contracts with a formula company to provide a specific brand of iron fortified infant formulas. These formulas are identified as Class I formulas and include:

Enfamil LIPIL with Iron, Prosobee LIPIL with Iron, Enfamil Gentlease LIPIL and Enfamil AR LIPIL.

The Michigan WIC Program provides exempt infant formulas and WIC-eligible medical foods for qualifying conditions. They are identified as Class II or Class III formulas.

Class II formulas include:

Nutramigen LIPIL, Nutramigen LIPIL Enflora with LGG, Pregestimil LIPIL, and Similac Alimentum.

For Class III formulas refer to the MI-WIC Formulary.

The Michigan WIC Program reserves the right to authorize and add to the Michigan WIC formulary any USDA approved Class III formulas that are indicated for our target population after evaluation and determination of medical necessity. The Michigan WIC formulary may also be revised to reflect discontinuances of formulas, changes of manufacturer, size and name changes or any changes necessary to reflect the current formula market.

- 2) Iron-fortified infant formula must:

- a) Be designed for enteral digestion via an oral or tube feeding.
 - b) Contain at least 10 milligrams of iron per liter of formula at standard dilution.
 - c) Supply 67 calories per 100 milliliters (approximately 20 kilocalories per fluid ounce at standard dilution).
 - d) Be a complete formula not requiring the addition of any ingredient other than water prior to being served in a liquid state.
- 3) WIC formulas which may not meet all of the criteria for iron-fortified infant formula are available to all WIC clients with qualifying conditions. (Refer to Policy 7.03)
 - 4) Concentrate and powder formulas shall be provided whenever possible to contain cost. Powder formula must be in a 16 oz. or less, container.
 - 5) Ready-to-feed (premix) formula can be selected under special conditions.
 - a) Documented unsanitary or restricted water supply.
 - b) Poor refrigeration.
 - c) Infant's caretaker having difficulty in correctly diluting powder or liquid concentrate formula.
 - d) Product manufactured in ready-to-feed form only.

b. Infant Foods**1) Infant Cereal**

- a) Any dry infant cereal without added fruit, milk, infant formula or other non-cereal ingredients which contains a minimum of 45 milligrams of iron per 100 grams of dry cereal is authorized.
- b) The following infant cereals made by Beech-Nut, Gerber, or Nature's Goodness are authorized for infants: rice, oatmeal, barley, mixed grain, multigrain and whole wheat.
- c) Must be in an 8 oz. or 16 oz. box or carton only.
- d) Note: No organic or DHA cereal allowed.

2) Infant Fruits

- a) Any variety of single ingredient commercial infant fruit without added sugars, starches (i.e., rice starch) or salt (i.e., sodium).

- b) Mixtures with cereal or infant food desserts (e.g., peach cobbler) are not authorized.
- c) All infant fruits must be in a 4 ounce glass jar. Multipacks are allowed.
- d) Note: No organic or DHA infant fruits allowed.
- e) The following fruits are authorized for infants:

Beechnut – Stage 2
Applesauce, Chiquita Bananas, Peaches, Pears

Gerber – 2nd Foods
Applesauce, Bananas, Pears

Nature’s Goodness – Stage 2
Applesauce, Bananas, Peaches, Pears

3) Infant Vegetables

- a) Any variety of single ingredient commercial infant vegetables without added sugars, starches (i.e., rice starch), or salt (i.e., sodium).
- b) Combinations of single ingredients (e.g., peas and carrots) are not allowed.
- c) All infant vegetables must be in a 4 ounce glass jar. Multipacks are allowed.
- d) Note: No organic or DHA infant vegetables allowed.
- e) The following vegetables are authorized for infants:

Beechnut – Stage 2
Butternut Squash, Tender Golden Sweet Potatoes, Tender Sweet Carrots,
Tender Young Green Beans

Gerber – 2nd Foods
Carrots, Green Beans, Peas, Squash, Sweet Potatoes

Nature’s Goodness – Stage 2
Carrots, Green Beans, Squash, Sweet Peas, Sweet Potatoes

4) Infant Meat

- a) Any variety of commercial infant meat or poultry, as a single major ingredient, with added broth or gravy.

- b) Added sugars or salt (i.e., sodium) are not allowed.
- c) No infant food combinations (e.g., meat and vegetables) or dinners (e.g., spaghetti and meatballs) allowed.
- d) All infant meat must be in a 2.5 ounce glass jar. Multipacks are allowed.
- e) Note: No organic or DHA infant meat or poultry allowed.
- f) The following meats are authorized for infants:

Beechnut – Stage 1

Beef & Beef Broth, Chicken & Chicken Gravy, Turkey & Turkey Broth

Gerber – 2nd Foods

Beef & Beef Gravy, Chicken & Chicken Gravy, Ham & Ham Gravy,
Lamb & Lamb Gravy, Turkey & Turkey Gravy, Veal & Veal Gravy

Nature’s Goodness – Stage 2

Beef & Beef Gravy, Chicken & Chicken Gravy, Turkey & Turkey Gravy

c) **Breakfast Cereal**

- 1) Breakfast cereals must be ready-to-eat, instant or regular hot cereals as defined by FDA.
- 2) Must contain a minimum of 28 milligrams of iron per 100 grams of dry cereal.
- 3) Must contain no more than 21.2 grams of sucrose and other sugars per 100 grams of dry cereal.
- 4) Over half of the breakfast cereals authorized must 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”.
- 5) May contain nuts and fruit.
- 6) Must be in an 11 oz. package or larger.
- 7) Note: 1) May not contain saccharin, aspartame or sucralose.
2) No organic cereal allowed.

8) The following cereals are authorized for women and children:

General Mills

Cheerios (plain and multi-grain)
Kix (plain only)
Rice Chex
Wheat Chex

Homestat Farm

Maypo Instant Maple Oatmeal

Kellogg's

Corn Flakes (plain only)
Mini-Wheats
(Unfrosted Bite Size,
Frosted Bite Size &
Big Bite – plain only)
Special K (plain only)

Little Crow Foods

Cocoa Wheats

Malt-O-Meal

Mini-Spooners (Frosted,
Strawberry Cream)

Malt-O-Meal (original or
chocolate only)

Store Brands

Instant Oatmeal (Regular flavor
only). Box of individual serving
packets only

America's Choice	Meijer
Favorite	Our Family
Great Value	Parade
IGA	Roundy's
Kroger	Spartan

Crisp/Crispy Rice

America's Choice	Meijer
Flavorite	Mornin' Gems
Great Value	Our Family
Hy-Top	Parade
IGA	Roundy's
Kroger	Spartan

Post

Banana Nut Crunch
Bran Flakes
Honey Bunches of Oats (Almond, Honey
Roasted, Cinnamon Bunches,
Vanilla Bunches)

Nabisco

Cream of Wheat (original flavor only) - 14
oz., 28 oz. box or 12 oz. individual packets, 18
oz Whole Grain

Quaker

Instant Oatmeal (original flavor only)
box of individual serving packets only
Instant Grits (Individual serving packets
only (Original and Butter flavors only)
King Vitaman
Life (plain only)
Quaker Squares (Hint of Brown Sugar,
Cinnamon)

Store Brands

Corn Flakes

America's Choice	Meijer
Flavorite	Mornin' Gems
Great Value	Our Family
Hy-Top	Parade
IGA	Roundy's
Kroger	Spartan

Corn Squares/Bisquits/Bitz (like Corn Chex)

America's Choice	Meijer
Flavorite	Our Family
Great Value	Roundy's
IGA	Spartan
Kroger	

d) Juice

- 1) Single strength, non-frozen concentrate or frozen concentrate unsweetened 100% fruit or vegetable juice.
- 2) Juice must contain a minimum of 30 milligrams of Vitamin C per 100 milliliters of single strength or reconstituted frozen juice. Added calcium is allowed.
- 3) Must be in a 11.5 - 12 oz. frozen or non-frozen concentrate or 46 oz., or 64 oz. single strength can or plastic container.
- 4) Note:
 - a) No glass jars or dairy case juices allowed.
 - b) No juice cocktails or fruit drinks (e.g. Hawaiian Punch, Hi-C and V-8 Splash).
 - c) No organic juice allowed.
 - d) No added fiber.
- 5) Children are only allowed juices in 64 oz. single strength containers.
- 6) Women are only allowed 11.5-12 oz. frozen or non-frozen/concentrate or 46 oz. single strength can or plastic container.
- 7) The following juices are authorized:

Single Strength 100% Juice: 64 oz plastic, 46 oz. can or 46 oz. plastic when specified.

Apple - Indian Summer (plastic)

Grape - Welch's

Purple or White only, (plastic or can)

Nestle's Juicy Juice - all flavors, except

Harvest Surprise (plastic or can)

Tomato - Campbells (plastic or can)

Grapefruit - any brand or variety (can)

Orange - any brand (can)

Pineapple - Dole (can)

Vegetable - V-8 (any type, except V-8 Splash)

No plastic containers.

Concentrate: 11.5 - 12 oz. can only.

Frozen Concentrate: 100% Juice

Old Orchard (any flavor with green peel strip)

Welch's Grape (any flavor with yellow peel strip)

Grapefruit – any brand or variety

Orange – any brand

Orange and Orange Blends – Minute Maid

Non-frozen Concentrate: 100% Juice

Welch's 100% Juice - (Any flavor with bright yellow band)

Nestle's Juicy Juice, 100% Juice

e) Cheese

- 1) Authorized domestic cheeses are Monterey Jack, Colby, natural Cheddar, Swiss, Brick, Muenster, part-skim or whole Mozzarella, pasteurized processed American, or blends of any of these cheeses.
- 2) Weight, type and cost of cheese must be clearly marked on the package.
- 3) Cheese must be pre-packaged in an 8 oz. or 16 oz. package only.
- 4) Only sliced cheese allowed is American without individual wrapping.
- 5) String cheese may be purchased.

- 6) Brand specific low sodium, low fat and/or low cholesterol cheeses must meet the following four criteria:
 - a) The product must be a real cheese.
 - b) Only variations of the types of cheeses listed in the WIC federal regulations are allowed, i.e. Monterey Jack, Colby, natural Cheddar, Swiss, Brick, Muenster, part-skim or whole Mozzarella, pasteurized processed American, or blends of any of these cheeses.
 - c) Cheeses that are labeled, low, free, reduced, less or light in the nutrients of sodium, fat or cholesterol must be domestically produced.
 - d) These modified cheeses must be comparable in nutritional value to their standard cheese counterparts.

7) NOTE:

- a) No shredded, grated, cubed, crumbles, shapes or smoked cheeses.
- b) No cheese foods, products, Velveeta, whips or spreads.
- c) No "Cracker Backers" or "Stackers," organic cheese, or individually wrapped cheese sticks or slices.
- d) No variety wheels or variety packs.
- e) No cheese with additional ingredients, such as pimentos, jalapeno peppers, caraway seeds, meat, etc.
- f) No cheese curds or raw milk cheese.
- g) No sliced cheese except American.

f. **Eggs**

- 1) Grade A or AA, any brand. Small, medium or large, white only.
- 2) NOTE: No brown eggs. No free range eggs, cage free eggs, low cholesterol eggs, or organic or pasteurized eggs; and no Egglard's Best, Gold Circle Farms, Good News Eggs, or Omega 3. No Extra Large or Jumbo eggs.

g. **Legumes**

- 1) Mature Dry Beans or Peas
 - a) Any type of mature dry beans, peas, or lentils in a dry packaged form including, but not limited to: black beans ("turtle beans"), blackeye peas (cowpeas of the blackeye variety, "cow beans"), garbanzo beans (chickpeas), great northern beans, kidney beans, lima beans ("butter beans"), navy beans, pinto beans, soybeans, split peas, and lentils.

- b) Mixtures of beans and peas allowed.
 - c) NOTE: No packages with seasoning packets. No Barzi. No organic beans or peas.
- 2) Mature Canned Beans or Peas
- a) Any type of mature beans, peas, or lentils in a canned form including, but not limited to: black beans (“turtle beans”), blackeye peas (cowpeas of the blackeye variety, “cowpeas”), garbanzo beans (chickpeas), great northern beans, kidney beans, lima beans (“butter beans”), navy beans, pinto beans, soybeans, split peas, and lentils.
 - b) Specific brands will be indicated on the food card.
 - c) Low sodium and mixtures of beans and peas allowed.
 - d) Can sizes allowed include 15 to 16 oz.
 - e) NOTE: No organic canned beans or peas. No baked beans, chili beans or soups. No beans with added fats, oils or meat. No green beans, green/sweet peas, snap beans, orange beans, wax beans, and pork and beans.
- 3) Peanut Butter
- a) Any brand or type, except Health Valley, Arrow Head Mills or Fifty50.
 - b) Only an 18 oz. jar allowed.
 - c) NOTE: No peanut butter mixed with other food substances, (e.g., jelly, marshmallows, or honey). No reduced fat peanut butter or peanut spread. No organic or DHA peanut butter.
- h. **Milk**
- 1) Only whole milk shall be authorized for children 12 thru 23 months of age. Only reduced fat, low fat and skim milk shall be authorized for women and children 2 thru 4 years of age.
 - 2) Women and children 2 thru 4 years of age may receive whole milk with a Class II or Class III formula package and medical documentation for a qualifying condition. (Refer to Policy 7.03)
 - 3) All milk must contain 400 International Units of Vitamin D per fluid quart (.9 liter). Reduced fat (2%), lowfat (1%, 1/2%) and skim milks must also be fortified with 2000 International Units of Vitamin A per fluid quart (.9 liter).
 - 4) Fluid milk must be quart size (32 ounces) or larger.

- 3) NOTE: a) No flavored milk (e.g., chocolate, strawberry).
b) No glass bottles.
c) No value-added milks, such as Melody Farms Skim Xtra, Kroger Brand Skim Delux, Country Fresh Lowfat Milk Plus, Kid's Milk, Fit Milk.
d) No evaporated filled milk.
e) No soy or organic or unhomogenized milk.
f) No Vitamite.
g) No Guernsey Milk

- 4) The following milk is authorized for children 12 thru 23 months:

<u>MILK TYPE</u>	<u>REQUIRED VITAMIN FORTIFICATION</u>	
Fluid:	A	D
Whole	X	X
Goat Milk (whole)	X	X
Lactose Free (whole)	X	X
Evaporated:		
Whole	X	X
Goat Milk (whole)	X	X
Dry:		
Whole	X	X
Goat Milk (whole)	X	X

- 5) The following milk is authorized for women and children ages 2 thru 4 years:

<u>MILK TYPE</u>	<u>REQUIRED VITAMIN FORTIFICATION</u>	
Fluid:	A	D
Buttermilk	X	X
Fat free (skim)	X	X
Goat Milk (lowfat)	X	X
Low fat (1/2 % or 1%)	X	X
Reduced fat (2%)	X	X
Lactose free (2%, 1%, skim)	X	X
Evaporated:		
Skim	X	X
Goat Milk (lowfat)	X	X
Dry:		
Non-fat	X	X
Lowfat	X	X
Goat Milk (lowfat)	X	X

i. Tuna

- 1) Any brand of canned chunk light tuna.
- 2) Must be in a 5 or 6 oz. can.
- 3) May be in water or oil.
- 4) a) No low sodium, albacore, select tuna, seasoned tuna, chunk white tuna, foil packs, or lunch packs/kits of tuna.
b) No organic tuna.

j. Fresh Fruits and Vegetables

- 1) Any variety of fresh whole or cut fruit without added sugars.
- 2) Any variety of fresh whole or cut vegetables except white potatoes, without added sugars, fats, or oils. Orange yams and sweet potatoes are allowed.
- 3) a) No herbs or spices, edible blossoms and flowers (e.g., squash blossoms). Broccoli, cauliflower and artichokes are allowed.
b) No fruit-nut mixtures.
c) No fruits and vegetables for purchase on salad bars.
d) No peanuts.
e) No ornamental and decorative fruits and vegetables such as chili peppers on a string, garlic on a string, gourds, or painted pumpkins.
g) No fruit baskets and party fruit or vegetable trays with dip, dressing, or added food items.
- 4) Note: Mature legumes (dry beans and peas) and juices are not authorized under the fresh fruit and vegetable category.

k. Whole Wheat Bread/Whole Grain Bread and Tortillas

- 1) Whole wheat bread must conform to FDA standard of identity (21 CFR 136.180).
- 2) Whole wheat must be the primary ingredient by weight in all whole wheat bread products.
- 3) Whole grain bread must meet labeling requirements for making a health claim as a “whole grain food with moderate fat content.”

- 4) Whole grain must be the primary ingredient by weight in all whole grain bread products.
- 5) Soft corn and whole wheat tortillas must have whole grain as the primary ingredient by weight.
- 6) All whole wheat and whole grain breads and soft corn and whole wheat tortillas must be in a 1 LB. (16 oz.) package.
- 7) Note:
 - a) No organic whole wheat bread/whole grain bread or soft corn and whole wheat tortillas are allowed.
 - b) May not contain saccharin, aspartame, sucralose or DHA.
- 8) The following whole wheat/whole grain breads, soft corn and whole wheat tortillas are authorized for children and women:

Whole Wheat/Whole Grain Breads

Aunt Millies

- Raisin with Cinnamon Swirl
- Cranberry-Apple Swirl
- Whole Grain White

Healthy Life

- 100% Whole Wheat Whole Grain

Koeplinger's

- Lite 100% Whole Wheat

Pepperidge Farm

- 100% Whole Wheat
- Stoneground 100% Whole Grain Wheat
- Very Thin Sliced Bread 100% Whole Wheat
- Jewish Rye Whole Grain Rye Seeded
- Whole Grain Swirl Cinnamon with Raisins
- Whole Grain White Sandwich
- Light Style Soft Wheat

Sara Lee

- Classic 100% Whole Wheat

Wonder

- Soft 100% Wheat

Soft Corn and Whole Wheat Tortillas

Chi-Chi's Whole Wheat Fajita Style 8 ct
Don Marcos 18 Corn
Don Pancho Whole Wheat 10 ct
Don Pancho 18 count White Corn
Hacienda Corn Maiz
Hacienda Whole Wheat Flour
La Burrita 12 count Corn
Meijer Soft Taco Size White Corn
Meijer Whole Wheat Fajita Style 8 ct

3. Notifying Clients About Authorized WIC Foods

- a. Local agencies shall inform clients of the foods that may be purchased with the Michigan WIC Bridge Card. (Policy 8.04 Client Education on Using the Michigan WIC Bridge Card.)
- b. Local agencies should notify clients of changes to the authorized food list as soon as notice is received that a food has been removed from or added.

GUIDANCE:

1. WIC Food Cards listing the current authorized foods are available in English (MDCH-0237), Arabic (MDCH-0237ar) and Spanish (MDCH-0237s) from the MDCH WIC Division. Follow regular ordering procedures to obtain copies of the food cards.
2. Medical documentation is not required when infant cereal is substituted for breakfast cereal.

Reference:

WIC Federal Regulations: 7 CFR Part 246.10
Position Paper: Should Michigan WIC Make Organic Products Available? MDCH WIC Division 2008
FNS Instruction 804-1
FDA, Health Claim Notification for Whole Grain Foods with Moderate Fat Content at
<http://www.cfsan.fda.gov/~dms/flgrain2.html>
WIC Food Cards (MDCH-0237, MDCH-0237ar, and MDCH-0237s)

Cross Reference:

7.03 Food Package for Qualifying Conditions
7.04 Maximum Food Package
7.05 Customized Food Package
8.04 Client Education on Using the Michigan WIC Bridge Card