

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 standard infant formula, exempt infant formula or WIC-eligible nutritionals.

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 a routine basis and adjusted as necessary, based on nutrition factors, cost and other pertinent information.
 - c. Local agencies shall be notified in writing of authorized food 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 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 Infant, Enfamil Prosoabee, Enfamil Gentlease, and Enfamil A.R.

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

Class II formulas include:

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

For Class III formulas refer to the List of Authorized WIC Formulas found on the WIC website www.michigan.gov/wic.

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 manufacturer's recommended 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 brand of 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 grains of infant cereal are authorized: rice, oatmeal, mixed grain, multigrain whole wheat and corn.
 - c) Must be in an 8 oz. or 16 oz. box or container only.
 - d) Note: No organic or DHA/ARA cereal allowed.

2) Infant Fruits

- a) Any variety of single ingredient commercial infant fruit (e.g., applesauce) without added sugars, starches (i.e., rice starch) or salt (i.e., sodium).
- b) Any variety mixed fruits and/or vegetables (e.g., apples and bananas, apples and sweet potatoes) without added sugars, starches (i.e., rice starch) or salt (i.e., sodium).
- c) Mixtures with cereal or infant food desserts (e.g., peach cobbler) are not authorized.
- d) Commercial infant fruits made by Beech-Nut, Beech-Nut Goya, Gerber, Meijer Baby, and Parent's Choice are authorized.
- e) All infant fruits must be in a 4 ounce glass jar or 4 ounce two-pack plastic tubs. Stage 2, and 2nd foods allowed. Multipacks are allowed.
- f) Note: No organic, dinners, added meat or DHA infant fruits allowed.

3) Infant Vegetables

- a) Any variety of single ingredient commercial infant vegetables (e.g., sweet peas) without added sugars, starches (i.e., rice starch), or salt (i.e., sodium).
- b) Any variety mixed vegetables and/or fruits (e.g., mixed vegetables, sweet potatoes and apples) are allowed without added sugars, starches (i.e., rice starch) or salt (i.e., sodium).
- c) Commercial infant vegetables made by Beech-Nut, Beech-Nut Goya, Gerber, Meijer Baby, and Parent's Choice are authorized.
- d) All infant vegetables must be in a 4 ounce glass jar or 4 ounce two-pack plastic tubs. Stage 2, and 2nd foods allowed. Multipacks are allowed.
- e) Note: No organic, dinners, added meat or DHA infant vegetables allowed.

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:

Beech-Nut – Stage 1

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

Beech-Nut Goya – Stage 1

Beef & Beef Broth, Chicken & Chicken Broth

Gerber – 2nd Foods

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

Meijer Baby – 2nd Foods

Beef with Gravy, Chicken with Gravy, Turkey with 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.
- 5) May contain nuts and fruit.
- 6) Must be in an 11 oz. package or larger for instant or regular hot cereals.
- 7) Must be in a 12 oz. package or larger for cold cereals.
- 8) Note:
 - a) May not contain saccharin, aspartame or sucralose.
 - b) No organic cereal allowed.
- 9) The following cereals are authorized for women and children:

11 ounce packages or larger (Instant/Hot Cereals)

Little Crow Foods

- COCO Wheats

Malt-O-Meal

- Original
- Chocolate
- Better Oats Oat Revolution Instant Classic

Homestat Farm

- Maypo Instant Maple Oatmeal

Quaker

Individual Packets:

- Instant Oatmeal, Regular
- Instant Grits:
 - Original
 - Butter

Nabisco

- Cream of Wheat:
 - Original (14/28 oz)
 - Whole Wheat (18 oz)
- Cream of Wheat Instant Individual Packets (12 oz):
 - Regular
 - Healthy Grain
- Cream of Rice

Store Brand

Instant Oatmeal, Regular flavor Individual Packets only:

- America's Choice
- Great Value
- IGA
- Essential Everyday
- Kroger
- Meijer
- Our Family
- Parade
- Roundy's
- Spartan

12 ounce package or larger (Ready-to-Eat)

General Mills

- Rice Chex
- Wheat Chex
- Corn Chex

Post

- Great Grains Banana Nut Crunch

Quaker

- Oatmeal Squares:
 - Honey Nut
 - Cinnamon
 - Brown Sugar
 - Golden Maple

Store Brand

Bran Flakes, Corn Flakes, Frosted Shredded Wheat, Crispy Rice, Toasted Oats and Toasted Corn:

- Centrella
- Essential Everyday
- Great Value
- Kroger
- Meijer
- Spartan
- Our Family
- Hy-top
- IGA
- Parade
- Nature's Crunch
- Kiggins

16 ounce package or larger (Ready-to-Eat)**General Mills**

- Cheerios\
 - Plain
 - Multigrain
- Dora the Explorer
- Kix, Plain

Kellogg's

- Corn Flakes, Plain
- Mini-Wheats:
 - Unfrosted
 - Frosted
 - Original Frosted Big Bite
- Special K, Original
- Scooby-Doo

Post

- Bran Flakes
- Honey Bunches of Oats:
 - Honey Roasted
 - Vanilla Bunches
 - Fruit Blends Banana Blueberry
 - Fruit Blends Peach Raspberry
 - Tropical Blend Mango Coconut

Quaker

- Life, Plain

Malt-O-Meal

- Crispy Rice
- Mini Spooners:
 - Strawberry Cream
 - Frosted
 - Blueberry
- Oat Blenders:
 - Honey
 - Honey & Almond

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, except when indicated as not allowed.
- 3) Must be in an 11.5 - 12 oz. frozen or 11.5 oz. non-frozen concentrate, 48 oz. or 64 oz. single strength 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 plastic containers.
- 6) Women are only allowed 11.5-12 oz. frozen, 11.5 oz. non-frozen concentrate or 48 oz. plastic container.
- 7) The following juices are authorized for children:

Single Strength 100% Juice in 64 oz. plastic container:

Campbell's Tomato Juice (Regular, Low Sodium, Healthy Request)

Everfresh (Apple, Kiwi Strawberry, Orange)

Indian Summer (Apple Juice only)

Juicy Juice (Any flavor)

Old Orchard (Any flavor)

Welch's Grape Juice (Grape, White Grape, and Red Grape; **added calcium is not allowed**)

Store Brand Fruit or Vegetable Juice (any flavor)

- 8) The following juices are authorized for women:

Single Strength 100% Juice in 48 oz. plastic container:

Juicy Juice (Any flavor)

Concentrate 100% Juice in Frozen 11.5 oz. and 12 oz. containers:

Dole (Any flavor)

Grapefruit Juice (Any brand or variety)

Old Orchard (Any flavor with green peel strip)

Orange Juice (Any brand)

Welch's (Any flavor with yellow peel strip)

Concentrate 100% Juice in Non-Frozen 11.5 oz. containers:

Welch's (Any flavor with yellow band)

e. Cheese

- 1) Authorized domestic cheeses are Monterey Jack, Colby, Colby Jack (Cojack) natural Cheddar, Swiss, 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 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, Colby Jack, (Cojack), natural Cheddar, Swiss, 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.
 - h) No soy cheese, Farmer cheese or goat cheese.
 - i) No imported cheese.
 - j) No organic allowed.

f. **Eggs**

- 1) Grade A or AA, any brand. 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 Eggland's Best, Gold Circle Farms, Good News Eggs, or Omega 3. No Small, 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, "cowpeas"), 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) The following brands are allowed:

Bush's, Centrella, Essential Everyday, Goya, Great Value, Halstead Acres, IGA, Joan of Arc, Kroger, La Preferida, Meijer, Our Family, Progresso, Shurfine, Spartan, ValuTime, Wylwood
- f) NOTE: No organic canned beans or peas. No baked beans, chili beans, soups, or refried beans. No beans with added fats, oils or meat. No green beans, green/sweet peas, snap beans, orange beans, yellow beans, and pork and beans.

- 3) Peanut Butter
 - a) Store brand only and any type (e.g., smooth, creamy, crunchy, extra crunchy).
 - b) Only 16 - 18 oz. jar allowed.
 - c) NOTE: No peanut butter mixed with other food substances, (e.g., jelly, marshmallows, honey or other flavorings). No reduced fat peanut butter or peanut spread. No organic or DHA, or Omega 3 peanut butter. No specialty peanut butter e.g., Health Valley, Arrow Head or Fifty50.

h. Milk

- 1) Whole milk shall be the standard milk authorized for children 12 thru 23 months of age. The CPA can determine the need for reduced fat (2%) milk for children aged 12 through 23 months who are not receiving a food package for qualifying conditions. The CPA determination is based on individual nutrition assessment, in consultation with the health care provider as needed, and when one of the following criteria is met and documented:
 - a) Caregiver reports the health care provider recommends 2% milk
 - b) Client overweight or obesity is a concern
 - c) Family history is positive for obesity, dyslipidemia, or cardiovascular diseaseFor a child aged 12-23 months on a food package for qualifying conditions, the determination for 2% milk must be made by the health care provider completing the medical documentation form. (Refer to Policy 7.03, Food Package for Qualifying Conditions.)
- 2) Low fat (1% & ½%) and skim (fat free) milk shall be the standard milk authorized for women and children 2 through 4 years of age. The CPA can determine the need for reduced fat (2%) milk for women and children aged 2 through 4 years who are not receiving a food package for qualifying conditions. The CPA determination is based on individual nutrition assessment, in consultation with the health care provider as needed, and when one of the following criteria is met and documented:
 - a) Client meets risk criteria for at-risk of underweight, high-risk underweight, or inadequate growth.
 - b) Client meets risk criteria for pre-pregnancy underweight, postpartum underweight, low maternal weight gain or maternal weight loss during pregnancy.For a woman or child 2-4 years of age on a food package for qualifying conditions, the determination for 2% milk must be made by the health care provider completing the medical documentation form. (Refer to Policy 7.03, Food Package for Qualifying Conditions.)

- 3) Women and children 2 through 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, Food Package for Qualifying Conditions.)
- 3) All milk must contain 400 International Units of Vitamin D per fluid quart (.9 liter). Skim (fat free), low fat and reduced fat 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.
- 5) 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, Over the Moon.
 - d) No evaporated filled milk.
 - e) No organic or unhomogenized milk.
 - f) No Vitamite.
 - g) No Guernsey Milk.
 - h) No nut or grain milk (i.e., almond, rice)
- 6) 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
Lactose Free (whole)	X	X
Reduced fat (2%)*	X	X
Lactose free (2%)	X	X
Evaporated:		
Whole	X	X
Reduced fat (2%)*	X	X

*Note: Policy criteria must be met and documented. (Refer to Policy 7.02, Authorized WIC Foods.)

- 7) 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
Low fat (1/2 % or 1%)	X	X
Reduced fat (2%)*	X	X
Lactose free (skim, 1%, 2%*)	X	X
Evaporated:		
Skim	X	X
Reduced fat (2%)*	X	X
Dry:		
Non-fat	X	X

*Note: Policy criteria must be met and documented. (Refer to Policy 7.02, Authorized WIC Foods.)

h. Soy Beverage

- 1) Must be fortified with the following minimum nutrient levels per 8 ounces in accordance with fortification guidelines issued by FDA:

276 mg calcium, 8 grams of protein, 500 IU vitamin A, 100 IU vitamin D, 24 mg magnesium, 222 mg phosphorus, 349 mg potassium, 0.44 mg riboflavin, and 1.1 mcg vitamin B12.

- 2) Must be in a 32 oz. or 64 oz. container.
- 3) Only the following soy beverages are allowed:

8th Continent Original 32 & 64 oz. (refrigerated)
8th Continent Vanilla 32 & 64 oz. (refrigerated)
Pacific Natural Foods Ultra Soy Plain 32 oz. (shelf stable)
Pacific Natural Foods Ultra Soy Vanilla 32 oz. (shelf stable)
Silk Original 32 & 64 oz. (refrigerated)
WestSoy Organic Plus Plain 32 & 64 oz. (shelf stable)
WestSoy Organic Plus Vanilla 32 & 64 oz. (shelf stable)

Note: Organic allowed.

- 4) The CPA can determine the need to substitute soy beverage for milk, for children who are not receiving a food package for qualifying conditions. The CPA determination must be based on individual nutrition assessment and in consultation with the health care provider as needed. Reasons for this determination must be documented and may include, but are not limited to, milk allergy, lactose intolerance, vegan diet and cultural practices that prevent clients from including cow's milk in their diets. For a child on a food package for qualifying conditions, the determination to substitute soy beverage for milk must be made by the health care provider completing the medical documentation form. (Refer to Policy 7.03, Food Package for Qualifying Conditions.)

i. **Canned Fish**

- 1) Any brand of canned chunk light tuna.
- 2) Pink Salmon – brand specific
 - a) Bumble Bee Tuna Style
 - b) Chicken of the Sea
- 3) Must be in a 5 oz. can.
- 4) May be in water or oil.
- 5)
 - a) No low sodium, albacore, select tuna, seasoned tuna, chunk white tuna, foil packs/pouches, or lunch packs/kits of tuna.
 - b) No red, blueback, keta, prime/smoked fillets, low sodium, salmon, foil packs/pouches or lunch packs/kits of salmon.
 - c) No organic tuna or salmon.

j. **Fresh Fruits and Vegetables**

- 1) Any variety of fresh whole, cut, bagged or packaged fruit without added sugars.
- 2) Any variety of fresh whole, cut, bagged or packaged vegetables except white potatoes (e.g., red skin, russet, Yukon Gold), without added sugars, fats, or oils. Orange yams and sweet potatoes are allowed.
- 3) Note:
 - 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.
- f) No fruit baskets and party fruit or vegetable trays with dip, dressing, or added food items.
- g) No salad kits with dressing or other added food items.
- h) Mature legumes (dry beans and peas) and juices are not authorized under the fresh fruit and vegetable category.

k. Whole Grains

- 1) Whole wheat bread (including whole wheat buns and rolls) must conform to FDA standard of identity (21 CFR 136.180).
- 2) Whole wheat flour and/or bromated whole wheat flour must be the only flour ingredients 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 tortillas made from ground masa flour (corn flour) using traditional processing methods are WIC eligible, e.g., whole corn, corn (masa), whole ground corn, corn masa flour, masa harina, and white corn flour.
- 6) Whole wheat flour must be the only flour in authorized whole wheat tortillas.
- 7) All whole wheat and whole grain breads and soft corn and whole wheat tortillas must be in a 1 LB. (16 oz.) package.
- 8) Brown rice must be in a 14-16 oz. or 28-32 oz. bag.
- 9) Plain, dry brown rice without added herbs, seasonings or beans are allowed.
- 10) Oatmeal must be in a 16 oz. container.
- 11) Note:
 - a) No organic whole wheat bread/whole grain bread or soft corn and whole wheat tortillas, brown rice, or oatmeal are allowed.
 - b) No white rice, frozen brown rice, flavored rice, wild rice, rice mixes are allowed.
 - c) No bulk, tubs, microwavable pouches of brown rice are allowed.

- d) No specialty brands of brown rice (e.g., Lundberg) are allowed.
 - e) May not contain saccharin, aspartame, sucralose or DHA.
- 11) The following brands of whole wheat/whole grain breads, soft corn and whole wheat tortillas and oatmeal are authorized for children and women:

Whole Wheat/Whole Grain Breads:

Aunt Millie's

- Healthy Goodness Whole Grain White
- Healthy Goodness 100% Whole Wheat
- Swirl Whole Grain Cranberry-Apple
- Swirl Whole Grain Raisin with Cinnamon
- Swirl Whole Grain Cinnamon, No Raisins

Bimbo

- 100% Whole Wheat

Bunny

- 100% Whole Wheat

Family Choice

- 100% Whole Wheat

Healthy Life

- 100% Whole Wheat Whole Grain

Hearth Oven Bakers

- 100% Whole Wheat
- 100% Whole Wheat Hamburger Buns
- 100% Whole Wheat Hot Dog Buns

Kroger

- 100% Whole Wheat

Meijer

- Whole Grain White
- 100% Whole Wheat

Nickles

- Country Style 100% Whole Wheat

Our Family

- 100% Whole Wheat

Pepperidge Farm

- Stone Ground 100% Whole Wheat
- Very Thin Sliced Soft 100% Whole Wheat
- Jewish Rye Whole Grain Rye Seeded

Swirled 100% Whole Wheat Cinnamon with Raisins
Light Style Soft Wheat

Roman Meal Sungrain
100% Whole Wheat

Sara Lee
Classic 100% Whole Wheat

Shurfresh
100% Whole Wheat

Soft and Good
100% Whole Wheat

Spartan
Whole Grain White
100% Whole Wheat

Sterns Kosher
100% Whole Wheat

Sunbeam
100% Whole Wheat

Village Hearth
100% Whole Wheat

Soft Corn and Whole Wheat Tortillas

Chi-Chi's Whole Wheat Fajita Style 8 count
Don Marcos White Corn 18 count
Don Pancho Whole Wheat 10 count
Don Pancho 18 count White Corn
Hacienda Corn Maiz 18 count
Hacienda Whole Wheat Flour 12 count
Kroger Whole Wheat 10 count
La Burrita Corn 12 count
Meijer Soft Taco Size White Corn 18 count
Meijer Fajita Style Whole Wheat 8 count
Mission Yellow Corn Extra Thin 24 count
Mission Whole Wheat 10 count
Ortega Whole Wheat 10 count

Oatmeal:

Kroger
Malt-O-Meal Mom's Best Naturals Quick Oats
Malt-O-Meal Mom's Best Naturals Old Fashioned
Gluten Free Chex Oatmeal

3. Notifying Clients about Authorized WIC Foods
 - a. Local agency staff shall assure that all clients have a current Michigan WIC Food Guide and Food Guide Changes Insert (September 15, 2014) at initial certification and at subsequent appointments, if needed.
 - b. Local agencies shall provide a current Infant Foods Insert, which displays all authorized infant foods as well as infant formulas. In support of breastfeeding, this insert should be provided to families with:
 - IFF and IBP clients under six months old
 - All infant clients six months of age and older
 - c. Local agencies shall inform clients of the foods that may be purchased with the Michigan WIC Bridge Card. (Policy 8.06 Client Education on Using the Michigan WIC Bridge Card.)
 - d. 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.

B. GUIDANCE:

1. The Michigan WIC Food Guides provide the current authorized foods and are available in English (DCH-0237), Arabic (DCH-0237ar) and Spanish (DCH-0237s) from the MDCH WIC Division. Follow regular ordering procedures to obtain copies of the Food Guides. Supplement the Food Guide with the Food Guide Changes Insert, DCH 0237-1, also available in English, Arabic and Spanish.
2. The Infant Foods Insert (English, Arabic, and Spanish included) is available (DCH-0229).
3. Medical documentation is not required when infant cereal is substituted for breakfast cereal.

Reference:

WIC Federal Regulations: 7 CFR Parts 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:

[FDA Health Claim Notification for Whole Grain Foods with Moderate Fat Content](#)

WIC Food Guides (DCH-0237, DCH-0237ar, and DCH-0237s)

Infant Foods Inserts (DCH-0229)

Cross Reference:

7.03 Food Package for Qualifying Conditions

7.04 Maximum Food Package

7.05 Customized Food Package

8.06 Client Education on Using the Michigan WIC Bridge Card