

7.02 Authorized WIC Foods

PURPOSE: To establish state food authorization criteria based on the Code of Federal Regulations, while concurrently maximizing the nutritional value of the WIC food package and providing a variety of choices for the WIC client.

A. POLICY:

1. Criteria

Foods (including formulas) authorized for the WIC Program must:

- a. Meet federal and state WIC requirements.
- b. Offer variety and choice for clients, taking into consideration cultural preferences and religious considerations.
- c. Have marketing strategies congruent with WIC goals.
- d. Be compatible with current dietary recommendations for maternal, infant and child health.
- e. Lack packaging confusion with non-approved products.
- f. Have a retail cost that is competitive with similar WIC-approved products.
- g. Be commonly used by WIC clients.
- h. Be available from WIC vendors throughout the state.
- i. Take into consideration feedback from stakeholders, such as clients, health care providers, local agency staff, vendors and food manufacturers, as well as availability, packaging, cost, product distribution, client acceptance and administrative feasibility.

2. Authorization Process

The MDHHS WIC Division will use an established process for adding and removing foods from the authorized product list (APL).

- a. WIC Program food authorization criteria will be reviewed on a routine basis and adjusted as necessary, based on changes to Federal WIC regulations, industry/market changes, nutrition factors, cost and other pertinent information.
- b. Manufacturer requests for product review and authorization must be received by the MDHHS WIC Division to be guaranteed for consideration.
- c. The WIC Division will evaluate the APL for new products based on manufacturer requests and market/industry changes, as well as modified/discontinued products and make authorization determinations.
- d. Local agencies and WIC vendors will be notified of all authorized food changes and their effective date.

3. Authorized WIC Foods

Authorized supplemental foods must be prescribed according to the client's category and nutritional need(s). For information related to client food packages, see Policies 7.04 Maximum Food Package, 7.01 Food Package Determination and Customization and 8.06 Client Education on Using Food Benefits.

The following is the authorized food list by food item:

a. Formula

- i. 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 on the Michigan WIC Authorized Formulas list. 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.
- ii. The Michigan WIC Program authorizes additional formulas for qualifying conditions with medical documentation (See Policy 7.03 Food Package for Qualifying Conditions). These formulas are identified as Class II or Class III on the list of Michigan WIC Authorized Formulas.
 - (a.) The Michigan WIC Program reserves the right to authorize and add to the list of Michigan WIC Authorized Formulas any USDA-approved Class II or Class III formulas that are indicated for our target population after evaluation and determination of medical necessity.
 - (b.) The Michigan WIC Program reserves the right to authorize non-contract, non-exempt infant formulas in circumstances where there is no nutritionally equivalent contract formula available.
 - (c.) The list of Michigan WIC Authorized Formulas 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.
- iii. Concentrate and powder formulas must be provided whenever possible to contain cost.
- iv. Ready-to-feed (RTF) formula requirements:
 - (a.) RTF formula can be selected for one or more of the reasons below:
 - Documented unsanitary or restricted water supply.
 - Poor refrigeration.
 - Infant's caretaker having difficulty in correctly diluting powder or liquid concentrate formula.
 - Formula is manufactured in RTF form only.
 - (b.) See Policy 7.03 Food Package for Qualifying Conditions for additional reasons clients may receive RTF formula.
 - (c.) RTF formula must be assigned in the most economical container size on the list of Michigan WIC Authorized Formulas that meets the client's needs and is readily accessible.

b. Infant Foods

- i. Infant Cereal
 - (a.) Organic allowed.
 - (b.) Dry infant cereal without added DHA/ARA, fruit, infant formula, or other non-cereal ingredients which contains a minimum of 45 milligrams of iron per 100 grams of dry cereal are authorized.

- (c.) The following grains of infant cereal are authorized: barley, rice, oatmeal, mixed grain, multigrain, whole wheat and corn.
 - (d.) Must be in an 8 oz or 16 oz box or container only.
 - ii. Infant Fruits
 - (a.) Organic allowed.
 - (b.) Any variety of single ingredient commercial infant fruit (e.g., apples) without added sugars, starches (i.e., rice starch) or salt (i.e., sodium).
 - (c.) Any variety mixed fruits and/or vegetables (e.g., apples and bananas, apples and sweet potatoes) without added flour, sugars, starches (i.e., rice starch) or salt (i.e. sodium).
 - (d.) Mixtures with cereal or infant food desserts (e.g., peach cobbler) are not authorized.
 - (e.) All infant fruits must be in packaging divisible by 4 oz. This includes 4 oz containers or multipacks of 1 oz, 2 oz or 4 oz.
 - (f.) No squeeze pouches, yogurt blends or added DHA.
 - iii. Infant Vegetables
 - (a.) Organic allowed.
 - (b.) Any variety of single ingredient commercial infant vegetables (e.g., sweet peas) without added flours, sugars, starches (i.e., rice starch) or salt (i.e., sodium).
 - (c.) 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).
 - (d.) All infant vegetables must be in packaging divisible by 4 oz. This includes 4 oz containers or multipacks of 1 oz, 2 oz or 4 oz.
 - (e.) No squeeze pouches, dinners, added meat or DHA.
 - iv. Infant Meat
 - (a.) Organic allowed.
 - (b.) Any variety of commercial infant meat, as a single meat ingredient, with added broth or gravy.
 - (c.) Added sugars or salt (i.e., sodium) are not allowed.
 - (d.) All infant meat must be in a 2.5 oz container only. Multipacks are allowed.
 - (e.) No infant food combinations (e.g., meat and vegetables) or dinners (e.g., spaghetti and meatballs) allowed.
 - (f.) No meat sticks or squeeze pouches.
- c. **Breakfast Cereal**
 - i. No organic allowed.
 - ii. Breakfast cereals must be ready-to-eat, instant or regular hot cereals as defined by FDA.
 - iii. Must contain a minimum of 28 milligrams of iron per 100 grams of dry cereal.
 - iv. Must contain no more than 21.2 grams of sucrose and other sugars per 100 grams of dry cereal.
 - v. 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.”
 - vi. May contain nuts and fruit.
 - vii. Must be in a 9 oz package or larger for instant or regular hot cereals.

- viii. Must be in a 12 oz package or larger for national brand and store brand cold cereals.
- ix. May not contain artificial sweeteners (e.g., aspartame, sucralose or saccharine).

d. Juice

- i. No organic allowed.
- ii. Single strength, non-frozen concentrate, or frozen concentrate pasteurized unsweetened 100% fruit or vegetable juice.
- iii. Juice must contain a minimum of 30 milligrams of Vitamin C per 100 milliliters of single strength or reconstituted frozen juice, and may contain added calcium and fiber.
- iv. Container sizes must be 11.5 - 12 oz (concentrate), 48 oz or 64 oz.

e. Cheese

- i. Authorized domestic cheeses are Monterey Jack, Colby, Colby-Jack (Co-Jack), natural Cheddar, Swiss, Muenster, part-skim or whole Mozzarella, Provolone, pasteurized processed American, or blends of any of these cheeses.
- ii. Weight and type of cheese must be clearly marked on the package.
- iii. Cheese must be pre-packaged in 16 oz (1 LB) package only.
- iv. Only sliced American cheese and String cheese without individual wrapping are allowed.
- v. Low sodium, low fat and/or low cholesterol cheeses must meet the following criteria:
 - (a.) The product must be a real cheese.
 - (b.) Only variations of the types of cheeses listed above.
 - (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.
- vi. Cheese not authorized:
 - (a.) Organic.
 - (b.) Shredded, grated, cubed, crumbles, shapes or smoked.
 - (c.) Cheese foods, products, whips or spreads.
 - (d.) Variety wheels or variety packs.
 - (e.) Cheese with added ingredients, such as pimentos, peppers, seeds, meat, etc.
 - (f.) Cheese curds or raw milk cheese.
 - (g.) Sliced cheese except American.
 - (h.) Individually wrapped cheese slices, sticks or strings.
 - (i.) Soy cheese, Farmer cheese or goat cheese.
 - (j.) Imported cheese.
 - (k.) Fresh mozzarella.

f. Eggs

- i. One dozen package only.
- ii. White shells only.
- iii. Any size (e.g., jumbo, extra-large or large).
- iv. Cage-free allowed.
- v. Eggs not authorized:

- (a.) Organic.
- (b.) Free range or pasture raised.
- (c.) Low cholesterol.
- (d.) Pasteurized.
- (e.) Fortified/enriched with Omega-3, DHA or vitamin E.

g. Legumes**i. 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"), black-eyed peas (cowpeas of the black-eyed 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.) Mature dry beans or peas not authorized:
 - (i.) Organic.
 - (ii.) Packages containing seasoning packets.
 - (iii.) Premium brands.

ii. Mature Canned Beans or Peas

- (a.) Any brand and 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.) Low sodium and mixtures of beans and peas allowed.
- (c.) Fat free refried beans with no added ingredients allowed.
- (d.) Only 15 to 16 oz can, or jar allowed.
- (e.) Mature canned beans or peas not authorized:
 - (i.) Organic.
 - (ii.) Beans with added fats, fruits, oils, meat, sugars or vegetables.
 - (iii.) Baked beans, pork and beans, chili beans or soups.
 - (iv.) Green beans, green/sweet peas, snap beans, yellow or wax beans.

iii. Peanut Butter

- (a.) Any type (e.g., smooth, creamy, crunchy, extra crunchy).
- (b.) Only 16 – 18 oz jar allowed.
- (c.) Peanut butter not authorized:
 - (i.) Organic.
 - (ii.) Peanut butter mixed with other food substances, (e.g., chocolate, honey, jelly, marshmallows or other flavorings).
 - (iii.) Reduced fat peanut butter or peanut spread.
 - (iv.) Peanut butter with DHA or Omega 3.
 - (v.) Premium brands.
 - (vi.) Whipped.

h. Milk

- i. All cow's milk must conform to FDA standard of identity for whole, reduced fat, low fat, or nonfat milks (21 CFR 131.110). Must be pasteurized. May be fluid, shelf-stable, evaporated, or dry. Whole milk must contain 400 International Units of Vitamin D per fluid quart (100 IU per cup). All reduced fat, low fat, and nonfat cow's milk types and varieties must contain at least 400 IU of vitamin D per quart (100 IU per cup) and 2000 IU of vitamin A per quart (500 IU per cup).
 - (a.) Fluid milk must be quart size (32 ounces) or larger. The following types of fluid milk are authorized:
 - (i.) Regular milk.
 - (ii.) Lactose Free Milk.
 - (iii.) Cultured Buttermilk.
 - (b.) Non-fat dry milk must be in a container 25.6 oz or larger.
 - (c.) Evaporated whole, reduced fat and low-fat milk must be in a 12 oz container.
 - (d.) Milk not authorized:
 - (i.) Flavored milk (e.g., chocolate, strawberry).
 - (ii.) Glass bottles.
 - (iii.) Evaporated filled milk.
 - (iv.) Organic.
 - (v.) Unhomogenized milk.
 - (vi.) Value-added brands/types.
 - (vii.) Nut or grain milk (i.e., almond, rice, oat).
 - (viii.) UHT milk.
- i. **Yogurt**
 - i. Yogurt is authorized for women and children ages 2 thru 4 years.
 - ii. Yogurt may be purchased in 32 oz tubs, 4 oz 4-packs (16 oz total), or 4 oz 8-packs (32 oz total).
 - iii. Yogurt may be purchased in 2 oz 8-pack tubes (16 oz total), or 2 oz 16-pack tubes (32 oz total).
 - iv. Must be pasteurized and conform to FDA standard of identity for low-fat (21 CFR 131.203) or nonfat (21 CFR 131.206); plain or flavored with ≤ 30 g of total sugars per 3/4 cup (6 oz) yogurt.
 - v. Yogurt not authorized:
 - (a.) Whole fat yogurt.
 - (b.) Greek.
 - (c.) Organic.
 - (d.) Yogurt sold with accompanying mix-in ingredients such as granola, candy pieces, honey or nuts.
 - (e.) Yogurt in bottles (drinkable) and pouches.
 - (f.) Artificial sweeteners (e.g., aspartame, Stevia, sucralose, or saccharine).
 - (g.) Premium brands.
- j. **Soy Beverage**
 - i. 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.

- ii. Must be in a 32 oz or 64 oz container.
- iii. May be flavored or unflavored.
- iv. Organic allowed.

k. Fish

- i. Any brand or type of canned or foil pouch chunk light tuna, mackerel, pink salmon, or sardines.
- ii. Packed in water or oil and may include bones or skin.
- iii. Added sauces and flavorings, e.g., tomato sauce, mustard, lemon allowed.
- vi. Fish not authorized:
 - (a.) Organic.
 - (b.) Albacore/solid white tuna, Atlantic or sockeye (red or blueback) salmon, prime or smoked salmon fillets, king mackerel.
 - (c.) Packs/kits with added crackers, condiments or utensils.
 - (d.) Fish with added grains or beans.
 - (e.) Fresh or frozen.
 - (f.) Premium brands.

I. Fruits and Vegetables

- i. Fresh Fruits and Vegetables
 - (a.) Any variety of fresh whole, cut, bagged or pre-packaged fruits and vegetables, without added sugars, fats, or oils.
 - (b.) Organic allowed.
 - (c.) Fresh herbs allowed.
 - (d.) Fresh fruits and vegetables not authorized:
 - (i.) Herb pastes, dried herbs or spices.
 - (ii.) Fruit and nut mixtures.
 - (iii.) Fruits and vegetables from salad bar, fruit baskets or edible flowers.
 - (iv.) Ornamental and decorative fruits and vegetables such as chili peppers on a string, garlic on a string, gourds or carving pumpkins.
 - (v.) Potted plants or seeds.
 - (vi.) Pre-cut fruits and vegetables with added preservatives (e.g., ascorbic acid).
 - (vii.) Kits/bowls/trays with dips, dressings, sauces or other food items.
 - (viii.) Salsa.
 - (ix.) Juice or smoothies.
- ii. Frozen Fruits and Vegetables
 - (a.) Whole, cut or mixed fruits and vegetables without added sugar, breading, butter, sauce, fat, oil, salt or seasoning.
 - (b.) Any brand or package size/type.
 - (c.) Beans or peas such as lima beans and black-eyed peas allowed.
 - (d.) Organic allowed.
 - (e.) Frozen fruits and vegetables not authorized:
 - (i.) Smoothies with non-fruit or non-vegetable ingredients.
 - (ii.) Added meat, rice or pasta.

- (iii.) Fries or tater tots.
 - (iv.) Soup.
 - (v.) Juice.
 - (vi.) Home-canned and home-preserved.
- iii. Canned Fruits and Vegetables
 - (a.) Any variety of fruits, including applesauce, juice or water pack without added sugars, fats, oils, or salt.
 - (b.) Any variety of vegetables, including tomatoes, without added fats, oils or salt.
 - (c.) May be packaged in metal, glass, plastic or pouch containers. Individual servings allowed.
 - (d.) May be regular or low sodium.
 - (e.) Green beans and peas, tomato paste or puree allowed.
 - (f.) Organic allowed.
 - (g.) Canned fruits and vegetables not authorized:
 - (i.) Fruits packed in syrup.
 - (ii.) Added meat, rice or pasta.
 - (iii.) Artificial sweetener.
 - (iv.) Minced or pickled vegetables, relishes or ketchup.
 - (v.) Cranberry sauce, or pie filling.
 - (vi.) Creamed vegetables (e.g., creamed corn & spinach)
 - (vii.) Pizza or pasta sauce.
 - (viii.) Salsa.
 - (ix.) Beans or baked beans.
 - (x.) Juice or smoothies.
 - (xi.) Pouches labeled as infant/toddler foods.
 - (xii.) Home-canned and home-preserved.
- iv. Mature legumes (dry beans and peas) and juices are not authorized under the fruit and vegetable category but can be redeemed with other WIC benefits.

m. Whole Grains

- i. All whole wheat and whole grain breads, soft corn and whole wheat tortillas, and whole wheat and whole grain pastas, must be in a 1 LB (16 oz) package.
- ii. Whole Wheat and Whole Grain Bread
 - (a.) Must be in a 1 LB (16 oz) package.
 - (b.) Whole wheat bread (including whole wheat buns and rolls) must conform to FDA standard of identity (21 CFR 136.180).
 - (c.) Whole wheat flour and/or bromated whole wheat flour must be the only flour ingredients in all whole wheat bread products.
 - (d.) Whole grain bread must meet labeling requirements for making a health claim as a “whole grain food with moderate fat content.”
 - (e.) Whole grain must be the primary ingredient by weight in all whole grain bread products.
 - (f.) Organic not allowed.
- iii. Soft Corn and Whole Wheat Tortillas
 - (a.) Must be in a 1 LB (16 oz) package.
 - (b.) Soft corn tortillas made from ground masa flour (corn flour) using traditional

processing methods, e.g., whole corn, corn (masa), whole ground corn, corn masa flour, masa harina, and white corn flour.

- (c.) Whole wheat flour must be the only flour in authorized whole wheat tortillas.
- (d.) Organic not allowed.

iv. Whole Wheat and Whole Grain Pasta

- (a.) Must be in a 1 LB (16 oz) package.
- (b.) Whole wheat or whole grain only.
- (c.) Any shape such as elbows, penne, rotini, spaghetti or spirals.
- (d.) Organic allowed.
- (e.) Whole wheat and whole grain pasta not authorized:
 - (i.) Added sugar, fats, oils or salts.
 - (ii.) Made from rice, quinoa, flax, corn or vegetables.
 - (iii.) Pasta that is refrigerated or frozen.

v. Brown Rice

- (a.) Must be in a 14-16 oz or 28-32 oz bag/box.
- (b.) May be regular, instant or boil-in-bag.
- (c.) Plain, dry brown rice without added herbs, seasonings or beans are allowed.
- (d.) Organic not allowed.
- (e.) Rice not authorized:
 - (i.) White rice, frozen brown rice, flavored rice, wild rice or rice mixes.
 - (ii.) Bulk, tubs or microwavable pouches.
 - (iii.) Premium brands.
 - (iv.) Added sugars, fats, oils or salt.

vi. Oatmeal

- (a.) Must be in a 16 oz container.
- (b.) Organic not allowed.
- (c.) May not contain artificial sweeteners (e.g. saccharin, aspartame, or sucralose).
- (d.) No added sugars, fats, oils or salt.

B. GUIDANCE:

1. For the most current version of the Michigan WIC Food Guides in all available languages, please refer to the electronic copy on the WIC Foods Section of michigan.gov/wic website or on the WIC Connect App. Printed copies can be ordered from the MDHHS WIC Division using regular ordering procedures.
2. For the Infant Formula Insert in all available languages, please refer to the electronic copy on the WIC Foods Section of michigan.gov/wic website or on the WIC Connect App. Printed Copies can be ordered from the MDHHS WIC Division using regular ordering procedures.

References:

7 CFR 246.10

FNS Instruction 804-1

FDA, Health Claim Notification for Whole Grain Foods with Moderate Fat Content at:

<https://www.fda.gov/food/food-labeling-nutrition/health-claim-notification-whole-grain-foods-moderate-fat-content>

[USDA WIC Food Package Policy and Guidance, 2018](#)

WIC Food Guide (DCH-0237)

Infant Formula Insert (DCH-0229)

Cross References:

7.01 Food Package Determination and Customization

7.03 Food Package for Qualifying Conditions

7.04 Maximum Food Package

8.06 Client Education on Using Food Benefits