

## MICHIGAN WIC PROGRAM

Elliott-Larsen Building, 320 S. Walnut St., Lansing, MI 48913 Telephone: (517) 335-8937 Email: mdhhs-wicvendor@michigan.gov

Vendors are strongly encouraged to stock as many varieties of WIC-approved foods as possible, including those items not part of the WIC Vendor Minimum Stock Requirements.

### WIC VENDOR MINIMUM STOCK REQUIREMENTS

EFFECTIVE: MARCH 1, 2023

A WIC VENDOR MUST HAVE, AT A MINIMUM, THE FOLLOWING FOOD ITEMS IN STOCK AT ALL TIMES:

FOOD GROUP	QUANTITY	WIC-APPROVED PRODUCT SPECIFICATIONS
FRUITS	\$20 Retail Value OR 15 Pounds <b>4 Varieties</b> At least 2 varieties must be fresh	<p>Any combination of fruits except those listed in the Food Guide as not allowed. Must carry at least 4 varieties of fruits. At least 2 varieties must be <b>fresh</b>; the other two varieties may be fresh, frozen or canned.</p> <ul style="list-style-type: none"> <li>- Varieties of fruit within the same family count as one variety. For example: green and red grapes count only as grapes.</li> <li>- Lemons and limes count only as one variety.</li> </ul>
VEGETABLES	\$20 Retail Value OR 15 Pounds <b>4 Varieties</b> At least 2 varieties must be fresh	<p>Any combination of vegetables except those listed in the Food Guide as not allowed. Must carry at least 4 varieties of vegetables. At least 2 varieties must be <b>fresh</b>; the other two varieties may be fresh, frozen or canned.</p> <ul style="list-style-type: none"> <li>- Yams and sweet potatoes <b>DO</b> count towards the minimum stock requirement.</li> <li>- White potatoes, cilantro and parsley are approved, but <b>DO NOT</b> count towards the minimum stock requirement.</li> </ul>
WHOLE GRAINS	<b>8 Units, At least 4 units of bread</b> (1 unit = 16 oz package)	<p>At least 4 of the 8 units must be 16 oz loaves of WIC-approved whole wheat/whole grain bread. Approved whole grain options include bread, tortillas, brown rice, pasta and oats. See Food Guide for allowable products.</p>
PEANUT BUTTER	<b>4 Units</b> (1 unit = 16-18 oz Jar)	<p>Any brand and variety (smooth, creamy, crunchy or extra crunchy) in a 16-18 oz jar. See Food Guide.</p>
BEANS, LENTILS AND PEAS	<b>4 Units</b> (1 unit = 16 oz bag or 4 cans/jars)	<p>Any brand in 16 oz bags AND/OR 15-16 oz cans/jars. 4 cans/jars are equal to 1 bag of dry beans, lentils or peas</p>
FISH	<b>12 Units</b> (1 unit = package/can of any size)	<p>Any brand in 2.5-30 oz packages of chunk light tuna, mackerel, sardines or pink salmon</p>
CEREALS	<b>12 Units</b> At least 6 Varieties, 3 Whole Grain (1 unit = box/bag of any size)	<ul style="list-style-type: none"> <li>- At least 6 varieties in approved sizes only.</li> <li>- At least 3 of the 6 varieties must be whole grain.</li> </ul> <p>See Food Guide for WIC-approved brands and sizes of cereal, including those that are whole grain.</p>
64 OZ JUICES	<b>10 Units, At least 2 flavors</b> (1 unit = 64 oz bottle)	<p>At least 2 flavors in 64 oz bottles. See Food Guide for allowed WIC-approved brands, types and flavors.</p>
48 OR 11.5/12 OZ JUICES	<b>5 Units, At least 2 flavors</b> (1 unit = 48 oz bottle or 11.5/12 oz can of juice concentrate)	<p>At least 2 flavors in 48 oz bottles AND/OR 11.5–12 oz cans of juice concentrate. See Food Guide for WIC-approved brands, types and flavors.</p>
INFANT FRUITS AND VEGETABLES	<b>72 Units</b> (1 unit = 4 oz) At least one variety of fruit(s) AND one variety of vegetable(s)	<p>4 oz glass jar, 4 oz 2-pack plastic tubs AND/OR 2 oz 2-pack plastic tubs only.</p> <ul style="list-style-type: none"> <li>- Any variety single fruit or vegetables (ex. apple sauce, sweet peas);</li> <li>- Any variety mixed fruits/vegetables (ex. carrots &amp; peas, apples &amp; bananas, sweet potatoes &amp; apples).</li> </ul>
INFANT CEREALS	<b>6 Units, at least two varieties</b> (1 unit = 8 oz box/container)	<ul style="list-style-type: none"> <li>- At least two varieties (i.e., multigrain, oatmeal, rice, whole wheat, etc.) 8 oz containers of infant cereal without added fruit, formula, DHA/ARA or other non-cereal ingredients.</li> </ul>
FORMULA	<b>12 Units</b> (1 unit = 1 can)	<p>Any combination of 12.4 oz can powder Similac Advance, 12.6 oz can powder Similac Total Comfort, 12.5 oz can powder Similac Sensitive, AND/OR 12.4 oz can powder Similac Soy Isomil. 13 oz conc. Similac Advance must be ordered upon request.</p>
EGGS	<b>5 Units</b> (1 unit = dozen eggs)	<ul style="list-style-type: none"> <li>- Any size, white shells only, one dozen package; may be cage free.</li> </ul>
WHOLE MILK	<b>4 Units</b> (1 unit = 1 full gallon)	<p>Any brand of Whole milk in full gallons.</p> <ul style="list-style-type: none"> <li>- Half gallons <b>do not</b> count towards the minimum stock requirements.</li> </ul>
LOW FAT AND/OR FAT FREE MILK	<b>4 Units</b> (1 unit = 1 full gallon)	<p>Any brand of Low Fat (1%, ½%) or Fat Free (skim) milk in full gallons.</p> <ul style="list-style-type: none"> <li>- Half gallons <b>do not</b> count towards the minimum stock requirements.</li> </ul>
YOGURT	<b>4 Units</b> (1 unit = 32 oz)	<p>Any brand of WIC-approved yogurt in 32 oz tubs, 4 oz 4-packs, 4 oz 8-packs, 2 oz 8-packs, AND/OR 2 oz 16-packs.</p> <ul style="list-style-type: none"> <li>- Note: A 4-pack consisting of four 4 oz cups is equal to 16 oz and thus would only count as ½ a unit.</li> </ul>
CHEESE	<b>5 Units</b> (1 unit = 16 oz package)	<p>Any brand of cheese in the types listed in the Food Guide. Must be pre-packaged in <b>16 oz only</b>.</p>

Only items authorized and listed in the current Michigan WIC Food Guide and published updates will be counted toward the mandatory minimum stock requirements listed above. For guidance on items that are not WIC-approved, see the back side of this document.

FOOD GROUP	GUIDANCE FOR ITEMS THAT ARE NOT WIC-APPROVED		
<b>FRUITS AND VEGETABLES</b>	<p><b>Fresh Fruits and Vegetables</b></p> <ul style="list-style-type: none"> <li>• Pre-cut fruits or vegetables with added preservatives</li> <li>• Herbs or spices, except cilantro and parsley</li> <li>• Herb pastes, spices or edible flowers</li> <li>• Party trays or platters</li> <li>• Fruits or vegetables from salad bars</li> <li>• Fruit and nut mixtures</li> <li>• Fruit baskets</li> <li>• Ornamental or decorative fruits or vegetables</li> <li>• Salad kits/bowls with dressing or added foods</li> <li>• Salsa</li> </ul>	<p><b>Canned Fruits and Vegetables</b></p> <ul style="list-style-type: none"> <li>• Fruits packed in syrup</li> <li>• Added meat, rice or pasta</li> <li>• Artificial sweetener</li> <li>• Pickled vegetables, relishes or ketchup</li> <li>• Cranberry sauce or pie filling</li> <li>• Salsa, pizza or pasta sauce</li> <li>• Juice*</li> <li>• Beans* or baked beans</li> <li>• Smoothies with non-fruit or non-vegetable ingredients</li> <li>• Pouches labeled as infant/toddler food</li> </ul>	<p><b>Frozen Fruits and Vegetables</b></p> <ul style="list-style-type: none"> <li>• Added sugar, breading, butter, sauce, fat, oil, salt or seasoning</li> <li>• Added meat, rice or pasta</li> <li>• Fries or tater tots</li> <li>• Juice*</li> <li>• Smoothies with non-fruit or non-vegetable ingredients</li> <li>• Soup</li> </ul> <p><b>*These items may be purchased with juice or legume benefits.</b></p>
<b>WHOLE GRAINS</b>	Products not listed in the WIC Food Guide or published updates are not WIC-approved.		
<b>PEANUT BUTTER</b>	<ul style="list-style-type: none"> <li>• <b>Organic</b></li> <li>• Specialty brands, like Arrow Head Mills and Fifty50</li> <li>• Added jelly, marshmallow, honey, chocolate or other flavorings</li> </ul>		<ul style="list-style-type: none"> <li>• Peanut spread or reduced fat peanut butter</li> <li>• Peanut butter with DHA or Omega 3</li> <li>• Whipped</li> </ul>
<b>BEANS, LENTILS AND PEAS</b>	<ul style="list-style-type: none"> <li>• <b>Organic</b></li> <li>• Dry – Premium brands, like Barzi beans</li> <li>• Dry beans with seasoning packets</li> <li>• Canned - Beans with added fat, oil, meat, fruits, vegetables or sugars</li> <li>• Canned - Baked beans</li> </ul>		<ul style="list-style-type: none"> <li>• Canned - Pork and beans</li> <li>• Canned - Chili beans or soups</li> <li>• Canned - Green beans, snap, wax or yellow beans*</li> <li>• Canned - Green or sweet peas*</li> </ul> <p><b>*These items may be purchased with fruits and vegetables dollar benefit</b></p>
<b>FISH</b>	<ul style="list-style-type: none"> <li>• <b>Organic</b></li> <li>• Albacore or solid white tuna</li> <li>• Atlantic or sockeye (red or blueback) salmon; prime or smoked salmon fillets</li> </ul>		<ul style="list-style-type: none"> <li>• King mackerel</li> <li>• Lunch packs, lunch kits, tuna salad</li> <li>• Premium brands, like Blue Harbor and Wild Planet</li> <li>• Fresh or frozen</li> </ul>
<b>CEREALS</b>	Products not listed in the WIC Food Guide or published updates are not WIC-approved.		
<b>64 OZ JUICES</b>	Products not listed in the WIC Food Guide or published updates are not WIC-approved.		
<b>48 OR 11.5/12 OZ JUICES</b>	Products not listed in the WIC Food Guide or published updates are not WIC-approved.		
<b>INFANT FRUITS AND VEGETABLES</b>	<ul style="list-style-type: none"> <li>• Squeeze pouches</li> <li>• Added cereal or meat</li> <li>• Added flour, starches, sugar, salt or DHA</li> </ul>		<ul style="list-style-type: none"> <li>• Dinners</li> <li>• Yogurt blends</li> <li>• Desserts (for example, pudding or cobbler)</li> </ul>
<b>INFANT CEREALS</b>	<ul style="list-style-type: none"> <li>• Added fruit, formula, DHA/ARA or other non-cereal ingredients</li> </ul>		
<b>FORMULA</b>	See WIC Formula List for approved brands, varieties and sizes. Each client's specific formula information will be visible on their WIC Food Shopping List.		
<b>EGGS</b>	<ul style="list-style-type: none"> <li>• <b>Organic</b></li> <li>• Free range or pasture raised</li> <li>• Grain, grass or vegetarian fed</li> </ul>		<ul style="list-style-type: none"> <li>• Low Cholesterol</li> <li>• Pasteurized</li> <li>• Fortified/enriched with omega-3, DHA or vitamin E</li> </ul>
<b>WHOLE MILK</b> <b>LOW FAT AND/OR FAT FREE MILK</b>	<ul style="list-style-type: none"> <li>• <b>Organic</b></li> <li>• A2 milk</li> <li>• Chocolate or flavored milk</li> <li>• Evaporated filled milk</li> <li>• Nut or grain milk (like almond or rice)</li> </ul>		<ul style="list-style-type: none"> <li>• Value added (Kid's Milk, Fairlife or Fit Milk)</li> <li>• Glass bottles</li> <li>• Unhomogenized milk</li> <li>• UHT milk</li> <li>• Guernsey brand milk</li> </ul>
<b>YOGURT</b>	<ul style="list-style-type: none"> <li>• <b>Organic or Greek</b></li> <li>• 2% or whole milk yogurt</li> <li>• Yogurts with separate mix-in items (ex: candy, granola, honey or nuts)</li> </ul>		<ul style="list-style-type: none"> <li>• Artificial sweeteners (ex: aspartame, Stevia, sucralose or saccharine)</li> <li>• Yogurt in bottles (drinkable) or pouches</li> <li>• Activia Fusion brand yogurt</li> </ul>
<b>CHEESE</b>	<ul style="list-style-type: none"> <li>• <b>Organic</b></li> <li>• Shredded, grated, cubed, crumbles, shapes or curds</li> <li>• Sliced cheese, except American</li> <li>• Individually wrapped cheese slices (singles), sticks or strings</li> <li>• Cheese foods (for example: Velveeta)</li> <li>• Cheese products, whips or spreads</li> </ul>		<ul style="list-style-type: none"> <li>• Smoked cheese or raw milk cheese</li> <li>• Variety wheels or variety packs</li> <li>• Cracker backers or stackers</li> <li>• Cheese with pimento, peppers, seeds, meat, etc.</li> <li>• Fresh mozzarella, soy, farmer or goat cheese</li> <li>• Imported cheese</li> </ul>