

Division of WIC & Community Nutrition Services

<i>Subject:</i> WIC Program Food Standards		<i>Policy:</i> Appendix 11
<i>Reference:</i> N / A	<i>Effective:</i> January 03 2007	<i>Supersedes:</i> June 13 2005

Food Category: Milk

A. Federal Standards

Whole milk: Pasteurized fluid; evaporated and dry milk that contains 400 I.U. of vitamin D per quart are allowed.

Reduced Fat, Low Fat and Skim: Pasteurized fluid; evaporated and dry milk that contains 400 I.U. of vitamin D and 2000 I.U. of Vitamin A per quart are allowed.

B. State Standards

- 1) The least expensive brand available must be purchased.
- 2) All fluid milk products, (fat free-skim or non-fat milk, low fat - 1/2% and 1%, reduced fat - 2% and whole) must be purchased in gallons only unless another size is stated on the food instrument.
- 3) Cans of evaporated milk (skim and whole), boxes of dry milk powder and UHT milk are allowed but must be specified on the food instrument. UHT milk may be purchased in quarts for migrants, homeless persons, disaster victims or incarcerated women with limited or no cooking ability or refrigeration facilities.
- 4) Lactose reduced/lactose free milk is allowed, but must be specified on the food instrument. This product shall be purchased in a ½ gallon size.
- 5) Soy, deluxe skim, organic and extended shelf-life milks are not allowed as their nutritional value does not justify the additional cost; flavored milk and sweetened condensed milk are not allowed because of the high sugar and calorie content.
- 6) Goat's milk is not allowed because it may not be pasteurized and is generally low in folic acid.
- 7) Buttermilk is currently not allowed as the nutritional value does not justify the additional cost.

Division of WIC & Community Nutrition Services

<i>Subject:</i> WIC Program Food Standards		<i>Policy:</i> Appendix 11
<i>Reference:</i> N / A	<i>Effective:</i> January 03 2007	<i>Supersedes:</i> June 13 2005

Food Category: Cheese

A. Federal Standards

Only domestic cheese including pasteurized processed American, Monterey Jack, Colby, Cheddar, Swiss, Muenster, Provolone, and Mozzarella (part skim and whole) are allowed.

B. State Standards

- 1) Only types of cheese that appear on the current Virginia food list are allowed.
- 2) Only prepackaged blocks or sliced cheese are allowed.
- 3) The maximum amount of cheese provided per month is 2 pounds.
- 4) Full fat cheese shall only be purchased in 16 ounce size.
- 5) Reduced fat cheese shall only be purchased when it is stated on the food instrument. Reduced fat cheese shall be purchased in a 16 ounce size.
- 6) Cheese wrapped in individual slices is not allowed due to customer confusion and may have added cost without added nutritional value.
- 7) Cheese foods, products and spreads are not allowed because they do not meet federal standards.
- 8) Flavored, smoked, string, shredded, imitation, imported, deli, mixed, blends or cube cheese is not allowed as their nutritional value does not justify the additional cost.

Food Category: Eggs

A. Federal Standards

Eggs or dried egg mix are allowed.

B. State Standards

Division of WIC & Community Nutrition Services

<i>Subject:</i> WIC Program Food Standards		<i>Policy:</i> Appendix 11
<i>Reference:</i> N / A	<i>Effective:</i> January 03 2007	<i>Supersedes:</i> June 13 2005

- 1) One dozen-size carton is the only size allowed.
- 2) Only white, large, Grade A eggs are allowed.
- 3) Specialty eggs, egg substitutes, brown, organic, and dried egg mix are not allowed as their nutritional value does not justify the additional cost.

Food Category: Dry Beans and Peas

A. Federal Standards

Dry beans and peas, including but not limited to, plain lentils, black, navy, kidney, garbanzo, soy, pinto and mung beans; crowder, cow, split and black-eyed peas are allowed.

B. State Standards

- 1) Only one-pound packages are allowed.
- 2) Frozen, fresh, flavored and canned beans and peas are not allowed because they do not meet federal standards.

Food Category: Peanut Butter

A. Federal Standards

Peanut butter is allowed.

B. State Standards

- 1) Only 18-ounce jars are allowed.
- 2) All commercially prepared brands of peanut butter including creamy, crunchy and extra crunchy are allowed.
- 3) Peanut butter blends, peanut spreads, low/reduced fat, whipped, low sugar and honey roasted styles of peanut butter are not allowed because they do not meet federal standards.

Division of WIC & Community Nutrition Services

<i>Subject:</i> WIC Program Food Standards		<i>Policy:</i> Appendix 11
<i>Reference:</i> N / A	<i>Effective:</i> January 03 2007	<i>Supersedes:</i> June 13 2005

- 4) Fortified or low sodium styles of peanut butter are not currently allowed due to previous high costs and the wide variety of labeling on products that do not meet nutrition criteria and can cause customer confusion.
- 5) Natural peanut butter does not currently come in 18-ounce containers and the nutritional value does not justify the additional cost.
- 6) Peanut butter is not provided for children less than 2 years of age because of the risk of choking.

Food Category: Juice

A. Federal Standards

Fruit and/or vegetable juice that contains a minimum of 30 milligrams of Vitamin C per 100 milliliters of single strength or reconstituted concentrate is allowed.

B. State Standards

- 1) 100% single flavor juice that is unsweetened is allowed.
- 2) Only brands and types of juice that appear on the current Virginia food list are allowed.
- 3) Juice is prescribed in 12-ounce frozen cans . Tomato juice is only prescribed in cans. Ready to drink cans or bottles will only be available if the main water supply in the household is unsanitary/ restricted or if a parent or legal guardian has mental disabilities or vision restrictions which cause difficulty correctly diluting frozen concentrated juice.
- 4) Fruit drinks, fruit punches and sweetened juice are not allowed due to added sugar and lower nutritional value.
- 5) Reduced acid, organic, blended, vegetable or refrigerated juices are not allowed due to the size of the cartons and the nutritional value does not justify the additional cost.

Division of WIC & Community Nutrition Services

<i>Subject:</i> WIC Program Food Standards		<i>Policy:</i> Appendix 11
<i>Reference:</i> N / A	<i>Effective:</i> January 03 2007	<i>Supersedes:</i> June 13 2005

- 6) Juices with added calcium are allowed for participants; however, it is not recommended that infants less than 1 year of age consume calcium-fortified juice as it can cause an imbalance of the phosphorous: calcium ratio.
- 7) Juice marketed for infant consumption is not allowed, as its nutritional value does not justify the additional cost.

Food Category: Cereals

A. Federal Standards

Adult - Hot or cold cereals that contain a minimum of 28 milligrams of iron per 100 grams of dry cereal and not more than 21.2 grams of sucrose and other sugars per 100 grams of dry cereal (six grams per ounce) are allowed.

Infant - Dry cereal that contains a minimum of 45 milligrams of iron per 100 grams of cereal are allowed.

B. State Standards

- 1) Adult:
 - a. Only brands and types of cereal that appear on the current Virginia food list are allowed.
 - b. The minimum size box allowed is 12 ounces for cold cereal and 11.8 ounces for hot cereal.
 - c. Choice of cereals will include some that are high in fiber and folic acid and some that are made from oats, corn, wheat and rice. Choices include both hot and cold cereals.
 - d. Store brand cereals that meet nutritional criteria are allowed if they are included on the current Virginia food list.
- 2) Infant:
 - a. Only 8 ounce boxes of infant cereal are allowed.
 - b. Only rice, oatmeal and barley cereals are allowed.

Division of WIC & Community Nutrition Services

<i>Subject:</i> WIC Program Food Standards		<i>Policy:</i> Appendix 11
<i>Reference:</i> N / A	<i>Effective:</i> January 03 2007	<i>Supersedes:</i> June 13 2005

c. Mixed, organic and cereal with fruit is not allowed due to allergen potential.

Food Category: Tuna

A. Federal Standards

Canned white, light, dark or blended tuna packed in water or oil including solid and solid pack; chunk or chunk style; flake and grated are allowed.

B. State Standards

- 1) Any brand of chunk, light tuna, packed in water or oil, is allowed.
- 2) Only 6 to 6.5-ounce cans are allowed.
- 3) White, solid light, fillet, low sodium, dietetic, vacuum packed or fancy albacore tuna is not allowed as the nutritional value does not justify the additional cost.

Food Category: Carrots

A. Federal Standards

Raw, canned (packed in water) and frozen carrots containing only the mature root of the carrot plant are allowed.

B. State Standards

- 1) Whole unpeeled fresh carrots in one pound cello bags are allowed.
- 2) Any brand of sliced carrots in 14 to 20-ounce cans without added ingredients are allowed.
- 3) Baby, julienne and organic carrots are not allowed as their nutritional value does not justify the additional cost.

Division of WIC & Community Nutrition Services

<i>Subject:</i> WIC Program Food Standards		<i>Policy:</i> Appendix 11
<i>Reference:</i> N / A	<i>Effective:</i> January 03 2007	<i>Supersedes:</i> June 13 2005

Food Category: Formula

A. Formula selection is beyond the scope of the Allowable Food Committee and is determined by contract and special formula policies established by other entities. Refer to FDS 03.1 Contract Infant Formula and FDS 03.2 Special Formula for the internal procedures that apply to the criteria for formula.

B. Federal Standards

1) Infants:

- a. Iron fortified milk-based or soy-based infant formula is allowed. The formula must be nutritionally complete, not requiring the addition of any ingredients other than water prior to being served in a liquid state. It also must contain at least 10 milligrams of iron per liter at standard dilution and supply 67 kilocalories per 100 milliliters (i.e. approximately 20 kilocalories per fluid ounce of infant formula) at standard dilution.
- b. Formulas that do not meet these requirements are allowed when a physician determines that the infant has a medical condition that contraindicates the use of standard iron-fortified infant formula.

Exempt infant formula and WIC-eligible medical food may be provided with medical documentation.

Local agencies are required to prescribe all formulas in either the concentrated or powdered form. Ready-to-feed formula may be provided only when a competent professional authority determines and documents the participant's household has an unsanitary or restricted water supply, the parent / legal guardian has mental disabilities or vision restrictions which cause difficulty in correctly diluting the formula or the WIC formula is only available in the ready-to feed form. Approval to issue ready-to-feed formula must be obtained from the SWO.

2) Children and Women with Special Dietary Needs:

- a. Children and women participants with special dietary needs may receive formula intended for use as an oral or tube feeding if a physician determines that the participant has a medical condition which precludes or restricts the use of conventional foods and necessitates the use of formula.

Division of WIC & Community Nutrition Services

<i>Subject:</i> WIC Program Food Standards		<i>Policy:</i> Appendix 11
<i>Reference:</i> N / A	<i>Effective:</i> January 03 2007	<i>Supersedes:</i> June 13 2005

- b. Exempt infant formula and WIC -eligible medical food may be provided with medical documentation. Contract low-calorie WIC formulas are not allowed solely for the purpose of managing body weight of children and women participants.

C. State Standards

- 1) Virginia requires all infants be given the contract milk or soy formulas per the terms of the infant formula rebate agreement.
- 2) Special formulas (include exempt infant formulas and medical foods) are only allowed when a licensed health care professional, authorized to write medical prescriptions under State law, determines the participant has a medical condition that restricts the use of the contract formula and documents the medical reason on the Special Formula Request Form (WIC-395). Only special formulas (includes exempt infant formulas and medical foods) approved for use in the VA WIC program are allowed.
- 3) Non-contract standard formulas are not allowed due to the administrative policies of the Virginia WIC Program which is guided by the State Formula Advisory Committee. This advisory committee works with the WIC Program to formulate its policies so they are consistent with the mission of the program.
- 4) Low-iron formulas are not allowed due to lower nutritional value.
 - a. Ready-to-feed formula in 4, 8 or 32-ounce bottles or cans are only allowed when a competent professional authority determines the participant's household has an unsanitary or restricted water supply or the parent / legal guardian has mental disabilities or vision restrictions which cause difficulty in correctly diluting the formula. Approval to issue ready-to-feed formula must be obtained from the SWO.