

Foods that are Authorized

- I. Infant Formula (Category 21).
 - a. Infant formula is defined in section 201(z) of the Federal Food, Drug and Cosmetic Act (FFDCA) (21 USC 321[z]) and meets the requirements in section 412 of the FFDCA 21 USC 350(a) and in the Code of Federal Regulations (CFR) 21, Parts 106 and 107.
 - b. WIC infant formula refers to iron-fortified infant formula which, other than water, does not require the addition of any ingredient. It is a complete food for an infant.
 - c. Infant formula is not an equal substitute for human milk and breastfeeding. Breastfeeding must be maintained or increased, supported, and encouraged, unless medically contraindicated.
 - d. Standard formulas.
 - i. Powdered formula—most common, least expensive form of formula.
 - ii. Concentrate formula.
 - iii. Ready-to-feed formula.
 - e. The amount of formula issued to a participant is based on many factors including the full nutrition benefit and monthly maximum allowances (MMA) outlined in Table 1 to paragraph (e)(9) in CFR Part 246, a breastfeeding assessment, and the WIC Formula and Food Authorization Form (FAFAF) if applicable.
 - f. Primary contract formulas.
 - i. Under the Child Nutrition Act of 1966, the infant formula manufacturers for WIC programs are selected via a competitive, sealed, bidding process. Competitive bidding is defined as a process under which the state selects a single source offering the lowest price. The infant formula company who offers the lowest net wholesale cost or the highest rebate per unit of infant formula is awarded the contract. The formula company selected acts as the state's single source, providing all infant formula in the forms and types originally spelled out in the invitation for bids.
 - ii. The Utah WIC program presently has a rebate agreement to provide the primary contract formulas Similac Advance (cow milk based) and Similac Soy Isomil (soy based). Additionally Utah WIC has a rebate agreement for select forms of:
 1. Similac Sensitive
 2. Similac Total Comfort

- iii. All infants on the Utah WIC program who need a standard infant formula shall receive a contract formula, unless a non-contract formula is medically prescribed with a FAFAF.
 - iv. Similac Advance is the standard primary contract formula for full-term babies on the Utah WIC program who are not breastfed.
- g. Non-contract formulas include non-contract infant formula, exempt infant formula, and WIC-eligible nutritionals.
- i. Non-contract infant formulas include products designed for normal infant feeding. These products must contain at least 10 milligrams (mg) of iron per liter of formula at standard dilution. Standard dilution is 20 calories (kcal) per fluid ounce.
 - 1. Enfamil AR, Earth's Best Organic Sensitivity, and store brands (Perrigo) are examples of non-contract infant formulas.
 - ii. If religious eating patterns warrant a non-contract infant formula (category 21), a FAFAF is not required.
 - iii. Non-contract formulas include products whose manufacturers do not have cost-containment contracts with the Utah WIC program.
 - iv. Non-contract formulas ordered by a Utah state-licensed prescriptive authority using a FAFAF are approved by the Utah WIC program if they meet the minimum requirements and specifications for WIC formula as outlined in Table 4 to paragraph (e)(12) – Minimum Requirements and Specifications for Supplemental Foods, 246.10 of the Food and Nutrition Service, USDA federal regulations, and are approved by the state office.
 - 1. Non-contract infant formula approvals may be limited if there is a comparable contract formula for cost-containment purposes.
 - 2. Non-contract formulas may not be approved if the Utah WIC program manager determines the Utah WIC food budget is in a deficit situation and does not have sufficient funds in the food budget to reimburse the cost of the non-contract formula. In these situations, the state nutrition coordinator, formula and food manager, or local CPA may consult with the state-licensed prescriptive authority to determine an alternative formula that can be supported by the Utah WIC food budget.

II. Exempt Infant Formula (Category 31).

- a. Exempt infant formulas comply with and are defined in section 412(h) of the FFDCA (21 USC 350 a[h]) and regulations at 21 CFR Parts 106 and 107.

- b. Exempt infant formulas are formulas that are used instead of standard formulas to manage the medical conditions listed below:
 - i. Allergies
 - ii. Cancer
 - iii. GERD
 - iv. Weight-for-length/BMI \leq 5%ile (0-5 yrs)
 - v. BMI \leq 18.5 (18+yrs)
 - vi. Inborn errors of metabolism
 - vii. Chronic Renal Failure
 - viii. Feeding Difficulties
 - ix. Malnutrition
 - x. Prematurity
 - xi. Other ICD 10 Medial Dx

- c. Refer to the Product Guide for details regarding these formulas, as well as instructions on use, issuance, and ordering.

- d. Metabolic formulas
 - i. These formulas are used to manage inborn-errors of metabolism such as phenylketonuria.
 - ii. Refer to the Product Guide for metabolic formulas, as well as instructions on use, issuance, and ordering.

- e. Hydrolysate formulas
 - i. Most hypoallergenic formulas are hydrolysate formulas.
 - ii. Formulas such as Nutramigen, Pregestimil (Mead Johnson), Alimentum (Abbott), and store brand hypoallergenic formulas (Perrigo) are hypoallergenic formulas made for easy digestion and are less likely to cause allergic reactions than other types of formulas.
 - iii. Refer to the Product Guide for hypoallergenic formulas, as well as instructions regarding use, issuance, and ordering.

- f. Low-iron formulas
 - i. Low-iron formula is not allowed in Food Packages I and II, but is allowed in Food Package III due to (but not limited to) the following:
 - 1. USDA recognizes the medical condition hemolytic anemia, a disorder where the body breaks down red blood cells faster than they can be made. Hemolytic anemia necessitates the restriction of iron intake through the use of low-iron formula.
 - a. Must be prescribed by a healthcare provider on a FAFAF.
 - ii. Refer to the Product Guide for low-iron formulas, as well as instructions on use, issuance, and ordering.

III. WIC-Eligible Nutritionals (Category 41).

- a. WIC-eligible nutritionals represent enteral products that are specifically formulated to provide nutritional support for individuals with a qualifying condition when the use of conventional foods is precluded, restricted, or inadequate.
- b. WIC-eligible nutritionals must serve the purpose of a food, meal, or diet (may be nutritionally complete or incomplete), and provide a source of calories and one or more nutrients. They must be designed for enteral digestion via oral or tube feeding.
- c. Refer to the Product Guide for WIC-eligible nutritionals, as well as instructions on use, issuance, and ordering.
- d. WIC-eligible nutritionals may not be the following:
 - i. Formulas or products used solely for the purpose of enhancing nutrient intake (e.g., vitamin supplements), managing body weight (e.g., weight control products), addressing picky eaters, or for conditions other than those accepted on a completed FAFAF.
 - ii. Medicines or drugs.
 - iii. Hyperalimentation feedings (nourishment administered through a vein).
 - iv. Enzymes, herbs, or botanicals.
 - v. Oral rehydration fluids or electrolyte solutions.
 - vi. Flavoring or thickening agents (e.g., Thick-It, Simply Thick, gelmix).
 - vii. Feeding utensils or devices designed to administer a WIC-eligible formula or nutritional (e.g., feeding tubes, bags, pumps).
 - viii. Sports or breakfast drinks.
 - ix. Formulas while under hospital care.
 - x. Parenteral nutritional products.

IV. Manufacturers Allowed to Supply Formula to the WIC Program.

- a. Manufacturers supplying formula to the WIC program must be registered with the Secretary of Health and Human Services under the FFDCFA (21 USC 301 et seq.).
- b. Imported (manufactured outside of the United States) category 21 and 31 infant formulas are not authorized on the WIC program unless a waiver is provided by the FDA to the USDA for WIC to authorize imported infant formulas under special circumstances such as a formula shortage, emergency declaration, or natural disaster.

V. Providing Formula Instead of Complementary Foods.

- a. Food Package III allows for additional formula to be provided for an infant who is 6 to 11-months-old and medically unable to consume

complementary foods. To receive this, the healthcare provider must indicate this on the FAFAF.

- b. Up to the 4 to 5 month MMA of formula may be issued to these infants when prescribed by the healthcare provider on the FAFAF.
- c. The 4 to 5 month MMA of formula cannot be provided only because the participant prefers a higher amount of formula or because they do not want complementary foods.

VI. Package Sizes of WIC-Authorized Foods.

- a. WIC-authorized foods have required packaging sizes.
- b. WIC will pay for authorized foods up to the amount issued to a participant's account.
 - i. If the package or container amount exceeds the total amount available on a participant's account, WIC cannot pay for it and the participant cannot pay a partial amount (except in the instance of Cash Value Benefit [CVB] balances).
 - ii. When buying fruits and vegetables, the participant can pay the difference in cost if the total for fruits and vegetables purchased exceeds the CVB balance available to the participant.
 - iii. Participants should be educated to choose package sizes that add up to or come close to the balance on their WIC account. However, they may choose to purchase less than the amount issued to their WIC account.

VII. Eggs.

- a. Allowed:
 - i. White medium, large, and extra large eggs.
 - ii. Brown or white cage free medium, large, and extra large eggs.
 - iii. Must be the store brand or private label. Cage free is allowed in specific brands listed in the Utah WIC Program Shopping Guide.
 - iv. 1 dozen (12 count) packages.
- b. Not allowed:
 - i. Hard-boiled, deli, liquid, omega-3, low in saturated fat, cholesterol-reduced, free-range, pasture-raised, or any other specialty eggs.
- c. Eggs are deducted from the participant's account in 1 dozen increments.

VIII. Cereal.

- a. Cereal refers to any combination of the allowed cereals, hot or cold, adult or infant, listed on the Utah WIC Program Shopping Guide.

- b. Adult cereal must have at least 28 mg of iron per 100 grams (g) of dry cereal.
 - c. At least 75% of all allowed cereals must be whole grain.
 - d. Allowed:
 - i. Only brands specified in the Utah WIC Program Shopping Guide.
 - ii. Hot cereal - 9.8 ounce (oz.) to 36 oz. sizes.
 - iii. Cold cereal - 12 oz. to 36 oz. sizes.
 - e. Not allowed:
 - i. Cereals with more than 21.2 g of added sugars per 100 g of dry cereal (i.e. not more than 6 g of added sugar per dry ounce).
 - f. Cereals are deducted from the participant's account in 0.1 oz. increments.
 - g. The following substitution in Food Package III can be made if determined as appropriate by the health care provider per medical documentation:
 - i. 32 dry oz. of infant cereal may be substituted for 36 oz. of breakfast cereal.
 - ii. A woman exclusively breastfeeding multiple infants may substitute 48 dry oz. of infant cereal for 54 oz. of breakfast cereal.
- IX. Whole Wheat Bread/Whole Grain Bread/Other Whole Grains.
- a. Whole Wheat Bread, Buns, and Rolls
 - i. Whole wheat bread must meet the FDA standards of identity (21 CFR Part 136.180).
 - ii. Must contain whole wheat flour or bromated whole wheat flour as the only flours listed in the ingredients list.
 - iii. Allowed:
 - 1. Only brands specified in the Utah WIC Program Shopping Guide.
 - 2. 16 or 24 oz. packages.
 - iv. Not allowed:
 - 1. White bread.
 - v. Whole wheat bread, buns, and rolls are deducted from the participant's account in 16 or 24 oz. increments.
 - b. Whole Grain Bread, Buns, and Rolls
 - i. Whole grain bread must conform to FDA standards of identity (21 CFR Part 136.110).
 - ii. Whole grain bread must contain at least 50% whole grains with the remaining grains being either enriched or whole grain.
 - iii. Allowed:

1. Only brands specified in the Utah WIC Program Shopping Guide.
 2. 16 or 24 oz. packages.
 - iv. Not allowed:
 1. White bread is not allowed.
 - v. Whole grain bread, buns, and rolls are deducted from the participant's account in 16 to 24 oz. increments.
- c. Other Whole Grains
- i. Other whole grains refers to tortillas, whole wheat macaroni products, brown rice, oats, quinoa and other whole grains that are listed on the Utah WIC Program Shopping Guide.
 - ii. Other whole grains may not contain added fats, sugars, oils, sodium, or added flavors or seasonings.
 - iii. Tortillas
 1. Allowed:
 - a. Corn tortillas made from ground masa flour.
 - b. Only approved brands listed in the Utah WIC Program Shopping Guide.
 - c. 12 to 32 oz. size options.
 2. Not allowed:
 - a. White flour, hard shells, and wraps.
 3. Tortillas are deducted from the participant's account in 0.1 oz. increments.
 - iv. Whole Wheat Macaroni (Pasta).
 1. Whole wheat macaroni must meet the FDA standards of identity (21 CFR 139.138).
 2. Whole wheat flour or whole durum wheat flour must be the only flours listed in the ingredient list.
 3. Allowed:
 - a. Any shape or size that otherwise meets the FDA standard of identity for whole wheat macaroni (pasta) products (e.g., rotini, penne).
 - b. Only brands listed in the Utah WIC Program Shopping Guide.
 - c. 16 oz. packages.
 4. Whole wheat macaroni (pasta) is deducted from the participant's account in 16 oz. increments.
 - v. Brown Rice
 1. Allowed:
 - a. Instant-, quick-, or regular-cooking.
 - b. Only store brands or private labels.
 - c. 14, 16, or 32 oz. packages.
 2. Brown rice is deducted from the participant's account in 14, 16, or 32 oz. increments.
 - vi. Oats

1. Must be 100% whole grain.
 2. Allowed:
 - a. Rolled, old fashioned, or quick.
 - b. Only brands listed in the Utah WIC Program Shopping Guide.
 - c. 12 to 32 oz. size options.
 3. Not allowed:
 - a. Individual serving packets.
 4. Oatmeal is not considered a Whole Grain option. It is considered and allowed as a Cereal option.
 5. Oats are deducted from the participant's account in 1 oz. increments.
- vii. Quinoa
1. Allowed:
 - a. Only brands listed in the Utah WIC Program Shopping Guide.
 - b. 12 to 32 oz. size options.
 2. Quinoa is deducted from the participant's account in 16 oz. increments.
- viii. English muffins
1. Must be 100% whole grain.
 2. Allowed:
 - a. only brands listed in the Utah WIC Program Shopping Guide.
 - b. 12 to 24 oz. size options.
 3. English muffins are deducted from the participant's account in 0.01 oz increments.
- ix. Pita bread
1. Must be 100% whole grain
 2. Allowed:
 - a. Only brands listed in the Utah WIC Program Shopping Guide.
 - b. 16.8 oz. size options.
 3. Pita bread is deducted from the participant's account in 0.1 oz increments.

X. Juice.

- a. Juice must be 100% juice and contain at least 30 mg of vitamin C per 100 milliliter (ml) of reconstituted juice.
- b. Fruit juice must conform to the FDA standards of identity (21 CFR Part 146).
- c. Vegetable juice must conform to FDA standards of identity (21 CFR part 156). Vegetable juice may be regular or lower in sodium.

- d. Allowed:
 - i. Any juice brands and flavors listed on the Utah WIC Program Shopping Guide.
 - ii. 64 ounce containers, or various sized convenient multi-packs are allowed.
 - 1. 64 oz. bottled juice is standard issuance for children 1 year and older and all women.
 - a. For participants with any type of diabetes or medical condition requiring low calorie diets, proper education and instruction should be given to the participant on the nutrition of fruit juice and the potential benefits of vegetable juice for this population.
 - 2. Convenience packs of juice cannot be issued because of participant preference. They may be issued to participants who are unhoused or lack refrigeration.
- e. Not allowed:
 - i. Juices with added sugar or sweeteners.
 - ii. Refrigerated juices (except orange juice), cocktails, nectars, freshly squeezed, fruit drinks, fruit-flavored aids, sodas, or other beverages that are not 100% juice.
 - iii. Unpasteurized juice.
 - iv. Tomato juices with added sugar, fats, and oils.
- f. 64 oz. bottled juice is deducted from the participant's account in 1 bottle increments.
- g. Convenience packs of juice are deducted from the participant's account in 1 oz. increments.

XI. Cow's Milk and Milk Alternatives.

- a. Cow's milk
 - i. Cow's milk must conform to the FDA standards of identity (21 CFR Part 131.110).
 - ii. Milk must be pasteurized and contain 100 IU vitamin D and 500 IU vitamin A per 8 oz.
 - 1. The vitamin A requirement doesn't pertain to whole milk.
 - iii. Allowed:
 - 1. Fat contents:
 - a. Whole-fat
 - b. Reduced-fat (2%)
 - c. Nonfat or low-fat (skim/1%)
 - 2. Sizes:

- a. Gallon
 - b. Half gallon
 - c. Quart
 3. Only store brands or private labels for gallon and half gallon sizes.
 4. Store brand or private label, or name brands for quarts sizes.
 - iv. Not allowed:
 1. Raw or unpasteurized milk.
 2. Flavored or Skim Royale/Delight.
 3. Half & half, flavored milk and drinks, sweetened condensed milk, organic milk, eggnog, or any other specialty milk beverages that have been highly fortified, engineered, or processed.
 4. Cow's milk for infants.
 - v. Whole milk is the standard milk issuance for 1-year-old children.
 1. In Food Packages III-IV, reduced-fat (2%) or skim/1% milk may be issued to 1-year-old children as prescribed on a FAFAF or for whom overweight or obesity is a concern as determined by the CPA based on individual nutrition assessment and if the healthcare provider doesn't deny this per FAFAF.
 - vi. Skim/1% milk is the standard milk issuance for children 2 years of age and older and women.
 1. In Food Packages III - VII, reduced-fat (2%) milk is only authorized for participants with certain conditions, including but not limited to being classified as underweight, or maternal weight loss during pregnancy. The need for 2% milk must be based on an individual nutrition assessment.
 2. In Food Package III, whole milk may be substituted for skim/1% milk for children 2 years of age and older, and women, only as determined appropriate by the healthcare provider per FAFAF. Whole milk can only be issued in Food Package III if the participant is also receiving a medical formula.
 - vii. Cow's milk is deducted from the participant's account in 0.25 gallon increments.
- b. Other allowable milks or milk alternatives include:
- i. Yogurt
 - ii. Cheese
 - iii. Lactose-free milk
 - iv. Acidophilus cow's milk
 - v. Ultra-high temperature (UHT) milk
 - vi. Evaporated milk
 - vii. Nonfat dry (powdered) milk
 - viii. Goat's milk, dry or liquid (whole fat only)

- ix. Buttermilk
- x. Plant-based milk alternatives (e.g., soy milk)
- xi. Tofu

c. Yogurt

- i. Yogurt must conform to the FDA standards of identity (21 CFR Part 131.200)
- ii. For children and women, yogurt may be substituted for milk at the rate of 32 oz. of yogurt per 1 quart of milk.
 - 1. No more than 64 oz. of yogurt are authorized per participant.
- iii. Yogurt must be issued in 32 oz. increments per fat content subcategory (e.g., you cannot issue 16 oz. whole-fat yogurt and 16 oz. reduced and nonfat yogurt).
- iv. Allowed:
 - 1. Plain or flavored.
 - 2. Fat contents:
 - a. Whole fat
 - b. Reduced-fat (includes low-fat)
 - c. Non fat
 - 3. Only approved brands listed in the Utah WIC Program Shopping Guide.
 - 4. 32 oz. containers only.
- v. Not allowed:
 - 1. Yogurts sold with accompanying mix-in ingredients such as granola, candy pieces, honey, nuts, and similar ingredients, drinkable yogurts, or whips.
- vi. Issuing "000 Yogurt - Whole and Reduced Fat" allows the participant to purchase whole-fat or reduced-fat yogurt.
- vii. Subcategory "001 Yogurt - Whole Fat (Do Not Issue)" allows only whole-fat yogurt and cannot be issued.
- viii. Issuing "002 Yogurt - Reduced and Nonfat" allows the participant to purchase reduced-fat or nonfat yogurt.
- ix. Whole and reduced fat yogurt is the standard yogurt issuance for 1-year-old children.
 - 1. In Food Packages III - VII, nonfat yogurt may be issued to 1-year-old children as prescribed on a FAFAF or for whom overweight or obesity is a concern as determined by the CPA based on individual nutrition assessment and if the healthcare provider doesn't deny this per FAFAF.
- x. Reduced and nonfat yogurt is the standard yogurt issuance for children 2 years of age and older, and women.
 - 1. In Food Package III, whole-fat and reduced fat or reduced and nonfat yogurt may be issued to children 2 years of age and older, and women, when whole fat milk is prescribed on a FAFAF, along with a medical formula.

- xi. Yogurt is deducted from the participant's account in 32 oz. increments.

- d. Cheese
 - i. Must be domestic cheese made from 100% pasteurized milk and meet the FDA standards of identity (21 CFR Part 133).
 - ii. For children and women, cheese may be substituted for milk at the rate of 1 pound of cheese per 3 quarts of milk.
 - 1. For children and women in Food Packages IV-VI, no more than 1 pound of cheese per 3 quarts of milk may be substituted.
 - 2. For fully breastfeeding women in Food Package VII, no more than 2 pounds of cheese per 6 quarts of milk may be substituted.
 - 3. For women fully breastfeeding multiples, no more than 3 pounds of cheese per 9 quarts of milk may be substituted.
 - iii. Allowed:
 - 1. Types: pasteurized processed American, brick, natural cheddar, colby, monterey jack, mozzarella, muenster, provolone, and swiss (i.e., any of the allowed cheeses listed in the Utah WIC Program Shopping Guide).
 - 2. Cheeses that are labeled low, free, reduced, less or light in sodium, fat, or cholesterol.
 - 3. Only store brands or private labels.
 - 4. Block, sliced, shredded, string/stick, or cubes.
 - 5. 8 to 16 oz., and 32 oz. packages.
 - iv. Not allowed:
 - 1. Imported cheese, cheese foods, and cheese spreads.
 - v. Cheese is deducted from the participant's account in 0.25 lb increments.

- e. Lactose-free milk
 - i. Lactose-free milk may be authorized for:
 - 1. Women and children over 1 year of age.
 - 2. Participants who report symptoms of lactose intolerance.
 - 3. Participants who report a condition or symptom that could benefit from the use of lactose-free milk.
 - ii. Allowed:
 - 1. Whole-fat, reduced-fat (2%), or skim/1% as appropriate.
 - 2. Store brand or private label, or other brands listed in the Utah WIC Program Shopping Guide.
 - 3. Quarts, half-gallons, and 3-quart containers.
 - iii. Lactose-free milk is deducted from the participant's account in 0.25 gallon increments.

- f. Acidophilus cow's milk

- i. Acidophilus cow's milk is fermented milk that contains less lactose than unfermented milk.
 - ii. Must conform to the FDA standards for identity (21 CFR Part 131.111).
 - iii. It is indicated for children over the age of 2 and adults who:
 - 1. May have lactose intolerance, but are not allergic to cow's milk protein.
 - 2. Are on continuous antibiotic therapy.
 - iv. The CPA must document the specific reason for use in the participant's file.
 - v. Acidophilus cow's milk is deducted from the participant's account in 0.25 gallon increments.
- g. UHT milk
 - i. UHT milk refers to whole, 2%, and 1%/skim shelf-stable milk that requires no refrigeration. Refrigerate after opening and follow label instructions for storage.
 - ii. UTH may be beneficial for participants with:
 - 1. A scarcity of refrigerated milk,
 - 2. Poor refrigeration facilities in the home, or
 - 3. Milk contamination emergency.
 - iii. Allowed:
 - 1. Brands listed in the "UHT milk - more information" food help.
 - 2. Quarts.
 - iv. UHT milk is deducted from the participant's account in 0.25 gallon increments.
- h. Evaporated milk
 - i. Evaporated milk refers to whole, 2%, and 1%/skim canned cow's milk product that has been concentrated by removing half of the water.
 - ii. It must meet FDA standards of identity (21 CFR Part 131.130).
 - iii. Allowed:
 - 1. Store brand or private label, Nestle or PET brands.
 - 2. 12 oz. cans.
 - a. One 12 oz. can only reconstitutes to 24 oz. milk, but is equivalent to 0.25 gallons in VISION.
 - iv. Evaporated milk is deducted from the participant's account in 0.25 gallon increments.
- i. Nonfat dry (powdered) milk
 - i. Nonfat dry milk is the product obtained when only water is removed from pasteurized skim milk. It contains not more than 5% by weight of moisture, and not more than 5.5% by weight of milkfat unless otherwise indicated.
 - ii. It must meet FDA standards of identity (21 CFR Part 131.127).

- iii. Nonfat dry milk can be substituted at an equal reconstituted rate to fluid milk.
 - iv. Allowed:
 - 1. Store brand or private label, Village Farm, or Carnation brands.
 - 2. 9.6 to 64 ounce packages allowed.
 - a. One 9.6 oz. package is equivalent to 0.75 gallons.
 - b. One 25.6 oz. package is equivalent to 2.00 gallons.
 - c. One 32 oz. package is equivalent to 2.5 gallons.
 - d. One 64 oz. package is equivalent to 5 gallons.
 - v. Nonfat dry (powdered) milk is deducted from the participant's account in 0.25 gallon increments.
- j. Goat's milk
- i. Goat's milk refers to the fluid or dry form of goat's milk.
 - ii. Goat milk must contain 100 IU vitamin D and 500 IU vitamin A per cup.
 - iii. Only whole goat's milk is available in Utah, but it may not be sold at all vendor locations.
 - iv. Allowed:
 - 1. Drake Family Farms and Meyenberg brands.
 - 2. Fluid goat's milk—half gallon and quart containers.
 - v. Goat's milk is deducted from the participant's account in 0.25 gallon increments.
- k. Plant-based milk alternatives
- i. Plant-based milk alternatives are allowed if they meet the following nutrient levels per 8 oz., in accordance with FDA fortification guidelines: 276 mg calcium, 8 gm 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.
 - 1. Soy milk and non-soy plant-based milk alternatives are allowed.
 - a. The CPA will determine and document the need for soy milk as a substitute for milk.
 - i. This determination must be based on individual nutritional assessment, and consultation with the participant's healthcare provider, as appropriate.
 - ii. This substitution may be made for situations that include, but are not limited to, milk allergy, lactose intolerance, and vegan diets.
 - iii. Allowed:
 - 1. Only approved brands listed in the Utah WIC Program Shopping Guide.
 - 2. Half gallons and quarts.

- b. The CPA will determine and document the need for non-soy plant-based milk as a substitute for milk.
 - i. This determination must be based on individual nutrition assessment, and consultation with the participant's healthcare provider, as appropriate.
 - ii. Non-soy plant-based milk is only appropriate when a participant has both a cow milk protein allergy and a soy protein allergy.
 - iii. Allowed:
 - 1. Ripple milk (pea based) and Silk Kids Oatmilk Blend (pea and oat based).
 - 2. Half gallon (48 ounce and 59 ounce containers) and quarts (32 ounce containers and 8 ounce 4 packs).
- 2. Plant-based milk is deducted from the participant's account in 0.25 gallon increments.

I. Buttermilk

- i. Allowed:
 - 1. Whole-fat or skim/1% as issued appropriately.
 - 2. Store brand or private label, Darigold, and Meadow Gold.
 - 3. Half gallon or quart sizes
- ii. Buttermilk is deducted from the participant's account in 0.25 gallon increments.

m. Tofu

- i. Must contain a minimum of 100 milligrams of calcium per 100 grams of tofu.
- ii. For children and women participants, 1 lb of tofu may be substituted for 1 quart of milk, up to 4 lbs of tofu per participant.
- iii. Allowed:
 - 1. Only approved brands (regular and organic) listed in the Utah WIC Program Shopping Guide.
 - 2. 14 to 16 oz. packages of block tofu.
- iv. Not allowed:
 - 1. Tofu with added fats, sugars, oils, or sodium.
- v. Tofu is deducted from the participant's account in 1 lb increments (i.e., each 14 to 16 oz. package is deducted as 1 lb of tofu).

XII. Peanut Butter

- a. Peanut butter refers to creamy or chunky, regular or reduced fat, and can be salted or unsalted.

- b. Peanut butter must meet the FDA standard of identity (21 CFR Part 164.150). It must contain at least 90% peanuts by weight and contain no other oils besides hydrogenated oils.
- c. Allowed:
 - i. Only approved brands listed in the Utah WIC Program Shopping Guide.
 - ii. 15 to 18 oz. containers.
- d. Not allowed:
 - i. Peanut butter with added jelly, honey, chocolate, marshmallow, or similar ingredients.
 - ii. Peanut butter spreads.
- e. Peanut butter is deducted from the participant's account in 1 jar/bag increments (i.e., each 15 to 18 oz. container is deducted as 1 jar/bag).

XIII. Nut and Seed Butters

- a. Nut and seed butters refer to creamy or chunky, regular or reduced fat, and can be salted or unsalted.
- b. Nut and seed butters must have a comparative nutritive value to peanut butter (i.e., protein and iron).
- c. Nut and seed butters are only allowed when the WIC participant or household member has a peanut allergy.
- d. Allowed:
 - i. Only approved brands listed in the Utah WIC Program Shopping Guide.
 - ii. 15 to 18 oz. containers.
- e. Not Allowed:
 - i. Nut and seed butters with added marshmallows, honey, jelly, chocolate, or similar ingredients.

XIV. Beans, Peas, and Lentils

- a. Beans, peas, and lentils refers to any dry beans, peas, or lentils in dry-packaged or canned forms, without added vegetables, fruits, meat, sugars, fats, or oils.
- b. Allowed:

- i. Black, black-eyed peas, butter beans, cannellini, cranberry, fat-free refried, garbanzo (chickpeas), mayocoba, great northern, kidney, lentils, lima, navy, pink, pinto, red, split peas, and white beans.
 - ii. Only store brands or private labels.
 - iii. 15 to 16 oz. cans or 16 oz. dry packages.
- c. Not allowed:
 - i. Flavored, bean soup mix, mixed beans, chili, baked beans, yellow beans, beans with meat, canned green peas, snap beans, green beans, and wax beans.
 - ii. Beans, peas, or lentils with added vegetables or fruits.
 - iii. Beans—baked beans, immature legumes such as those used in canned green peas, green beans, snap beans, yellow beans or wax beans, or soups.
- d. Beans, peas, and lentils are deducted from the participant's account in jar/bag increments.
 - i. Each 15 to 16 ounce can is deducted as 0.25 jar/bag.
 - ii. Each 16 oz. bag is deducted as 1 jar/bag.

XV. Fruits and Vegetables

- a. Fruits and vegetables refer to any fresh, frozen, or canned fruits and vegetables, including organic and fresh or jarred salsa without added sugar or oil. They must meet the FDA standards of identity:
 - i. Fresh fruits (21 CFR Part 101.95).
 - ii. Canned fruits (21 CFR Part 145).
 - iii. Fresh vegetables (21 CFR 101.95).
 - iv. Canned vegetables (21 CFR part 155).
 - v. frozen vegetables (21 CFR part 158).
- b. Allowed:
 - i. Fresh fruits and vegetables—any variety of fresh whole, pre-cut, or packaged fruits and vegetables without added sugars, fats, or oil.
 - ii. frozen fruits—any variety of frozen fruits without added sugars, fats, oils, or salt (i.e., sodium).
 - iii. Canned fruits—juice or water-packed without added sugars, fats, oils, or salt. Fruit must be listed as the first ingredient.
 - iv. frozen vegetables—any variety of frozen vegetables without added sugars, fats, or oils.
 - 1. Vegetables must be listed as the first ingredient.
 - 2. May be regular or lower in sodium.
 - v. Frozen beans (immature or mature)—beans purchased with the CVB may contain added vegetables and fruits, but may not contain added sugars, fats, oils, or meat.

- vi. Canned vegetables—any variety without added sugars, fats, or oils. May be regular or low in sodium.
 - vii. Fresh cut herbs, ginger root, taro root, garlic, and coconuts.
 - viii. Yams, sweet potatoes, and white potatoes.
 - ix. Mushrooms, even though they are scientifically classified as fungi and not fruits or vegetables.
- c. Not allowed:
- i. Dried fruits or vegetables, packages with dips or dressings, salad bars, party trays, dried herbs and spices, salsa with sugar, and pouches.
 - ii. Mixed vegetables with noodles, nuts or sauce packets, and decorative flowers and blossoms.
 - iii. Dried herbs, spices, vanilla bean, gourds, and decorative/painted pumpkins.
- d. Cash Value Benefit (CVB) Amounts.
- i. CVB amounts are adjusted annually for inflation.
 - ii. CVB amounts are issued in the following amounts:
 - 1. \$26.00 for children ages 1 through 4 years.
 - 2. \$47.00 for pregnant, partially-breastfeeding women out-of-range, and postpartum women (up to 6 months postpartum).
 - 3. \$52.00 for fully breastfeeding women and part breastfeeding in-range women (up to 1 year postpartum).
 - 4. \$78.00 for women who are fully breastfeeding multiple infants.
 - 5. \$11.00 or \$22.00 for infants 6 through 11 months (See “Tailoring Food Packages” P&P).
- e. The CVB amount is deducted from the participant’s account in \$0.01 increments and is not taxed.
- i. The difference can be paid for by the participant if the total for fruits and vegetables purchased is greater than the CVB balance available to the participant.

XVI. Fish

- a. Fish refers to sardines, light tuna, N. Atlantic Scomber scombrus or Chub Pacific Scomber japonicas mackerel, and salmon.
- b. Allowed:
- i. Packed in water or oil and include bones or skin.
 - ii. Regular or lower in sodium content.
 - iii. Flavored such as lemon, herbs, or broth.
 - iv. Light tuna must be store brand or private label.

- v. Salmon, mackerel, and sardines must be the approved brands listed in the Utah WIC Program Shopping Guide.
- vi. Sardines, light tuna, and N. Atlantic Scomber scombrus or Chub Pacific Scomber japonicas mackerel in 3.75 to 30 oz. cans.
- vii. Salmon in 5 to 30 oz. cans or 5 oz. pouches.

c. Fish is deducted from the participant's account in 0.01 oz. increments.

XVII. Infant Foods

a. Infant foods refers to any regular or organic single or mixed infant fruits or vegetables, regular or organic infant meats, or infant cereal (non-organic).

b. Textures for all infant foods may range from strained to diced.

c. Infant Fruits or Vegetables

i. A fruit or vegetable must be listed as the primary (first) ingredient in WIC-eligible jarred infant fruits or vegetables.

ii. Allowed:

1. Organic.
2. Any single or mixed variety of commercial infant food fruits or vegetables (e.g., peas and carrots, apples and squash).
3. Brands as listed in the Utah WIC Program Shopping Guide.
4. Infant fruits and vegetables that meet the minimum requirements and specifications for an infant food product and include white potatoes as an ingredient, but not the primary ingredient.
5. 2 oz. 2 packs, 4 oz. single jar, or 4 oz. multi-packs up to 128 oz.

iii. Not allowed:

1. Mixtures with cereal and infant food desserts (e.g., peach cobbler).
2. Added DHA, sugars, salts, starches, or cereals.
3. Pouches.

d. Infant Meats

i. Infant meat refers to any variety of commercial infant food meat or poultry as a single major ingredient with added broth or gravy, and without added sugars or salts.

ii. Only exclusively-breastfed infants may receive infant meat.

iii. Allowed:

1. Organic.
2. 2.5 oz. single jar or 2.5 oz. multi-pack up to 40 oz.

iv. Not allowed:

1. Infant food combinations (e.g., meat and vegetables) and dinners (e.g., spaghetti and meatballs).

2. Added DHA, sugars, salts, starches, or cereals.
3. Pouches.

e. Infant Cereal

- i. Minimum of 45 mg of iron per 100 g of dry cereal is required.
- ii. Allowed:
 1. Any plain, dry infant cereal (i.e., corn, multigrain, oatmeal, or rice).
 2. 8 oz. containers.
- iii. Not allowed:
 1. Infant cereal with added infant formula, DHA, milk, fruit, or other non-cereal ingredients.
 2. Pouches.

XVIII. Store Brand or Private Label.

- a. Definition: A store brand (also called a private label) must be purchased when indicated in the Utah WIC Program Shopping Guide.
 - i. Examples of store brands and private labels include but are not limited to: Food Club, Kroger, Great Value, WinCo, Signature Select, Lucerne, Freedom's Choice, and Harmons.
 - ii. If a store carries more than one store brand or private label, either store brand or private label may be purchased regardless of price.
- b. For cost saving reasons, participants are required to purchase the store brand or private label of milk*, cheese, eggs, beans, peas, lentils, canned tuna, and brown rice.

*Because store brand milk is not always available in quart size, specific brands of quart size milk are allowed.
- c. When name brands are specified in the Utah WIC Program Shopping Guide, those brands may be purchased.

XIX. Other Products Not Authorized for WIC.

- a. Foods with artificial sweeteners.