

## **Foods that are Authorized**

### **I. Infant Formula.**

- a. WIC infant formula refers to iron-fortified formula which, other than water, does not require the addition of any ingredient. It is a complete food for an infant. Infant formula means a “food which purports to be or is represented for special dietary use solely as a food for infants by reason of its simulation of human milk. It must also be suitable as a complete or partial substitute for human milk.” (P.L. 96-359, the Infant Formula Act of 1980, enacted September 26, 1980, and amended by the Drug Enforcement, Education, and Control Act of 1986.) The amount of formula issued is based on the USDA monthly method.
- b. Infant formula is not an equal substitute for human milk and breastfeeding. Breastfeeding must be maintained or increased, supported and encouraged, unless medically contraindicated.
- c. Standard formulas.
  - i. Powdered formula—most common, least expensive form of formula.
  - ii. Concentrate formula.
  - iii. Ready-to-feed formula.
- d. Primary contract formulas.
  - i. Under the Child Nutrition Act of 1966, formula for all WIC Programs is 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 milk-based contract formulas Similac Advance, Similac Sensitive, ~~Similac Sensitive for Spit-Up~~, Similac Total Comfort. The soy-based contract formula is Similac Soy Isomil.
  - iii. All infants in the Utah WIC Program who are on a standard formula shall receive a primary contract formula, unless a non-contract formula is medically warranted. Non-contract formulas include non-contract infant formula, exempt infant formula and WIC-eligible nutritionals which were formerly known as medical foods. These non-contract formulas, ordered by a state licensed prescriptive authority using a Utah WIC Formula and Food Authorization Form (FAFAF), are approved by the Utah WIC Program if they meet the

minimum requirements and specifications for WIC Formula outlined in Table 4 – MINIMUM REQUIREMENTS AND SPECIFICATIONS FOR SUPPLEMENTAL FOODS, 246.10, of the Food and Nutrition Service, USDA federal regulations. The only exception to the approval of these non-contract WIC formulas is when the Utah WIC Program Manager determines the Utah WIC food budget is in a deficit situation and the Utah WIC Program does not have sufficient funds in the food budget to approve and reimburse the cost of these non-contract WIC formulas. In these exception situations when the food budget is insufficient to approve and reimburse the cost of these non-contract WIC formulas, the ~~p~~Program ~~m~~Manager and ~~s~~State ~~n~~Nutrition ~~c~~Coordinator will consult with the licensed prescriptive authority to determine an alternative formula that can be supported by the Utah WIC food budget.

- iv. Similac Advance is the standard for term babies who are not breastfed.
- e. Non-contract infant formulas.
  - i. Non-contract formulas include products designed for normal infant feeding. These products must contain at least 10 mg of iron per liter of formula at standard dilution. Standard dilution is 20 kcals per fluid ounce.
  - ii. Non-contract formulas include products whose manufacturers do not have cost-containment contracts with the Utah WIC Program.
  - iii. Enfamil Infant, Gerber Good Start Soy, Gerber Good Start Gentle, Earth's Best Organic Dairy and store brands (Perrigo) are examples of non-contract formulas.
  - iv. Non-contract infant formula approvals may be limited by the State Office if there is a comparable contract formula for cost-containment purposes.
- f. Exempt formulas.
  - i. Exempt formulas are formulas that are used in lieu of standard formulas to manage some of the medical conditions listed below:
    - 1. Prematurity
    - 2. Metabolic disorders
    - 3. Inborn-errors of metabolism
    - 4. Gastrointestinal disorders
    - 5. Malabsorption syndromes
    - 6. Protein allergies
    - 7. Failure-to-thrive (physician diagnosed)
    - 8. Asthma
    - 9. Organic heart disease

- ii. Refer to the "Product Guide" for in-depth detail regarding special formulas, as well as instructions regarding use and issuance/ordering.
  - iii. Metabolic formulas are exempt formulas.
    - 1. These formulas are required to manage inborn-errors of metabolism such as phenylketonuria.
    - 2. Refer to the "Product Guide" for metabolic formulas, as well as instructions regarding use and ordering.
  - iv. Hydrolysates are exempt formulas.
    - 1. 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.
    - 2. Refer to the "Product Guide" for hypoallergenic formulas, as well as instructions regarding use and ordering.
- g. WIC-eligible nutritionals
  - i. formerly known as medical foods, these formulas represent certain 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.
  - ii. Such 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; be designed for enteral digestion via an oral or tube feeding; and may not be a conventional food, drug flavoring or enzyme.
  - iii. Consult the "Product Guide" for in-depth detail regarding special medical/nutritional products and formulas and their use.
- h. Providing formula in lieu of complementary foods
  - i. Food Package III allows for providing additional formula for an infant who is 6-11 months old who is medically unable to consume complementary foods. To obtain this, the health care provider must indicate this on the Formula and Food Authorization Form (FAFAF).
  - ii. The infant may receive any infant formulas/medical foods at the same maximum monthly allowance as infants ages 4 through 5 months if that formula amount is prescribed by the health care provider (exact ounces must be indicated.)
  - iii. The higher formula amount cannot be provided because of simple preference for a higher amount of formula or not wanting complementary foods.
- i. Low-iron formula.

- i. Only iron-fortified formula is authorized for healthy infants in the Utah WIC Program.
- ii. Low-iron formula is not allowed in Food Packages I and II, but it is allowed in Food Package III due to (but not limited to) the following:
  - e:
    - 1. USDA recognizes the medical condition hemolytic anemia as necessitating the restriction of iron intake through the use of low-iron formula.
    - 2. See section regarding formula issuance and ordering policies.
    - 3. See the definition of Hemolytic anemia.

## II. Eggs.

- a. White medium, large, and extra large eggs are allowed.
- b. Brown or white cage free medium, large, and extra large eggs are allowed.
- c. Hard-boiled, deli, low in saturated fat or cholesterol-reduced, pasture-raised, or any other specialty eggs are not allowed.
- d. They must be the store brand/private label. Cage free is allowed in specific brands listed in the [Utah WIC Program Shopping Guide](#)~~Utah WIC Program Authorized Food Booklet~~.
- e. Only 1 dozen (12 count) packages are allowed.

## III. 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](#)~~Utah WIC Program Authorized Food Booklet~~. The following substitution in Food Package III can be made if determined as appropriate by the health care provider per medical documentation:  
32 dry ounces of infant cereal may be substituted for 36 ounces of breakfast cereal.
- b. Only brands specified in the [Utah WIC Program Shopping Guide](#)~~Utah WIC Program Authorized Food Booklet~~ are allowed.
- c. Participants shall be educated on purchasing the amount of cereal loaded on the electronic benefit card. If participants decide to choose less than the amount loaded on the WIC card, they may purchase less, but it must be their decision. Cold cereal box size may not be smaller than 12 oz or larger than 36 oz.

- d. The cereals may not have more than 21.2 grams of sucrose and other sugars per 100 grams of dry cereal (i.e.--6 grams per ounce).
- e. Adult cereal must have at least 28 mg of iron per 100 gm of dry cereal.

IV. Whole Wheat Bread/Whole Grain Bread/Other Whole Unprocessed Grains.

a. Whole Wheat Bread

- i. Whole wheat bread must meet the FDA standard of identity for whole wheat bread found in 21 CFR Part 136.180. Must contain whole wheat flour and/or bromated whole wheat flour as the only flours listed in the ingredients list.
- ii. Only approved brands including store brand/private label that are listed in the [Utah WIC Program Shopping Guide](#) ~~Utah WIC Program Authorized Food Booklet~~ are allowed.
- iii. 16 oz or 24 oz packages are allowed.
- iv. Buns, rolls, and white bread are not allowed.

b. Whole Grain Bread

- i. Whole grain bread must conform to FDA standard of identity 21 CFR Part 136.110.
- ii. Whole grain must be the primary ingredient by weight and must meet FDA labeling requirements for making a health claim as a "whole grain food with moderate fat content."
- iii. Only approved brands including store brand/private label that are listed in the [Utah WIC Program Shopping Guide](#) ~~Utah WIC Program Authorized Food Booklet~~ are allowed.
- iv. 16 oz or 24 oz packages are allowed.
- v. Buns, rolls, and white bread are not allowed.

c. Other Whole Unprocessed Grains

- i. Other whole unprocessed grains refer to brown rice, whole wheat tortillas, soft corn tortillas, and whole wheat macaroni products that are listed on the [Utah WIC Program Shopping Guide](#) ~~Utah WIC Program Authorized Food Booklet~~.
- ii. Whole Wheat Macaroni (Pasta)
  - 1. Whole wheat macaroni must meet the FDA standard of identity 21 CFR 139.138 and have no added sugars, fats, oils or salt (i.e., sodium).
  - 2. Whole wheat flour and/or whole durum wheat flour must be the only flours listed in the ingredient list.
  - 3. Any shape or size that otherwise meet the FDA standard of identity for whole wheat macaroni (pasta) products are allowed (i.e., rotini, penne, etc.)
- iii. Brown Rice

1. May be instant-, quick-, or regular-cooking and may not contain added sugars, fats, oils, or salt.
  2. Boil-in-bag and rice with added flavors or seasoning is not allowed.
  3. Only store brand/private label 14 or 16 oz packages are allowed
- iv. Tortillas
1. Whole wheat and soft corn tortillas must have a whole grain as the primary ingredient by weight. Corn tortillas made from ground masa flour are allowed.
  2. Only approved brands including store brand/private label products in 16 oz packages are allowed.
  3. White flour, hard shells, and wraps are not allowed.

V. Juice

- a. Canned or bottled fruit and vegetable juice must conform to the FDA standards of identity.
- b. Juice refers to any of the allowed juices listed on the [Utah WIC Program Shopping Guide](#)~~Utah WIC Program Authorized Food Booklet~~.
- c. Juice refers to 11.5 or 12 ounce frozen juice concentrate, 64 ounce containers, or various sized convenient multi-packs.
  - i. Convenience packs may be issued for participants with lack of refrigeration. It cannot be issued because of participant preference.
  - ii. 64 oz bottled juice is issued to children 1 and older, but may be issued to women with gestational diabetes or other medically necessary 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.
  - iii. Convenience packs of juice may also be issued to women with gestational diabetes or other medically necessary low calorie diets.
- d. The juice must be 100% juice and contain at least 30 mg of vitamin C per 100 ml of reconstituted juice.
- e. Vegetable juice may be regular or lower in sodium.
- f. Juices with added sugar or sweeteners are not allowed.
- g. Refrigerated juices (except orange juice), cocktails, nectars, freshly squeezed, or any other fruit drink combinations are not allowed.
- h. Tomato juices with added sugar, fats, and oils are not authorized.

VI. Cow's Milk and Milk Alternatives.

- a. Cow's milk and milk alternatives must conform to FDA standards of identity for whole, reduced fat, low fat or non-fat milks.
- b. Vitamin A fortification is not required for whole milk.
- c. If Vitamin A and Vitamin D are added, then these shall be present in each quart of product at no less than 2,000 IU and 400 IU, respectively.
- d. Raw or unpasteurized are not allowed.
- e. Fat reduced (2%) milk may be issued to 1-year-old children (12 months to 2 years of age) for whom overweight or obesity is a concern.
  - i. The CPA will make the determination for the need for fat reduced milk based on an individual nutritional assessment and consultation with the child's health care provider if necessary.
  - ii. The medical and/or nutritional reason should be documented by the CPA.
- f. Only milk products with no more than 1% milk fat are authorized for children at 2 years of age or older and women in Food Packages IV – VII.
  - i. Reduced fat (2%) milk is authorized only for participants with certain conditions, including but not limited to, underweight and maternal weight loss during pregnancy.
  - ii. The need for reduced fat (2%) milk for children  $\geq$  24 months of age and women will be determined as part of the careful nutrition assessment completed by the CPA.
  - iii. The medical and/or nutritional reason should be documented by the CPA.
- g. Whole milk products require medical documentation (FAFAP) for children at 2 years of age or older and women. In this situation, whole milk can only be issued in Food Package III and if the participant is also receiving a medical formula.
- h. Cow's milk is the allowed milk listed on the [Utah WIC Program Shopping Guide](#)~~Utah WIC Program Authorized Food Booklet~~. All milk authorized by the Utah WIC Program must meet the FDA's standards of identity for milk.
- i. Milk refers to the store brands/private labels of the following types of milks:
  - i. Reduced fat, low-fat, or nonfat (2%, 1%, skim).
  - ii. Whole.
  - iii. Milk alternatives.

- j. Flavored, Skim Royale/Delight are not allowed.
- k. Store brand/private label is preferred for all milk sizes except for quart. Any brand is allowed for quart.
- l. Milk is not approved for infants.
- m. Other allowable milks or milk alternatives include:
  - i. Yogurt
  - ii. Cheese
  - iii. Lactose-free milk.
  - iv. Acidophilus cow's milk.
  - v. UHT milk.
  - vi. Evaporated milk.
  - vii. Nonfat dry (powdered) milk.
  - viii. Goat's milk, powdered or fresh (Whole Fat Only).
  - ix. Buttermilk.
  - x. Soy based beverage.
  - \*xi. Tofu.
- n. Rice milk, coconut milk, almond milk, and other non-dairy substitutes are not allowed.
- o. Yogurt
  - i. One quart of yogurt can be issued as a substitute for milk for children and women in Food Packages III-VII (maximum monthly allowance). Yogurt can only be issued in the 32 oz container size or any combination of container sizes that equal 32 oz.
  - ii. No more than 1 quart of yogurt is authorized per participant.
  - iii. Yogurt must conform to the standard of identity for yogurt and may be plain or flavored.
  - iv. Only low-fat and nonfat yogurts are authorized for children over 2 years of age and women.
  - v. Whole fat yogurt is authorized only for children less than two years of age.
  - vi. Yogurt can be in tubs/cups or tubes and pouches.
  - vii. Only approved brands listed in the [Utah WIC Program Shopping Guide](#) ~~Utah WIC Authorized Food Booklet~~ are allowed.
- p. Lactose-free milk.
  - i. Lactose-free milk may be authorized for:
    - 1. Women and children over one year of age.
    - 2. When its need is determined with reported symptoms of lactose intolerance



3. When it is documented in the participant's chart that there is a specific indication for use such as milk intolerance, chronic antibiotic therapy, etc.
  - ii. Lactose-free milks are available in formulations of 50%, 70%, and 100% lactose reduction.
  - iii. Lactose-free milks are available in reduced fat (1%, 2%, skim) and whole concentrations in quarts, half-gallons, and 3 quart containers.
  - iv. The authorized brands for lactose free milk include:
    1. Store brand/private label
    2. Lactaid
- q. Acidophilus cow's milk.
  - i. Acidophilus cow's milk is fermented milk that contains less lactose than unfermented milk.
  - ii. It is indicated for children over the age of 2 and adults:
    1. Who may have lactose intolerance, but are not allergic to cow's milk protein.
    2. Who are on continuous antibiotic therapy.
  - iii. The CPA must document the specific indication for use in the participant's file.
- r. UHT milk.
  - i. UHT milk refers to whole, 2%, 1%, or non-fat shelf milk that requires no refrigeration. Refrigerate after opening and follow label instructions for storage.
  - ii. It is authorized only when it has been determined and documented that there is:
    1. A scarcity of refrigerated milk,
    2. Poor refrigeration facilities in the home, or
    3. Milk contamination emergency.
  - iii. It is available in quarts.
  - iv. Store brand/private label, Dairy Pure, Gossner, Natrel, LaLa, and Parmalat are approved brands.
- s. Evaporated milk.
  - i. Evaporated milk—reduced fat or whole—is a canned cow's milk product that has been concentrated by removing half of the water.
  - ii. Store brand/private label or Nestle Carnation are allowed.
  - iii. It is not approved for infants. It is allowed for children and adults. It is available in 12 oz cans.
- t. Nonfat dry (powdered) milk.
  - i. Nonfat dry milk can be substituted at the rate of 1 pound per 5 quarts of fluid milk.
  - ii. Store brand/private label, Carnation, Milkman, or Village Farm are allowed
  - iii. It is available in packages up to 64 ounces.

- u. Goat's Milk.
  - i. Goat's milk refers to a form of goat's milk that has been fortified with folic acid and vitamin D to 25% of the RDA.
  - ii. It is approved for children and adults. It is not allowed for infants.
  - iii. Only whole goat's milk is available in Utah, but it may not be sold at every vendor location.
  - iv. Fluid goat's milk is available in half gallon and quart containers
  - v. Dry goat's milk is available in 12 oz packages.
  - vi. Meyenberg or Drake Family Farms brands are approved.
- v. Buttermilk
  - i. Buttermilk is available as whole or low-fat (1%).
  - ii. It must be the store brand/private label.
  - iii. It is available in half gallon or quart sizes.
- w. Soy based beverage.
  - i. Soy based beverage may be authorized for children over one year of age and women.
  - ii. The CPA will determine and document the need for soy-based beverage as substitutes for milk.
    - 1. Such determination must be based on individual nutritional assessment, and consultation with the participant's health care provider, as appropriate.
    - 2. Such determination can be made for situations that include, but are not limited to, milk allergy, lactose intolerance, and vegan diets.
  - iii. The authorized brands of soy-based beverage include:
    - 1. 8th Continent Original (red label).
    - 2. 8th Continent Vanilla (yellow label, no fat-free or light).
    - 3. Great Value Original Soymilk (red label, no organic).
    - 4. Pacific Natural Foods Ultra Soy Plain.
    - 5. Pacific Natural Foods Ultra Soy Vanilla.
    - 6. Silk (Silk Soymilk Vanilla is not authorized).
  - iv. Soy milk is approved in half gallons or quarts.

## VII. Cheese

- a. Cheese refers to any of the allowed cheeses listed on the [Utah WIC Program Shopping Guide](#)~~Utah WIC Program Authorized Food Booklet~~.
- b. Types of cheese allowed are medium, mild, sharp or extra sharp cheddar; mozzarella; monterey jack; colby; colby-jack; longhorn combined with an approved cheese--longhorn-colby; and swiss

- c. Block, sliced, shredded, string/stick, or cubes in 8 oz -16 oz packages are allowed.
- d. It must be domestic, bulk, and pasteurized only.
- e. It must be the store brand/private label.
- f. When purchasing cheese, participants should buy the store brand/private label of the type of cheese they would like (e.g., cheddar, mozzarella, monterey jack, colby, colby-jack, longhorn combined with an approved cheese--longhorn-colby; or swiss). If more than one package of cheese is purchased, total weight cannot be more than the weight loaded on the card.
- g. Specialty and cheese food/spread/products are not allowed.
- h. For children and women, cheese may be substituted for milk at the rate of 1 pound of cheese per 3 quarts of milk. For children and women in Food Packages IV-VI. For fully breastfeeding women in Food Package VII, no more than 2 pounds of cheese may be substituted. No more than 4 quarts of milk may be substituted for a combination of cheese and yogurt for children/women in Food Packages IV-VI. No more than 6 quarts of milk may be substituted for a combination of cheese and yogurt for women in Food Package VII.

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VIII. Tofu.

- a. Tofu must be calcium-set prepared with calcium salts (e.g., calcium sulfate), but may also contain other coagulants (i.e., magnesium chloride).
- b. Tofu may not contain added fats, sugars, oils or sodium.
- c. All brands, regular and organic are authorized.
- d. 14 to 16 ounce packages of block tofu only.

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VIII.X. Peanut butter.

- a. Peanut butter refers to unflavored, creamy, crunchy, extra-crunchy, or natural in 15 to 18-ounce containers only.
- b. Honey or jelly additives, peanut spreads or organic products are not allowed. Peanut butter with added marshmallows, honey, jelly chocolate/or similar ingredients is not allowed.
- c. Peanut butter must meet FDA standard of identity. It must contain at least 90% peanuts by weight and contain no other oils besides hydrogenated oils or partially hydrogenated oils.

- d. Store brand/private label and approved brands in the [Utah WIC Program Shopping Guide](#) ~~WIC Authorized Food Booklet~~ are allowed.

~~IX.X.~~ 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. It includes lentils, navy, kidney, white, black, red, pinto, Great Northern, baby lima, split peas, black-eye peas, garbanzo, mayocoba, or fat-free refried beans.
- c. Flavored, bean soup mix, large lima, , mixed beans, chili, baked beans, beans with meat, canned green peas, snap beans, green beans, and wax beans are not allowed.
- d. Mature legumes (dry beans and peas) may not contain added vegetables or fruits.
- e. Only store brand/private label are allowed.
- f. 15-16 oz cans or 16 oz dry packages are allowed.

~~X.XI.~~ Fruits and Vegetables.

- a. Fruits and vegetables refer to any fresh or frozen fruits and vegetables, including organic and fresh salsa without added sugar or oil.
- b. Fresh fruits and vegetables refer to any variety of fresh whole, pre-cut, or packaged fruits and vegetables without added sugars, fats, or oil.
- c. Frozen fruits refer to any variety of frozen fruits without added sugars, fats, oils, or salt (i.e., sodium)
- d. Frozen vegetables refer to any variety of frozen vegetables without added sugars, fats, or oils. Vegetable must be listed as the first ingredient. May be regular or lower in sodium.
- e. Frozen beans (immature or mature) are also allowed. Beans purchased with the cash-value benefit may contain added vegetables and fruits, but may not contain added sugars, fats, oils, or meat as purchased.
- f. Canned, dried, packages with dips or dressings, salad bars, party trays, herbs and spices, and salsa with sugar are not allowed.

- g. Mixed vegetables with noodles, nuts or sauce packets, and decorative flowers and blossoms are not allowed.
- h. The following herbs, spices and miscellaneous items are not allowed:  
anise, dill, parsley, basil, fenugreek, rosemary, bay leaves, horseradish, sage, caraway, lemon, grass, savory, chervil, marjoram, tarragon, chives, mint, thyme, cilantro, oregano, vanilla bean, decorative pumpkins.
- i. Ginger root, taro root, garlic, and coconuts are allowed.
- j. Yams, sweet potatoes and white potatoes are allowed.
- k. Mushrooms are scientifically classified as fungi and not fruits or vegetables, however, they are allowable for purchase with the USDA vegetable and fruit benefit.
- l. Cash Value Benefits.
  - i. Cash value benefits are issued in the following forms:
    - 1. \$9.00 in cash value benefits for children ages 1 through 4.
    - 2. \$11.00 in cash value benefits for pregnant and partially breastfeeding women (up to 1 year postpartum) and postpartum women (up to 6 months postpartum). \$11.00 in cash value benefits for fully breastfeeding women (up to 1 year postpartum).
    - 3. \$16.50 in cash value benefits for women participants who are fully breastfeeding multiple infants.
    - 4. \$4.00 or \$8.00 for infants 9 – 11 months (See Tailoring Food Packages section, page 7)
  - ii. The difference can be paid if the total for fruit and vegetable purchases is greater than the maximum amount of the cash value benefits.

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~~XI.~~ XII. Fish.

- a. Fish refers to 5-ounce to 30-ounce canned only forms of chunk light tuna or jack mackerel, and 5-ounce to 30-ounce canned or 5 oz pouch forms of pink salmon. allowed on the Utah WIC Program Shopping Guide~~Utah WIC Program Authorized Food Booklet.~~
- b. May be packed in water or oil and include bones or skin.
- c. Must be store brand/private label for canned chunk light tuna or jack mackerel. May be national brand/store brand/private label for pink salmon.

- d. Solid white or chunk white Albacore tuna; Atlantic, red, blueback, or sockeye salmon; low sodium; gourmet; flavored/seasoned; and pouches (unless otherwise specified) are not allowed.
- e. Only fully breastfeeding women may receive canned fish.

~~XII~~.XIII. Baby Food.

- a. Baby food refers to any regular or organic single or mixed baby food fruits and/or vegetables, regular or organic infant meats, or infant cereal (non-organic).
- b. Infant Fruits and/or Vegetables:
  - i. Baby food fruits or vegetables refer to any single or mixed variety of commercial infant food fruits and/or vegetables (e.g., peas and carrots, apples and squash) without added sugars, starches, or salt. Organic is allowed.
  - ii. A fruit or vegetable must be listed as the primary (first) ingredient in WIC-eligible jarred infant foods.
  - iii. Baby foods that meet the minimum requirements and specifications for an infant food product and include white potatoes as an ingredient, but not the primary ingredient, are allowed.
  - iv. Must be a 4 oz single jar or 4 oz multi-pack up to 128 oz. No pouches are authorized.
- c. Infant Meats:
  - i. Baby food meat refers to any single variety of commercial infant food meat or poultry, as a single major ingredient, with added broth or gravy and without added sugars or salts. Organic is allowed.
  - ii. Only fully-breastfed infants may receive baby food meats.
  - iii. Must be a 2.5 oz single jar or 2.5 oz multi-pack up to 77.5 oz. No pouches are authorized.
- d. Infant Cereal:
  - i. Infant cereal refers to any plain, dry infant cereal (i.e., rice, barley, mixed grain).
  - ii. Minimum of 45 milligrams of iron per 100 grams of dry cereal is required.
  - iii. Infant cereal with added infant formula, milk, fruit, or other non-cereal ingredients are not allowed.
  - iv. Only 8 oz containers are allowed.
- e. Textures for all infant foods may range from pureed through diced.
- f. Medleys, added DHA or cereals, custards, cobblers, and desserts are not allowed.

- g. Only brands listed in the [Utah WIC Program Shopping Guide](#) ~~WIC Authorized Food Booklet~~ are allowed.

~~XIII~~.XIV. Store brand/private label.

- a. For cost saving reasons, participants are required to purchase the store brand/private label of milk\*, cheese, eggs, beans, peas, lentils, canned tuna and jack mackerel, and brown rice. \*Because store brand milk is not always available in quart size, specific brands of quart size milk will be specified.
- b. Definition of Store brand/private label: A store brand (also called a private label) must be purchased when indicated in the [Utah WIC Program Shopping Guide](#) ~~Utah Authorized WIC Foods Booklet~~. Examples of store brands/private labels include but are not limited to: Food Club, Kroger, Great Value, WinCo, Signature Select, Lucerne, Freedom's Choice and Harmons. If a store carries more than one store brand/private label then either product may be purchased regardless of price.
- c. When certain brands are specified in the [Utah WIC Program Shopping Guide](#) ~~Authorized WIC Foods Booklet~~, only those brands listed may be purchased.

~~XIV~~.XV. Products Not Authorized for WIC.

- a. Products used solely for the purpose of weight management in women, infants or children are not allowed. A high-calorie product may be appropriate for a participant who is debilitated due to special needs, disease, frequent illness, or medical therapy. Refer to the "Product Guide" for further detail and instruction regarding use.
- b. Low-iron formula (except with rare medical conditions and approved by State RD).
- c. Oral electrolyte solutions.
- d. Formulas while under hospital care.
- e. Parenteral nutritional products.
- f. Foods with artificial sweeteners.
- g. Raw or non-pasteurized milk.

- h. Dairy products such as half & half, flavored milk and drinks, sweetened condensed milk, organic milk, eggnog, any other specialty milk beverages that have been highly fortified, engineered, or processed.
- i. Rice milk or other non-dairy substitutes.
- j. Milk for infants—cow's milk and goat's milk are not allowed for infants less than 1 year.
- k. Cheese—specialty or cheese food/spread/product
- l. Eggs - Hard-boiled, deli, low in fat or cholesterol, or any other "specialty" eggs.
- m. Fruit drinks or cocktails, freshly squeezed, or any other "specialty" fruit drink combinations.
- n. Reduced fat, honey or jelly additives, peanut spreads or organic products, or any other "specialty" peanut butters.
- o. Bean soup mixes.
- p. Solid white or chunk white Albacore, low-sodium, canola or gourmet tunas.
- q. Canned or dried fruits and vegetables.
- r. White bread, white flour tortillas or white rice.
- s. Organic for all categories except fruits and vegetables purchased with the vegetable and fruit benefit, ~~and~~ jarred baby foods and tofu.