

## Food Package Administrative Adjustments

### Policy

**USDA Federal Regulations:** 246.10(b) State agency responsibilities. (1) State agencies may:

(i) Establish criteria in addition to the minimum Federal requirements in Table 4 of paragraph (e)(12) of this section for the supplemental foods in their States, except that the State agency may not selectively choose which eligible fruits and vegetables are available to participants. These State agency criteria could address, but not be limited to, other nutritional standards, competitive cost, State-wide availability, and participant appeal. For eligible fruits and vegetables, State agencies may restrict packaging, e.g., plastic containers, and package sizes, such as single serving, of processed fruits and vegetables available for purchase with the cash-value voucher. In addition, State agencies may identify certain processed WIC-eligible fruits and vegetables on food lists where the potential exists for vendor or participant confusion in determining authorized WIC-eligible items. (ii) Make food package adjustments to better accommodate participants who are homeless. At the State agency's option, these adjustments would include, but not be limited to, issuing authorized supplemental foods in individual serving-size containers to accommodate lack of food storage or preparation facilities.

(iii) Authorize package sizes, in addition to those authorized to fulfill [paragraph \(b\)\(2\)\(i\)](#) of this section, that increase participant variety and choice, except WIC formula, which must be authorized in sizes that correspond with the maximum monthly allowances per [paragraphs \(e\)\(9\)](#) and [\(11\)](#) of this section.

246.10(b)(2) State agencies must:

(i) Identify the brands of foods and package sizes that are acceptable for use in the Program in their States in accordance with the requirements of this section; all State agencies must authorize at least one package size (or combination of package sizes) that equal or add up to the maximum monthly allowances of all authorized supplemental foods in each of the food packages. State agencies must also provide to local agencies, and include in the State Plan, a list of acceptable foods and their maximum monthly allowances as specified in tables 1 through 4 to [paragraphs \(e\)\(9\)](#) through [\(12\)](#) of this section; and

(ii) Ensure that local agencies:

(A) Make available to participants the maximum monthly allowances of authorized supplemental foods, except as noted in [paragraph \(c\)](#) of this section, inform participants about the maximum monthly allowances of authorized supplemental foods to which they are entitled as a Program participant and any food substitution options as specified in tables 1 through 3 to [paragraphs \(e\)\(9\)](#) through [\(11\)](#) of this section that the State agency authorizes, and abide by the authorized substitution rates for WIC food substitutions as specified in tables 1 through 3 to [paragraphs \(e\)\(9\)](#) through [\(11\)](#);

(B) Make available to participants more than one food from each WIC food category except for the categories of peanut butter and eggs, and any of the WIC-eligible fruits and vegetables (fresh or processed) in each authorized food package as listed in [paragraph \(e\)](#) of this section;

246.10(c) Nutrition tailoring. Nutrition tailoring is the process of modifying an individual food package to better meet the supplemental nutritional needs of each participant. It entails making substitutions, reductions, and/or eliminations to food types and physical food forms in accordance with paragraphs (e)(9) through (11) of this section to accommodate special dietary needs, cultural practices, and/or personal preference. The full maximum monthly allowances of all supplemental foods in all food packages must be made available to participants if medically or nutritionally warranted. Reductions in these amounts cannot be made for cost-savings, administrative convenience, caseload management, or to control vendor abuse. Reductions in these amounts or eliminations of foods cannot be made for categories, groups or subgroups of WIC participants and may be done only after a nutrition assessment and offering substitution options available in the State in accordance with paragraphs (e)(9) through (11) and State agency policy. The provision of less than the maximum monthly allowances of supplemental foods to an individual WIC participant in all food packages is appropriate only when:

- (1) Medically or nutritionally warranted (*e.g.*, to eliminate a food due to a food allergy);
- (2) A participant refuses or cannot use the maximum monthly allowances, or chooses to take less than the maximum monthly allowance; or
- (3) The quantities necessary to supplement another program's contribution to fill a medical prescription would be less than the maximum monthly allowances.

## Authority

7 CFR Part 246.10(b)(1)(i-iii)  
7 CFR Part 246.10(b)(2)(i-ii)(A-B)  
7 CFR Part 246.10(c)(1-3)

## Procedures

The Iowa WIC Program food packages are designed to maintain a careful balance between cost and nutrition integrity. This design process has two components:

- Administrative adjustments made by the state office, and
- Nutrition tailoring by the local agency CPAs.

For infants, the full nutrition benefit (FNB) is the minimum amount of reconstituted fluid ounces of liquid concentrate infant formula as specified for each infant food package category and feeding variation. The maximum monthly allowance (MMA) is specified in reconstituted fluid ounces for liquid concentrate, RTF liquid and powder forms of infant formula and exempt infant formula. **These amounts can be found in the Iowa WIC Program Formula Product Guide.** Food packages must provide at least the FNB authorized to non-breastfed infants up to the MMA for the physical form of the product specified for each food category.

Infant formula is calculated for each month’s food package based on the maximum monthly allowance of reconstituted fluid ounces of infant formula for each food package category and infant feeding option. This is accomplished in the WIC data system using nutritional equivalent coefficients for the three forms of formula (powder, concentrate and ready-to-feed) for each food package category and feeding option. For a given food package category and feeding option, this results in the same number of cans of a formula being issued for the time period.

State agencies must make the full MMA of all foods available to participants by providing at least one package size (or combination of sizes) that add up to the full MMA. However, per [paragraph \(b\)\(1\)\(iii\)](#) of this section, State agencies may authorize other package sizes (excluding WIC formula) to increase participant variety and choice. Local agencies must inform participants about the MMA of authorized supplemental foods to which they are entitled as a Program participant. Participant education showing that redeeming a certain size may prevent the redemption of their full food benefit is critical.

Administrative adjustments are changes made to the federal list of allowable foods to establish the state food list. These adjustments commonly eliminate more expensive products and provide guidelines regarding allowable:

- Packaging methods and sizes
- Brands and types (e.g., mozzarella cheese but not smoked cheese), and
- Forms (e.g., dried or liquid whole eggs).

The information below lists the administrative adjustments made by Iowa, by food category. Reasons for these adjustments include but are not limited to providing the full nutrition benefit, product availability and cost containment. The Iowa WIC Program reserves the right to limit products in order to serve as many participants as possible under USDA guidelines.

Infant Formula	Issuance of ready-to-feed formula is limited to what is allowed in federal regulations and not allowed out of convenience
Infant Cereal	<ul style="list-style-type: none"> <li>● No jarred infant cereals</li> <li>● Only 8 and 16 ounce containers</li> </ul>
Infant Fruits and Vegetables	<ul style="list-style-type: none"> <li>● Only 4 ounce or multipacks containing 2 or 4 ounce containers</li> <li>● No pouches</li> </ul>
Infant Meats	<ul style="list-style-type: none"> <li>● Only 2.5 ounce containers</li> </ul>
Cow’s Milk	<ul style="list-style-type: none"> <li>● No flavored milk</li> <li>● No milk with special health claims</li> </ul>
Goat’s Milk	<ul style="list-style-type: none"> <li>● No further adjustments made</li> </ul>
Soy Beverage	<ul style="list-style-type: none"> <li>● Only soy beverage allowed</li> </ul>

Cheese	<ul style="list-style-type: none"> <li>• No cheese with added flavors, such as smoked cheese or pepper cheese</li> <li>• American cheese and other processed cheeses are not allowed</li> <li>• No cubed, or crumbled cheese</li> <li>• No Brick, Muenster, or provolone</li> <li>• Only 8 and 16 ounce packages</li> <li>• No cheese purchased from a service counter</li> </ul>
Yogurt	<ul style="list-style-type: none"> <li>• No single serving</li> <li>• No yogurt with artificial sweeteners</li> <li>• No frozen or drinkable yogurt</li> </ul>
Tofu	<ul style="list-style-type: none"> <li>• 8 – 16 ounce packages</li> </ul>
Juice	<ul style="list-style-type: none"> <li>• No refrigerated juices except 64 ounce orange juice</li> <li>• No drinks, “-ades”, nectars, juice beverages, infant juices, cocktails, twisters or coolers</li> </ul>
Eggs	<ul style="list-style-type: none"> <li>• Packaged in containers of one dozen or 18 ct</li> <li>• No eggs that make special health claims</li> </ul>
Breakfast Cereal (Ready-to-Eat)	<ul style="list-style-type: none"> <li>• Minimum container size is 12 ounces</li> </ul>
Instant and Regular Hot Cereals	<ul style="list-style-type: none"> <li>• No added fruit, yogurt or nuts</li> <li>• Minimum container size is 12 ounces</li> </ul>
Fruits and Vegetables	<ul style="list-style-type: none"> <li>• No syrups or added sugars or sweeteners, added fats, oils, or salt</li> <li>• No dried or canned fruit or vegetables, items from salad or fruit bars, party trays with dressings or dips, fruit baskets, fruit and nut mixtures</li> <li>• No bagged salads with added dressings, croutons, etc.</li> <li>• No spices and dried herbs</li> </ul>
Whole Wheat Bread and Buns	<ul style="list-style-type: none"> <li>• No added fruit</li> <li>• Minimum of 16 ounces</li> </ul>
Whole Grain Bread	<ul style="list-style-type: none"> <li>• Minimum of 16 ounce</li> <li>• At least 50% whole grain</li> </ul>
Whole Grain Options: Whole wheat and whole	<ul style="list-style-type: none"> <li>• No added fats, sugars, oils, or sodium</li> <li>• <b>11</b> ounce minimum packages</li> </ul>

grain; bagels, sandwich thins, and muffins	
Whole Grain Options: Oatmeal	<ul style="list-style-type: none"> <li>● 16-18 ounce</li> <li>● Quick or Old Fashioned</li> <li>● No added ingredients or flavorings</li> </ul>
Whole Grain Options: Brown Rice and Wild Rice	<ul style="list-style-type: none"> <li>● 16 ounce regular, 14-16 ounce instant or boil in bag</li> <li>● No added sugars, fats, oils, or salt</li> <li>● No pre-cooked rice</li> </ul>
Whole Grain Options: Soft Corn Tortillas	<ul style="list-style-type: none"> <li>● 16 ounce only</li> <li>● No added flavoring</li> </ul>
Whole Grain Options: Whole Wheat Tortillas	<ul style="list-style-type: none"> <li>● 16 ounce only</li> <li>● No added flavoring</li> <li>● Whole wheat flour must be the only flour listed in the ingredient list</li> </ul>
Whole Grain Options: whole wheat pasta	<ul style="list-style-type: none"> <li>● 16 ounces only</li> <li>● No added sugars, fats, oils or salt</li> <li>● No pasta made from rice, quinoa, flax, corn or vegetables</li> <li>● "Whole wheat flour" and/or "whole durum wheat flour" must be the only flours listed in the ingredient list</li> </ul>
Peanut butter	<ul style="list-style-type: none"> <li>● No bulk or freshly ground peanut butter</li> <li>● No peanut butter spreads or reduced fat</li> <li>● No added marshmallows, honey, almonds, jelly, chocolate or similar ingredients</li> </ul>
Dried and Canned Beans, Peas or Lentils	<ul style="list-style-type: none"> <li>● No mixed beans or soup mix</li> <li>● No baked beans, refried beans or chili beans</li> <li>● No added vegetables, fruits, meat, sugars, fats, or oils</li> </ul>
Nut and Seed Butters	<ul style="list-style-type: none"> <li>● No bulk or freshly ground nut/seed butters</li> <li>● No added marshmallows, honey, almonds, jelly, chocolate or similar ingredients</li> <li>● 12 – 18 ounce sizes</li> <li>● Must be nutritionally equivalent to peanut butter</li> </ul>
Canned Fish	<ul style="list-style-type: none"> <li>● No containers smaller than 2.5 ounce</li> <li>● No red salmon</li> </ul>

	<ul style="list-style-type: none"> <li>● No white albacore, solid or Yellowfin tuna</li> <li>● Sauces and seasonings are allowed</li> </ul>
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State agency nutrition tailoring includes changes or substitutions to the food package to better meet the nutrition needs of participants. Nutrition tailoring includes changes or substitutions to:

- Food types
- Forms, and
- Quantities

State agency allowed options per federal regulations are as follows:

- Milk may be substituted with soy beverage, goat milk, lactose-free, acidophilus, dry milk powder, goat milk powder, evaporated (regular or goat), kefir, buttermilk, tofu, cheese and yogurt up to the maximums allowed per federal regulations.
- Eggs may be substituted for dry or canned legumes, peanut butter, nut/seed butter or tofu.
- Juice may be substituted with a cash value benefit.
- Peanut butter may be substituted with nut/seed butter.
- Whole grain options allowed include whole wheat and whole grain; bagels, sandwich thins, and muffins, corn or whole wheat tortillas, brown and wild rice, oatmeal and whole wheat pasta.
- In addition to fresh fruits and vegetables, frozen fruits and vegetables are authorized.
- Allowable fish options include light tuna, pink salmon, sardines, Atlantic and chub mackerel; may contain sauces or flavorings
- Half or all of infant fruits and vegetables may be substituted with a cash value benefit.

The following nutrition tailoring decisions were made to achieve consistency with published nutrition recommendations and guidelines:

- 1% low fat and fat-free skim milk for all healthy participants 2 years and older to promote low fat milk instead of reduced fat (2%) milk.
- 1% low fat and fat-free skim milk and nonfat yogurt may be provided to children ages 12 – 23 months if they have been assigned risk code 115 (high weight-for length birth to <24 months).