

Special Women and Children Food Packages

Policy

USDA Federal Regulations: 246.10(e) Food packages. The authorized supplemental foods must be prescribed from food packages according to the category and nutritional needs of the participants.

246.10(e)(1)(iv) Physical forms. Local agencies must issue all WIC formulas (WIC formulas mean all infant formula, exempt infant formula and WIC-eligible nutritionals) in concentrated liquid or powder physical forms. Ready-to-feed WIC formulas may be authorized when the competent professional authority determines and documents that: (A) The participant's household has an unsanitary or restricted water supply or poor refrigeration; (B) The person caring for the participant may have difficulty in correctly diluting concentrated or powder forms; or (C) The WIC infant formula is only available in ready-to-feed.

246.10(e)(3) Food Package III—Participants with qualifying conditions— (i) Participant category served and qualifying conditions. This food package is reserved for issuance to women, infants and child participants who have a documented qualifying condition that requires the use of a WIC formula (infant formula, exempt infant formula or WIC-eligible nutritional) because the use of conventional foods is precluded, restricted, or inadequate to address their special nutritional needs. Medical documentation must meet the requirements described in paragraph (d) of this section. Participants who are eligible to receive this food package must have one or more qualifying conditions, as determined by a health care professional licensed to write medical prescriptions under State law. The qualifying conditions include but are not limited to premature birth, low birth weight, failure to thrive, inborn errors of metabolism and metabolic disorders, gastrointestinal disorders, malabsorption syndromes, immune system disorders, severe food allergies that require an elemental formula, and life threatening disorders, diseases and medical conditions that impair ingestion, digestion, absorption or the utilization of nutrients that could adversely affect the participant's nutrition status. This food package may not be issued solely for the purpose of enhancing nutrient intake or managing body weight.

246.10(e)(3)(ii) Non-authorized issuance of Food Package III. This food package is not authorized for: (B) Women and children who have a food intolerance to lactose or milk protein that can be successfully managed with the use of one of the other WIC food packages (i.e., Food Packages IV-VII); or (C) Any participant solely for the purpose of enhancing nutrient intake or managing body weight without an underlying qualifying condition.

246.10(e)(3)(iii-v) Restrictions on the issuance of WIC formulas in ready-to-feed (RTF) forms. WIC State agencies must issue WIC formulas (infant formula, exempt infant formula and WIC-eligible nutritionals) in concentrated liquid or powder physical forms unless the requirements for issuing RTF are met as described in paragraph (e)(1)(iv) of this section. In addition to those requirements, there are two additional conditions which may be used to issue

RTF in Food Package III: (A) If a ready-to-feed form better accommodates the participant's condition; or (B) If it improves the participant's compliance in consuming the prescribed WIC formula. (iv) Unauthorized WIC costs. All apparatus or devices (e.g., enteral feeding tubes, bags and pumps) designed to administer WIC formulas are not allowable WIC costs. (v) Authorized categories of supplemental foods. The supplemental foods authorized in this food package require medical documentation for issuance and include WIC formula (infant formula, exempt infant formula, and WIC-eligible nutritionals), infant cereal, infant foods, milk, eggs, canned fish, fresh **and other State-authorized forms of** fruits and vegetables, breakfast cereal, whole wheat/whole grain bread, juice, **and** legumes and/or peanut butter. The maximum monthly allowances, allowed options and substitution rates of supplemental foods for infants in Food Package III are stated in Table 1 of paragraph (e)(9) of this section. The maximum monthly allowances, allowed options, and substitution rates of supplemental foods for children and women in Food Package III are stated in Table 3 of paragraph (e)(11) of this section.

246.10(e)(11) Maximum monthly allowances of supplemental foods for children and women with qualifying conditions in Food Package III. The maximum monthly allowances, options and substitution rates of supplemental foods for participants with qualifying conditions in Food Package III are stated in Table 3 as follows:

TABLE 3—MAXIMUM MONTHLY ALLOWANCES (MMA) OF SUPPLEMENTAL FOODS FOR CHILDREN AND WOMEN WITH QUALIFYING CONDITIONS IN FOOD PACKAGE III

Foods ¹	Children	Women		
	A: 12 through 23 months B: 2 through 4 years	A: Pregnant B: Partially (Mostly) Breastfeeding (up to 1 year postpartum)²	Postpartum (up to 6 months postpartum)³	Fully breastfeeding, (up to 1 year postpartum)^{4 5}
Juice, single strength ^{6 7}	64 fl oz	64 fl oz	64 fl oz	64 fl oz.
WIC Formula ^{8 9}	Up to 455 fl oz liquid concentrate	Up to 455 fl oz liquid concentrate	Up to 455 fl oz liquid concentrate	Up to 455 fl oz liquid concentrate.
Milk, fluid ^{10 11 12 13 14 15 16 17}	A: 12 qt. ^{10 11 13 14 16} B: 14 qt. ^{10 12 13 14 15 16}	16 qt ^{10 12 13 14 15 17}	16 qt ^{10 12 13 14 15 17}	16 qt ^{10 12 13 14 15 17}
Breakfast cereal ^{18 19}	36 oz	36 oz	36 oz	36 oz.
Eggs ²⁰	1 dozen	1 dozen	1 dozen	2 dozen

Fruits and vegetables ^{21 22 23}	\$26.00 in cash-value vouchers	A: Pregnant: \$47.00 in cash-value vouchers B: Partially (mostly) breastfeeding: \$52.00 in cash-value vouchers	\$47.00 in cash-value vouchers	\$52.00 in cash-value vouchers.
Whole wheat or whole grain bread ²⁴	24 oz	48 oz	48 oz	48 oz
Fish (canned) ^{25 26}	6 oz	A: 10 oz. B: 15 oz	10 oz	20 oz.
Mature Legumes, dry and/or Peanut butter ²⁷	1 lb dry or 64 oz canned or 18 oz	1 lb dry or 64 oz canned and 18 oz	1 lb dry or 64 oz canned or 18 oz	1 lb dry or 64 oz canned and 18 oz

¹ Table 4 to [paragraph \(c\)\(12\)](#) of this section describes the minimum requirements and specifications for supplemental foods. Food Package III is issued to participants with qualifying medical conditions that require use of a WIC formula and supplementary foods under the direction of a health care provider. Per [paragraph \(b\)\(2\)\(ii\)\(A\)](#) of this section, 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. The competent professional authority (CPA) is authorized to determine nutritional risk and prescribe supplemental foods per medical documentation, as established by State agency policy.

² Food Package III-A for women is issued to participants with singleton pregnancies. Food Package III-B for women is issued to two categories of participants: women pregnant with two or more fetuses and breastfeeding women whose partially (mostly) breastfed infants receive formula from WIC in amounts that do not exceed the maximum formula allowances, as appropriate for the age of the infant as described in table 1 to [paragraph \(c\)\(9\)](#) of this section.

³ This food package is issued to two categories of WIC participants: non-breastfeeding postpartum women and breastfeeding postpartum women whose infants receive more than the maximum infant formula allowances from WIC for partially (mostly) breastfed infants, as appropriate for the age of the infant as described in table 1 to [paragraph \(c\)\(9\)](#) of this section.

⁴ This food package is issued to three categories of WIC participants: fully breastfeeding women whose infants do not receive formula from WIC; women partially (mostly) breastfeeding multiple infants from the same pregnancy; and pregnant women who are also fully or partially (mostly) breastfeeding singleton infants.

⁵ Women fully breastfeeding multiple infants from the same pregnancy are prescribed 1.5 times the MMA.

⁶ Combinations of single-strength and concentrated juices may be issued provided that the total volume does not exceed the MMA for single-strength juice.

⁷ As determined appropriate by the health care provider per medical documentation, children and women may choose to substitute a \$3 CVV for the full juice amount (64 fluid ounces)—a partial CVV substitution for juice is not authorized—or use their \$3 CVV for jarred infant food fruits and vegetables. State agencies must use the conversion of \$1 CVV = 6.25 ounces of jarred infant food fruits and vegetables. The monthly value of the CVV substitution amount for juice will be adjusted annually for inflation consistent with the inflation adjustments made to women and children's CVV values.

⁸ WIC formula means infant formula, exempt infant formula, or WIC-eligible nutritionals. Participants may receive up to 455 fluid ounces of a WIC formula (liquid concentrate) as determined appropriate by the health care provider per medical documentation. The number of fluid ounces refers to the amount as prepared according to directions on the container.

⁹ Powder and ready-to-feed may be substituted at rates that provide comparable nutritive value.

¹⁰ Regular and lactose-free milk must be authorized. “Regular milk” refers to milk that conforms to FDA standard of identity [21 CFR 131.110](#) and contains lactose exclusive of fat content (*e.g.*, low-fat milk). State agencies have the option to authorize plant-based milk alternatives, yogurts, and cheeses, described in table 4 of [paragraph \(c\)\(12\)](#) of this section and its footnotes, as determined appropriate by the health care provider per medical documentation.

¹¹ Whole milk is the standard milk for issuance to 1-year-old children (12 through 23 months). Whole fat or low-fat yogurts may be substituted for fluid milk for 1-year-old children, and both are standard issuance when substituting yogurt. Fat-reduced milks or nonfat yogurt may be issued to 1-year-old children as determined appropriate by the health care provider per medical documentation.

¹² Low-fat (1%) or nonfat milks are the standard milk for issuance to children ≥ 24 months of age and women. Whole milk or reduced-fat (2%) milk may be substituted for low-fat (1%) or nonfat milk for children ≥ 24 months of age and women as determined appropriate by the health care provider per medical documentation.

¹³ Evaporated milk may be substituted at the rate of 16 fluid ounces of evaporated milk per 32 fluid ounces of fluid milk (a 1:2 fluid ounce substitution ratio). Dry milk may be substituted at an equal reconstituted rate to fluid milk.

¹⁴ For children and women, 1 pound of cheese (dairy- and/or plant-based) may be substituted for 3 quarts of milk and 1 quart of yogurt (dairy- and/or plant-based) may be substituted for 1 quart of milk as determined appropriate by the health care provider per medical documentation. A maximum of 2 quarts of yogurt that may be substituted for 2 quarts of milk for both children and women. Fully breastfeeding women may substitute up to 2 pounds of cheese for 6 quarts of milk. Children and pregnant, partially breastfeeding, and postpartum women may substitute no more than 1 pound of cheese. State agencies do not have the option to issue additional amounts of cheese or yogurt beyond these maximums even with medical documentation.

¹⁵ For children ≥ 24 months of age and women, low-fat or nonfat yogurts are the only types of yogurts authorized. Whole or reduced-fat yogurt may be substituted for low-fat or nonfat yogurt for children ≥ 24 months of age and women as determined appropriate by the health care provider per medical documentation.

¹⁶ For children, issuance of tofu and plant-based milk alternatives may be substituted for milk as determined appropriate by the health care provider per medical documentation. Plant-based milk alternatives may be substituted for milk for children on a quart for quart basis up to the total MMA of milk. Tofu may be substituted for milk for children at the rate of 1 pound of tofu per 1 quart of milk up to the MMA of milk, as determined appropriate by the health care provider per medical documentation.

¹⁷ For women, plant-based milk alternatives may be substituted for milk on a quart for quart basis up to the total MMA of milk. Tofu may be substituted for milk at the rate of 1 pound of tofu per 1 quart of milk up to the MMA of milk, as determined appropriate by the health care provider per medical documentation.

¹⁸ 32 dry ounces of infant cereal may be substituted for 36 ounces of breakfast cereal as determined appropriate by the health care provider per medical documentation.

¹⁹ At least 75 percent of cereals authorized on a State agency's authorized food list must meet whole grain criteria for breakfast cereal (refer to table 4 to [paragraph \(e\)\(12\)](#) of this section and its footnotes).

²⁰ State agencies must authorize substitution of dry legume (1 pound), canned legumes (64 ounces), and peanut butter (18 ounces) for each 1 dozen eggs and, at State agency option, State agencies may authorize tofu (1 pound) or nut and seed butters (18 ounces) to substitute for each 1 dozen eggs as determined appropriate by the health care provider per medical documentation.

²¹ State agencies must authorize fresh and one other form (*i.e.*, canned (shelf-stable), frozen, and/or dried) of fruits and vegetables. State agencies may choose to authorize additional or all processed forms of fruits and vegetables. The CVV may be redeemed for any eligible fruit and vegetable (refer to table 4 to [paragraph \(e\)\(12\)](#) of this section and its footnotes). Except as authorized in [paragraph \(b\)\(1\)\(i\)](#) of this section, State agencies may not selectively choose which

fruits and vegetables are available to participants. For example, if a State agency chooses to offer dried fruits, it must authorize all WIC-eligible dried fruits.

²² Children and women whose special dietary needs require the use of pureed foods may receive commercial jarred infant food fruits and vegetables in lieu of the CVV. For children and women who require jarred infant food fruits and vegetables in place of the CVV, State agencies must use the conversion of \$1 CVV = 6.25 ounces of jarred infant food fruits and vegetables. Infant food fruits and vegetables may be substituted for the CVV as determined appropriate by the health care provider per medical documentation.

²³ The monthly value of the fruit/vegetable CVV will be adjusted annually for inflation as described in [§ 246.16\(j\)](#).

²⁴ Whole wheat or whole grain bread *must* be authorized. State agencies have the option to also authorize other whole grain options as described in table 4 to [paragraph \(e\)\(12\)](#) of this section and its footnotes.

²⁵ Issuance of smaller container sizes is encouraged to reduce the likelihood of exceeding a safe weekly consumption level of methylmercury. The U.S. Food and Drug Administration (FDA) and the U.S. Environmental Protection Agency (EPA) provide joint advice regarding fish consumption to limit methylmercury exposure for children. As noted in their 2021 joint advice, depending on body weight, some women and some children should choose fish lowest in methylmercury or eat less fish than the amounts in the 2020-2025 DGA Healthy US-Style Dietary Pattern. More information is available on the FDA and EPA websites at [FDA.gov/fishadviceandEPA.gov/fishadvice](https://www.fda.gov/fishadviceandEPA.gov/fishadvice).

²⁶ As noted in the 2021 FDA-EPA joint advice about eating fish, for some children, depending on age and caloric needs, the amounts of fish in the 2020-2025 DGA are higher than in the FDA-EPA advice. The DGA states that to consume these higher amounts, these children should consume only fish from the “Best Choices” list that are even lower in mercury—among the WIC-eligible varieties, these include Atlantic mackerel, salmon, and sardines.

²⁷ State agencies are required to offer both mature dry (1 pound) and canned (64 ounces) legumes. For food packages that provide both legumes and peanut butter, State agencies may issue the following combinations: 1 pound dry and 64 oz. canned legumes (and no peanut butter); 2 pounds dry or 128 oz. canned legumes (and no peanut butter); or 36 oz. peanut butter (and no legumes). State agencies have the option to authorize other nut and seed butters as a substitute for peanut butter (on a 1:1 ounce substitution ratio), as described in table 4 of [paragraph \(e\)\(12\)](#) of this section and its footnotes, as determined appropriate by the health care provider per medical documentation. 246.10(e)(12) Minimum requirements and specifications for supplemental foods. Table 4 describes the minimum requirements and specifications for supplemental foods in all food packages:

TABLE 4—MINIMUM REQUIREMENTS AND SPECIFICATIONS FOR SUPPLEMENTAL FOODS

Categories/foods	Minimum requirements and specifications
WIC Formula:	
Infant formula	<p>All authorized infant formulas must:</p> <p>(1) Meet the definition for an infant formula in section 201(z) of the Federal Food, Drug, and Cosmetic Act (21 U.S.C. 321(z)) and meet the requirements for an infant formula under section 412 of the Federal Food, Drug and Cosmetic Act, as amended (21 U.S.C. 350a) and the regulations at 21 CFR parts 106 and 107;</p> <p>(2) Be designed for enteral digestion via an oral or tube feeding;</p> <p>(3) Provide at least 10 mg iron per liter (at least 1.5 mg iron/100 kilocalories) at standard dilution;</p> <p>(4) Provide at least 67 kilocalories per 100 milliliters (approximately 20 kilocalories per fluid ounce) at standard dilution.</p> <p>(5) Not require the addition of any ingredients other prior to being served in a liquid state.</p>
Exempt infant formula	<p>All authorized exempt infant formula must:</p> <p>(1) Meet the definition and requirements for an exempt infant formula under section 412(h) of the Federal Food, Drug, and Cosmetic Act as amended (21 U.S.C. 350a(h)) and the regulations at 21 CFR parts 106 and 107; and</p> <p>(2) Be designed for enteral digestion via an oral or tube feeding.</p>
WIC-eligible nutritionals. ¹	<p>Certain enteral products that are specifically formulated and commercially manufactured (as opposed to a naturally occurring foodstuff used in its natural state) to provide nutritional support for individuals with a qualifying condition, when the use of conventional foods is precluded, restricted, or inadequate. 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.</p>
Milk, Milk Alternatives, and Milk Substitutions:	

Cow's milk ²	<p>Must conform to FDA standard of identity for whole, reduced fat, lowfat, or nonfat milks (21 CFR 131.110). Must be pasteurized. Only unflavored milk is permitted. May be fluid, shelf-stable, evaporated (21 CFR 131.130), or dry.</p> <p>Dry whole milk must conform to FDA standard of identity (21 CFR 131.147). Nonfat dry milk must conform to FDA standard of identity (21 CFR 131.127).</p> <p>Cultured milks must conform to FDA standard of identity for cultured milk, e.g. cultured buttermilk, kefir cultured milk, acidophilus cultured milk (21 CFR 131.112).</p> <p>Acidified milk must conform to FDA standard of identity for acidified milk, e.g., acidified kefir milk, acidified acidophilus milk or acidified buttermilk (21 CFR 131.111).</p> <p>All reduced fat, low-fat, and nonfat cow's milk types and varieties must contain at least 400 IU of vitamin D per quart (100 IU per cup) and 2000 IU of vitamin A per quart (500 IU per cup).</p>
Goat's milk	<p>Must be pasteurized. Only unflavored milk is permitted. May be fluid, shelf-stable, evaporated or dry (i.e., powdered). Whole, reduced fat, low-fat, and nonfat goat's milk must contain at least 400 IU of vitamin D per quart (100 IU per cup) and 2000 IU of vitamin A per quart (500 IU per cup).</p>
Milk, Milk Alternatives, and Milk Substitutions: Plant-based Milk Alternatives	<p>Must contain ≤ 10 g of added sugars per cup and be fortified to meet the following nutrient levels (amounts are provided per cup): 276 mg calcium, 8 g protein, 500 international units vitamin A, 100 IU (2.5 micrograms) vitamin D, 24 mg magnesium, 222 mg phosphorus, 349 mg potassium, 0.44 mg riboflavin, and 1.1 mcg vitamin B12, in accordance with FDA-issued fortification guidelines.</p> <p>May be flavored or unflavored.</p>
Cheese	<p>Domestic cheese made from 100 percent pasteurized milk.</p> <p>Must conform to FDA standard of identity (21 CFR part 133);</p> <p>Monterey Jack, Colby, natural Cheddar, Swiss, Brick, Muenster, Provolone, part-skim or whole Mozzarella,</p>

	<p>pasteurized process American, or blends of any of these cheeses are authorized.</p> <p>Cheeses that are labeled low, free, reduced, less or light in sodium, fat or cholesterol are WIC eligible.</p>
Yogurt	<p>Yogurt must be pasteurized and conform to FDA standard of identity for whole fat (21 CFR 131.200), lowfat (21 CFR 131.203), or nonfat (21 CFR 131.206); plain or flavored with ≤40 g of total sugars per 1 cup yogurt.</p> <p>Yogurts that are fortified with vitamin A and D and other nutrients may be allowed at the State agency's option.</p> <p>Yogurts sold with accompanying mix-in ingredients such as granola, candy pieces, honey, nuts and similar ingredients are not authorized.</p> <p>Drinkable yogurts are not authorized.</p>
Tofu	<p>Must contain a minimum of 100 mg of calcium per 100 g of tofu May not contain added fats, sugars, oils, or sodium.</p>
Juice	<p>Must be pasteurized 100% unsweetened fruit juice. Must contain at least 30 mg of vitamin C per 100 mL of juice. Must conform to FDA standard of identity as appropriate (21 CFR part 146) or vegetable juice must conform to FDA standard of identity as appropriate (21 CFR part 156).</p> <p>Except for 100% citrus juices, State agencies must verify the vitamin C content of all State-approved juices.</p> <p>Juices that are fortified with other nutrients may be allowed at the State agency's option.</p> <p>Juice may be fresh, from concentrate, frozen, canned, or shelf-stable.</p> <p>Blends of authorized juices are allowed.</p> <p>Vegetable juice may be regular or lower in sodium.</p>
Eggs	<p>Fresh shell domestic hens' eggs or dried eggs mix (must conform to FDA standard of identity in 21 CFR 160.105) or pasteurized liquid whole eggs (must conform to FDA standard of identity in 21 CFR 160.115).</p>

	Hard boiled eggs, where readily available for purchase in small quantities, may be provided for homeless participants.
Breakfast Cereal (Ready -to-eat and instant and regular hot cereals)	<p>Must contain a minimum of 28 mg iron per 100 g dry cereal.</p> <p>Must contain ≤ 21.2 g of added sugar per 100 g dry cereal (≤ 6 g per dry oz).</p> <p>Seventy five percent of cereals on the State agency authorized food list must contain whole grain as the first ingredient.</p>
Fruits and Vegetables (fresh and processed) ^{3 4 5 6 7}	<p>Any variety of fresh (as defined by 21 CFR 101.95) whole or cut fruit without added sugars.</p> <p>Any variety of fresh (as defined by 21 CFR 101.95) whole or cut vegetable without added sugars, fats, or oils.</p> <p>Any variety of canned fruits (must conform to FDA standard of identity as appropriate (21 CFR part 145)) ; including applesauce, juice pack or water pack without added sugars, fats, oils, or salt (i.e., sodium). The fruit must be listed as the first ingredient.</p> <p>Any variety of frozen fruits without added sugars, fats, oils, or salt (i.e., sodium).</p> <p>Any variety of canned or frozen vegetables without added sugars, fats, or oils. Vegetable must be listed as the first ingredient. May be regular or lower in sodium. Must conform to FDA Standard of Identity as appropriate (21 CFR part 155).</p> <p>Any type of dried fruits or dried vegetables without added sugars, fats, oils, or salt (i.e., sodium).</p> <p>Any type of immature beans, peas, or lentils, fresh or in canned ⁴ forms.</p> <p>Any type of frozen beans (immature or mature). 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. Canned beans, peas, or lentils may be regular or lower in sodium content.</p> <p>Fresh herbs, cut at the root or with the root intact.</p>

	State agencies must allow organic forms of WIC-eligible fruits and vegetables.
Whole Wheat Bread, Whole Grain Bread and Whole Grain Options:	
Bread	<p>Whole wheat bread must conform to FDA standard of identity (21 CFR 136.180). (Includes whole wheat buns and rolls.) “Whole wheat flour” and/or “bromated whole wheat flour” must be the only flours listed in the ingredient list.</p> <p>OR</p> <p>Whole grain bread must conform to FDA standard of identity (21 CFR 136.110) (includes whole grain buns and rolls).</p> <p>AND</p> <p>Must contain at least 50 percent whole grains with the remaining grains being either enriched or whole grains.⁸</p>
Whole Grain Options	<p>Brown rice, wild rice, quinoa, bulgur (cracked wheat), oats, and whole-grain barley, millet, triticale, amaranth, cornmeal (including blue), corn masa flour, whole wheat macaroni (pasta) products, whole wheat bread products (<i>i.e.</i>, pita, English muffin, bagels, naan), soft corn or whole wheat tortillas, buckwheat, teff, kamut, sorghum, wheat berries without added sugars, fats, oils, or salt (<i>i.e.</i>, sodium). May be instant-, quick-, or regular-cooking.</p> <p>State agencies have the option to authorize other intact whole grain options without added sugars, fats, oils, or salt (<i>i.e.</i>, sodium).</p> <p>Corn meal (including blue) must conform to FDA Standard of Identity 21 CFR 137.260 & aligning with USDA School Meal Guidance.</p> <p>Soft corn or whole wheat tortillas. Soft corn tortillas made from ground masa flour (corn flour) using traditional processing methods are WIC-eligible, e.g., whole corn, corn (masa), whole ground corn, corn masa flour, masa harina, and white corn flour. For whole wheat tortillas, “whole wheat flour” must be the only flour listed in the ingredient list. States may offer tortillas made with folic acid-fortified corn masa flour.</p>

	Whole wheat macaroni (pasta) products. Must conform to FDA standard of identity (21 CFR 139.138) and have no added sugars, fats, oils, or salt (i.e., sodium). “Whole wheat flour” and/or “whole durum wheat flour” must be the only flours listed in the ingredient list. Other shapes and sizes that otherwise meet the FDA standard of identity for whole wheat macaroni (pasta) products (21 CFR 139.138), and have no added sugars, fats, oils, or salt (i.e., sodium), are also authorized (e.g., whole wheat rotini, and whole wheat penne).
Fish (canned) ⁴	<p>Light tuna (must conform to FDA standard of identity (21 CFR 161.190));</p> <p>Salmon (Pacific salmon must conform to FDA standard of identity (21 CFR 161.170));</p> <p>Sardines; and Mackerel (N. Atlantic <i>Scomber scombrus</i>; Chub Pacific <i>Scomber japonicus</i>)⁹</p> <p>May be packed in water or oil. Pack may include bones or skin. Only boneless varieties of fish may be provided to children at State agency option. Added sauces and flavorings, e.g., tomato sauce, mustard, lemon, are authorized at the State agency's option.</p> <p>May be regular or lower in sodium content.</p>
Mature Legumes, Peanut Butter, and Peanut Butter Substitutions ¹⁰	<p>Any type of mature dry beans, peas, or lentils in dry-packaged or canned⁴ forms. Examples include but are not limited to black beans, black-eyed peas, garbanzo beans (chickpeas), great northern beans, white beans (navy and pea beans), kidney beans, mature lima (“butter beans”), fava and mung beans, pinto beans, soybeans/edamame, split peas, lentils, and refried beans. Does not include green beans or green peas.</p> <p>All categories exclude soups. May not contain added sugars, fats, oils, vegetables, fruits or meat as purchased. Canned legumes may be regular or lower in sodium content.¹¹</p> <p>Baked beans may only be provided for participants with limited cooking facilities.¹¹</p>
Peanut Butter	Peanut butter and reduced fat peanut butter (must conform to FDA Standard of Identity (21 CFR 164.150)); creamy or

	chunky, regular or reduced fat, salted or unsalted forms are allowed. Peanut butters with added marshmallows, honey, jelly, chocolate or similar ingredients are not authorized.
Nut and Seed Butters	Must provide comparable nutritive value to peanut butter (<i>i.e.</i> , protein and iron). May be creamy or chunky, regular, or reduced-fat, salted or unsalted forms are allowed. Nut and seed butter with added marshmallows, honey, jelly, chocolate, or similar ingredients are not authorized.
INFANT FOODS:	
Infant Cereal	Infant cereal must contain a minimum of 45 mg of iron per 100 g of dry cereal. ¹²
Infant Fruits	Any variety of single ingredient commercial infant food fruit without added sugars, starches, or salt (<i>i.e.</i> , sodium). Texture may range from strained through diced. The fruit must be listed as the first ingredient. ¹³
Infant Vegetables	Any variety of single ingredient commercial infant food vegetables without added sugars, starches, or salt (<i>i.e.</i> , sodium). Texture may range from strained through diced. The vegetable must be listed as the first ingredient. ¹⁴
Infant Meat	Any variety of commercial infant food meat or poultry, as a single major ingredient, with added broth or gravy. Added sugars or salt (<i>i.e.</i> sodium) are not allowed. Texture may range from pureed through diced. ¹⁵

Note: FDA = Food and Drug Administration of the U.S. Department of Health and Human Services. Foods must comply with labeling requirements consistent with [21 CFR parts 130 and 101](#).

¹ The following are not considered a WIC-eligible nutritional: Formulas used solely for the purpose of enhancing nutrient intake, managing body weight, or addressing picky eaters or used for a condition other than a qualifying condition (*e.g.*, vitamin pills, weight control products, etc.); medicines or drugs as defined by the Federal Food, Drug, and Cosmetic Act as amended; enzymes, herbs, or botanicals; oral rehydration fluids or electrolyte solutions; flavoring or thickening agents; and feeding utensils or devices (*e.g.*, feeding tubes, bags, pumps) designed to administer a WIC-eligible formula.

² All authorized milks must conform to FDA Standards of Identity for milks as defined by [21 CFR part 131](#) and meet WIC's requirements for vitamin fortification as specified in table 4 to

[paragraph \(e\)\(12\)](#) of this section. Additional authorized milks include, but are not limited to calcium-fortified, lactose-reduced, organic, and UHT pasteurized milks. Other milks are permitted at the State agency's discretion provided that the State agency determines that the milk meets the minimum requirements for authorized milk.

³ Processed refers to frozen, canned (see footnote 4 to this table 4), or dried.

⁴ Canned refers to processed food items in cans or other shelf-stable containers, *e.g.*, jars, pouches.

⁵ Fresh herbs, cut at the root or with the root intact, are authorized. The following are not authorized: spices and dried herbs; seeds; potted plants with vegetables, fruits or herbs; creamed vegetables or vegetables with added sauces; fresh fruits and/or vegetables packaged with dips, sauces, or glazes; mixed vegetables containing noodles, nuts, or sauce packets; vegetable-grain (*e.g.*, pasta, rice) mixtures; fruit-nut mixtures; breaded vegetables; fruits and vegetables for purchase on salad bars; peanuts or other nuts; ornamental and decorative fruits and vegetables such as chili peppers or garlic on a string, gourds, painted pumpkins, fruit baskets, and decorative blossoms and flowers; and foods containing fruits such as blueberry muffins and other baked goods. Home-canned and home-preserved fruits and vegetables are not authorized.

⁶ Excludes catsup or other condiments; pickled vegetables; olives; soups; juices; and fruit leathers and fruit roll-ups. Canned tomato sauce, tomato paste, salsa, and spaghetti sauce without added sugar, fats, or oils are authorized.

⁷ State agencies have the option to allow only lower sodium canned vegetables for purchase with the cash-value voucher.

⁸ One of the following criteria must be met to confirm the product provides 50% or more whole grains: (1) product labeling contains the FDA health claim “Diet rich in whole grain foods and other plant foods and low in total fat, saturated fat, and cholesterol may reduce the risk of heart disease and some cancers” OR “Diets rich in whole grain foods and other plant foods, and low in saturated fat and cholesterol, may help reduce the risk of heart disease”; (2) meets the “rule of three” criteria (*i.e.*, the first ingredient (or second after water) must be whole grain, and the next two grain ingredients (if any) must be whole grains, enriched grains, bran or germ; (3) the manufacturer provides written documentation that the product contains 50% or more whole grains by weight.

⁹ King mackerel is not authorized.

¹⁰ Mature dry beans, peas, or lentils in dry-packaged and canned forms are authorized under the mature legume category. Immature varieties of fresh or canned beans and frozen beans of any type (immature or mature) are authorized for purchase with the cash-value voucher only. Juices are provided as a separate WIC food category and are not authorized under the fruit and vegetable category.

¹¹ The following are not authorized in the mature legume category: soups; immature varieties of legumes, such as those used in canned green peas, green beans, snap beans, yellow beans, and wax beans; baked beans with meat, e.g., beans and franks; beans containing added sugars (except for baked beans), fats, oils, meats, fruits, or vegetables.

¹² Infant cereals containing infant formula, milk, fruit, or other non-cereal ingredients are not allowed.

¹³ Mixtures with cereal or infant food desserts (e.g., peach cobbler) are not authorized; however, combinations of single ingredients (e.g., apple-banana) and combinations of single ingredients of fruits and/or vegetables (e.g., apples and squash) are allowed.

¹⁴ Combinations of single ingredients (e.g., peas and carrots) and combinations of single ingredients of fruits and/or vegetables (e.g., apples and squash) are allowed. Mixed vegetables with white potato as an ingredient (e.g., mixed vegetables) are authorized.

¹⁵ Infant food combinations (e.g., meat and vegetables) and dinners (e.g., spaghetti and meatballs) are not allowed.

Authority

7 CFR Part 246.10(e)*excerpt*
7 CFR Part 246.10(e)(1)(iv)(A-C)
7 CFR part 246.10(e)(3)(i)
7 CFR part 246.10(e)(3)(ii)(B-C)
7 CFR Part 246.10(e)(3)(iii-v)
7 CFR Part 246.10(e)(11)
7 CFR Part 246.10(e)(11)(Table 3)
7 CFR Part 246.10(e)(12)
7 CFR Part 246.10(e)(12)(Table 4)

Procedures

This is the only food package that can provide whole milk to children over 2 years of age and to women participants. Therefore, food packages with whole milk must also provide WIC formula. Kefir is a whole milk option and Buttermilk would be a lowfat option.

Infant food fruits and vegetables may be provided in lieu of the CVB for a child or woman receiving food package III. The conversion factor is 6.25 ounces jarred infant food fruits and vegetables per \$1 CVB. If the special formula medical documentation form indicates both jarred infant fruits and vegetables and the CVB are allowed, any combination of the two can be provided using the 6.25 oz per \$1.00 conversion rate up to the maximum CVB for that participant category.

Infant cereal may be provided in lieu of breakfast cereal for a child or woman receiving food package III.

- Children – Maximum substitution of 162.5 oz of infant food fruits and vegetables in lieu of the \$26.00 CVB.
- Women – Maximum substitution of 293.75 oz or 325 oz of infant food fruits and vegetables in lieu of their \$47.00 or \$52.00 CVB.
- Women fully breastfeeding multiples – Maximum substitution of 487.5 oz of infant food fruits and vegetables in lieu of the \$78.00 CVB.
- 32 oz. of infant cereal may be substituted for 36 ounces of breakfast cereal.

Medical documentation is required for the formula and the supplemental foods issued in this food package. Staff shall tailor the quantity of formula and **types** of supplemental foods provided **and create a care plan** based on the prescription from the prescribing health care provider.

A CPA may authorize WIC-eligible formulas, exempt formulas and nutritionals written for by the prescribing authority from the state-approved list (i.e. category 21, 31 and 41 products in the WIC data system). The length of the authorization is based on the documentation from the prescribing authority. If the WIC-eligible nutritional or formula is not available in the WIC data system, the CPA must work with the State Office to complete the Iowa WIC Formula Approval Application. The application and the Iowa WIC Program Formula Product Guide can be found on the WIC web portal.

Some medical conditions may warrant the use of several products and combinations of powder, concentrate and ready-to-feed formulas. The total reconstituted ounces per month cannot exceed 910 ounces for women and children.

There are times when a special WIC eligible formula is not available or hard to obtain from a special purpose vendor in the local agency service area. In these situations, a specific process must be followed to obtain the formula for the participant. This process is called the Formula Warehouse Process. See the Local Agency Formula Warehouse Process procedure in the Nutrition Services Procedures section of the WIC web portal.

Health care providers may refer to the WIC CPA for identifying appropriate supplemental foods (excluding WIC formula) and their prescribed amounts, as well as, length of time the supplemental foods are required by the participant. This allowance must be indicated by the health care provider on the medical documentation form. **All nutrition tailoring must be documented in the participant's record either in the nutrition care plan or on the food package panel. Reasons for tailoring substitutions include accommodating special dietary needs, cultural practices and personal preferences.**

For participants receiving benefits from the Medicaid Program, the Iowa WIC Program is the first payer for exempt infant formulas and WIC-eligible nutritionals.

Best Practices

As determined appropriate by the health care provider per medical documentation, a child or woman may receive infant foods in lieu of the CVB or infant cereal in lieu of breakfast cereal. To support families and to increase the variety and availability of culturally appropriate fruits and vegetables in the diet though, the CPA should discuss ways the caregiver could use the CVB to puree their own.

If a participant requires more formula than WIC can provide:

- Complete a Documentation of Nutrition Products from WIC form (found in the Nutrition Services forms section of the WIC web portal).
- Have the participant sign it and scan it into their record (this allows the WIC agency to share information on the form with a pharmacist or physician if contacted).
- Give the completed form to the participant with the instruction that it provides important documentation that the pharmacist must submit along with certification of medical necessity from the physician and a script for the formula in order to see if the remaining formula will be paid by Medicaid. The participant will need to work with their health care provider and pharmacy staff to determine if this can be done.