

WIC Supplemental Foods

Federal regulations define the minimum criteria for determining WIC supplemental foods with each State Agency having the ability to further define the selection criteria. The tables below outline the criteria to assess if a food item may be approved in the NC WIC Program for each WIC-eligible food category. Retail availability and cost are also reviewed in assessment of a food item prior to approval in the NC WIC Program.

Local agency staff refer participants to the most current “NC WIC Program Shopping Guide” and to the most current “North Carolina WIC Vendor Transaction Guide” used by vendors. These guides may be ordered from the Community Nutrition Services Section. The most current NC WIC Approved Product List (APL) and NC WIC Approved Foods Nutrition Criteria are available at <https://www.ncdhhs.gov/newicfoods>.

■ WIC-Eligible Foods (effective January 10, 2026)

- Milk and milk substitutes including cow’s milk, plant-based milk alternative, cheese, plant-based cheese alternative, yogurt, plant-based yogurt alternative, and tofu.

Cow’s Milk	
Approved ▪ 1 gallon, ½ gallon and 1-quart fresh fluid milk ▪ ½ gallon lactose-reduced or lactose-free milk ▪ 1 quart Ultra High Temperature (UHT) milk ▪ 12 oz. canned evaporated milk ▪ Skim, 1%, 2% and whole pasteurized milk	Not Approved ▪ Buttermilk ▪ Chocolate or other flavored milk ▪ Goat’s milk ▪ Milk drinks ▪ Powdered milk ▪ Organic milk
Plant-based Milk Alternative	
Approved ▪ 64 oz. container, unflavored	Not Approved ▪ Flavored plant-based milk alternatives ▪ Plant-based milk alternatives with artificial sweeteners ▪ Organic plant-based milk alternatives
Cheese	
Approved ▪ 8 oz. or 16 oz. prepackaged block or sliced (wrapped or unwrapped), snack, cubed, shaped, crumbled, strips, sticks, diced, grated, string or shredded cheese ▪ Any of the following types of cheese or blends of any of these cheeses: ○ Brick ○ Cheddar ○ Colby ○ Monterey Jack ○ Mozzarella ○ Muenster ○ Pasteurized processed American ○ Provolone ○ Swiss	Not Approved ▪ Cheese foods ▪ Cheese products ▪ Cheese spreads ▪ Cheese with additions such as wine, nuts, seeds, jalapenos, pimentos, herbs, spices, seasonings or flavorings (wine or smoked) ▪ Deli or hoop cheese ▪ Organic cheese

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Section 2: WIC SUPPLEMENTAL FOODS

- Lower-sodium varieties - Reduced-fat and reduced-cholesterol varieties	
Plant-Based Cheese Alternative	
Approved 8 oz. or 16 oz. prepackaged block or sliced (wrapped or unwrapped), snack, cubed, shaped, crumbled, strips, sticks, diced, grated, string or shredded cheese - Must contain a minimum of 250 mg of calcium per 1.5 ounces plant-based cheese - Must contain a minimum of 6.5 grams of protein per 1.5 ounces plant-based cheese	Not Approved - Plant-based curd cheese - Organic plant-based cheese
Yogurt	
Approved 32 oz. (quart) container or 2 oz. and 4 oz. packages that total exactly 16 oz. or 32 oz. - Pasteurized - Must contain no more than 16 grams of <i>added sugar</i> per 1 cup plant-based yogurt	Not Approved - Yogurt sold with accompanying mix-in ingredients such as granola, candy pieces, honey, nuts and similar ingredients - Drinkable yogurt - Organic yogurt
Plant-Based Yogurt Alternative	
Approved 32 oz. (quart) container or 2 oz. and 4 oz. packages that total exactly 16 oz. or 32 oz. - Must contain no more than 16 grams of <i>added sugar</i> per 1 cup plant-based yogurt	Not Approved - Plant-based yogurts sold with accompanying mix-in ingredients such as granola, candy pieces, honey, nuts and similar ingredients - Drinkable plant-based yogurt - Organic plant-based yogurt
Tofu	
Approved 14 oz. - 16 oz. prepackaged - Must contain a minimum of 100 mg of calcium per 100 grams of tofu	Not Approved - Tofu with added fats, sugars, oils or sodium - Tofu with artificial sweeteners - Organic tofu

▸ Juice.

Juice	
Approved 64 oz. container 100% juice, unsweetened, pasteurized - Juices fortified with calcium, vitamin D or vitamin C - Vegetable juice may be regular or low sodium - Packaged in plastic, glass, cans or refrigerated paper cartons	Not Approved - Freshly squeezed juices - Juice drinks or cocktails - Juices promoted for use by infants - Juices with added nutrients/additives other than calcium, vitamin D or vitamin C - Sports drinks - Organic juice

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Section 2: WIC SUPPLEMENTAL FOODS

▶ Peanut, Nut, and Seed Butters.

Peanut Butter	
Approved 16 oz. – 18 oz. containers - Less-sugar varieties - Lower-sodium, sodium-free or salt-free varieties - Plain, creamy, crunchy, or chunky - Reduced-fat varieties - Natural varieties	Not Approved - Freshly ground peanut butter - Peanut butter combinations (such as jelly, chocolate, marshmallow) - Peanut butter spread - Peanut butter with artificial sweeteners - Organic peanut butter
Nut and Seed Butter	
Approved 16 oz. – 18 oz. containers - Less-sugar varieties - Lower-sodium, sodium-free or salt-free varieties - Plain, creamy, crunchy, or chunky - Reduced-fat varieties - Natural varieties	- Freshly ground nut and seed butter - Nut and seed butter combinations (such as jelly, chocolate, marshmallow) - Nut and seed butter spread - Nut and seed butter with artificial sweeteners - Organic nut and seed butter

▶ Legumes including mature beans, peas, or lentils packaged dry and/or canned.

Mature Legumes (Beans, Peas, Lentils)	
Approved 16 oz. bag or box 15 oz. - 16 oz. cans Dry beans, peas, lentils - Any type of plain, unseasoned mature dry beans, peas, or lentils Canned beans, peas, lentils - Any type of plain, unseasoned mature canned beans, peas, or lentils - Low-sodium mature canned beans, peas or lentils	Not Approved - Canned beans with meat or added sugars, fat, or oils - Frozen mature legumes (beans, peas, or lentils) May only obtain with cash-value benefit - Green beans or green peas (canned, fresh, or frozen) May only obtain with cash-value benefit - Soup mixes - Organic dry or canned beans, peas, lentils

▶ Eggs.

Eggs	
Approved - One dozen container - Grade A, Large, white chicken eggs	Not Approved - Powdered, liquid or hard-boiled eggs - Brown eggs - Specialty eggs - Organic eggs

▶ Whole wheat bread and other whole grains.

Bread/Buns/Bagels/Rolls	
Approved 14 - 24 oz. loaf or package	Not Approved Bread, buns, bagels, or rolls with artificial sweeteners

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100% whole-grain and/or whole-wheat bread, buns, bagels, or rolls	Organic bread, buns, bagels, or rolls
Brown Rice	
Approved 14 oz. - 24 oz. bag or box - Plain, whole-grain brown rice - Instant, quick, or regular cooking	Not Approved - Mixtures of rice - Seasoned or flavored rice - Brown rice with added sugar, fats, oils, or salt (sodium) - Brown rice with artificial sweeteners - Organic brown rice
Tortillas	
Approved 14 - 24 oz. package - Soft corn (yellow or white) tortillas - Whole wheat tortillas	Not Approved - Hard-shelled corn tortillas - Tortillas with artificial sweeteners - Organic tortillas
Whole Wheat Pasta	
Approved 14 - 24 oz. bag or box 100% whole-grain and/or whole-wheat pasta - All shapes	Not Approved - Added sugars, fats, oils, or salt (i.e., sodium) - Organic pasta
Bulgur	
Approved 14 oz. - 24 oz. bag or box - Plain, whole-grain bulgur - Instant, quick, or regular cooking	Not Approved - Added sugars, fats, oils or salt (i.e., sodium) - Organic bulgur
Whole Grain Barley	
Approved 14 oz. - 24 oz. bag or box - Plain whole-grain barley - Instant, quick, or regular cooking	Not Approved - Added sugars, fats, oils or salt (i.e., sodium) - Organic whole-grain barley
Oatmeal/Oats	
Approved 14 oz. - 24 oz. bag or box - Plain, old fashioned, rolled, cut, or steel cut - Instant, quick, or regular cooking	Not Approved - Added sugars, fats, oils or salt (i.e., sodium) - Organic oatmeal/oats

► Breakfast cereal.

Breakfast Cereal	
Approved 12 oz. - 36 oz. bag or box - At least 28 mg iron per 100 grams dry cereal - Less than or equal to 6 grams added sugar per dry oz. cereal - Includes whole grain as the primary ingredient by weight AND meets labeling requirements for making a health claim as a “whole-grain food with moderate fat content”	Not Approved - Single serving packets - Cereals with artificial sweeteners - Organic cereals

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▸ Infant cereal.

Infant Cereal	
Approved 8 oz. box - Plain, dry infant cereal - Organic infant cereal	Not Approved - Infant cereal with added fruit or formula - Infant cereal with artificial sweeteners

▸ Infant fruits and vegetables.

Infant Fruits and Vegetables	
Approved 2 oz, 3.5 oz, and 4 oz containers (single or multi-packs) - Single fruit or blend of fruits - Single vegetable or blend of vegetables - Combination of fruit and vegetable - Organic infant fruits and vegetables	Not Approved - Infant fruits and vegetables with added sugar, starches, or salt (sodium) - Infant fruits and vegetables with artificial sweeteners

▸ Infant meats.

Infant Meats	
Approved 2.5 oz. containers (single or multi-packs) - Plain meat with gravy or with broth - Organic infant meats	Not Approved - Meat and pasta mixtures - Meat and vegetable mixtures - Infant meats with added sugars or salt (sodium)

▸ Canned fish.

Fish	
Approved 5 oz.- 6 oz. cans or foil packs Pink Salmon: Any brand, plain unseasoned, packed in water and with or without bones Chunk-Light Tuna: Any brand, plain unseasoned, packed in water	Not Approved - Fish with added ingredients - Lunch packs or kits - Organic fish

▸ Formulas or WIC-Eligible Nutritionals.

Infant Formula, Exempt Infant Formula, or WIC-Eligible Nutritionals	
Approved Only the brand, size, type and quantity as indicated on shopping list.	

► Fruits and vegetables per the cash-value benefit (CVB).

Fruits and Vegetables	
Approved ■ FRUITS with no added sugar, fats, oils or salt ○ Fresh fruit ○ Frozen fruit ○ Fruit, juice-packed or water-packed in cans, glass or plastic containers ○ Pre-cut, diced or sliced fruit ○ Single serving packets ○ Organic fruits ■ VEGETABLES with no added sugar, fats, or oils ○ Fresh vegetables ○ Frozen mature legumes (beans, peas or lentils) ○ Frozen vegetables ○ Vegetables in cans, glass or plastic containers ○ Low-sodium vegetables ○ Pre-cut, diced, sliced or shredded vegetables ○ Canned tomato sauce or canned tomato paste ○ Single serving packets ○ Organic vegetables ○ Fresh herbs	Not Approved ■ Breaded vegetables ■ Catsup or other condiments ■ Dried fruits or vegetables ■ Dry or canned mature legumes (beans, peas, or lentils) ○ May obtain when listed under legume category. ■ Fruit and/or vegetable juices ○ May obtain when listed under the juice category. ■ Fruit baskets ■ Fruit leathers and fruit roll-ups ■ Fruit or vegetable items on salad bars ■ Fruits or vegetables mixed with sauces or foods other than other fruits and vegetables ■ Fruits or vegetables with added corn syrup, high-fructose corn syrup, maltose, dextrose, sucrose, honey, and/or maple syrup ■ Fruit packed in cans, glass, or plastic containers with artificial sweeteners ■ Infant fruits and vegetables ■ Ornamental and decorative fruits and vegetables ■ Pickled vegetables, olives ■ Soups