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. 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/ncwicfoods.

WIC-Eligible Foods

- Milk and milk substitutes including cow milk, soy-based beverage, cheese, yogurt, 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 ▪ Organic milk	**Not Approved** ▪ Buttermilk ▪ Chocolate or other flavored milk ▪ Goat's milk ▪ Milk drinks ▪ Powdered milk
Soy-based Beverage	
Approved ▪ 64 oz. container ▪ Organic soy-based beverage	**Not Approved** Flavored soy-based beverage Soy-based beverages with artificial sweeteners
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 ▪ Lower-sodium varieties ▪ Reduced-fat and reduced-cholesterol varieties ▪ Organic cheese	**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

Yogurt	
Approved	**Not Approved**
▪ 32 oz. (quart) container or 2 oz. and 4 oz. packages that total exactly 16 oz. or 32 oz. ▪ Pasteurized ▪ Organic yogurt	Yogurts sold with accompanying mix-in ingredients such as granola, candy pieces, honey, nuts and similar ingredients Drinkable yogurts

Tofu	
Approved	**Not Approved**
▪ 14 oz. - 16 oz. prepackaged ▪ Calcium-set tofu prepared with calcium salts ▪ Organic tofu	Tofu with added fats, sugars, oils or sodium Tofu with artificial sweeteners

- Juice including single strength and concentrate.

Juice (Single Strength)	
Approved	**Not Approved**
▪ 48 oz. and 64 oz. containers ▪ 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 ▪ Organic juice	▪ 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

Juice (Concentrate)	
Approved	**Not Approved**
▪ 11.5 oz. – 12 oz. containers ▪ 100% juice, unsweetened, pasteurized ▪ Frozen or shelf stable concentrate ▪ Juices fortified with calcium, vitamin D or vitamin C ▪ Organic juice	▪ Concentrate products with guidance for diluting to less than single strength ▪ 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

- Peanut butter.

Peanut Butter	
Approved	**Not 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 ▪ Organic peanut butter	▪ Freshly ground peanut butter ▪ Peanut butter combinations (such as jelly, chocolate, marshmallow) ▪ Peanut butter spread ▪ Peanut butter with artificial sweeteners

- 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 ▪ Organic variety **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) o **May obtain with cash-value benefit–only** ▪ Green beans or green peas (canned, fresh, or frozen) o **May obtain with cash-value benefit only** ▪ Soup mixes

- Eggs.

Eggs	
Approved ▪ One dozen container, chicken eggs only ▪ All sizes ▪ All grades ▪ White or Brown eggs ▪ Specialty eggs such as: low-cholesterol, cage-free, stress-free, free-range, vitamin-enriched, antibiotic-free, vegetarian-fed-hen, no-growth-hormones, fertile ▪ Organic eggs	**Not Approved** ▪ Powdered, liquid or hard boiled eggs

- Whole wheat bread and other whole grains.

Bread/Buns/Rolls	
Approved ▪ 16 oz. loaf ▪ 100% whole-grain and/or whole-wheat bread ▪ Organic bread	**Not Approved** ▪ Bagels ▪ Bread with artificial sweeteners
Brown Rice	
Approved ▪ 14 oz. -16 oz. bag or box ▪ Plain, whole-grain brown rice ▪ Instant, quick, or regular cooking ▪ Organic brown rice	**Not Approved** ▪ Mixtures of rice ▪ Seasoned or flavored rice ▪ Brown rice with added sugar, fats, oils, or salt (sodium) ▪ Brown rice with artificial sweeteners
Tortillas	
Approved ▪ 16 oz. package ▪ Soft corn (yellow or white) tortillas ▪ Whole wheat tortillas ▪ Organic tortillas	**Not Approved** ▪ Hard-shelled corn tortillas ▪ Tortillas with artificial sweeteners

Whole Wheat Pasta	
Approved ▪ 16 oz. package ▪ 100% whole-grain and/or whole-wheat pasta ▪ All shapes ▪ Organic pasta	**Not Approved** ▪ Added sugars, fats, oils, or salt (i.e., sodium)
Bulgur	
Approved ▪ 14 oz. -16 oz. bag or box ▪ Plain, whole-grain bulgur ▪ Instant, quick, or regular cooking ▪ Organic bulgur	**Not Approved** ▪ Added sugars, fats, oils or salt (i.e., sodium)
Whole Grain Barley	
Approved ▪ 14 oz. -16 oz. bag or box ▪ Plain whole-grain barley ▪ Instant, quick, or regular cooking ▪ Organic whole-grain barley	**Not Approved** ▪ Added sugars, fats, oils or salt (i.e., sodium)
Oatmeal/Oats	
Approved ▪ 14 oz. -16 oz. bag or box ▪ Plain, old fashioned, rolled, cut, or steel cut. ▪ Instant, quick, or regular cooking ▪ Organic oatmeal/oats	**Not Approved** ▪ Added sugars, fats, oils or salt (i.e., sodium)

- Breakfast cereal.

Breakfast Cereal	
Approved ▪ 12 oz. or larger size box or bag ▪ At least 28 mg iron per 100 g dry cereal ▪ Less than or equal to 6 gm. 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” ▪ Organic cereals	**Not Approved** ▪ Single serving packets ▪ Cereals with artificial sweeteners

- 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	**Not Approved**
▪ 3.5 oz, 4 oz. containers (single) ▪ 2 oz, 3.5 oz, 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	▪ Infant fruits and vegetables with added sugar, starches, or salt (sodium) ▪ Infant fruits and vegetables with artificial sweeteners

- Infant meats.

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

- Canned fish.

Fish	
Approved	**Not 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 ▪ Organic fish	▪ Fish with added ingredients ▪ Lunch packs or kits

- 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.

Fruits and Vegetables	
Approved	**Not 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 fruit ▪ Vegetables with no added sugar, fats, or oils ○ Fresh vegetables ○ Frozen vegetables ○ Frozen mature legumes (beans, peas, or lentils) ○ 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	▪ Breaded vegetables ▪ Catsup or other condiments ▪ Dried fruits or vegetables ▪ Dry or canned mature legumes (beans, peas, or lentils) ○ May obtain when listed under the 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 party trays ▪ 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 ▪ Herbs used for flavoring ▪ Infant fruits and vegetables ▪ Ornamental and decorative fruits and vegetables ▪ Pickled vegetables, olives ▪ Soups ▪ Salsa