

**STATE OF TENNESSEE
FOOD PACKAGE POLICY
FOR
10/1/16 – 9/30/18
WIC FOOD LIST
REVISED 9/16**

- I.** Products must conform to the Food and Drug Administration (FDA) standard of identity for that particular product type as found in 21 CFR of federal regulations. Any product requiring fortifications must also contain at least the minimum fortification amounts found in 21 CFR. In addition, products approved for WIC must meet nutrition requirements established by the U.S. Department of Agriculture (USDA) per 7 CFR 246.10 of federal regulations as well as those established by the State of Tennessee. This revision reflects changes and clarifications presented in the final WIC Food Packages Rule published on March 4, 2014.
- II.** The WIC Food Packages consist of a variety of allowable foods. This encourages participants to:
- A.** Actually use allowable products.
- B.** Exercise responsibility in shopping. We encourage our participants to comparison shop for best buys.
- III.** Request for changes to the 2016 – 2018 Tennessee WIC Food List were to be received by December 15, 2015. It was the Program’s decision as to whether information received after that date is applicable to the next list. Such decisions are based on, but not limited to, whether similar products are currently authorized and the availability and pricing of the new products presented.

Inquiries and requests regarding food list development are to be sent to:

For Availability/Pricing Issues:

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For Nutritional Issues:

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IV. In addition to the standard of identity and nutritional requirements, all WIC approved food must meet the following:

A. Availability requirements:

1. Have availability in two of the State's three grand divisions (East, Middle, and West). In this instance, a particular grand division qualifies if there is availability at 20 % or greater of a sampling of WIC authorized vendors.
2. Have availability in one of the State's three grand divisions. In this instance, a particular grand division qualifies if there is availability at 30% or greater of a sampling of WIC authorized vendors.
3. Have availability in two of the State's three grand divisions. In this instance, a particular grand division qualifies if there is availability at 10% or greater of a sampling of WIC authorized vendors and at least one major grocery chain or supercenter.

If there is more than one size and/or variety potentially eligible, the product can be considered even if all do not meet either of these options.

In addition, during authorization of approved foods for this food list, consideration is given to products not currently meeting any of the three options, but WIC Program staff determined there was a legitimate reason for their approval.

- B.** Food items are to be within two standard deviations of the average price per ounce of all food items in each category. This includes all package sizes considered eligible. In addition, consideration is given to products not currently meeting this requirement, but WIC Program staff determined there was a legitimate reason to allow them.
- C.** Promotion of good nutrition and education.
- D.** Categories identified as "any brand" include all eligible products. Categories identified as brand specific include only those products specifically stated on the food list.
- E.** Vendors are to attempt to carry at least one item of the maximum size of each food category.

V. ADULT AND CHILD CEREAL (HOT AND COLD) (BRAND SPECIFIC) :

- A.** USDA acknowledges there is not a FDA standard of identity for ready-to-eat cold cereals and instant and regular hot cereals.
- B.** Box size must be at least 11 oz.

- C. Iron: minimum 28 mg iron/100 gm dry cereal (45% of the Daily Value for Iron).
- D. Sugar: less than 21.2 gm sucrose and other sugars per 100 gm dry cereal (less than 6 gm. per ounce.).
- E. Sodium: less than 400 mg. sodium/oz dry cereal.
- F. Whole Grain: USDA encourages issuance of whole grain cereals to participants to the maximum extent possible. Therefore, at least half of cereals authorized must have whole grain as a primary ingredient by weight and meet labeling requirements for making a health claim as a “whole grain food with moderate fat content”. The statement containing these requirements can be found at:

<http://www.fda.gov/food/ingredientspackaginglabeling/labelingnutrition/ucm073634.htm>.
- G. Women participants are encouraged to select cereals high in folic acid.
- H. Cereals with single piece added ingredients such as raisins, nuts, dried fruit, fiber nuggets, or other non-cereal items that may have potential for choking a young child are not recommended for children under the age of three.

VI. ADULT AND CHILD JUICE (BRAND SPECIFIC EXCEPT AS NOTED):

- A. Must conform to the FDA standard of identity for fruit juice or vegetable juice and be pasteurized 100% unsweetened single strength juice with at least 30 mg. of Vitamin C/100 milliliters.
- B. Approved juice must be available in 48 oz container or 64 oz container (including refrigerated orange juice), or 11.5/12 oz frozen.
- C. All brands of orange and grapefruit juice labeled 100% juice and at least 120% Vitamin C.
- D. Blends of approved juices allowed.
- E. Vegetable juices may contain regular or lower amounts of sodium.
- F. Juices fortified with calcium allowed.
- G. No fresh squeezed.
- H. No diet juices.
- I. No sweetened juices (including artificial), or fruit drinks.
- J. No added spices.
- K. No juice cocktails.

L. None labeled organic.

M. No bottle or carton juice from dairy case except refrigerated orange juice in 64 oz.

VII. INFANT FOODS (BRAND SPECIFIC):

A. INFANT CEREAL:

1. Iron: minimum 45 mg. iron/100 gm. dry cereal (45% of the Daily Value for Iron).
2. Eligible only in 8 oz boxes, no jars or cans, in regular or whole grain.
3. No added ingredients including infant formula, milk, fruit or other non-cereal ingredients.
4. None labeled organic.
5. None with DHA or ARA.

Please Note: Infants 9 through 11 months of age may receive a \$4.00 or \$8.00 Cash Value Voucher (CVV) for fresh fruits and vegetables in lieu of a portion of the jarred infant food fruits and infant food vegetables provided. See XIV, "Fruits and Vegetables" for more information about CVVs.

B. INFANT FRUITS:

1. Allowed second stage products include any variety of single or mixed ingredient commercial infant food fruit in 4 oz glass or plastic jars. Two-packs allowed.
2. The fruit must be listed as the first ingredient.
3. No added sugars, starches or salt (e.g., sodium).
4. No added cereal.
5. No infant food desserts (e.g. fruit cobbler).
6. None labeled organic.
7. None with DHA or ARA.

C. INFANT VEGETABLES:

1. Allowed second stage products include any variety of single or mixed ingredient commercial infant food vegetable in 4 oz glass or plastic jars. Two-packs allowed.

2. The vegetable must be listed as the first ingredient.
3. No added sugars, starches or salt (e.g., sodium).
4. None labeled organic.
5. None with DHA or ARA.

D. INFANT MEAT:

1. Any variety of commercial infant food, meat or poultry, as a single major ingredient, with added broth or gravy in 2.5 oz jars.
2. No added sugars or sodium.
3. No infant food combinations (e.g. meat and vegetables).
4. No infant dinners (e.g. spaghetti and meatballs).
5. None labeled organic.
6. None with DHA or ARA.

VIII. DAIRY PRODUCTS & MILK ALTERNATIVES:

A. MILK (ANY BRAND):

1. All eligible categories of milk (e.g. regular cow's milk, evaporated milk, goat's milk) must conform to their respective FDA standard of identity.
2. Fat levels less than whole milk are identified as reduced fat (2%), lowfat (1%) and nonfat (skim).
3. All fat levels must meet the USDA required minimum amount of fortification with Vitamins A and D. They are 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).
4. Milk must be purchased in gallon size except where noted.
5. One year old children (12-23 months) are to receive only whole milk unless it is determined necessary to provide reduced fat milk.
6. Children over two years old (24 months and up) and women are to receive lowfat or nonfat milk unless it is determined necessary to provide reduced fat milk.
7. Cow's milk is to be unflavored and pasteurized.

8. Low-fat (1%) sweet acidophilus milk is allowed along with other fat reduced milks.
9. Lactose free milk can be provided when specified on the FI. Must be purchased in largest available size including quarts or half-gallons. One year old children (12-23 months) are to receive only whole lactose free milk unless it is determined necessary to provide reduced fat. Children over two years old (24 months and up) and women are to receive only low-fat or nonfat lactose free milk unless it is determined necessary to provide reduced fat.
10. Non-fat dry powdered milk in 9.6 oz allowed when specified on the FI.
11. Ultra High Temperature (UHT) milk in quarts allowed when specified on the FI. One year old children (12-23 months) are to receive only whole UHT milk unless it is determined necessary to provide reduced fat. Children over two years old (24 months and up) and women are to receive only low-fat or nonfat UHT milk unless it is determined necessary to provide reduced fat.
12. Evaporated milk in 12 oz cans allowed when specified on the FI. One year old children (12-23 months) are to receive only whole evaporated milk. Children over two years old (24 months and up) and women are to receive only nonfat evaporated milk.
13. Buttermilk in quarts is allowed when specified on the FI. The buttermilk may be either low fat or fat free. One year old children (12-23 months) are to receive only whole buttermilk unless it is determined necessary to provide reduced fat. Children over two years old (24 months and up) and women are to receive only low-fat or nonfat buttermilk unless it is determined necessary to provide reduced fat.
14. Goat's milk is allowed for children and women (not infants) when specified on the FI. The only available fat levels currently approved in the commonly carried brand is low fat fresh in quart or half-gallon cartons and low fat powder in 12 oz cans.
15. No chocolate or flavored milk.
16. No non-dairy beverages, except soy-beverage as described in section D.
17. No low carb milk.
18. None labeled organic.

B. CHEESE (ANY STORE BRAND WITH TWO NOTED EXCEPTIONS):

1. Must conform to the FDA standard of identity for cheese. Eligible cheese must be domestic cheese (not imported) made from 100% pasteurized milk - single or blended (i.e., Co-Jack)

2. Eligible varieties are part-skim or whole Mozzarella, natural Cheddar, Colby, Monterey Jack, Process American, Provolone, Swiss and Muenster.
3. Package size must be either 8 oz or 16 oz.
4. Allowed in sliced (including eligible cheese which is individually wrapped) or block.
5. Participants are to receive only store brand/private label unless the store where they are shopping carries only dairy or national brands. However, there is one exception. The Cabot brand in blocks is eligible when requested for religious reasons at the time the FI is issued. It may be purchased from either the dairy or cheese shop areas of the store.
6. Cheeses that are labeled low, free, reduced, less or light in sodium, fat or cholesterol are allowed.
7. Shredded (including finely/fancy) or cubed cheese allowed.
8. No cheese food, cheese spreads, cheese product or curds.
9. No imitation or imported cheese.
10. No grated cheese.
11. No flavored cheese (smoked, wine, etc.)
12. No added ingredients or seasonings (jalapeno peppers, pimento, etc.)
13. No cheese from delicatessen unless not available elsewhere in store. (Except as noted above regarding Cabot brand cheese.)
14. No Parmesan or Romano.
15. No 7 oz reduced fat.
16. None labeled organic.

C. TOFU (BRAND SPECIFIC):

1. Allowed in 16 oz packages when specified on the FI.
2. Must be calcium-set prepared with calcium salts (e.g. calcium sulfate) but may also contain other coagulants (e.g. magnesium chloride). USDA encourages authorization of products with the highest amount of calcium.
3. Organic products allowed.

4. No added fats, sugars, oils or sodium
5. No “Seasoned Tofu”.

D. SOY-BASED BEVERAGE (BRAND SPECIFIC):

1. Allowed when specified on the FI.
2. Must meet FDA fortification guidelines which include per cup: 276 mg calcium, 8 gm protein, 500 IU vitamin A, 100 IU vitamin D, 24 mg magnesium, 222 mg phosphorus, 349 mg potassium, 0.44 mg riboflavin and 1.1 mcg vitamin B12 per cup in accordance with fortification guidelines issued by USDA.
3. May be flavored or unflavored if product is eligible.
4. May be refrigerated or non-refrigerated. However, once participant determines if they wish to purchase refrigerated or non-refrigerated, they must purchase the largest size available (quart or half-gallon).
5. Organic products allowed.

E. YOGURT

1. Must be pasteurized and conform to the FDA standard of identity for yogurt.
2. Must contain less than or equal to 40 grams of total sugar per 1 cup of yogurt.
3. Lowfat and nonfat yogurts are authorized for children over 2 years of age and women. Whole fat yogurt is authorized only for children less than two years of age.
4. Only 32 oz containers of approved brands as specified on the FI.
5. Yogurts sold with accompanying mix-in ingredients such as granola, candy pieces, honey, nuts and similar ingredients are not allowed.
6. Drinkable yogurts are not allowed.
7. No artificial sweeteners (e.g., Sucralose)
8. None labeled organic.

IX. EGGS (ANY BRAND):

- A.** Dozen, Grade A, Large White Eggs.
- B.** No brown eggs.

- C. No specialty eggs (e.g. Egglard's Best).
- D. No dried eggs mix or hard boiled eggs.
- E. None labeled organic.

X. MATURE LEGUMES – DRIED BEANS OR PEAS (ANY BRAND):

- A. Any type of mature dry beans, peas or lentils in 1 pound dry packaging.
- B. Eligible varieties 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 beans ("butter beans"), fava and mung beans, pinto beans, soy beans/edamame, split peas and lentils.
- C. None with added ingredients, seasonings or soup packet.
- D. None labeled organic.
- E. May not contain added sugars, fats, oils or meat, fruit or vegetables as purchased.

XI. MATURE LEGUMES – CANNED BEANS (ANY BRAND):

- A. Any brand and variety of plain beans in 15 – 16 oz cans.
- B. A small amount of sugar for processing purposes allowed.
- C. Regular and reduced sodium products allowed.
- D. Includes garbanzo beans (chickpeas), black-eyed peas, crowder peas and purple hull peas.
- E. No immature legumes such as green peas, green beans, lima beans, snap beans, yellow beans, or wax beans.
- F. None with added meat, sauces, spices, vegetables or fruits as purchased.
- G. No soups.
- H. Baked beans are provided only to participants with limited cooking facilities.
- I. None labeled organic.

XII. PEANUT BUTTER (ANY BRAND):

- A. Must conform to the FDA standard of identity for peanut butter and be available in a 16 oz through 18 oz glass or plastic jar in either creamy (smooth) or chunky (crunchy).

- B.** Can be refrigerated or non-refrigerated.
- C.** Salted or unsalted allowed.
- D.** Added vitamins allowed.
- E.** Not provided for children under the age of two.
- F.** No added marshmallows, honey, jelly, chocolate or similar ingredients.
- G.** No reduced fat peanut butter.
- H.** No peanut butter spread.
- I.** No store ground peanut butter.
- J.** None labeled organic.

XIII. CANNED FISH (ANY BRAND):

- A.** All eligible categories of fish must conform to their respective FDA standard of identity unless noted otherwise.
- B.** All allowed products may be oil or water packed.
- C.** Light tuna allowed in 5 oz cans.
- D.** Sardines do not have a FDA standard of identity. They are allowed in 3.75 oz cans.
- E.** Pink or red salmon allowed in 14.75 oz cans. (The FDA standard of identity is for Pacific canned salmon.)
- F.** Jack mackerel, the type commonly found in retail stores, is allowed in 15 oz cans. FDA lists the six eligible species in “The Seafood List” at:

<http://www.fda.gov/food/guidanceregulation/guidancedocumentsregulatoryinformation/seafood/ucm113260.htm> .
- G.** Bones or skin allowed.
- H.** Added sauces and flavorings, e.g. tomato sauce, mustard or lemon allowed.
- I.** May be regular or lower in sodium.
- J.** No Albacore or Yellowfin tuna.
- K.** No King mackerel.

- L. No smoked products.
- M. None labeled organic.

XIV. FRUITS AND VEGETABLES (ANY BRANDS):

Please note: All fruits and vegetables are to be purchased with the fruit and vegetable Cash Value Vouchers (CVV) except juices, dried beans or peas, or canned beans which must be purchased with FIs. It is required that the participant be allowed to pay any difference above the maximum value of the CVV by SNAP EBT or other form of payment.

All authorized WIC grocery vendors are required to stock at least two different fruits and two different vegetables.

- A. All categories of eligible fruits and vegetables must conform to their respective FDA standard of identity.
- B. Any variety of fresh whole or cut fruit without added sugars (all references to no added sugars in this section includes no artificial sweeteners.)
- C. Any variety of frozen fruits without added sugars fats, oils, or salt (e.g., sodium).
- D. The fruit must be listed as the first ingredient.
- E. Any variety of fresh whole or cut vegetable without added sugars, fats, oils, herbs or spices.
- F. Any variety of frozen vegetables without added sugars (like dextrose), fats, oils, breading, herbs or spices. May be regular or lower in sodium. The vegetable must be listed as the first ingredient.
- G. Mixed vegetable allowed.
- H. Organic products allowed.
- I. White potatoes, orange yams and sweet potatoes allowed in fresh or frozen except no frozen potato shapes like French fries, hash browns or potato tots.
- J. Broccoli, cauliflower and artichokes allowed although edible blossoms or flowers (e.g. squash blossoms) not allowed.
- K. No ketchup or other condiments, pickled vegetables or olives.
- L. No soups.

- M.** No fruit leathers or fruit roll-ups.
- N.** No bundled or packaged herbs or spices.
- O.** No vegetable-grain (pasta or rice mixtures), breaded vegetables or creamed or sauced vegetables.
- P.** No mixed vegetables with noodles, nuts or sauce packets.
- Q.** No dried fruits or vegetables.
- R.** No fruit/nut mixtures, fruit basket, party trays, or fruits or vegetables from salad bars.
- S.** No peanuts or other nuts.
- T.** No ornamental or decorative fruits (including pumpkins) or vegetables (e.g. chili peppers on a string, garlic on a string, or gourds).
- U.** No foods containing fruits such as blueberry muffins and other baked goods.
- V.** No home canned or home preserved fruits and vegetables.

XV. WHOLE WHEAT BREAD/WHOLE GRAIN BREAD/OTHER WHOLE GRAIN PRODUCTS IN 16 OZ PACKAGING:

Please Note: Whole wheat and/or whole grain bread must be offered. Other grain products are the program's option.

A. WHOLE GRAIN BREAD, BUNS AND ROLLS (BRAND SPECIFIC):

1. Must meet FDA standard of identity for whole grain bread, buns and rolls.
2. Whole grain must be the primary ingredient by weight.
3. Must meet labeling requirements for making a health claim as a "whole grain food with moderate fat content". The statement containing these requirements can be found at:

<http://www.fda.gov/food/ingredientpackaginglabeling/labelingnutrition/ucm073634.htm> .
4. Seeds allowed.
5. None from store bakery.
6. None labeled sugar-free.

7. Swirls, e.g., cinnamon, honey and/or added fruit or nuts, e.g. raisins, not allowed.
8. None labeled organic.

B. OTHER WHOLE UNPROCESSED GRAINS (BRAND SPECIFIC EXCEPT AS NOTED):

1. Any brand brown rice, bulgur (cracked wheat), oatmeal, whole grain barley without added sugars, fats, oils or salt (i.e., sodium) allowed in instant, quick or regular cooking.
2. Soft corn tortillas allowed when the corn is the primary ingredient by weight.

Although USDA encourages allowing soft corn tortillas with whole corn as the primary ingredients, they can also be made from ground masa flour (corn flour) using traditional processing methods. Examples of eligible products include whole corn, corn masa, whole ground corn, corn masa flour, masa harina, and white corn flour.

Soft corn products must also meet labeling requirements for making a health claim as a “whole grain food with moderate fat content”. The statement containing these requirements can be found at:

<http://www.fda.gov/food/ingredientpackaginglabeling/labelingnutrition/ucm073634.htm> .

3. Whole wheat tortillas allowed when whole wheat is the primary ingredient by weight. The “whole wheat flour” must be the only flour listed in the ingredients.
4. Whole wheat macaroni (pasta) products that conform to the FDA standard of identity for whole wheat macaroni products and have no added sugars, fats, oils, or salt (e.g., sodium) allowed. “Whole wheat flour” and/or “whole durum wheat flour” can be the only flours listed in the ingredients.

Other shapes and sizes that conform to the FDA standard of identity for whole wheat macaroni (pasta) products and have no added sugars, fats, oils, or salt (e.g., sodium) also allowed. Examples include whole wheat rotini and whole wheat penne.

5. No pearled barley.
6. None labeled organic.

XVI. INFANT FORMULA:

The brand of standard WIC formulas in Tennessee is determined through the state competitive bid process. The currently available infant formula each participant is to receive will be stated on their FI.

XVII. CURRENT AUTHORIZED FOOD LIST FOLLOWS:

See enclosed Food List.

(Revised 9/29/16)