

New WIC Foods Chart: #8

After June 1, 2009 there will be twenty (20) food categories that are approved by Colorado WIC. Obviously, there has been a lot of change in these WIC allowed foods and, as a result, in the 2009 Colorado WIC Allowable Foods List (Foods List). To assist WIC staff in learning about the new foods, the following information is detailed in the chart below for the new food groups and corresponds to the information in the new Foods List. The major changes within current food categories are detailed at the end of the chart.

- **Description-** matches the description of the food categories on the WIC checks and on the Foods List.
- **Amount-** shows the allowed number of ounces, pounds, dollars, or containers (such as boxes, cans, or jars) to correspond with what is listed on the WIC check.
- **Size(s)-** details the allowed package sizes or combination of packages allowed.
- **Brand-** explains the types of allowed brands that should be purchased, either:
 - a. Specific brand (that is pictured or named),
 - b. Any brand,
 - c. Store brand only, or
 - d. Store brand if available (in which case, a national brand is allowed).
- **OK to Buy-** list options, choices and varieties that are allowed in order to clarify possible questions.
- **Do Not Buy-** clarifies the types of items that are not allowed.
- **Summary-** more information on the major aspects of the food category.

(Please note: Some of the details may show an "NA" (not applicable) to indicate that the information is already covered or not relevant to that food.)

New WIC Foods

Fruits & Vegetables

Fruits & Vegetables	Description	<p>“# Dollars Fruits and/or Vegetables”</p> <ul style="list-style-type: none"> The fruits and vegetables check (also called a Cash Value Voucher) will be separate from other food instruments. Based on the prescribed food package, the fruits and vegetables check will be valued at \$6.00, \$8.00, or \$10.00. For example, a child’s check will read “6 Dollars fruits and/or vegetables.”
	Amount	<ul style="list-style-type: none"> Any amount of fruits and/or vegetables up to the dollar amount listed on the WIC check. The participant will need to add up the price of her fruits and vegetables in order to get as close to the full dollar amount listed on the check without going over.
	Size	<ul style="list-style-type: none"> Any combination of fresh and/or frozen fruits and vegetables up to the dollar amount listed on the check. Participants may combine items priced by the item and/or priced by weight, and may combine fresh and frozen items if desired.
	Brand	<ul style="list-style-type: none"> Any brand is allowed.
	OK to Buy	<p>Refer to the Foods List. In general,</p> <ul style="list-style-type: none"> Fresh and frozen fruits and vegetables are allowed. Organic fruits and vegetables are allowed. Sweet potatoes and yams are allowed. Salad mixes and mixed greens are allowed.
	Do Not Buy	<p>Refer to the Foods List. In general,</p> <ul style="list-style-type: none"> White potatoes are not allowed. White potatoes are any variety of potato except sweet potatoes and yams. Added ingredients that are not fruits or vegetables (such as rice, noodles, meat, cheese, dressing, croutons, sugar, salt, etc) are not allowed. Fruits and vegetables in cans or jars (metal or glass) are not allowed. Herbs, spices, party trays, items from the salad bar or dried fruits or vegetables are not allowed.

New WIC Foods

Fruits & Vegetables (continued)



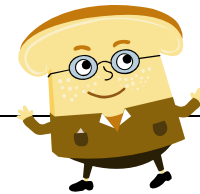
Summary

- Participants will NOT be able to purchase more than the check specifies, and will NOT be given cash back if the purchase totals less than the check specifies.
- It is important that the participant weigh and add up the prices of her fruit and vegetables items in order to stay within the dollar amount listed on the check PRIOR to checking out at the cash register. The Foods List features a “Buying Fresh Fruits and Vegetables” pricing chart to help determine how much a weighed item might cost.
- Participants will NOT be able to pay extra if their fruit and vegetable purchase is more than the dollar amount listed on their check. If the participant wants to purchase extra fruits and vegetables, she will need to separate those items and pay for them in her personal shopping transaction.
- Fruits and vegetables purchases must be separated from items listed on other WIC checks. The cashier will process each check as a separate transaction.
- Multiple fruits and vegetables checks may not be combined in one transaction. For example, if a participant has an \$8.00 check for herself, and a \$6.00 check for her child, she must separate the fruit and vegetable items for her check from the fruit and vegetable items for her child’s check. The cashier will process each check as a separate transaction.
- Why doesn’t WIC offer white potatoes? White potatoes are a nutritious choice, but studies show that Americans eat more potatoes than any other vegetable. WIC at the national level has chosen to include all of the other fruits and vegetables in the food packages to add more variety and nutrients to what WIC participants already eat.
- Note about organic items: Organic food will not be allowed on a general basis. This decision is based on a number of factors, such as cost and product distribution and availability within the state. Organic fruits and vegetables, including fresh bananas, are provided as a result of federal guidelines that are intended to provide maximum variety to participants in selecting produce.

New WIC Foods

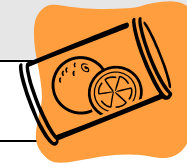
Whole Grains

Whole Grains- Bread, Brown Rice, and Tortillas	Description	"# Ounces Whole Grains"
	Amount	<ul style="list-style-type: none"> Up to the number of ounces of whole grain bread, brown rice and/or corn tortillas listed on WIC check.
	Size	<ul style="list-style-type: none"> Any combination of whole grain bread, brown rice and/or corn tortillas up to amount listed on check.
	Brand	<ul style="list-style-type: none"> Brown Rice & Tortillas: Any brand of brown rice and corn tortillas is allowed. 100% Whole Grain Breads: The whole grain bread items are listed by specific brand and item on the Foods List to assist participants with finding products that are WIC-approved. There are 17 specific 100% whole wheat or whole grain bread products listed within five brands—Oroweat, Pepperidge Farm, Wonder, Sara Lee and Country Hearth. Participants will need to look closely at labels to make sure they are getting the right item matching the foods list and the amount listed on their WIC check.
	OK to Buy	<p>Refer to the Foods List. In general,</p> <ul style="list-style-type: none"> Whole grain breads are listed by specific item and brand. Participants must purchase only items listed on the Foods List. Bags of long, medium or short grain brown rice are allowed. White or yellow corn tortillas are allowed.
	Do Not Buy	<p>Refer to the Foods List. In general,</p> <ul style="list-style-type: none"> Breads that are not specifically listed on the Foods List are not allowed. Organic breads, rice and tortillas are not allowed. Flour tortillas and hard shell corn tortillas (including tortilla chips, taco shells and tostada shells) are not allowed.
	Summary	<ul style="list-style-type: none"> Combining Whole Grains: Participants have the option to combine foods from this food category. For instance, if the check lists 32 ounces whole grains, the participant can choose to purchase a 24 ounce loaf of bread and an 8 ounce package of corn tortillas. Participants with checks that read "16 ounces whole grains" will need to look carefully for packages that are 16 ounces or less. There are several 16 ounce loaves of bread on the Foods List, and participants will also find brown rice and corn tortilla packages in 16 ounce packaging on the shelves. In addition, there are also WIC-approved items in each of the whole grain sub-categories (bread, brown rice and corn tortillas) that are in packaging larger than 16 ounces.



New WIC Foods

100% Juice





100% Juice	Description	<ul style="list-style-type: none"> • Women: “# Cans 12-oz fz or 46-oz juice” • Children: “# Containers 64-oz juice”
	Amount	<ul style="list-style-type: none"> • Up to the number of cans or containers listed on their WIC check.
	Size	<ul style="list-style-type: none"> • Participants may purchase any combination of the container size specified on the check. For example, if the check reads “2 cans 12-oz frozen or 46-oz cans” the participant may choose to buy all frozen cans, all metal cans, or 1 frozen and 1 metal can as desired. • Several of the allowed frozen juices come in 11.5-ounce cans. These are allowed if the check lists 12-ounce frozen juice as an option. • If the check reads “2 containers 64-oz juice” the participant may choose all 64-ounce shelf stable plastic bottles, all refrigerated 64-ounce cartons, or 1 shelf stable and 1 refrigerated container as desired. (Note: Orange and grapefruit juice is generally found in the refrigerated containers.) • The participant may not choose a size of juice container that is not specified on the check. For example, if the check reads “2 cans 12 oz-frozen or 46-oz cans” the participant cannot purchase 1 12-oz frozen and 1 64-oz shelf stable bottle.
	Brand	<p>Refer to the Foods List. In general,</p> <ul style="list-style-type: none"> • OJ& Grapefruit- Notice that some flavors such as orange and grapefruit juice are store brand only. (Note: Orange and grapefruit juices naturally meet federal vitamin C requirements.) • Others- Flavors such as grape, apple, pineapple and vegetable juice are listed as specific brands and items. (Note: These flavor juices do not all naturally meet federal vitamin C requirements, thus WIC must list these specifically.)
	OK to Buy	N/A
	Do Not Buy	<p>Refer to the Foods List. In general,</p> <ul style="list-style-type: none"> • Juices that are not specifically listed on the Foods List are not allowed. • Organic juices are not allowed. • Juices with added calcium or flavoring are not allowed. • Juice blends, cocktail juices or juices that are less than 100% juice are not allowed.
	Summary	<ul style="list-style-type: none"> • If the Foods List states store brand, the participant must purchase store brand only. If the list states a specific brand, the participant must get that brand only. • The participant may only mix and match between the sizes listed on her check.

New WIC Foods

Tofu		
Tofu	Description	"# Pound(s) Tofu"
	Amount	<ul style="list-style-type: none"> • Up to the number of pounds listed on the WIC check. • Women may choose up to 4 pounds of tofu without obtaining a medical prescription. Women must obtain a medical prescription (with documentation of milk allergy, severe lactose intolerance, or adherence to a vegan diet) if they wish to receive more than 4 pounds of tofu. Children must obtain a medical prescription for any amount of tofu. Participants must request tofu at the clinic – they will not be allowed to purchase tofu at the store if tofu is not listed on their check.
	Size	<ul style="list-style-type: none"> • The tofu items approved by Colorado WIC are packaged in 12 ounce, 14 ounce, or 16 ounce containers. Participants may choose from these specific items up to the number of pounds listed on their check.
	Brand	<ul style="list-style-type: none"> • Specific brands: House Foods and Denver Tofu.
	OK to Buy	N/A
	Do Not Buy	Refer to the Foods List. In general, <ul style="list-style-type: none"> • Items and brands not listed specifically on the foods list are not allowed. • Packages smaller than 12 ounces or larger than 16 ounces are not allowed.
	Summary	<ul style="list-style-type: none"> • Availability: Local availability of this item may vary. (Note: Stores will not be required to maintain stock of tofu.)

New WIC Foods

Soy Beverage

	Description	“# Quart(s) Soy Beverage”
Soy Beverage	Amount	<ul style="list-style-type: none"> Up to the number of quarts listed on the WIC check. Children must obtain a medical prescription (with documentation of milk allergy, severe lactose maldigestion, or adherence to a vegan diet) in order to receive any amount of soy beverage. Women may be issued soy beverage without a prescription. Participants must request soy beverage at the clinic – they will not be allowed to purchase it at the store if soy beverage is not listed on their check.
	Size	<ul style="list-style-type: none"> Quarts- The soy beverage items approved by Colorado WIC are packaged in aseptic quart containers. Participants may choose from these specific items (flavors) up to the number of quarts listed on their check.
	Brand	<ul style="list-style-type: none"> Specific brand: Pacific Natural Foods Ultra Soy Beverage. (Plain and Vanilla) <div style="display: flex; justify-content: center; gap: 20px;">   </div>
	OK to Buy	N/A
	Do Not Buy	Refer to the Foods List. In general, <ul style="list-style-type: none"> Items and brands not listed specifically on the foods list are not allowed.
	Summary	<ul style="list-style-type: none"> Availability: At this time the WIC-approved soy beverage Pacific Natural Foods Ultra Soy Beverage is not widely available at grocery stores. King Soopers, City Market, and Wal-Mart stores have indicated that they may start to make the item available in the near future. Prescribing food packages with soy beverage may cause some difficulty for participants and stores until this item becomes more widely available. Work with your local stores and the participants to determine if this item is available before prescribing a food package with soy beverage included. (Note: Stores will not be required to maintain stock of soy beverage.)


New WIC Foods

Canned Beans

Canned Beans	Description	"# Can(s) Beans 16-oz"
	Amount	<ul style="list-style-type: none"> Up to the number of cans of beans listed on their WIC check. Participants must request canned beans at the clinic – they will not be allowed to purchase at the store if canned beans are not listed on their check.
	Size	<ul style="list-style-type: none"> Cans up to 16 ounces. (Note: This allows for the purchase of 15-ounce and 15.5-ounce canned beans that are commonly available.)
	Brand	<ul style="list-style-type: none"> Any brand is allowed.
	OK to Buy	Refer to the Foods List. In general, <ul style="list-style-type: none"> Ten varieties of canned beans are listed on the Foods List. Participants must purchase only varieties listed on the Foods List.
	Do Not Buy	Refer to the Foods List. In general, <ul style="list-style-type: none"> Beans with added flavoring, fat, oil or meat are not allowed. Soup or soup mixes are not allowed. Organic beans are not allowed. Baked beans, refried beans and chili beans are not allowed. (Note: These items are generally packaged with added ingredients that are not allowed by WIC.)
	Summary	N/A

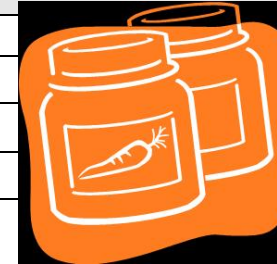
New WIC Foods

Canned Fish

Canned Fish	Description	"# Ounce(s) Canned Fish"	
	Amount	<ul style="list-style-type: none"> Up to the number of ounces listed on the WIC check. 	
	Size	<ul style="list-style-type: none"> Any size can. Participants may purchase any combination of canned chunk light tuna, pink salmon and/or sardines up to the amount listed on the check. 	
	Brand	<ul style="list-style-type: none"> Any brand is allowed. 	
	OK to Buy	<p>Refer to the Foods List. In general,</p> <ul style="list-style-type: none"> Chunk light tuna, pink salmon and sardines packed in water or oil are allowed. Chunk light tuna, pink salmon and sardines with added flavoring (including hot sauce, mustard, or tomato sauce) are allowed. 	
	Do Not Buy	<p>Refer to the Foods List. In general,</p> <ul style="list-style-type: none"> Fish packed in pouches is not allowed. Albacore, chunk white or solid white tuna is not allowed. Blueback, Sockeye, Red, King or Coho salmon is not allowed. 	
	Summary	<ul style="list-style-type: none"> Participants may purchase any size can to add up to the number of ounces on their WIC check. 	

New WIC Foods

Baby Food- Fruits and Vegetables



Baby Food- Fruits & Vegetables	Description	"# Jars Baby Food Fruit/Veg 4-oz"
	Amount	<ul style="list-style-type: none"> Up to the number of jars listed on the check.
	Size	<ul style="list-style-type: none"> Jars up to 4 ounces.
	Brand	<ul style="list-style-type: none"> Any brand is allowed.
	OK to Buy	<p>Refer to the Foods List. In general,</p> <ul style="list-style-type: none"> Glass or plastic jars are allowed. Single and mixed fruits and/or vegetables are allowed. Multi-packs are allowed. Each jar in the multi-pack will be counted as 1 jar. For example, 2-pack = 2 jars.
	Do Not Buy	<p>Refer to the Foods List. In general,</p> <ul style="list-style-type: none"> Organic baby foods are not allowed. Graduates and 3rd foods are not allowed. Dinners, desserts and custards are not allowed. Added meat, rice, pasta, noodles, DHA and/or ARA, sugars, starches, or salt are not allowed. Jars larger than 4 ounces are not allowed.
Summary	N/A	

Baby Food- Meats

Baby Food- Meat	Description	"# Jars Baby Food Meats 2.5-oz"
	Amount	<ul style="list-style-type: none"> Up to the number of jars listed on the check.
	Size	<ul style="list-style-type: none"> Jars up to 2.5 ounces.
	Brand	<ul style="list-style-type: none"> Any brand allowed.
	OK to Buy	<p>Refer to the Foods List. In general,</p> <ul style="list-style-type: none"> Glass or plastic jars are allowed. Baby food meats with broth and/or gravy are allowed. Multi-packs are allowed. Each jar in the multi-pack will be counted as 1 jar. For example, 2-pack = 2 jars.
	Do Not Buy	<p>Refer to the Foods List. In general,</p> <ul style="list-style-type: none"> Organic baby foods are not allowed. Graduates and 3rd foods are not allowed. Dinners are not allowed. Added rice, pasta, noodles, fruits, vegetables, DHA and/or ARA, sugars or salt are not allowed. Jars larger than 2.5 ounces are not allowed.
Summary	N/A	

New WIC Foods

Fresh Bananas



Fresh Bananas	Description	"# Pound(s) Fresh Bananas"
	Amount	<ul style="list-style-type: none"> Up to the number of pounds listed on the check. (Note: Three small bananas weigh about one pound.)
	Size	<ul style="list-style-type: none"> Up to the number of pounds listed. Participants will need to weigh their bananas to purchase up to the number of pounds listed without going over.
	Brand	<ul style="list-style-type: none"> Any brand allowed.
	OK to Buy	Refer to the Foods List. In general, <ul style="list-style-type: none"> Any variety or type of fresh bananas is allowed. Organic bananas are allowed.
	Do Not Buy	N/A
	Summary	More on Weighing Fresh Bananas: <ul style="list-style-type: none"> Participants will NOT be able to purchase bananas that weigh more than the check specifies. It is important that the participant weigh her fresh bananas in order to stay within the number of pounds listed on the check PRIOR to checking out at the cash register.

Major Changes to Currently Allowed Foods

	Summary	<ul style="list-style-type: none"> Infant Cereal- BeechNut Brand has been added. Juice- Store Brand orange and grapefruit juices will only be allowed in store brand. This is revised from "Store Brand if Available." Stores will be required to maintain store brand orange juice in 12-ounce frozen cans. (Note: This is pending USDA approval.) Milk- The purchase of up to one-half gallon of lactose-reduced milk (i.e., Lactaid/Dairy Ease) will no longer be allowed if the WIC check lists "milk." Participants will continue to be able to receive food packages at the clinic that contain the lactose-reduced milk.
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