WIC Women, Infants & Children SOUTH CAROLINA

FEED YOUR FUTURE SOUTH CAROLINA

FOOD PRODUCTS SPECIFICATIONS

Submit your food item(s) request to:
wicfoodrequest@dhec.sc.gov

dhec

CR-009940 01/20

South Carolina
WIC Approved Food List Submission Process

Selection Criteria:

Foods are selected based on (1) USDA Federal Guidelines for WIC, (2) WIC participant acceptance, (3) cost, (4) container size, (5) availability, and (6) comparison of submitted products.

Please note that food products must have been commercially available in SC for a **minimum of one year** prior to eligibility consideration with no distribution, recall, or documented health problems.

See the **Food Products Specifications** brochure found at https://www.scdhec.gov/Health/WIC/ForVendors/ and USDA requirements found at https://www.fns.usda.gov/wic/information-food-manufacturers-regarding-wic-food-packages to ensure your product meets guidelines and is an eligible product. Food products must comply with the applicable local, state, and federal laws.

Procedure:

Please read this document carefully for product specifications and submission procedures. **NEW** food submissions or updates should be sent through the online portal (www.scdhec.gov/wicfoodsubmissions).No other forms of submission, for example floppy disc, thumb drive, or company's spreadsheet will no longer be accepted. SC WIC may request additional information as needed.

Submit required items within the specified timeframe. If a product is already on the SC APL, companies do not need to submit the item again. However, if there are any changes to SC WIC Food products, such as being discontinued, reformulated, UPC updated or the item no longer meets the minimum federal requirement, SC WIC State office must be notified.

Submission of a food product for consideration does not guarantee that the product submitted will appear on the SC WIC Approved Food List. The SC WIC Program reserves the right to change the SC WIC Approved Food List at any time.

Timeframe:

- The WIC year funds October 1 – September 31.
- Submission deadline is March 1st of each year for the following fiscal year.
- Food product review and evaluation is in May of each year.
- Food product selection notifications are sent by the end of June each year.
- All decisions concerning South Carolina WIC Approved Foods are implemented on October 1st each year.

Notification:

Companies must contact the SC WIC State Office immediately if the product is reformulated, has undergone a packaging or labeling changed, or has been recalled or discontinued. Companies will send this information to wicfoodrequest@dhec.sc.gov If the WIC Program is not notified the product will be eliminated from the program.

South Carolina Department of Health and Environmental Control
Women, Infant and Children (WIC)
Approved Foods List
Food Specifications

Milk:

Approved	Not Approved
• Pasteurized cow's Milk • Skim Milk • 1% Milk • 2% Milk • Whole Milk • Lactose Milk • Ultra-High Temperature (UHT) Milk • Dry Powdered Milk	• Buttermilk • Goat's Milk • Almond Milk • Sweetened condensed milk • Acidophilus Milk • Filled Milk • Organic • Evaporated Milk

- ❖ SIZE: Gallons, Half-gallon and Quarts
- ❖ UHT milk is quarts only and Lactaid available in half-gallon
- ❖ Fluid milk must conform to FDA Standard of Identity 21 CFR 131.110
- ❖ Unflavored and chocolate flavored only
- ❖ Must contain 100 International Units of vitamin D and 500 International Units of vitamin A per 8 oz. (400 IU and 2000 IU, respectively, per quart)

Soy Milk:

Approved	Not Approved
• Half Gallon Only • Unflavored or Flavored • Must be fortified to meet the following nutrient levels per cup: o 276 mg Calcium o 8 g Protein o 500 IU Vitamin A o 100 IU Vitamin D o 24 mg Magnesium o 222 mg Phosphorus o 349 mg Potassium o .44 mg Riboflavin o 1.1 mcg Vitamin B12	• Organic

- ❖ Size: Half Gallon Only
- ❖ Unflavored or Vanilla

Tofu:

Approved	Not Approved
• 14oz-16oz prepackaged • Calcium-set prepared with calcium salts (e.g., calcium sulfate) • May also contain other coagulants (i.e. magnesium chloride) • Organic tofu	• Added fats, sugars, oils, or sodium (salt) • Added DHA/ARA and/or Omega-3 fat • Artificial sweeteners

Cheese:

Approved	Not Approved

• 100% Pasteurized
  ○ Whole, Low-fat, Reduced Fat
• 8 oz. and 16 oz. (1 lb.) packaged block, sliced, shredded, string, sticks, or cubed
• Low Sodium
• Low cholesterol
• Any of the following types of cheese and blends of any of these cheeses:
  ○ American
  ○ Cheddar
  ○ Colby
  ○ Monterey Jack
  ○ Mozzarella
  ○ Muenster
  ○ Provolone
  ○ Swiss
	• Cheese foods
	• Cheese products
	• Cheese spreads
	• Cheese from deli departments
	• Organic Cheese
	• Cracker cuts

❖ Must conform to FDA Standard of Identity 21 CFR part 133

Eggs:

Approved	Not Approved

• Dozen package only
• Large Size
• White only
• Grade A and Grade AA
• Specialty Eggs
  ○ Cage free
  ○ Grain Fed
	• Organic Eggs
	• Liquid, Powdered, or hard boiled eggs
	• Brown Eggs

Yogurt:

Approved	Not Approved

• Pasteurized
• Sizes:
  ○ 32 oz.
  ○ One package of 8-4oz servings
  ○ Two packages of 4-4oz servings
• No more than 40 g of total sugar per 8 oz.
• Plain or Flavored
	• Drinkable yogurts
	• Mix-in ingredients such as granola, candy pieces, nuts of similar ingredients
	• Organic Yogurt

- ❖ Must conform to FDS Standard of Identity for whole-fat (21 CFR 131.200), low-fat (21 CFR 131.203), or nonfat (21 CFR 131.206)

Juice:

Approved	Not Approved
• 100% Pasteurized unsweetened fruit and/or vegetable juice • Must contain 30 mg of Vitamin C per 100 ml of juice • Vegetable juice may be regular or low sodium • Calcium-fortified • Sizes: • 11.5-12 oz. frozen concentrate • 11.5-12 oz. shelf-stable concentrate • 48 oz. containers • 64 oz. containers	• Added Sugars • Organic Juice • Fruit “drinks” • Added Fiber • Juice “cocktails” • Glass bottles • Sport drinks (Gatorade, PowerAde)

- ❖ 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).

Breakfast Cereals:

Approved	Not Approved

• Sizes:
  ○ 9 oz.
  ○ 11.8-12 oz
  ○ 18 oz.
  ○ 24 oz.
  ○ 36 oz.
• Must contain a minimum of 28 mg of iron per 100 g of dry cereal
• Must contain ≤ 21.2 g of sucrose and other sugars per 100 grams of dry cereal, no more than 6 g of sugar and other sugars per ounce of dry cereal
• Cooked cereals may be instant, quick, or regular cook
• Plain-flavored only
• Organic
For whole grain cereals:
• Whole wheat or whole grain must be primary ingredient by weight
• Must meet labeling requirements for making a health claim as a "whole grain foods with moderate fat content"
• Must contain a minimum of 51% whole grains
• Low saturated fat: ≤1 g
• Low Cholesterol: ≤20 mg
• Contain ≤ 6.5g total fat and ≤ 0.5 g trans fat
	• Artificial of non-nutritive sweeteners

Bread:

Approved	Not Approved
• 16 oz. package only • 100% whole-grain and/or whole wheat bread • Buns **Whole Wheat Bread** • "Whole wheat flour" and /or bromated whole wheat flour" must be the only flours listed in the ingredient list **Whole Grain Bread** • Whole wheat or whole grain must be primary ingredient by weight • Must meet labeling requirements for making a health claim as a "whole grain foods with moderate fat content" • Must contain a minimum of 51% whole grains • Low saturated fat: ≤1 g • Low Cholesterol: ≤20 mg • Contain ≤ 6.5g total fat and ≤ 0.5 g trans fat	• Bagels and muffins • Organic bread • Bread with artificial sweeteners, DHA/ARA and/or Omega 3 fats

- ❖ Whole Wheat Bread: Must conform to FDA standard of Identity 21 CFR 136.180
- ❖ Whole Grain Bread: Must conform to FDA Standard of Identity 21 CFR 136.110

Brown Rice:

Approved	Not Approved
• 14-16 oz. package only • Instant, quick, boil-in-bag, or regular cooking • Whole grain must be the primary ingredient by weight	• White rice • Organic

Tortillas:

Approved	Not Approved
• 16 oz. package only **Soft Corn Tortillas:** • Made from ground masa flour (corn flour) using traditional processing methods, e.g. whole corn, corn (masa), whole ground corn, corn masa flour, masa harina, and white corn flour **Whole Wheat Tortillas:** • "Whole Wheat Flour" must be the **ONLY** flour listed in the ingredient	• White or Flour tortillas • Organic

Whole Wheat Pasta:

Approved	Not Approved
• 16 oz. package only • "Whole Wheat Flour" and /or "Whole Durum Wheat Flour" must be the only flours listed in the ingredient list • Different shapes	• Added sugars, fats, oils, or salt (i.e., sodium) • Organic • Flavored

❖ Must conform to FDA Standard of Identity 21 CFR 139.138

Peanut Butter:

Approved	Not Approved
• 16-18 oz. jar only • Smooth, creamy, crunchy, chunky, extra chunky • regular, low sodium, reduced fat • "Natural" or "All Natural"	• Contain added items (e.g. jelly, marshmallows, or similar) • Peanut butter spread • Omega-3 fats • Organic

❖ Must conform to FDA Standard of Identity 21 CFR 164.150

Mature Legumes (Dried Beans, Canned Beans, Peas, and Lentils):

Approved	Not Approved
• 16 oz. bag • 15-16 oz. cans • Any type of mature dry, plain, peas or lentils • Single variety only • Unflavored	• Mixtures or flavoring (added sugars, fats, oil, vegetables, fruits, or meats) • Canned green beans, snap beans, yellow beans, wax beans, or sweet peas

Note: Frozen legumes (beans, peas, or lentils) and fresh, canned, or frozen green beans or green peas maybe obtained with cash value benefits

Canned Tuna, Pink Salmon, and Mackerel:

Approved	Not Approved

• Sizes:
  ○ 3.75 oz.
  ○ 5 oz.
  ○ 6 oz.
  ○ 7.5 oz.
  ○ 14.75 oz.
• Water or oil-packed
• May include bones or skin
• Regular or lower in sodium content
• Mackerel (N. Atlantic, Chub Pacific or Jack Mackerel)
	• White (albacore) tuna
	• Red Salmon
	• Added sauces or flavorings
	• Organic

- ❖ Light Tuna Must conform to FDA Standard of Identity 21 CFR 161.190
- ❖ Salmon(Pacific salmon) Must conform to FDA standard of Identity 21 CFR 161.170

Infant Cereal:

Approved	Not Approved
• 8oz. or 16 oz. • Contain a minimum of 45 mg of iron per 100 g per 100 grams of dry cereal • Rice, oatmeal, barley, corn, or mixed cereal	• Added DHA, fruit or formula • Jar cereal

Infant Meats:

Approved	Not Approved
• 2.5 oz. • Organic • Meat or poultry, as a single major ingredient, with added broth or gravy	• Added sugars or salt • Combinations (e.g. meat & vegetables or fruit)

Infant Fruits and Vegetables:

Approved	Not Approved
• Twin packs that holds 2 oz containers, 4 oz containers • Any variety of single ingredient • Combination of single ingredients (e.g. sweet potato and apple) • Organic	• Added sugars, starches, or salt (e.g. sodium) • Added DHA • Dinners

Cash-Value Benefit: 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, oils:

- Fresh vegetables
- Frozen mature legumes (beans, peas, or lentils)
- Frozen vegetables
- Low-sodium vegetables
- Pre-cut, diced, sliced, or shredded vegetables
- Canned tomato sauce or canned tomato paste
- Single serving packets
- Vegetables in cans, glass, or plastic containers
- Organic vegetables

Not Approved

- Breaded vegetables
- Ketchup or other condiments
- Dried fruits
- Dried vegetables
- Dry or canned mature legumes (beans, peas, or lentils)
- Fruit and/or vegetables juices
- Fruit baskets
- Fruit leathers and fruit roll-ups
- Fruit or vegetable items or 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