

**STATE OF TENNESSEE  
FOOD PACKAGE POLICY  
FOR  
10/01/10 – 9/30/12  
WIC FOOD LIST  
REVISED 9/11**

- 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.
- 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 2009—2010 Tennessee WIC Food List to be considered for the 2010—2012 list effective October 1, 2010 were to be received by January 15, 2010. It will be the Program’s decision as to whether information received after that date is applicable to development of the 2010—2012 list. Such decisions will be 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 should be sent to:
- WIC Food Delivery Administrator  
Tennessee Department of Health  
Nutrition and Wellness  
Cordell Hull Complex, 5th floor  
425 5th Avenue North  
Nashville, TN 37243
- IV. In addition to the standard of identity and nutritional requirements, all WIC approved food must meet the following availability and cost requirements:**
- A.** Food items are to be available in two of the State’s three grand divisions (East, Middle, and West). A particular grand division qualifies if there is availability at 25 % or greater of a sampling of WIC authorized vendors. If there is more than one size and/or variety potentially eligible, the product can be considered even if all do not meet this availability requirement. (However, during authorization of approved foods for the 2010—2012 food list, consideration may be given to products not currently meeting this requirement, but likely to have additional availability if made eligible for the WIC Program.)

- 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 that would be considered eligible. (However, during authorization of approved foods for the 2010—2012 food list, consideration may be given to products not currently meeting this requirement, but likely to have additional availability if made eligible for the WIC Program.)
- C.** Promotion of good nutrition and education.

**V. ADULT AND CHILD CEREAL (HOT AND COLD):**

- A.** Must conform to the 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: at least half of cereals authorized must have whole grain as a primary ingredient by weight and meet the following labeling requirements for making a health claim as “whole grain food with moderate fat content”:
  - 1. Minimum of 51% whole grains (using dietary fiber as the indicator).
  - 2. FDA definition of “low saturated fat”: less than 1 gm saturated fat per Reference Amount Customarily Consumed (RACC).
  - 3. FDA definition of “low cholesterol”: less than 20 mg cholesterol per RACC.
  - 4. Quantitative *trans* fat labeling.
  - 5. Fat content which is less than 6.5 gm total fat per RACC and *trans* fat content which is less than 0.5 gm *trans* fat per RACC.
- 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:**

- 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 46 – 48 oz. container or 64 oz. container, or 11.5/12 oz. frozen.
- C.** All brands of orange and grapefruit juice are allowed.
- D.** Vegetable juices may contain regular or lower amounts of sodium.
- E.** Juices fortified with calcium are allowed.
- F.** No sweetened juices or fruit drinks.
- G.** No added spices.
- H.** No juice cocktails.
- I.** None labeled organic.
- J.** No bottle or carton juice from dairy case.

**VII. INFANT FOODS:**

**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.
3. No added ingredients including infant formula, milk, fruit or other non-cereal ingredients.
4. None labeled organic.
5. None with DHA or ARA.

**B. INFANT FRUITS:**

1. Any variety of single ingredient commercial infant food fruit in 3.5/4 oz. containers or jars. Two-packs are allowed.
2. Any texture from strained through diced.
3. No added sugars, starches or 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. Any variety of single ingredient commercial infant food vegetables in 3.5/4 oz. containers or jars. Two-packs are allowed.
2. Any texture from strained through diced.
3. No added sugars, starches or 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. Any texture from pureed through diced.
3. No added sugars or sodium.
4. No infant food combinations (e.g. meat and vegetables).
5. No infant dinners (e.g. spaghetti and meatballs).
6. None labeled organic.
7. None with DHA or ARA.

## **VIII. DAIRY PRODUCTS & MILK ALTERNATIVES:**

### **A. MILK:**

1. Must be purchased in gallon size except where noted as follows.
2. Cow's milk must conform to the FDA standard of identity for whole, reduced fat, low-fat, or non-fat unflavored pasteurized cow's milk and contain at least the FDA minimum amounts of fortification with Vitamins A and D.
3. Sweet acidophilus milks are allowed without being specified on the FI.
4. Goat's milk is allowed for children and women in cans or quarts when specified on the FI. It is not allowed for infants.
5. Goat's milk must conform to the FDA standard of identity for whole, reduced fat, low-fat, or non-fat unflavored pasteurized goat's milk and contain at least the FDA minimum amounts of fortification with Vitamins A and D.
6. One year old children (12-23 months) are to receive only whole milk.
7. Lactose reduced/Lactose free milk that meets USDA Vitamins A and D requirements may be used when specified on the FI. May be purchased in largest available size including quarts or half-gallons.
8. Non-fat dry powdered milk in 9.6 oz, Ultra High Temperature (UHT) milk in quarts, evaporated milks in 12 oz cans and buttermilk in quarts that meet USDA Vitamins A and D requirements are allowed when specified on the FI. The buttermilk and evaporated milk may be whole, low fat or fat free.
9. No whole milk allowed except for one year olds as noted above.
10. No chocolate milk.
11. No non-dairy beverages, except soy-based as described in section D.
12. None labeled organic.

## **B. CHEESE:**

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, and Process American.
3. Package size must be either 8 oz or 16 oz.
4. Allowed in sliced (including eligible cheese which is individually wrapped), block, string, or sticks.
5. Participants are to receive only store brand/private label unless not carried where they are shopping, with the following exception. The Cabot brand in blocks is eligible when requested for religious reasons at the time the FI is issued.
6. Cheeses that are labeled low, free, reduced, less or light in sodium, fat or cholesterol are allowed.
7. No shredded or cubed.
8. No cheese food or cheese product.
9. No imitation cheese.
10. No flavored cheese (smoked, wine, etc.)
11. No added ingredients (jalapeno peppers, pimento, etc.)
12. No cheese from delicatessen unless not available elsewhere in store.
13. None labeled organic.

## **C. TOFU:**

1. Allowed in 14 – 16 oz. packages when specified on the FI.
2. Must be calcium-set prepared with calcium salts (e.g. calcium sulphate).
3. Organic products are allowed.
4. No added fats, sugars, oils or sodium
5. No “Seasoned Tofu”.

**D. SOY-BASED BEVERAGE:**

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.
3. May be purchased in quarts or half-gallons.
4. May be refrigerated or non-refrigerated.
5. Organic products are allowed.

**IX. EGGS:**

- 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. DRIED BEANS OR PEAS:**

- 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, great northern beans, kidney beans, lima beans, navy beans, pinto beans, soy beans, split peas and lentils.
- C. None with seasoning packet.
- D. None labeled organic.

**XI. CANNED BEANS:**

- A. Any brand and variety of plain beans in 15 – 16 oz cans.
- B. Added salt and sugar allowed.
- C. Products labeled reduced sodium allowed.
- D. None labeled peas.

- E. No green beans.
- F. None with added meat, sauces, or spices
- G. None labeled organic.

**XII. PEANUT BUTTER:**

- 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 smooth or crunchy.
- B. Can be refrigerated or non-refrigerated.
- C. Regular or reduced amounts of sodium are allowed.
- D. Added vitamins are allowed.
- E. Not provided for children under the age of three.
- F. No added ingredients that are swirled in (e.g. jelly).
- G. No reduced fat peanut butter.
- H. No peanut butter spread.
- I. No store ground peanut butter.
- J. None labeled organic.

**XIII. CANNED FISH:**

- A. Chunk light tuna, pink or red salmon or sardines which conform to the FDA standard of identity and are oil or water packed.
- B. Tuna is allowed in 5 – 6 oz. cans.
- C. Sardines are allowed in 3.75 oz. cans. Packaging may include mustard or tomato sauce.
- D. Salmon is allowed in 14.75 oz. cans.
- E. Packaging may include bones or skin.
- F. May be regular or lower in sodium.
- G. No Albacore tuna.

- H. No smoked products.
- I. None labeled organic.

#### **XIV. FRUITS AND VEGETABLES:**

**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.

- A. Any variety of fresh whole or cut fruit without added sugars.
- B. Any variety of frozen fruits without added sugars.
- C. Any variety of fresh whole or cut vegetable, without added sugars, fats, oils, or spices, except white potatoes.
- D. Any variety of frozen vegetables, without added sugars, fats, oils, breading, or spices, except white potatoes. May be regular or lower in sodium.
- E. Organic products are allowed.
- F. Orange yams, and sweet potatoes are allowed in fresh or frozen.
- G. Broccoli, cauliflower and artichokes are allowed although edible blossoms or flowers (e.g. squash blossoms) are not allowed.
- H. No ketchup or other condiments, pickled vegetables or olives.
- I. No soups.
- J. No fruit leathers or fruit roll-ups.
- K. No bundled or packaged herbs or spices.
- L. No vegetable-grain (pasta or rice mixtures), breaded vegetables or creamed or sauced vegetables.
- M. No dried fruits or vegetables.
- N. No fruit/nut mixtures, fruit basket, party trays, or fruits or vegetables from salad bars.
- O. No peanuts.
- P. No ornamental or decorative fruits or vegetables (e.g. chili peppers on a string), garlic on a string or gourds.

**Q.** No baked goods (e.g. blueberry muffins).

**XV. WHOLE WHEAT BREAD/WHOLE GRAIN BREAD/OTHER WHOLE GRAIN PRODUCTS IN 12-16 OZ PACKAGING:**

**A. WHOLE WHEAT BREAD, BUNS AND ROLLS:**

1. Must meet FDA standard of identity for whole wheat bread.
2. Whole wheat must be the primary ingredient by weight.
3. Seeds are allowed.
4. None from store bakery.
5. Swirls, e.g., cinnamon, honey and/or added fruit or nuts, e.g. raisins are not allowed.
6. None labeled organic.

**B. WHOLE GRAIN BREAD:**

1. Must meet labeling requirements for making a health claim as a “whole grain food with moderate fat content”. This includes:
  - a. Minimum of 51% whole grains (using dietary fiber as the indicator).
  - b. “Low saturated fat” which is defined as less than 1 gm saturated fat per Reference Amount Customarily Consumed (RACC).
  - c. “Low cholesterol” which is defined as less than 20 mg cholesterol per RACC.
  - d. Quantitative *trans* fat labeling.
  - e. Fat content which is less than 6.5 gm total fat per RACC and *trans* fat content which is less than 0.5 gm *trans* fat per RACC.
2. Whole wheat must be the primary ingredient by weight.
3. Seeds are allowed.
4. None from store bakery.
5. Swirls, e.g., cinnamon, honey and/or added fruit or nuts, e.g. raisins, are not allowed.

6. None labeled organic.

**C. OTHER WHOLE UNPROCESSED GRAINS:**

1. Includes brown rice, bulgur (cracked wheat), oatmeal and whole grain barley without added sugars, fats, oils or sodium.
2. Can be instant, quick or regular cooking.
3. Soft corn or whole wheat tortillas are allowed when whole grain (corn or whole wheat) is the primary ingredient by weight.
4. No pearled barley.
5. 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.

(September 21, 2011)