



Policy 770

Authorized Foods

July 1, 2025

POLICY

The state WIC program is responsible for selecting foods for the authorized food list, in accordance with the federal regulations and state policies. Authorized foods are provided through food packages according to the category and nutritional needs of the participant.

PURPOSE

To identify criteria used to select foods available to WIC participants. To identify the foods that can be issued to WIC participants when specified in their WIC food package.

RELEVANT REGULATIONS

7 CFR §246.10 ¶(c)—Supplemental foods

21 CFR §101.95— (definition) “Fresh” “Freshly Frozen” “Fresh Frozen” “Frozen Fresh”

OREGON WIC PPM REFERENCES

- ◆ [720—General Information on Formula Use](#)
- ◆ [730—Bid Formula: Use and Description](#)
- ◆ [760—Medical Formulas and Nutritionals](#)
- ◆ [765—Medical Documentation](#)
- ◆ [769—Assigning WIC Food Packages](#)

APPENDICES

770.16 Appendix A: WIC Authorized Food List

770.36 Appendix B: WIC Food Authorization Process

DEFINITIONS

WIC Authorized Food List: The list of foods that are eligible to be prescribed for WIC participants in Oregon.

Food Benefit: The individual foods a participant receives on WIC for a selected month.

Food Benefit Balance: The unspent issued food benefits which are available for purchase by a cardholder.

BACKGROUND

WIC provides supplemental, nutritious foods to participants to address specific nutritional needs of pregnancy, breastfeeding, infancy, and early childhood development. The WIC food packages focus is on choice and flexibility, as well as nutritional balance.

PROCEDURE

Authorized foods

- 1.0 Issue only authorized foods to individuals enrolled in WIC. All foods allowed for Oregon WIC meet the criteria identified in this policy.

WIC Authorized Food List

- 2.0 Appendix A of this policy summarizes the foods a WIC participant may buy, if the food item is listed on their food benefit balance. For the maximum quantity of food a WIC participant can be assigned per month, refer to ♦ [769—Assigning WIC Food Packages](#).

Formula and Medical Foods

- 3.0 Refer to ♦ [720—General Information on Formula Use](#), ♦ [730—Bid Formula: Use and Description](#) and ♦ [760—Medical Formulas](#) for information about issuing formula and medical foods to infants, special children and special adult participants.

Milk

- 4.0 Allowed. Authorized milk meets the following requirements:
 - All milk must be pasteurized and unflavored
 - Non-fat, 1%, 2%, (evaporated, fluid, or powdered) must contain 400 IU of vitamin D and 2,000 IU of vitamin A per fluid quart of milk
 - Skim Deluxe, Ultra, Supreme, Creamy, Royale, etc., are allowed

Lactose-free and acidophilus milk

- 4.1. Lactose-free milk and acidophilus milk are allowed only if listed on the food benefit balance.
- 4.2. Lactose-free milk and acidophilus milk must meet the requirements in ¶4.0, depending on the fat content of the milk.

Dry, evaporated milk

- 4.3. Dry milk or canned evaporated milk is allowed only if listed on the food benefit balance.

Goat milk

- 4.4. Evaporated, fresh or powdered goat milk are allowed only if listed on the food benefit balance.
- 4.5. Goat milk must meet the above requirements in ¶4.0,

Soy and Plant Beverage

- 4.6. Soy and plant beverage is allowed only if listed on the food benefit balance.
- 4.7. Allowed. Only soy and plant beverages authorized by the State WIC program can be purchased with WIC food benefits. See Appendix A. Soy and plant beverages selected contain a minimum of the following nutrients:

- 8 g protein per cup
 - Less than or equal to 10 grams of added sugar per cup
 - 276 mg calcium per cup
 - 500 IU vitamin A per cup
 - 100 IU (2.5 mcg) vitamin D per cup
 - 24 mg magnesium per cup
 - 222 mg phosphorus per cup
 - 349 mg potassium per cup
 - 0.44 mg riboflavin per cup and
 - 1.1 mcg vitamin B12 per cup
- 4.8. Soy and plant beverage may be plain or vanilla, and organic.
- 4.9. 32 oz., 59 oz., 64 oz. or 128 oz. package sizes allowed.
- 4.10. Not allowed. The following types of milk are not allowed:
- Milk with 5% or greater milk fat content
 - Half and half
 - Whipped cream
 - Buttermilk
 - Flavored milk
 - Raw milk
 - A2 milk
 - Organic milk
 - Added Omega-3 or Vitamin E
 - Specialty items, like glass bottles
 - Milks with non-nutritive or artificial sweeteners, such as acesulfame potassium or sucralose

Cheese

- 5.0 The following type of cheese is allowed:
- Must be a domestic cheese, i.e., made in the U.S.A. from 100% pasteurized milk
 - Must be in a 8, 16 or 32 ounce size package
 - Must be one of the following types: Cheddar (mild, medium or sharp), Cheddar-Jack, Colby, Colby-Jack, Monterey Jack, Mozzarella, Muenster, Provolone or Swiss
 - 16 oz. (1 lb) mozzarella string cheese

- Block, sliced and shredded cheese
- Sharp is okay
- Must include the type of cheese in the product name, for example:

Allowed or not	Name and type	Reason
Allowed	Tillamook Cheddar Cheese-Mild	The specific type of cheese, “Cheddar” is indicated in the name
Not allowed	Tillamook Cheese-Mild	The specific type of cheese is not indicated in the name

Low-fat or low sodium cheeses

5.1. WIC participants may purchase low-fat, non-fat and low sodium cheeses that meet the conditions in ¶5.0 and do not meet any of the conditions in ¶6.0 For example:

Allowed or not	Name and type	Reason
Allowed	Low Sodium Monterey Jack	The specific type of cheese, “Monterey Jack” is indicated in the name

6.0 The following type of cheeses are not allowed:

- Extra sharp or white Cheddar
- Deli cheeses
- Cheeses made from raw milk, goat milk, soy or plant beverage
- Cheese food products or spreads (like Velveeta or Cheese Whiz)
- Smoked or flavored cheeses (with items added like jalapeño peppers or caraway)
- Organic cheese
- Fresh Mozzarella cheese (packed in water)

Yogurt

7.0 Allowed. Must conform to the Food and Drug (FDA) standard of identity (21 CFR 131.200). Only yogurt brands authorized by the State WIC program can be purchased with WIC food benefits. See Appendix A. Authorized yogurt meets the following requirements:

- Pasteurized, whole, low-fat or non-fat, plain or flavored yogurt
- Not more than 16 g of added sugar per cup
- As of April 19, 2027 must meet 106 IU (2.67 mcg) vitamin D per cup
- 32 oz. Container
- May be lactose free

8.0 Not Allowed. These yogurts are ***not*** allowed:

- Mix-in ingredients, such as granola, candy pieces, honey, nuts and similar ingredients
- Drinkable yogurts
- Yogurts with non-nutritive or artificial sweeteners, such as aspartame or sucralose
- “Light” yogurts

Tofu

- 9.0 Allowed. Tofu is allowed only if it is listed on the food benefit balance. Only tofu brands authorized by the State WIC program can be purchased with WIC food benefits. See Appendix A. Authorized tofu meets the following requirements:
- Water packed tofu
 - Minimum of 100 mg calcium per 100 g
 - 14 to 16 oz. package
- 10.0 Not allowed. These tofus are **not** allowed:
- Tofus with added fats, sugars, oils or sodium

Cereal

- 11.0 Allowed. Only cereal brands authorized by the State WIC program can be purchased with WIC food benefits. At least 75% of the cereals offered by WIC have whole grain as the first ingredient. See Appendix A. Authorized cereals meet the following requirements:
- Contain a minimum of 28 mg of iron per 100 grams of dry cereal;
 - Contain no more than 21.2 grams of added sugar per 100 grams of dry cereal;
 - Meet the price and availability requirements set by the State WIC program, and
 - Must be 12 oz. to 36 oz. size for cold cereal, 9.8 oz. to 36 oz. size for hot cereal.
 - Cold and hot cereal may contain fruit.
- 12.0 Not allowed. These cereals are **not** allowed:
- Single-serving boxes or packets of cold cereal
 - Cereals with artificial sweeteners
 - Cereals featuring TV/media cartoon characters
 - Cereals with candy flavors, such as caramel and chocolate, or artificial food colorings

Juice

- 13.0 Allowed. Only juice authorized by the State WIC program can be purchased with WIC food benefits. See Appendix A. Authorized juices meet the following requirements:

- 100% pasteurized, unsweetened fruit or vegetable juice (or juice blends);
- Contain a minimum of 30 mg of vitamin C per 100 milliliters; and
- Meet the price, container size (11.5-12 oz frozen concentrate; 64 oz. plastic bottle single strength) and availability requirements set by the Oregon WIC program.
- Added fiber, vitamins and minerals are approved.
- Vegetable juice may be regular or lower in sodium.

14.0 Not allowed. These juices are not allowed:

- Juice drinks such as Hi-C
- Juice cocktails, V-8 splash or apple cider
- Imitation beverages such as Awake, Tang, Orange Plus, Start or Sunny Delight
- Juice with added sugar or sweeteners or “Light” juice
- Juices featuring TV/media cartoon characters
- Organic juice

Eggs

15.0 Allowed. Authorized eggs are:

- White or brown chicken eggs;
- Any size
- Any brand, in packages of one dozen.

16.0 Not allowed. These eggs are **not** allowed

- Dried or powdered eggs
- Specialty brands, nutrient modified (e.g. higher Omega-3 or Vitamin E), or “pasture-raised”
- Organic eggs

Dry or canned beans peas or lentils

17.0 Allowed. Authorized dry or canned beans, peas, or lentils are:

- Any brand of mature dry beans, peas or lentils in a 16 or 32 oz. size dry-package or a 15-16 oz. can.
- Mixed dry beans, peas or lentils, if they do not contain added seasonings.
- Canned legumes may be regular or lower in sodium content.
- Canned beans may contain a small amount of added sugar for processing purposes.

- Mature dry beans include but are not limited to black, navy, kidney, mature lima (butter beans), fava, garbanzo, soy, pinto, and mung beans. Dry peas include but are not limited to crowder, cow, split, and black-eyed peas.
- May be organic.

18.0 Not allowed. These types of dry or canned beans, peas and lentils are not allowed:

- Dry beans, peas or lentils with added seasonings
- Contain added sugars, fats, oils, vegetables, fruit or meat as purchased
- Bulk
- Refried canned beans
- Baked beans
- Soups or soup mix
- Canned green beans or green peas

Peanut, nut and seed butter

19.0 Allowed. Peanut butter must conform to the FDA standard of identity (21 CFR 164.150). Any brand of peanut butter. Nut and seed butters authorized by the State WIC program may be purchased with WIC food benefits. See Appendix A.

- Any brand of peanut butter in a 16-18 oz container;
- Nut and seed butters in a 16-18 oz. container (must provide comparable nutritive value to peanut butter i.e. protein and iron)
- Any texture such as creamy, crunchy or chunky; and
- With or without salt
- May be organic.

20.0 Not allowed. These types of peanut, nut or seed butter are not allowed:

- Peanut butter spread (most reduced-fat peanut butter is peanut butter spread)
- Peanut, nut or seed butter with jelly, honey, marshmallows, chocolate or similar ingredients added
- Omega-3 enhanced
- Honey roasted
- Low-fat or reduced fat
- Bulk or “grind your own”

Fish

21.0 Allowed tuna, salmon, or sardines. Authorized fish is:

- Any brand of canned chunk light tuna (must conform to FDA 21 CFR 161.190) packed in water or oil, 2.5 oz. to 20 oz size

- Any brand salmon (pacific salmon must conform to FDA 21 CFR 161.170) packed in water or oil, 2.5 oz. to 20 oz size
- Sardines packed in water or oil, 3.75 oz. can and authorized by the State WIC program. See Appendix A
- May be regular or lower in sodium content; and
- Pack may include bones or skin.
- Pouches or single serving packages

22.0 Not Allowed. These types of tuna, salmon and sardines are not allowed:

- Albacore, bluefin, yellowfin, bigeye, or tongel tuna
- Flavored or seasoned tuna, salmon or sardines
- Fillets
- Specialty fish, like pole caught

Fruits and vegetables

23.0 Authorized fresh and frozen fruits and vegetables meet the conditions below:

Fresh fruits and vegetables

23.1. Allowed. Authorized fresh fruits and vegetables are:

- Fresh as defined by 21 CFR §101.95
- Any brand or variety of fresh whole or cut fruit without added sugars.
- Any brand or variety of fresh whole or cut vegetables without added sugars, fats or oils.
- Fresh herbs, cut at the root, or with the root intact without soil
- Salad greens in a bag.
- Any type fresh immature beans, peas or lentils.
- Organic is allowed.

23.2. Not allowed. The following fresh fruits and vegetables are **not** allowed:

- Salad bar, deli items or party trays.
- Added dressing or dip.
- Added nuts, dried fruit, croutons, etc.
- Dried herbs or spices
- Edible blossoms and flowers e.g. squash blossoms (broccoli, cauliflower and artichokes are allowed).
- No seeds, potted plants with vegetables, fruits or herbs
- Peanuts or other nuts.

- Ornamental and decorative blossoms, fruits and vegetables, such as chili peppers on a string, garlic on a string, gourds or painted pumpkins.
- Fruit baskets.
- Baked goods, such as blueberry muffins.

Frozen fruits and vegetables

23.3. Allowed. Any brand and variety of frozen fruits and vegetables:

- Frozen fruits: any brand or variety unsweetened frozen fruits
- Frozen vegetables: any brand or variety frozen vegetables (including frozen beans)
- Frozen beans (immature or mature), may include edamame, black-eyed peas and lima beans, and may contain added vegetables or fruits
- Whole, cut or mixed
- Organic is allowed

23.4. Not allowed. The following frozen fruits and vegetables are not allowed:

- Fruit, vegetables or frozen beans with added sugars, salt (i.e. sodium), fats or oils
- Added sauce or creamed vegetables
- Added grain (rice or pasta), meat, noodles, nuts or sauce packets
- French fries, hash browns, potatoes O'Brien or tater tots
- Breaded or battered vegetables

Canned fruits and vegetables

23.5. Allowed. Any brand, size and type of container of canned fruits and vegetables:

- Any variety of canned fruits defined by 21 CFR part 145, with fruit listed as the first ingredient, including applesauce.
- Packed in juice, with added fruit juice concentrate or water pack.
- Any variety of canned vegetables defined by 21 CFR part 155, with vegetables listed as the first ingredient. May be regular or lower in sodium.
- Any type of immature beans, peas or lentils in canned forms.
- Canned tomatoes are allowed, such as whole, strained, crushed, diced, paste or purees.
- Organic is allowed

23.6. Not allowed. The following canned fruits and vegetables are not allowed:

- Canned fruits packed in syrup, such as heavy, light or extra light
- Canned fruits with added sugars, fats, oils or salt

- Canned fruits made with artificial sweeteners or no-calorie sweeteners
- Fruit cocktail or mixed fruit with cherries
- Canned vegetables with added fats or oils
- Canned vegetable mixtures with mature beans, such as kidney beans, black beans or pinto beans
- Pickled, creamed or sauced canned vegetables
- Salsa, stewed tomatoes or tomato sauces
- Home canned or home-preserved fruits and vegetables

Whole Grains

24.0 Authorized whole grains include 100% whole wheat bread, whole wheat pita and naan, gluten free whole grain bread, soft corn and whole wheat flour tortillas, whole wheat pasta, oats, bagged whole grains, corn masa flour and corn meal.

100% Whole wheat bread

24.1. Allowed

- Must conform to the Food and Drug Administration (FDA) standard of identity (21 CFR 136.80);
- “Whole wheat flour” and/or “bromated whole wheat flour” must be the only flours listed in the ingredient list.
- Must have “100% whole wheat” printed on the label;
- Loaf of bread, buns, rolls, English muffin, or bagel
- 12 oz. to 32 oz.

24.2. Not allowed. For 100% whole wheat bread, the following are not allowed:

- Light (lite) bread or carb controlled
- Organic bread
- Whole wheat breads with non-nutritive or artificial sweeteners, such as maltitol or sucralose

Whole wheat pita and naan

24.3. Allowed. Only whole wheat pita and naan authorized by the State WIC program can be purchased with WIC food benefits. See Appendix A. Authorized whole wheat pita and naan meet the following conditions:

- Conform with FDA Standard of Identity for whole grain bread (21 CFR 136.110) and contain at least 50% whole grains with remaining grains being either enriched or whole grains.
- 11 oz to 17 oz size

Gluten Free whole grain bread

24.4. Allowed. Only gluten free whole grain bread authorized by the state WIC program can be purchased with WIC food benefits. See Appendix A. Authorized gluten free whole grain bread meet the following conditions:

- Conform with FDA Standard of Identity for whole grain bread (21 CFR 136.110) and contain at least 50% whole grains with remaining grains being either enriched or whole grains.
- 12 oz to 24 oz size

Soft corn tortillas

24.5. Allowed. Only soft corn tortilla brands authorized by the state WIC program can be purchased with WIC food benefits. See Appendix A. Authorized soft corn tortillas meet the following conditions:

- Whole corn is listed as the primary ingredient (e.g. whole corn, corn (masa), whole ground corn.) However, if the market availability of such corn tortillas is limited, corn tortillas may be made from ground masa flour using traditional processing methods (e.g. corn masa flour, masa harina, and white corn flour.) It is allowable for another ingredient, such as water, to be listed as the first ingredient in the corn tortilla.
- May be made with folic acid-fortified corn masa flour
- Yellow or white soft corn tortillas.
- 8 oz to 80 oz package size

24.6. Not allowed. For soft corn tortillas, the following are not allowed:

- Fried or hard-shelled tortillas
- Tortilla chips
- Organic tortillas
- Bulk

Whole wheat flour tortillas

24.7. Allowed. Only whole wheat flour tortilla brands authorized by the state WIC program can be purchased with WIC food benefits. See Appendix A. Authorized whole wheat tortillas meet the following conditions:

- Whole wheat flour must be the only flour listed in the ingredient list
- 8 oz to 48 oz package size

24.8. Not allowed. For whole wheat flour tortillas, the following are **not** allowed:

- Organic tortillas
- No added cellulose
- No added sucralose
- Bulk

Whole wheat pasta

24.9. Allowed. Only whole wheat pasta brands authorized by the state WIC program can be purchased with WIC food benefits. See Appendix A. Authorized whole wheat pasta meet the following conditions:

- Whole wheat and/or whole durum wheat flours must be the only flours listed in the ingredient list
- 16 oz to 32 oz package size

24.10. Not allowed. For whole wheat pasta, the following are not allowed:

- Added sugars, fats, oils, or salt (i.e. sodium)
- Organic
- Bulk

Oats

24.11. Allowed. Authorized oats meet the following conditions:

- May be quick or regular cooking
- May be gluten-free
- May be organic
- 16 oz to 42 oz package size

24.12. Not allowed. For oats, the following are not allowed:

- Added sugars, fats, oils, or salt (i.e. sodium)
- No steel-cut, Irish, or Scottish oats
- Bulk

Bagged Whole Grains

24.13. Allowed. Authorized whole grains meets the following conditions:

- Amaranth, black rice, brown rice, buckwheat, bulgur, kamut, millet, quinoa, sorghum, teff, wheat berries, wild rice, brown basmati rice, brown jasmine rice
- Must be whole grain
- May be any brand
- May be instant, quick or regular cooking
- Instant brown rice 14-16 oz. package
- May be organic.
- 12 to 32 oz package size

24.14. Not allowed. For bagged whole grains, the following are not allowed:

- White rice
- Milled, pearled or sprouted
- Added seasonings, sugars, fat, oil or salt (i.e. sodium)
- Bulk

Corn Masa Flour

24.15. Allowed. Only corn masa flour authorized by the state WIC program can be purchased with WIC food benefits. See Appendix A. Authorized corn masa flour meet the following conditions:

- Made with corn using traditional processing methods
- Without added sugars, fats, oils or salt (i.e. sodium)

Corn Meal

24.16. Allowed. Only corn meal authorized by the state WIC program can be purchased with WIC food benefits. See Appendix A. Authorized corn meal meet the following conditions:

- Either be made of whole grain corn or if enriched corn meal, then conform to the FDA Standard of Identity 21 CFR 137.60 Enriched corn meals.
- Without added sugar, fats, oils, or salt (i.e. sodium)
- May be instant, quick, or regular cooking.

Baby Cereal

25.0 Allowed. Only baby cereal brands authorized by the state WIC program can be purchased with WIC food benefits. See Appendix A. Authorized baby cereals meet the following conditions:

- Baby cereal must contain 45 mg of iron per 100 grams of dry cereal
- Must be in an 8 oz or 16 oz package size
- Organic baby cereal (brand specific only)

26.0 Not allowed. The following are not allowed:

- Baby rice cereal
- Baby cereal with formula, milk, yogurt, fruit or other non-cereal ingredients added (e.g. docosahexaenoic acid DHA)
- Baby cereal in single serving packets

Baby food fruits and vegetables

27.0 Allowed. Only baby food fruit and vegetable brands authorized by the State WIC program can be purchased with WIC food benefits. See Appendix A. Authorized baby food fruits and vegetables meet the following conditions:

- No added sugars, starches, or salt (i.e. sodium)
- Fruit or vegetable must be listed as the first ingredient
- Must be in a 4.0 oz glass jar or plastic container
- 2-packs and multiple-packs are OK
- Mixed fruits and vegetables are OK
- Combinations of fruits and/or vegetables are allowed
- Organic baby fruit and vegetables (brand specific only)

28.0 Not allowed. The following are not allowed for baby food fruits and vegetables:

- Toddler foods or “Graduates”
- Mixtures with cereal or yogurt
- Infant food desserts (e.g. peach cobbler), dinners or casseroles
- Added meat, noodles or grains
- Additives, such as DHA, yeast, beta glucan.
- Pouches
- Powdered baby food

Baby food meat

29.0 Only infants who are **fully breastfed** can receive baby food meat.

30.0 Allowed. Only baby food meat brands authorized by the state WIC program can be purchased with WIC food benefits. See Appendix A. Authorized baby food meats meet the following conditions:

- Any brand, single ingredient commercial infant food meat or poultry;
- May contain broth or gravy; and
- Must be in a 2.5 oz glass jar or plastic container
- Organic baby food meat (brand specific only)

31.0 Not allowed. The following are not allowed:

- Baby food meat with added sugars or salt (i.e. sodium)
- Added fruit, vegetables or noodles, such as infant food combinations (e.g. meat and vegetables), dinners (e.g. spaghetti and meatballs) or casseroles
- Toddler food or “Graduates”
- Added DHA

Food Authorization process

32.0 For a description of the WIC food authorization process, see Appendix B.

**If you need this in large print or an
alternate format, please call 971-673-0040.**

This institution is an equal opportunity provider.

POLICY HISTORY

Date	* Revised, Reviewed, Released
7/21/2008	Date of Origin
4/1/2013	Revised
10/1/2016	Revised
8/1/2017	Released
1/4/2019	Released
1/8/2021	Major revision
1/11/22	Released
10/26/2022	Revision (jarred baby food)
11/3/2023	Revision (soymilk)
4/01/2025	Major Revision

The date located at the top of the policy is the date of the most recent release. Policies are to be implemented on release date and will become compliance findings 6 months from the release date.

***Released:** Significant changes made to policy. Release notes can be found in the corresponding document on the [Policy and Procedure Manual page](#).

Reviewed: The writer looked at this policy to make sure it was still accurate. Formatting changes may have occurred.

Revised: Minor edits or formatting has occurred without need for release. USDA has accepted a policy and watermark is reviewed.

Date of Origin: Date policy was initially released

APPENDIX A

WIC Authorized Food List

Food	Brand	Product	Description	May Not Buy
Cold cereal	General Mills	Cheerios (plain), Cheerios Veggie Blends Apple Strawberry, Cheerios Veggie Blends Blueberry Banana and Multi-Grain Cheerios (original)	May combine cereals to add up to total number of ounces allowed. Cold cereal: 12 oz to 36 oz. size	No cereal brands other than those listed here may be purchased. No single-serving boxes or packets of COLD cereal
		Chex (Blueberry, Cinnamon, Corn, Rice, and Wheat)		
		Fiber One Honey Clusters		
		Kix (original)		
		Total Whole Grain		
		Wheaties		
		Kellogg's		
	Frosted Mini Wheats (original), Blueberry Muffin, Cinnamon Roll, Honey, Strawberry, Bite Size Pumpkin Spice, Little Bites			
	Kashi Blueberry Clusters			
	Rice Krispies (original)			
	Special K (original)			
	Malt-O-Meal		Frosted Mini Spooners (box or bag) (original)	
	Post	Grape Nuts		
		Grape Nuts Flakes		
		Great Grains Banana Nut Crunch		
		Great Grains Crunchy Pecan		
		Honey Bunches of Oats (Honey Roasted, Cinnamon Bunches, with Almonds, Maple & Pecans, Vanilla)		
	The Silver Palate	Grain Berry Apple Cinnamon		
		Grain Berry Cinnamon Frosted Shredded Wheat		
		Grain Berry Multi-Bran Flakes		
		Grain Berry Original Toasted Oats		
	Quaker	Life Multigrain Cereal, Original		
		Oatmeal Squares Brown Sugar, Oatmeal Squares Honey Nut		
		Private Label Bran Flakes	Best Yet, Food Club, Great Value, IGA, Signature Select, WinCo Foods	

Food	Brand	Product	Description	May Not Buy
Hot Cereal	Malt-O-Meal	Malt-O-Meal (original)	May combine cereals to add up to total number of ounces allowed.	No cereal brands other than those listed here may be purchased
	B&G Foods	Cream of Wheat (1 and 2 ½ minute)(plain or whole grain) Cream of Rice (plain)		
	Quaker	Instant Grits (original, single serving)	Hot cereals: 9.8 oz to 36 oz. size	No Cream of Wheat, instant No Cream of Rice, instant
		Instant Oatmeal (original, single serving)		
	Private labels	Plain Instant Oatmeal, single serving (Best Yet, Essential Everyday, Food Club, Great Value, IGA, Kroger, Signature Select, WinCo Foods)		

Food	Type	Brand	Description	May Not Buy
Frozen Juice (11.5-12 oz)	Any flavor or blend with a green lid	Old Orchard	Only the brands and flavors listed 100% unsweetened juice only Added fiber, vitamins and minerals are allowed Frozen: 11.5 - 12 oz	
	Apple	Best Yet, Essential Everyday, Food Club, Great Value, Kroger, Signature Select, WinCo Foods		
	Grape	Food Club (grape), Kroger, Signature Select		
	Grapefruit	Any brand		
	Orange	Any brand		
	Any flavor	Tree Top		
Plastic bottled juice	Any flavor	Juicy Juice	Only the brands and flavors listed	
	Tomato (regular and low sodium)	Campbells		
	100% Vegetable Juice (Original, Low sodium, Spicy Hot)	V-8	100% unsweetened juice only	
	100% juice, any flavor	Langers	Added fiber, vitamins and	
	100% juice, no sugar added, any flavor	Ocean Spray		

Food	Type	Brand	Description	May Not Buy
	Apple	Best Yet, Essential Everyday, Food Club, Great Value, IGA, Kroger, Market Pantry, Signature Select, WinCo Foods	minerals are allowed Plastic bottles: 64 oz. only	No juice brands or flavors that are not listed.
	Cranberry, Cran-grape, Cran-raspberry	Great Value (cranberry blend, cranberry grape), Kroger (cranberry juice), Signature Select (cranberry, cranberry-grape, cranberry-raspberry),		No juice "drinks" (such as Hi-C)
	Grape (purple or white)	Best Yet (grape and white grape), Essential Everyday (purple and white grape) Food Club (grape and white grape), Great Value (grape and white grape), IGA (grape and white grape), Kroger (grape and white grape), Market Pantry (purple and white grape), Signature Select (grape or white grape), WinCo Foods (grape and white grape),		No juice "cocktails"
	Grapefruit	Any brand		No imitation beverages (such as Awake, Tang, Orange Plus, Start, Sunny Delight)
	Orange	Any brand		No juice with added sugar or sweetener or "light" juices
	Pineapple	Best Yet, Essential Everyday, Food Club, Signature Select		No organic juice
	Prune	Langer's 100% Prune Plus		No apple cider
	Vegetable (regular and low sodium)	Best Yet, Essential Everyday (regular), Food Club, Great Value, Kroger (regular and low sodium), Signature Select (regular and low sodium), WinCo Foods (regular and low sodium)		No Tree Top 3 Apple Blend, or Honeycrisp
				No refrigerated

Food	Type	Brand	Description	May Not Buy
Cheese	Cheddar (mild, medium or sharp)	Any brand made in USA from 100% pasteurized milk.	May buy only the types listed	No extra sharp or white cheddar
	Cheddar-Jack		8 oz., 16 oz (1 lb) or 32 oz.(2 lb) packages only	No deli cheese
	Colby		Block, sliced or shredded	No fresh mozzarella (packed in water)
	Colby-Jack		Regular, low-fat, non-fat, or low-sodium	No cheese made from soy or plant beverage, goat milk or raw milk
	Monterey Jack		16 oz (1 lb) package mozzarella string cheese	No cheese foods, products, or spreads (like Velveeta, Cheese Whiz).
	Mozzarella			No smoked or cheeses with items added like jalapeño peppers or caraway seeds
	Muenster			No organic
	Provolone			
	Swiss			
Tofu	Azumaya	16 oz. Firm or Extra Firm	14-16 oz. package Water packed	No added fats, sugars, oils or sodium. No containers smaller than 14 oz.
	Franklin Farms	14 oz. Organic Medium Firm, Firm, Extra Firm or Pressed Firm 16 oz. Soft, Medium Firm, Firm or Extra Firm		
	House Foods	14 oz. Premium or Organic: Medium Firm or Firm 16 oz. Premium Medium Firm, Firm or Extra Firm		
	Nasoya	14 oz. Organic Firm or Extra Firm 16 oz. Organic Silken		
	O Organics	14 oz. Firm or Extra Firm		
	Simple Truth Organic	14 oz. Firm or Extra Firm 15.5 oz. Extra Firm		

Food	Type	Brand	Description	May Not Buy
Eggs	Any Brand	Any brand	White or brown chicken eggs only. Any size. Packages of one dozen.	No eggs other than chicken eggs. No specialty brands or pasture-raised. No nutrient-modified eggs (like higher Omega-3 or Vitamin E). No organic

Food	Type	Brand	Description	May Not Buy
Yogurt	WHOLE Milk yogurt	• bettergoods Greek, Whole Plain • Brown Cow Whole Milk Yogurt, Plain • Brown Cow Whole Milk Yogurt, Vanilla • Brown Cow Whole Milk Yogurt, Maple • Chobani, Greek, whole, plain • Dannon Whole, plain • Good & Gather, Greek, whole, plain • Lucerne, whole, plain • Lucerne Greek, Whole, plain • Mountain High, Original, whole, plain • Mountain High, Original, whole, vanilla • Mountain High, Original, whole, strawberry • Nancy's, whole yogurt-honey, plain • Nancy's Organic Whole Milk Yogurt • Nancy's Organic Whole Milk Vanilla Yogurt • Stonyfield Organic Probiotic Whole, Plain • Stonyfield Organic Probiotic Whole, Vanilla • Stonyfield Organic Probiotic Whole, Strawberry • Stonyfield Organic Probiotic Whole, Vanilla • WinCo Foods, whole, plain • Zoi Greek Whole, Plain • Zoi Greek Whole, Vanilla	32 oz. container. Pasteurized, whole, lowfat or nonfat plain or flavored yogurt. Not more than 16 g of added sugar per cup.	No mix-in ingredients, such as granola, candy pieces, honey, nuts and similar ingredients. No yogurts with non-nutritive or artificial sweeteners. No organic yogurt. No "light" yogurts. No yogurts with artificial sweeteners, like aspartame or sucralose.

	LOWFAT & NONFAT Yogurts	Best Yet: • Nonfat, plain • Greek Nonfat Plain • Greek Nonfat Vanilla Chobani, Greek: • Nonfat, plain • Nonfat, vanilla • Nonfat, strawberry • Lowfat, plain • Lowfat, less sugar vanilla & cinnamon Dannon: • Nonfat, plain • Lowfat, plain • Greek, nonfat, Light & Fit, Plain Essential Everyday: • Nonfat, Plain Food Club: • Lowfat, plain • Greek, nonfat, plain Good & Gather: • Greek, nonfat, plain • Greek, nonfat, vanilla Great Value: • Nonfat, plain Kroger: • Greek, nonfat, plain LaLa • Lowfat, plain	Lucerne: • Nonfat, plain • Greek, nonfat, plain Mountain High: • Fat Free, plain • Fat Free, vanilla • Lowfat, plain • Lowfat, vanilla Nancy's: • Nonfat, plain • Nonfat, vanilla • Lowfat, plain • Organic Nonfat Plain • Organic Nonfat Vanilla • Organic LowFat, Plain Okios • Nonfat, vanilla O Organics • Greek, nonfat, plain Stonyfield Organic • Nonfat, plain • Nonfat, vanilla • Lowfat, plain • Lowfat, vanilla • Greek, nonfat, plain Tillamook: • Lowfat, peach • Lowfat, vanilla • Lowfat, strawberry Winco Foods • Nonfat, plain • Greek, nonfat, plain • Greek, nonfat, vanilla Zoi • Greek, nonfat, plain		
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Food	Brand	Product	Description	May Not Buy
Peanut, Nut and Seed butter	Any texture.	Peanut butter, Any brand Almond Butters: • Good & Gather Creamy Almond Butter, stir • Good & Gather Crunchy Almond Butter, stir • Open Nature Almond Butter Creamy, stir • Open Nature Almond Butter Crunchy, stir • Simple Truth Creamy Almond Butter, dry roasted almonds, stir • Simple Truth Crunchy Almond Butter , dry roasted almonds, stir Sunflower Butter: • SunButter, Natural • SunButter, No Sugar Added Sesame Seed or Tahini: • Alexis Roasted Sesame Tahini • Roland Tahini 100% Ground Sesame Seeds • Simple Truth Organic Tahini Ground Sesame Seed • Tarazi Tahini	16-18 oz containers Any texture such as creamy, crunchy or chunky. Organic is OK.	No low-fat or reduced-fat peanut butter No jelly, marshmallow, chocolate or honey added No “enhanced” with Omega-3 No honey roasted. No peanut “spread”. No bulk or “grind your own.”
Dry beans, peas, or lentils	Any Brand	Any type, mature	Organic is OK.	No seasonings added. No bulk
Canned Beans	Any Brand	Any type of mature dry beans, peas or lentils in canned form	15-16 oz. cans May be regular or low sodium Organic is OK.	No seasonings added. No added oils, seasonings or flavorings. No refried beans, baked beans, green beans or peas.

Food	Type	Brand	Description	May Not Buy
Cow's milk	Fresh	Any brand, pasteurized with required Vitamins A and D added based on fat content. Buy the type listed on the benefits list: Fat-free (nonfat, skim); Low-fat (1%); Reduced-fat (2%); or Whole milk. Acidophilus and Lactose-free are allowed only if listed on the food benefit list. Skim Deluxe, Ultra, Supreme, Creamy, Royale, etc., are allowed.	25.6 oz. dry milk 12 oz. can evaporated milk	No organic No buttermilk No flavored milk No raw milk No A2 milk No rice or almond milk No half and half No milk with more than 5% milk fat content No whipped cream No Omega-3 or Vitamin E No specialty items, like glass bottles
	Dry	Any brand May buy only if listed on food benefits list. Non-fat		
	Evaporated	Any brand. May buy only if listed on benefits list. May be regular, low-fat.		
Goat milk	Fresh	Meyenberg brand only.	May only buy the brand and type of goat milk listed on the benefits list: Whole and lowfat goat milk (32 oz., 64 oz.), whole powdered (12 oz. can or pouch), whole evaporated milk (12 oz. can)	No unfortified goat milk.
	Dry			
	Evaporated			
Soy and Plant Beverage		bettergoods soymilk, original (refrigerated)	32 oz., 59 oz., 64 oz., 128 oz. container	
		Pacific Ultra Soy – original (shelf stable)		
		ripple plant based milk, original (shelf stable)		
		Silk Kids- Oatmilk Blend (refrigerated)		
		Silk Soymilk – Original (refrigerated and shelf stable)		

Food	Type	Brand	Description	May Not Buy
Canned Fish	Chunk light tuna	Any brand	Tuna & Salmon – 2.5 oz to 20 oz size Sardines – 3.75 oz can. Packed in water or oil	No albacore, bluefin, yellowfin, bigeye or tongel tuna. No flavored or seasoned tuna, salmon or sardines.
	Salmon	Any brand	Regular or low-sodium.	No fillets.
	Sardines	- Bumble Bee sardines in water, 3.75 oz. can - Chicken of the Sea sardines in water, 3.75 oz. can - Beach Cliff Sardines in water, 3.75 oz. can	May include skin and bones. May be in pouches.	No specialty fish, like pole caught.

Food	Type	Brand	Description	May Not Buy
Fruit and vegetables	Fresh	Any brand	Whole pre-cut, shredded or packaged. Salad and greens in a bag. Fresh herbs, cut at the root Organic is OK. Must be purchased using the Fruit and Vegetable Cash Value Benefit.	No salad bar, or deli items No added dressing or dip. No added nuts, dried fruit, croutons, etc. No dried herbs or spices No seeds, potted plants with vegetables, fruits or herbs.
	Frozen	Any brand and variety	Whole, cut or mixed. Frozen beans are OK (like lima beans, edamame and black-eyed peas). Organic is OK. Only allowed if listed on the benefit list. Must be purchased using the Fruit and Vegetable Cash Value Benefit.	No added sugars, salt (i.e. sodium), fats or oils to frozen fruit. No added sugars, fats or oils to frozen vegetables. No added sauce or creamed vegetables. No added rice, pasta, meat, nuts, or noodles. No French fries, hash browns, potatoes O'Brien, or tater tots. No breaded or battered vegetables.

Food	Type	Brand	Description	May Not Buy
	Canned	Any brand	• Fruit packed in water or juice without added sugars • Any type of container, including plastic multi-packs • Natural or unsweetened applesauce OK • Organic is OK • Vegetables without added fats or oils • Tomato OK (like whole, strained, crushed, diced, paste or purees) • Organic is OK	• Canned fruits made with syrup, such as heavy, light or extra light • Canned fruits made with artificial sweeteners or no-calorie sweeteners • Fruits cocktail or mixed fruit with cherries • Canned vegetable mixtures with mature beans, such as kidney or black beans • Pickled, creamed or sauced canned vegetables • Salsa, stewed tomatoes or tomato sauces

Food	Type	Brand	Description	May Not Buy
Whole Grains	Whole wheat bread	Any brand.	Bread, buns, rolls, English muffin or bagel 12 oz. to 32 oz. Must say "100% whole wheat" on the label.	No light, "lite" bread or carb controlled No organic
	Whole Wheat Pita Bread and Naan	• Alexis Pita Flatbread Wheat • Bakestone Brothers Puffed Up & Proud Whole Wheat Pita • Mission Fresh Signature Pita Whole Wheat • Papa Pita Greek Style Whole Wheat Pita • Sam's Choice Whole Wheat Greek Style Pita • Seattle International Baking Company Greek Pita Bread Whole Wheat • Signature Select Artisan Whole Wheat Naan	11 oz to 17oz size	

Food	Type	Brand		Description	May Not Buy
	Gluten free whole grain bread	Franz Gluten Free • Great Seed Bread • Mountain White Bread • Seven Grain Bread • Hawaiian Bread • Hamburger Buns • Hot Dog Buns Food for Life Gluten Free • Brown Rice Bread • Brown Rice English Muffins • Brown Rice Tortillas • Multi-Seed English Muffins	Canyon Bakehouse Gluten Free 100% Whole Grain • Mountain White Bread • 7-Grain Bread • Heritage Style Whole Grain Bread • Country White Bread • Heritage style Honey white • Ancient Grain • Cinnamon Raisin Bread • Hawaiian Sweet Bread • Plain Bagels • Everything Bagels • Deli White Bagels • Burger Buns • Sub Rolls • Honey Whole Grain English Muffins	12 oz to 24 oz size	

Food	Type	Brand		Description	May Not Buy
	Soft corn tortillas	Calidad Don Pancho Essential Everyday Guerrero	IGA Kroger La Banderita La Burrita Mission Signature Select	8 oz to 80 oz package size Soft only Yellow or white corn For information about corn tortillas fortified with folate, refer to the Food List.	No fried tortillas or tortilla chips No organic No bulk

Food	Type	Brand		Description	May Not Buy
	Whole wheat pasta	Barilla Essential Everyday Food Club Great Value Kroger Ronzoni Signature Select WinCo Foods		16 oz to 32 oz package size Any shape of whole grain or whole wheat pasta of brands listed.	No added sugars, fats, oils or salt (e.g. sodium). No organic No bulk

Food	Type	Brand	Description	May Not Buy
	Whole wheat tortillas	DeCasa Essential Everyday Great Value Guerrero Kroger La Banderita Market Pantry Mission Ortega Signature Select	8 oz to 48 oz package size Only brands listed.	No organic. No bulk. No white flour tortillas. No fried tortillas or tortilla chips.

Food	Type	Brand	Description	May Not Buy
	Oats	Any brand	Any size package. May be quick, regular cooking, rolled or old fashioned oats. May be gluten-free. Organic is OK.	No added sugar, fat, oil or salt (e.g. sodium). No bulk. No instant. No steel cut, Irish or Scottish oats.
	Bagged Whole Grains	Any brand of whole grain amaranth, black rice, brown rice, buckwheat, bulgur, kamut, millet, quinoa, sorghum, teff, wheat berries, wild rice Choose from these brands of corn masa flour: • Great Value Instant Corn Masa Four • MASECA Antojitos Instant Corn Masa Flour • MASECA Amarillo Instant Yellow Corn Masa Flour • Bob's Red Mill Golden Corn Flour Masa Harina • Bob's Red Mill Organic Golden Corn Flour Masa Harina Choose from these brands of corn meal: • Pearl Milling Company Yellow Cornmeal • Bob's Red Mill Cornmeal (Course Grind, Medium Grind, Organic Medium Grind) • P.A.N. Pre-cooked White Corn Meal • P.A.N. Pre-cooked Whole Grain White Corn Meal • Signature Select Yellow Corn Meal • Quaker Yellow Corn Meal for Baking	12 oz to 32 oz package size May be instant, quick or regular cooking. Brown jasmine and brown basmati rice are allowed Instant brown rice, "minute" or boil in bag rice are allowed in 14-16 oz. package. Organic is OK.	No white rice. No milled, pearled or sprouted No added seasonings, sugar, fat, oil or salt (e.g. sodium). No bulk

Food	Brand	Product	Description	May Not Buy
Baby food fruits and vegetables	Any baby food fruits and vegetables	Beech-Nut – original, 100% Naturals, organics Gerber – 2 pack and jars: original, natural, organic Happy Baby Organics O Organics Tippy Toes Wild Harvest Organic	Only brands listed. Must be in a 4 oz glass jar or plastic container. Mixed fruits and vegetables are OK. 2-packs are OK	No “dinners,” desserts, smoothies or casseroles. No toddler foods or “Graduates” No added cereal or yogurt. No added meat, rice, noodles or grains. No added sugar or starches. No additives such as DHA, yeast, beta glucan. No pouches. No powdered baby food.
Baby food meat	Any single ingredient baby food meat or poultry	Beech-Nut (no organic) Gerber (no organic)	Only brands listed. Must be in a 2.5 oz glass jar or plastic container. May contain broth or gravy.	No added fruit, vegetables or noodles. No toddler food or “Graduates”. No added DHA.

Food	Brand	Product	Description	May Not Buy
Baby cereal		Gerber (organic ok) –Multi-Grain, Oatmeal Earth's Best Organic – Multi-Grain, Oatmeal	Only brands and grains listed. 8 oz and 16 oz size May buy infant cereal only if listed on the food benefits list.	No rice cereal. No added formula, milk, yogurt or fruit. No added DHA. No jars, cans, single-serving packets.
Infant formula	Bid formulas	Refer to ♦ 730 for more information on bid formulas.	May buy only the formula brand, type, and size listed on the food benefit balance.	No other formula brand, type, or size.

APPENDIX B

WIC Food Authorization Process

- 1.0 A state Food Review Committee will convene whenever necessary to review the current authorized food list, resolve any food-related issues, and/or determine any change in foods. The authorized food list will be reviewed at least every 2 years.
- 2.0 The Food Review Committee recommends general and specific criteria for approving WIC foods:

Nutritional Considerations and Education

- WIC foods shall meet the minimum federal requirements governing the WIC food package 7 CFR 246.10, Table 4, and state criteria for allowable foods, as outlined in ♦ [770—Authorized Foods](#).
- The food package shall offer a variety of types and brands of the allowed foods to ensure that all participants' dietary needs shall be considered (high fiber cereals, variety of grains, wheat-free options, cereals which are good finger foods for toddlers, lactose-intolerant choices, etc.)
- WIC food products shall be consistent with the promotion of good nutrition and education, and provide opportunity to promote sound food buying practices.
- Foods and their packaging shall be evaluated based on the ease in educating participants on the purchase of particular food products. Packaging shall be distinguishable from that of similar products.

Acceptability of Foods

The WIC Program shall select foods that can be consumed by the majority of participants and shall give consideration to cultural food beliefs, preferences and practices or special food needs of participants. The relative acceptability of a food item by participants and staff shall be determined before that food item is added to or removed from the food package. Participant preference of foods will be gathered by the following:

- Participant preference surveys
- Local program staff surveys
- Participant requests
- Participant benefit purchase data

Availability of Foods

The selection of different food products for the WIC Food List shall be determined based on availability at the retail and wholesale level.

- The food product is available from WIC Vendors throughout the state or from the majority of the largest wholesale distributors in the state.
- The food product is available for at least one year on store shelves (in the United States) before it is considered for addition to the WIC Food List.
- An availability survey is conducted throughout the state as part of the food review process.

Cost

- The cost of food items shall be considered prior to authorization. Higher priced items may be disallowed if products meeting all other criteria are available at a lower cost, for example organic foods or specialty products. The WIC Program will consider store brands to contain costs.
- The WIC Program shall have the option to further restrict the number of brands of any product in order to contain the cost of the food package through competitive procurement of rebate contracts or by other similar means.
- Price surveys of nutritionally adequate products shall be conducted throughout the state as part of the food review process.

- 3.0 When a request is made to add a product or clarify if a product meets the WIC criteria, the request should include a label or packaging material which clearly indicates the name of the manufacturer, address of manufacturer, type of food, ingredients, nutrient information, size of container and Universal Product Code (UPC). Send this information to the Oregon Health Authority WIC Program:

Oregon Health Authority
Nutrition and Health Screening (WIC) Program
800 NE Oregon Street, Suite 865
Portland, OR 97232-3477

As needed, the state WIC Program staff will contact the manufacturer to verify the information on the label and obtain other relevant information such as, but not restricted to, documentation that certifies the actual content of nutrients/ingredients identified in WIC federal regulations, availability, alternative package sizes and cost.

- 4.0 The Food Review Committee will use the following tools to determine which foods to authorize:
- Surveys of WIC participants and local program staff; participant requests, participant benefit purchase data and input of authorized Vendors.
 - Submissions from food companies requesting consideration of their products for the Food List;
 - Nutrition content charts for submitted foods, reviewed by a state nutritionist
 - Price and availability information
- 5.0 Once the food review process is complete, the state WIC program will take the following actions:
- The Food List will be updated.
 - The Food List will be translated into languages based on pre-determined thresholds
 - Vendors and local WIC programs will be notified in writing of these changes and their effective date.
 - Participants will be notified.
 - Data system changes will be made as necessary.