

WIC Food Products Specifications



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South Carolina Department of Health
and Environmental Control

Specifications for South Carolina WIC Food Products

Milk:

- Pasteurized and contain 400 International Units of vitamin D and 2000 International Units of vitamin A per fluid or reconstituted quart.
- Fluid whole, fat-free, lowfat (1%) or reduced (2%) milk (gallons, ½ gallons or quarts)
- Nonfat dry milk
- Lactose-free whole, lactose-free reduced fat, lactose-free fat free milk (quarts and ½ gallons only)
- UHT Milk (8 ounces only)
- Unflavored only
- Lowest Price

Cheese:

- Block style or sliced whole, lowfat, reduced fat, low cholesterol and/or low sodium cheeses
- No added peppers, sesame seeds, etc
- No shredded cheese, cheese crumbles, cubed cheese, cheese sticks, cracker cuts string cheese or specialty cheese
- No cheese from the store's deli department
- No cheese "spread" or cheese "food"
- Currently approved cheeses: American, Cheddar, Colby, Monterey Jack, Mozzarella, Muenster, Swiss and Provolone.
- 16oz packages only

Breakfast Cereals:

- Must contain at least 28 milligrams of iron per 100 grams and not more than 6 grams of sugar per ounce of dry cereal.
- Instant or cooked cereals must be plain-flavored only.
- Half of the cereals authorized must have whole grain as the primary ingredient by weight and meet labeling requirements for making a health claim as a "whole grain food with moderate fat content" as well as:
 1. Must contain at least 51% whole grains (using dietary fiber as the indicator)
 2. Meet the regulatory definitions for "low saturated fat" and "low cholesterol"
 3. Bear quantitative *trans* fat labeling
 4. Contain ≤ 6.5 g total fat per RACC and ≤ 0.5 g *trans* fat per RACC.

Whole wheat bread/Whole grain bread:

- Whole wheat must be the primary ingredient by weight in all whole wheat bread products
- Whole grain must be the primary ingredient by weight in all whole grain bread products and meet labeling requirements for making a health claim as a "whole grain food with moderate fat content" as well as:
 1. Must contain at least 51% whole grains (using dietary fiber as the indicator)
 2. Meet the regulatory definitions for "low saturated fat" and "low cholesterol"
 3. Bear quantitative *trans* fat labeling
 4. Contain < 6.5 g total fat per RACC and < 0.5 g *trans* fat per RACC.

Other Whole Unprocessed Grains:

- Brown rice or whole wheat tortillas only.
- May be instant, quick, or regular cooking
- Whole grain must be the primary ingredient by weight.
- 16 oz packages only

2009

Specifications for South Carolina WIC Food Products

Juice:

- Must be 100% pasteurized fruit or vegetable juice (11.5-12 ounce frozen concentrate, 11.5-12ounce shelf-stable concentrate cans, 64 oz can/plastic containers, or 6 ounce containers only.)
- Must contain 30 milligrams of vitamin C per 100 milliliters of singer strength or reconstituted frozen concentrated juice.
- No added sugars
- No calcium-fortified juice
- No organic juice

Eggs:

- Grade A, medium or large size, white only
- No specialty eggs, organic eggs, or liquid eggs

Dried Peas and Beans:

- Any type of mature dry beans, peas, or lentils in dry-packaged form
- No mixtures or flavoring
- No frozen beans
- No organic dried peas or beans
- No canned green beans, snap beans, yellow beans, wax beans or sweet peas
- 1 lb pound bag only (no boxes)
- If specified: 8 ounces or 16 ounces canned mature, plain: beans, peas or “baked beans”

Peanut Butter:

- May not contain added items such as jelly or be labeled as “peanut butter spread”
- Smooth only – 18 oz jars only

Canned Tuna or Pink Salmon:

- Water or oil-packed
- Grated, flakes, chunk or solid packs
- Light, dark or blended
- No white (albacore) tuna
- No pouches allowed
- May include bones or skin
- May be regular or lower in sodium content
- No added sauces or flavorings
- No red salmon
- 5 oz canned tuna only
- 6 oz canned pink salmon only

Infant Cereals:

- Must contain a minimum of 45 milligrams of iron per 100 grams of dry cereal
- Rice, Oatmeal, Barley, or Mixed Cereal
- No added fruit, formula, or DHA
- No organic or cereals in canisters.

Infant Fruits and Vegetables:

- Any variety of single ingredient commercial infant food fruit or vegetables without added sugars, starches, or salt (i.e., sodium).
- 4 oz glass jars only
- No organic infant foods
- No DHA Plus
- No Plastic containers or packs

2009 Specifications for South Carolina WIC Food Products

Infant Meats:

- Any variety of commercial infant food meat or poultry, as a single major ingredient, with added broth or gravy.
- No added sugars, salt (i.e., sodium) are allowed.
- 2.5 oz glass jars only
- No infant food combinations (e.g. meat & vegetables or fruit) or dinners (e.g., spaghetti and meatballs) are allowed
- No DHA Plus
- No Plastic containers or packs

Fruit:

- Any variety of fresh whole or cut fruit without added sugars
- Any variety of frozen fruits without added sugars
- No fruit baskets or painted pumpkins
- No fruit party trays with dips or utensils
- No canned or dried fruit.
- No jars
- Organic fruits are allowed.

Vegetables:

- Any variety of fresh whole or cut vegetables without added sugars, fats, or oils.
- Any variety of frozen vegetables without added sugars, fats, oils, pasta, rice, and meat.
- **Only potatoes allowed are sweet potatoes or yams; no white potatoes.**
- No herbs, spices, edible blossoms or flowers, ornamental or gourds.
- No creamed, sauced, pickled or breaded vegetables
- No peanuts
- No chili peppers on a string, no garlic on a string
- No vegetable party trays with dips, dressings or utensils
- Prepackaged salad kits with added dressing, croutons or etc are not allowed
- No canned or dried vegetables
- No jars
- Organic vegetables are allowed.

Soy Milk: Must be fortified to meet the following nutrient levels per cup

N U T R I E N T	L E V E L
Calcium	276 mg
Protein	8 g
Vitamin A	500 IU
Vitamin D	100 IU
Magnesium	24 mg
Phosphorus	222 mg
Potassium	349 mg
Riboflavin	0.44 mg
Vitamin B12	1.1 mcg