



FEED YOUR
FUTURE
SOUTH CAROLINA

FOOD PRODUCTS SPECIFICATIONS



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



CR-009940 2/16

**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 <http://www.fns.usda.gov/wic/benefitsandservices/manufacturereinfo.HTM> 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 the rest of this document carefully for product specifications and submission procedures. Use the DHEC 0752, or your own spreadsheet, for **all** food product submissions.

Submit required items (all items at once) within the specified timeframe to one of the below locations. SC WIC Food products must be submitted every year, even if your product(s) is currently on the SC WIC Approved Food list.

Submission of a food product for consideration 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.

Send submissions to wicfoodrequest@dhec.sc.gov
WIC Program Product Submissions
PO Box 101106
2100 Bull Street
Columbia, SC 29201-2911

Required Items:

1. Completed, applicable spreadsheets
2. Electronic copy of the most up-to-date food package image and package flat
3. Nutrient analysis
4. Nutrition Facts Label
5. Written verification that the product meets Federal WIC requirements
6. Any product literature pertinent to submission
7. SC WIC may request additional information as needed

Timeframe:

- The WIC year runs October 1 – September 31.
- Submission deadline is March 10th of each year for the following fiscal year (March 10, 2016 for the 2016-2017 year).
- Food product review and evaluation is in May 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:

For selected products, companies must contact the SC WIC State Office immediately if the product is reformulated, has undergone a packaging or labeling change, or has been recalled. If the WIC Program is not notified the product will be eliminated from the program.

**South Carolina
Department of Health and Environmental Control**

**Women, Infants, and Children
WIC**

**Approved Foods List
Food Specifications**

2016-2017

The following items require submissions:

- Cereals (hot and cold)
- Bread (whole wheat and whole grain)
- Tortillas
- Juice (frozen and shelf stable)
- Whole wheat pasta
- Yogurt
- Soy milk
- Infant foods (fruits, vegetables, meats)
- Infant cereals

The following items do not require submission:

- Brown rice
- Beans (dried and canned)
- Milk
- Cheese
- Eggs
- Canned fish
- Peanut butter
- Fruits/vegetables (fresh and frozen)

Infant Cereals:

- Must contain a minimum of 45 milligrams of iron per 100 grams of dry cereal
- Rice, oatmeal, barley, corn, or mixed cereal
- No added fruit, formula, or DHA
- No organic
- 8 oz or 16 oz containers only

Infant Fruits and Vegetables:

- Any variety of single ingredient commercial infant food fruit or vegetables without added sugars, starches, or salt (e.g. sodium)
- Any combination of single ingredients (e.g. sweet potato and apple)
- No added DHA
- No organic
- 4 oz containers only

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 (e.g. sodium)
- No infant food combinations (e.g. meat & vegetables or fruit) or dinners (e.g. spaghetti and meatballs) are allowed
- No added DHA
- 2.5 oz glass jars only

Milk:

- Fluid milk must conform to FDA Standard of Identity 21 CFR 131.110 and must be pasteurized
- Fluid, whole, fat-free, lowfat (1%) or reduced (2%) milk (quart, gallon, and ½ gallon only)
- Fluid lactose-free whole, lactose-free reduced fat, lactose-free fat free milk (quarts and ½ gallon only)
- Nonfat dry milk must conform to FDA Standard of Identity 21 CFR 131.127
- UHT Milk (8 ounces only)
- Must contain 100 International Units of vitamin D and 500 International Units of vitamin A per 8 ounces (400 IU and 2000 IU, respectively, per quart)
- Unflavored only
- Lowest price

Soy Milk:

- Unflavored only
- ½ gallon only
- Must be fortified to meet the following nutrient levels per cup:

Nutrient	Level
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

Cheese:

- 100% pasteurized, domestic and must conform to FDA Standard of Identity 21 CFR part 133
- American, Cheddar, Colby, Monterey Jack, Mozzarella, Muenster, Swiss, Provolone, or any blend of these
- Whole, lowfat, reduced fat, low cholesterol and/or low sodium
- Block style, sliced (individual slices may be wrapped), or cheese sticks
- No shredded cheese, cheese crumbles, cubed cheese, cheese sticks, cracker cuts, specialty cheese, imported cheese, or cheese from the store's deli department
- No added peppers, sesame seeds, etc.
- No cheese "spread" or cheese "food"
- Store brand only
- 16 oz packages only

Eggs:

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

Yogurt:

- Must be pasteurized and conform to FDA Standard of Identity for whole fat (21 CFR 131.200), lowfat (21 CFR 131.203), or nonfat (21 CFR 131.206)
- Plain or flavored
- No more than 40g of total sugars per 8 oz of yogurt
- No accompanying mix-in ingredients (e.g. granola, candy pieces, nuts, or similar)
- No drinkable yogurts

Juice:

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

Breakfast Cereals:

- Must contain at least 28 milligrams of iron per 100 grams of dry cereal
- Must contain no more than 21.1 grams of sucrose and other sugars per 100 grams of dry cereal (no more than 6 grams of sugar and other sugars per ounce of dry cereal)
- No artificial or non-nutritive sweeteners
- Cooked cereals may be instant, quick, or regular cook and 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”
- 12 oz, 18 oz, or 36 oz containers only

Whole Wheat Bread & Whole Grain Bread:

- Whole wheat bread must conform to FDA Standard of Identity 21 CFR 136.180, whole wheat flour and/or bromated whole wheat flour must be the only flours listed in the ingredient list
- Whole grain bread, must conform to FDA Standard of Identity 21 CFR 136.110 and whole grain must be the primary ingredient by weight
- All breads must meet FDA labeling requirements for making a health claim as a “whole grain food with moderate fat content”
- Loaves, buns and rolls allowed
- No organic
- 16 oz packages only

Other Whole Unprocessed Grains:

- Whole grain must be the primary ingredient by weight
- Brown rice: instant, quick, or regular cooking
- 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 list

- Whole Wheat Pasta: different pasta shapes and sizes allowed, must conform to FDA Standard of Identity 21 CFR 139.138 and have no added sugars, fats, oils, or salt (i.e., sodium), whole wheat flour and/or whole durum wheat flour must be the only flours listed in the ingredient list
- No organic products
- 16 oz packages only

Peanut Butter:

- Must conform to FDA Standard of Identity 21 CFR 164.150
- May not be labeled as “peanut butter spread”
- Smooth, creamy, crunchy, chunky, regular, or reduced-fat varieties
- “Natural” or “All Natural” allowed if not labeled as “peanut butter spread”
- May not contain added items (e.g. jelly, marshmallows, chocolate, or similar)
- No added omega-3 fats
- No organic
- 16-18 oz jars only

Dried Peas and Beans:

- Any type of mature dry beans, peas, or lentils
- Single variety only
- No mixtures or flavoring (no added sugars, fats, oils, vegetables, fruits, or meats)
- No organic
- 16 oz bag only (no boxes)

Canned Peas and Beans:

- Any type of mature plain beans, peas, or lentils
- Single variety only
- No mixtures or flavoring (no added sugars, fats, oils, vegetables, fruits, or meats)
- No organic beans
- No canned green beans, snap beans, yellow beans, wax beans or sweet peas
- 15-16 oz cans only

Canned Tuna or Pink Salmon:

- Water or oil-packed
- May include bones or skin
- May be regular or lower in sodium content
- No white (albacore) tuna
- No red salmon
- No added sauces or flavorings
- No organic
- 5 oz canned tuna only
- 7.5 oz canned pink salmon only

Fruit:

- Any variety of fresh, whole or cut, fruit without added sugars, fats, or oils
- Any variety of frozen fruits without added sugars
- No fruit baskets, no painted pumpkins
- No fruit party trays with dips/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
- 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 dressings/dips/utensils
- No prepackaged salad kits with added dressing, croutons or etc
- No canned or dried vegetables
- No jars
- Organic vegetables are allowed



**SOUTH CAROLINA
DEPARTMENT OF HEALTH AND ENVIRONMENTAL CONTROL**

DIVISION OF WIC SERVICES

**APPROVED FOOD LIST
SUBMISSION FORM**

Food Product Name: <i>(As it appears on the label)</i>	
Manufacturer's Name:	
Distributor's Name:	
Product Form: <i>(e.g. single strength vs. frozen concentrated juice)</i>	
Types and Sizes of all Product package containers: <i>(e.g. 64 fluid ounce plastic bottles)</i>	
12 Digit UPC Code(s) for each container type and size:	
Average/suggested retail price for the product per container size:	
Length of time product has been available on the market in SC, list specific dates:	
Current Store distribution list for the product in SC include all Cities and major chains.	
Does this Product contain artificial sweeteners? If yes, list specifics.	
Ingredient list: <i>(Predominance by weight)</i>	
Is this product Kosher?	Yes No

Contact's Information	
Name:	
Email Address:	
Phone Number:	
Physical Address:	
Product Website:	

Comments from submitter:

Nutrient Analysis: In addition to the submitted nutrient analysis, complete the following product specific sections as applicable to the submitted product.

ALL FOODS:

Nutrient	Amount per serving size	Nutrient	Amount per serving size
Calcium	mg	Folic Acid	mg
Protein	g	Sodium	mg
Vitamin A	IU	Iron	mg
Vitamin D	IU	Total Fat	g
Magnesium	mg	Saturated Fat	g
Phosphorus	mg	Trans Fat	g
Potassium	mg	Sugar	g
Riboflavin	mg	Artificial Sweetener	g (please specify type and amount of each if more than one type)
Vitamin B12	mg		

SPECIFIC FOODS:

Infant Cereal:		Breakfast Cereal:	
Nutrient	Amount	Nutrient	Amount
Iron	mg/100 grams of dry cereal	Iron	mg/100 g of dry cereal
Whole Grain Bread/Whole Wheat Bread:		Sugar	g/1 oz of dry cereal
Nutrient	Amount	Sucrose	g/100 g of dry cereal
Total Fat	g/RACC (Reference Amounts Customarily Consumed)	Total Fat	g /RACC (Reference Amounts Customarily Consumed)
Saturated Fat	g/RACC	Saturated Fat	g /RACC
Trans Fat	g/RACC	Trans Fat	g /RACC
Fiber	g/service size servicing size:	Fiber	g/serving size servicing size :
Juice:			
Nutrient	Amount		
Vitamin C	mg/100 mL of single strength or reconstituted		

Submit completed form to:

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