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WIC Food Packages Policy Options II Final Report



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WIC Food Packages Policy Options Study II

Final Report



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ABBREVIATIONS AND ACRONYMS

AAP	American Academy of Pediatrics
CPA	competent professional authority
CVB	cash value benefits
CVV	cash value voucher
doz	dozen
EBT	electronic benefit transfer
fl oz	fluid ounce
FNS	Food and Nutrition Service
FY	fiscal year
HHS	U.S. Department of Health and Human Services
IOM	Institute of Medicine
ITO	Indian tribal organization
lb	pound
oz	ounce
qt	quart
UHT	ultra-high temperature
USDA	U.S. Department of Agriculture
WIC SA	WIC State agency
WIC	Special Supplemental Nutrition Program for Women, Infants, and Children

EXECUTIVE SUMMARY

The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC), administered at the Federal level by the Food and Nutrition Service (FNS) of the U.S. Department of Agriculture (USDA), provides supplemental foods to safeguard the health of low-income pregnant, postpartum, and breastfeeding women, infants, and children up to 5 years of age who are at nutritional risk. WIC participants receive a prescription for a food package—a specific set of foods designed to enhance the health and nutrition of infants, children, and mothers. The contents of the food packages were clarified and modified via the Final Rule issued in 2014 (Special Supplemental Nutrition Program for Women, Infants, and Children (WIC): Revisions in the WIC Food Packages; Final Rule [WIC Final Rule], 2014).¹ The purpose of this report is to (1) examine policy options and food allowances implemented by WIC State agencies (WIC SAs) in response to the Final Rule; (2) assess the changes WIC SAs made between fiscal year (FY) 2010 (following the implementation of the Interim Rule (Special Supplemental Nutrition Program for Women, Infants, and Children (WIC): Revisions in the WIC food packages; Interim Rule [WIC Interim Rule], 2007) and FY 2015 (when WIC SAs implemented most of the options of the Final Rule); and (3) discuss strategies used by WIC SAs to contain program costs.

A. BACKGROUND

The Interim Rule on WIC food packages, implemented in 2009, established the contents of the seven food packages (see Table E.1). For the most part, these food packages were consistent with recommendations made by the Institute of Medicine (IOM) based on the Dietary Guidelines for Americans² for women and children aged 2 and older, and on American Academy of Pediatrics (AAP) guidelines for infants and younger children. The Interim Rule also gave WIC SAs flexibility in the food items offered: they may offer substitutions for certain foods or otherwise tailor food packages to meet participants' medical, nutritional, or cultural needs. For example, WIC SAs may substitute cheese for part of the milk allowed to children and women or offer brown rice or whole-wheat tortillas in lieu of whole-wheat bread. Additionally, this rule gave WIC SAs a variety of options for program administration, such as authorizing farmers to accept cash value vouchers.

The contents of the food packages were finalized via the Final Rule in 2014. The Final Rule clarified some provisions in the Interim Rule and allowed some additional substitutions. Additionally, some program administration options offered under the Interim Rule became required, and other options were introduced. For example, WIC SAs are now required to allow split-tender cash value voucher transactions, but now have the option to allow farmers' markets to accept cash value vouchers.

¹ Most of the provisions of the Final Rule were to be implemented by October 2014.

² USDA and the U.S. Department of Health and Human Services (HHS) jointly publish the Dietary Guidelines for Americans every 5 years. See USDA and HHS, 2010.

Table E.1.
Food Package Contents

	Infant formula	Infant cereal	Infant fruits and vegetables	Infant meat	Juice	Milk	Breakfast cereal	Cheese	Eggs	Fruits and vegetables	Whole-wheat bread	Canned fish	Legumes
Food Package I Infants (0–5 months)	✓												
Food Package II Infants (6–11 months)	✓	✓	✓	✓									
Food Package IV Children					✓	✓	✓		✓	✓	✓		✓
Food Package V Pregnant and Partially Breastfeeding Women					✓	✓	✓		✓	✓	✓		✓
Food Package VI Postpartum Women					✓	✓	✓		✓	✓			✓
Food Package VII Fully Breastfeeding Women					✓	✓	✓	✓	✓	✓	✓	✓	✓

Note

Food Package III is reserved for participants of any category who require certain medical foods. Table 1.1 provides more details on food packages.

B. STUDY OVERVIEW

This study was driven by five key research questions, as defined in Table E.2.

Table E.2.
Research Questions for Food Packages Policy Options Study

<ol style="list-style-type: none"> 1. How did WIC SAs respond to the policy options in the Final Rule? 2. For policy options in both the Interim and Final Rules, how did WIC SA responses vary between 2010 and 2015? 3. What specific foods (varieties, forms, package sizes, etc.) did WIC SAs include in their food lists when implementing the final food packages? How did WIC food lists, and the choices available to WIC participants, compare across WIC SAs? 4. What were the observed changes to WIC food lists, pre- and post-implementation of the Final Rule, including food categories not directly affected by the Final Rule? 5. Which cost containment measures did WIC SAs select?

Data for this study were drawn from WIC SA policy documents (State plans, State plan appendices, and policy manuals) and WIC SA food lists effective at the beginning of FY 2015. This study also compared current data to those collected during an earlier analysis of WIC policy options and allowed foods. These

earlier data were collected in FY 2010, just after the implementation of the Interim Rule (Cole, Jacobson, Nichols-Barrer, & Fox, 2011).

C. SUMMARY OF FINDINGS

Key findings are highlighted below.

WIC participants had more options available to them after the implementation of the Final Rule.

The Final Rule provided four new options for WIC SAs to use in tailoring food packages to meet the needs of individual participants. As of the beginning of FY 2015, WIC SAs had begun to adopt these new options, as described below.

- Twenty-nine percent offered whole-wheat pasta as an additional alternative to whole-wheat bread.
- Thirty-nine percent provided fresh fruits and vegetables to older infants in lieu of jarred infant food, when developmentally appropriate.
- Fifty-eight percent provided jarred infant fruits and vegetables instead of the cash value voucher, or CVV (a voucher to be used only for purchase of fruits and vegetables) to children and women receiving Food Package III, when warranted by a medical condition.
- Six percent offered dried fruits and vegetables to children.

Additionally, between FY 2010 and FY 2015, WIC SAs adopted more of the food package options provided by the Interim Rule and sustained through the Final Rule; this further increased options available to WIC participants, as described below.

- The proportion of WIC SAs offering frozen, canned, and dried fruits and vegetables increased by 9, 8, and 5 percentage points, respectively.
- The proportion of WIC SAs offering soy-based beverage and tofu as alternatives to milk increased by 21 and 23 percentage points, respectively.
- The proportion of WIC SAs offering canned beans as an alternative to dry beans increased by 8 percentage points.
- The proportion of WIC SAs offering salmon and mackerel as canned fish options increased by 1 and 19 percentage points, respectively.
- Women receiving Food Packages V and VII had more options in selecting combinations of dry beans, canned beans, and peanut butter.

WIC participants increasingly had access to foods that are consistent with the recommendations for healthy diets made in the Dietary Guidelines for Americans and by the AAP.

One of the overarching goals of the Dietary Guidelines for Americans was to encourage consumption of nutrient-dense foods and beverages, such as fruits, vegetables, whole grains, fat-free or low-fat dairy products, eggs, and legumes. The Dietary Guidelines also aimed to reduce consumption of sodium, solid

fats, added sugars, and refined grains. To support this effort, the required value of the CVV increased for two participant categories—children (from \$6 to \$8) and postpartum women (from \$8 to \$10)—which expanded access to fruits and vegetables for these groups. This change occurred between the implementation of the Interim and Final Rules.

From FY 2010 to FY 2015, WIC SAs increasingly offered foods consistent with the goals highlighted by the Dietary Guidelines, as described below.

- The proportion of WIC SAs for which whole-grain cereals equaled at least 50 percent of the cereals offered increased by 22 percentage points.
- The proportion of WIC SAs that allowed low-sodium canned beans, peanut butter, and canned fruits and vegetables increased.

The foods offered by WIC SAs were also increasingly consistent with the dietary guidelines issued by the AAP, which recommended that 1-year-old children at risk of overweight or obesity should receive fat-reduced milk, which includes 2-percent, 1-percent, and nonfat fat content milk rather than whole milk (Daniels, Greer, et al, 2008).

- Almost three-quarters of WIC SAs (72 percent) adopted the option provided in the Final Rule to allow WIC competent professional authorities (CPAs) to prescribe fat-reduced milks to children aged 12 to 24 months who were at risk of overweight or obesity.

WIC SAs employed a variety of strategies to control costs while increasing options for participants.

Balancing the needs of participants with resource constraints is a key issue in administering the WIC program. WIC SAs used a variety of methods to control costs; these included setting limits on food package items, using manufacturer rebates, encouraging or requiring participants to purchase relatively inexpensive brands, or prohibiting more costly types of products, as described below.

- More than a third of WIC SAs required participants to select the least expensive brand of milk (43 percent), cheese (35 percent), and eggs (38 percent).
- More than half of WIC SAs (67 percent) did not allow purchase of any organic WIC-eligible foods other than fruits and vegetables.
- Cage-free eggs were explicitly disallowed by 71 percent of WIC SAs and enriched eggs were explicitly disallowed by 64 percent of WIC SAs.
- WIC SAs commonly limited the purchase of some WIC-eligible foods to specific brands. More than two-thirds specified allowed brands of whole-grain bread (85 percent), tortillas (84 percent), cereal (100 percent), infant cereal (94 percent), infant fruits and vegetables (94 percent), infant meat (98 percent), soy-based beverage (98 percent), and tofu (67 percent).

WIC SAs are required to seek manufacturer rebates for infant formula. Under these agreements, WIC SAs offer only one brand of formula to infants receiving Food Packages I and II and receive a rebate from the manufacturer for each purchase. WIC SAs are allowed to pursue rebate agreements for other WIC-eligible foods.

- Nearly one-fifth (17 percent) of WIC SAs had established agreements with manufacturers for rebates on WIC-eligible foods other than infant formula. These rebate arrangements most commonly covered infant cereals.

I. INTRODUCTION

The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) provides supplemental foods to safeguard the health of low-income women, infants, and children up to 5 years of age who are at nutritional risk. WIC is administered at the Federal level by the Food and Nutrition Service (FNS) of the U.S. Department of Agriculture (USDA). In October 2014, there were approximately 8 million participants in the program. WIC regulations issued by FNS specify the composition of food packages—specific sets of foods prescribed for each participant by WIC local agency staff—for WIC participants. Regulatory and policy changes announced in the Interim Rule (implemented in 2009) substantially altered the contents of WIC food packages. WIC food packages underwent additional moderate revisions with the implementation of the Final Rule in 2014.

WIC operates through a Federal/State/local partnership; these partnerships have helped to shape and refine the program over time. The WIC program is administered by 90 WIC State agencies (SAs); the 50 States, the District of Columbia, American Samoa, Guam, the Northern Mariana Islands, Puerto Rico, the Virgin Islands, and 34 Indian tribal organizations (ITOs) are each served by a WIC SA.³ With the implementation of the Interim and Final Rules, WIC SAs retained some discretion in how to modify their existing food packages and administer the WIC program in their jurisdictions.

The purpose of this report is to (1) examine policy options and food allowances implemented by WIC SAs in response to the Final Rule in 2014, (2) compare changes made in response to the Interim Rule with changes made after the implementation of the Final Rule, and (3) discuss strategies used by WIC SAs to contain program costs. The analyses are similar to and build upon those performed after the implementation of the Interim Rule (Cole et al., 2011).

A. BACKGROUND

WIC food packages provide supplemental foods to address the nutritional needs of low-income pregnant, breastfeeding, and nonbreastfeeding postpartum women, as well as infants and children up to 5 years of age who are at nutritional risk. In addition to food packages, WIC provides nutrition education so participants can make informed decisions when choosing foods outside of the food packages, contributing to dietary quality and habits as a whole.

WIC regulations specify seven food packages overall; however, these packages can vary based on participant age and nutritional needs. To some extent, packages may be tailored further to accommodate individual participants' dietary requirements and preferences. Food packages consist of some combination of milk, eggs, legumes, canned fish, whole-wheat bread, cereals, juice, infant food, infant cereals, fruits, vegetables, and infant formula.

The contents of WIC food packages did not change substantially between WIC's establishment in the 1970s and the publication of the Institute of Medicine's (IOM) 2005 report, "WIC Food Packages: Time for a Change" (IOM, 2005). The IOM report recommended food package changes to align with current nutrition science and dietary recommendations, within the parameters of program costs. Published in 2007, the Interim Rule required changes to the food packages that were consistent with IOM

³ WIC SAs are responsible for program operations. They contract with more than 1,800 local WIC sponsoring agencies, mostly State and county health departments. These local agencies provide services to WIC participants either directly or through local service sites or clinics.

recommendations. WIC SAs were required to implement these changes to the food packages by October 1, 2009.

In 2014, FNS published a Final Rule that finalized the first major revision to the WIC food packages. The Final Rule reflected public comment on the Interim Rule and the experiences of WIC SAs in implementing the Interim Rule. The Final Rule also continued to fulfill the intent of the recommendations of the IOM, which served as the basis for the WIC food package changes. Effective implementation dates for various provisions of the Final Rule ranged from June 2, 2014, through April 1, 2015.

In August 2014, FNS contracted with IOM to begin a new scientific review of WIC food packages. The primary aim of this review is to assess the nutritional status and food and nutrition needs of the WIC-eligible population, and to provide current scientifically based recommendations for the WIC food packages.

B. WIC BENEFIT DELIVERY METHODS

WIC SAs delivered benefits mainly through food instruments; these consist of paper coupons, checks, or electronic benefit transfer (EBT) cards. Most frequently, in FY 2015, WIC SAs issued benefits via a paper coupon or check. Participants redeem the coupon or check at authorized retailers for the foods specified on the food instrument (see Figure I.1). As of the beginning of FY 2015, 16 WIC SAs were issuing benefits through EBT; all WIC SAs must deliver benefits through EBT by October 2020. A few WIC SAs used alternate distribution methods as the primary strategy for providing benefits. For example, in Mississippi and the Mississippi Band of Choctaw, participants visited WIC food warehouses to claim their items, while Vermont distributed food primarily through home delivery in conjunction with EBT delivery of cash value benefits (CVB) for fruits and vegetables. Some WIC SAs reported using secondary distribution methods, including warehouse distribution or home delivery of benefits in limited circumstances, such as for exempt formulas or medical foods or for participants with mobility restrictions.

In addition to the foods prescribed through the food packages, women and children participants received a cash value voucher (CVV) that could be used only for the purchase of fruits and vegetables. For women, the value of the CVV was \$10 per month; for children, the value was \$8 per month.

Table I.2 lists the policy options currently available to WIC SAs under the Interim and Final Rules. There are four main types of policy options:

- **Fruits and Vegetables.** These policy options relate to the allowed forms of fruits and vegetables and related substitutions. For example, WIC SAs may allow participants to purchase processed forms of fruits and vegetables with their CVVs or may allow substitutions of fresh fruits and vegetables for jarred infant foods or vice versa.
- **Food Substitutions and Package Variations.** Although the food categories and amounts were established by the Interim and Final Rules, these policy options allow WIC SAs to make certain substitutions based on cultural or individual preferences or dietary requirements. For instance, the Interim Rule allowed WIC SAs to prescribe soy-based beverage or tofu in lieu of milk, and the Final Rule added yogurt as an allowed partial substitution for milk. Similarly, WIC SAs may allow a number of canned fish and whole-grain alternatives. Other options include offering organic foods, offering formula to 1-month-old partially breastfed infants, providing different legume combinations, and tailoring packages for homeless participants.
- **Farmers' Markets.** These policy options allow WIC SAs to authorize farmers' markets or individual farmers at farmers' markets to accept WIC CVVs. The Interim Rule permitted WIC SAs to authorize individual farmers, but under the Final Rule, WIC SAs may authorize individual farmers or farmers' markets.
- **Container Size Rounding Policies.** Though WIC SAs are encouraged to issue the exact maximum food allowance, infant food container size variations can make that difficult. Therefore, FNS instituted container size rounding policy options, which allow WIC SAs to round up to the next whole container size to reach the monthly food allowance. This includes containers of infant formula as well as infant foods such as cereal, fruits, vegetables, and meat.

**Table I.1.
Overview of WIC Food Packages**

Maximum Monthly Allowances of Supplemental Foods for Infants Receiving Food Packages I and II

Foods	Fully Formula Fed		Partially Breastfed		Fully Breastfed	
	Food Package I	Food Package II	Food Package I	Food Package II	Food Package I	Food Package II
	A: 0–3 months B: 4–5 months	6–11 months	A: 0 months B: 1–3 months C: 4–5 months	6–11 months	0–5 months	6–11 months
WIC formula (reconstituted liquid concentrate)	A. 806 fl oz ^a B. 884 fl oz	624 fl oz ^a	A. 104 fl oz reconstituted powder B. 364 fl oz ^a C. 442 fl oz	312 fl oz ^a	–	–
Infant cereal	–	24 oz	–	24 oz	–	24 oz
Infant food fruits and vegetables	–	128 oz	–	128 oz	–	256 oz
Infant food meat	–	–	–	–	–	77.5 oz

Maximum Monthly Allowances of Supplemental Foods for Children and Women Receiving Food Packages IV, V, VI, and VII

Foods	Children	Women		
	Food Package IV: 1 Through 4 Years	Food Package V: Pregnant and Partially Breastfeeding (Up to 1 Year Postpartum)	Food Package VI: Postpartum (Up to 6 Months Postpartum)	Food Package VII: Fully Breastfeeding (Up to 1 Year Postpartum) ^f
Juice	128 fl oz	144 fl oz	96 fl oz	144 fl oz
Milk ^b	16 qt	22 qt	16 qt	24 qt
Breakfast cereal ^c	36 oz	36 oz	36 oz	36 oz
Cheese	–	–	–	1 lb
Eggs	1 doz	1 doz	1 doz	2 doz
Fruits and vegetables	\$8.00 in CVVs	\$10.00 in CVVs	\$10.00 in CVVs	\$10.00 in CVVs
Whole-wheat bread ^d	2 lb	1 lb	–	1 lb
Fish (canned) ^e	–	–	–	30 oz
Legumes, dry or canned, and/or peanut butter	1 lb (64 oz canned) or 18 oz	1 lb (64 oz canned) and 18 oz	1 lb (64 oz canned) or 18 oz	1 lb (64 oz canned) and 18 oz

^a The maximum monthly allowance is specified in the liquid concentrate form; however, powder and ready-to-feed forms are allowable substitutes and the powder form is recommended for partially breastfed infants aged 0–3 months.

^b Allowable options for milk are cheese, soy-based beverage, tofu, and yogurt.

^c At least one-half of the total number of breakfast cereals on WIC SA food list must be whole grain.

^d Allowable options for whole-wheat bread are whole-grain bread, brown rice, bulgur, oatmeal, whole-grain barley, soft corn or whole-wheat tortillas, and whole-wheat pasta.

^e Allowable options for canned fish are light tuna, salmon, sardines, mackerel, and jack mackerel.

^f Food Package VII is also prescribed to women pregnant with multiples and women partially breastfeeding multiple infants. Women fully breastfeeding multiple infants receive 1.5 times the foods in Food Package VII.

Notes

doz = dozen; fl oz = fluid ounce; lb = pound; qt = quart

Food Package III consists of packages for participants of any certification category who require certain medical foods, such as exempt formula for infants.

Source: USDA, 2013

Table I.2.
Description of Changes to WIC Food Package Options Under Interim Rule and Final Rule

Regulation	Interim Rule	Final Rule
Fruits and Vegetables		
Fresh bananas as partial substitute for infant food	Fresh bananas were allowed as a partial substitution for infant food at a rate of 1 lb of bananas per 8 oz of infant food fruit, up to 2 lbs of bananas.	Fresh bananas are also allowed as a partial substitution for infant food at the rate of 1 banana per 4 oz of jarred infant food fruit, up to 16 oz.
Canned/frozen/dried fruits and vegetables	Canned, frozen, and dried fruits and vegetables were allowed.	No change
Dried fruits and dried vegetables for children	Dried fruits and vegetables were not allowed for children.	Dried fruits and vegetables are allowed for children; the Final Rule recommends educating caregivers about a possible choking hazard.
Infants aged 9–11 months receive CVV for fresh fruits and vegetables in lieu of a portion of the commercial jar infant food fruits and vegetables (in Food Packages II and III)	CVV for fresh fruits and vegetables for infants in lieu of jarred infant food was not allowed.	Partially breastfed and fully formula fed infants are allowed to receive \$4 CVV plus 64 oz of infant food. Fully breastfed infants are allowed to receive \$8 CVV plus 128 oz infant food. CVV only provided on a case-by-case basis.
Children and women receiving Food Package III receive jarred infant food fruits and vegetables in lieu of CVV	Jarred infant food fruits and vegetables were not allowed in lieu of CVV for children and women receiving Food Package II.	Jarred infant food is allowed in lieu of CVV for women and children receiving Food Package III. The rate is 128 oz of jarred infant fruits/vegetables for \$8 CVV and 160 oz for \$10 CVV.
Food Substitutions and Package Variations		
Alternatives to milk	Soy-based beverages and tofu were allowed as milk alternatives.	In addition to soy-based beverage and tofu, substitution of 1 qt of yogurt for 1 qt of milk is allowed for women and children. Option implementation date is April 2015.
Alternatives to whole-grain bread	Brown rice, bulgur, oatmeal, whole-grain barley, and soft corn and whole-wheat tortillas were allowed as whole-grain bread options.	Whole-wheat macaroni (pasta) is allowed as an additional whole-grain option.
Canned beans as an alternative legume	Canned beans were allowed as an alternative legume.	No change
Infant formula in first month for partially breastfed infants	Infant formula for partially breastfed infants was allowed in the first month.	No change; however, the Final Rule mandates that WIC SAs should not make standardized food packages that include formula for partially breastfed infants in the first month.
Canned fish options	Salmon, mackerel, and sardines were allowed as canned fish options.	Jack mackerel is allowed an additional canned fish option.
Organic forms of WIC-eligible foods provided via the WIC food instrument	Organic forms of WIC-eligible foods might have been allowed.	No change; however, the Final Rule mandates that organic forms of fruits and vegetables must be allowed.
Legume combinations for Food Packages V and VII	WIC SAs were allowed to assign 1 lb dry legumes and 18 oz peanut butter to Food Packages V and VII, allowing substitution of 64 oz canned legumes for 1 lb dry legumes. Both peanut butter and beans had to be provided unless the packages were individually tailored for nutritional reasons, which would have allowed a participant to alternatively receive a combination of dry and canned beans, 128 oz canned beans, 2 lbs dry beans, or 36 oz peanut butter.	No change

Table I.2. (continued)
Description of Changes to WIC Food Package Options Under Interim Rule and Final Rule

Regulation	Interim Rule	Final Rule
Food Substitutions and Package Variations (continued)		
Package tailoring for homeless participants	Packages for homeless participants include more alternatives, such as providing foods in individual serving-sized containers to accommodate lack of food storage or preparation facilities. Children aged 1–2 were allowed to receive only whole milk.	No change
Fat-reduced milk for children aged 1–2 where obesity and overweight are concerns, as determined by a CPA		Children aged 1–2 are allowed to receive fat-reduced milks in Food Package IV if obesity and overweight are concerns, as determined by a CPA from nutrition assessment and consultation with child’s health care provider if necessary.
Farmers’ Markets		
Authorize farmers at farmers’ markets to accept CVV	Individual farmers at farmers’ markets might have been authorized to accept CVV.	No change
Authorize farmers’ markets to accept CVV	Farmers’ markets were not authorized to accept CVV.	Farmers’ market organizations may also be authorized to accept CVV (e.g., the WIC Farmers’ Market Nutrition Program).
Container Rounding Policies		
Rounding up infant formula container sizes	Rounding up infant formula container sizes was allowed. In situations where container sizes do not provide the full nutrient benefit without exceeding the maximum monthly allowance, rounding may be required.	No change
Rounding up infant foods container sizes	Rounding up infant food container sizes was allowed. In situations where container sizes do not provide the full nutrient benefit without exceeding the maximum monthly allowance, rounding may be required.	No change

Notes

doz = dozen; oz = ounce; lb = pound

CPA = competent professional authority

D. STUDY GOALS

The goals of this study were to describe current differences and similarities in allowed foods and policy option choices across WIC SAs, identify differences in allowed food and policy option choices made before and after implementation of the Final Rule, and describe the use of cost containment practices. Table I.3 lists the research questions for this study.

Table I.3.
Research Questions for Food Packages Policy Options Study

1. How did WIC SAs respond to the policy options in the Final Rule?
2. For policy options in both the Interim and Final Rules, how did WIC SA responses vary between 2010 and 2015?
3. What specific foods (varieties, forms, package sizes, etc.) did WIC SAs include in their food lists when implementing the final food packages? How did WIC food lists, and the choices available to WIC participants, compare across WIC SAs?
4. What were the observed changes to WIC food lists, pre- and post-implementation of the Final Rule, including food categories not directly affected by the Final Rule?
5. Which cost containment measures did WIC SAs select?

E. ORGANIZATION OF REPORT

The remainder of this report presents findings on WIC SA policy option elections and food list contents before and after the implementation of the Final Rule in 2014. Chapter II provides an overview of the methodology used to collect and analyze the data. Chapter III describes the current policy option choices made by WIC SAs. Chapter IV examines how those choices changed between FY 2010 and FY 2015. Chapter V presents foods that currently are allowed by WIC SAs. Chapter VI discusses changes in allowed foods. Chapter VII describes strategies WIC SAs use to contain costs.

II. STUDY METHODOLOGY

The purpose of this study was to examine WIC SA policy option elections and food list contents before and after implementation of the Final Rule. Although Federal regulations provided parameters for the administration of WIC at the State level and specified the general contents of the food packages, WIC SAs had some flexibility in administering the program, such as selecting the specific products they allow participants to receive. In 2014, the implementation of the Final Rule amended some options available to WIC SAs, and WIC SAs updated their policies and food lists accordingly.

Five key research questions drove this study design; Table II.1 provides a crosswalk of these research questions and the source of data used to address each question.

Table II.1.
Crosswalk of Research Objectives and Data Collection Methods

Research Question	Data Sources
1. How did WIC SAs respond to the policy options in the Final Rule?	<ul style="list-style-type: none"> • WIC SA policy documents • WIC SA food lists • Participant data
2. For policy options in both the Interim and Final Rules, how did WIC SA responses vary between FY 2010 and FY 2015?	<ul style="list-style-type: none"> • WIC SA policy documents • WIC SA food lists • 2011 database • Participant data
3. What specific foods (varieties, forms, package sizes, etc.) did WIC SAs include in their food lists when implementing the final food packages? How did WIC SA food lists, and the choices available to WIC participants, compare across WIC SAs?	<ul style="list-style-type: none"> • WIC SA food lists • Participant data
4. What were the observed changes to WIC SA food lists, pre- and post-implementation of the Final Rule, including food categories not directly affected by the Final Rule?	<ul style="list-style-type: none"> • WIC SA food lists • 2011 database • Participant data
5. Which cost containment measures did WIC SAs select?	<ul style="list-style-type: none"> • SA policy documents • WIC SA food lists • Participant data

This chapter describes the data sources used for this study, the processes used for data collection and analysis, and study considerations.

A. DATA SOURCES

The data sources for this study included WIC SA food lists and policy documents, the 2011 study database, and FNS WIC participant data. Each of these is described briefly below.

Food lists were developed by WIC SAs and were used by both WIC participants and retailers to identify the products WIC participants were allowed to purchase with their WIC benefits. They often included pictures of allowed foods and details on brand and package size limitations as well as other information intended to help WIC participants choose appropriate foods. Chapter V describes the food lists in more detail.

Several types of policy documents were used to identify the policy options that were selected by WIC SAs. State plans served as the primary type of policy document. These standard plans provided an overview of WIC operations in each State agency. For this study, data were extracted from the sections on Vendor Management, Nutrition Services, Food Funds Management, and Food Delivery/Food Instrument and Cash Value Voucher/Cash Value Benefit Accountability and Control. The appendices to the State plans were also reviewed when they were available; these appendices included documents such as vendor contracts, detailed internal plans, tracking documents for certain options, certification procedures, and rebate agreements. Second, State policy manuals were used to describe the types of food package customization used by each WIC SA, such as the legume combinations offered in Food Packages V and VII or the policies on tailoring packages for homeless participants. These manuals were intended for education and used by WIC SA staff. The final type of policy document, the WIC Food Package Final Rule Implementation Tracking Tool, was a spreadsheet used by WIC SAs to keep FNS apprised of WIC SA policy options and choices, including implementation dates where applicable. This tracking tool focused specifically on the policy options made available by the Interim and Final Rules.

The database developed for the 2011 study provided a baseline to examine changes since FY 2010.⁴ The database contained (1) a list of policies effective in FY 2010 and (2) food lists from both FY 2009 and FY 2010. The analysis presented in the current study uses the records from FY 2010 as a basis for comparison to FY 2015 data.

Finally, WIC participation data for each WIC SA was drawn from FNS data on State-level participation for the month of October 2014.⁵

B. DATA COLLECTION

As the first step in data collection, FNS gathered food lists and policy documents from its Regional Offices, to the extent that the items were available. The study team obtained and reviewed each document, extracted data on policy options and allowed foods, and entered the information into a Microsoft Access database developed specifically for this project. All data entries were reviewed by a second team member to ensure accurate and consistent data extraction processes.

Following this first step, the study team developed a data collection tracking document that identified which data were complete and which data were missing. This document listed the policy options for each WIC SA, along with an indicator of whether that WIC SA's food list had been received. Regional Office staff members then reviewed the lists for accuracy and completeness. In some cases, Regional Office staff members forwarded questions to WIC SAs. Following their review, the Regional Offices provided the study team with edited versions of the data collection tracking document, along with any additional documents needed to finalize data collection. The study team used the additional data submitted through this process to complete data entry. As with the initial data entry, all entries were reviewed by a second team member.

Data Entry/Coding Procedures

Several assumptions were made during the data entry procedures, particularly when extracting data from the food lists. These coding procedures are listed below.

⁴ This database consists of two main files in SAS format, although the initial files were created in Microsoft Access.

⁵ USDA, 2015

Food Type. The study team recorded individual types of foods (e.g., cheddar cheese, black beans, salmon) as “allowed” or “not allowed.” For a food to be considered allowed, it must have been explicitly allowed on the food list. Otherwise, the study team assumed that specific type of food was not allowed.

Food Characteristics. The study team recorded food characteristics (e.g., organic, fat-reduced, low sodium) as “allowed,” “not allowed,” or “not specified.” For a food characteristic to be considered allowed, the food characteristic must have been explicitly allowed on the food list. A food characteristic was considered not to be allowed if the food list explicitly described foods with that characteristic as disallowed, or if the food characteristic was not included on an exhaustive list of allowed characteristics. For example, if the food list described tuna as allowed in cans only, the study team assumed tuna in pouches was not allowed. Food characteristics that were not explicitly allowed or disallowed were considered “not specified.”

Specific Food Varieties and Situations. In some cases, WIC SA food lists were less specific than the detailed categories needed for coding. In those cases, the study team established a set of specific assumptions used consistently throughout the data entry process. These included the following:

- If a food list disallowed “specialty” eggs without defining “specialty,” the study team marked the following types of eggs as “not allowed”: low-cholesterol, enriched, organic, and cage free.
- If a food list allowed tuna but did not specify chunk or solid light, the study team assumed both types of tuna were allowed. Albacore tuna was assumed to not be allowed.
- If any package type of fruits and vegetables was allowed, the study team assumed bagged fruits and vegetables were included.
- If “no salt added” was included on a food list, the study team also included “low-sodium” items.
- If a food list did not specify whether the juice allowed was refrigerated or shelf stable, and the brand was unspecified, listed juice items that included images of cartons were assumed to be refrigerated, and all others were assumed to be shelf stable.

Additionally, many foods were allowed for only some participants. For example, a food list may include lactose-free milk as an allowed food, but specify that a participant may select lactose-free milk only if it is specified on that participant’s voucher. A voucher will specify lactose-free milk only if a CPA has determined that the participant needs such a product. If a food was allowed for at least some participants, it was considered allowed within the WIC SA for purposes of data entry.

Brand restrictions. The study team searched all food lists and policy documents to understand how each WIC SA allowed specific brands of foods. While many food lists specified “any brand,” “store brand only,” “least expensive brand,” or specified particular brand(s), there were some instances where the brand restrictions were unclear or not specified on a food list. In these unclear situations, the research analysts developed a series of rules for categorizing brands in one of 5 categories: any brand, store brand only, least expensive brand, specific brand(s), or not specified. In situations where foods did not clearly fit into one of those 5 categories, a footnote was added to the brand restrictions table (table VII.1) in the report to indicate the number of times a different term on a food list was used, but categorized in one of the five categories. Instances of brand information not falling into the five categories were rare. However, in some situations, the purchase of certain brands were preferred rather than required, or dependent upon availability of the brand (e.g., “least expensive brand encouraged,” “store brand encouraged,” and “store brand, if available”). In these instances, foods were categorized as

“any brand.” If brand restrictions were not present on a food list, the state's brand restriction for that food type was classified as "not specified."

Interpreting Food Lists. Some food lists had missing information that the study team had to either interpret or research using other sources. Food lists often provided details via pictures, such as by showing cereal boxes rather than listing product names. In these cases, the information shown in the pictures was used for the purposes of data entry. In other cases, key pieces of information were not included on the food list, such as allowed milk container sizes. In these cases, the study team reviewed other documents, such as vendor agreements, for the relevant information and used those data. Data entry analysts used the database's comment boxes for each food item as needed to describe any aspects of the food list that could not be located or captured within the standard set of variables.

C. DATA ANALYSIS

To conduct the data analysis, the data were exported from the Microsoft Access database to a SAS database. The team reviewed the data for internal consistency and edited it as necessary. Comments entered during the data entry process were reviewed to identify additional trends in the data, and several new variables were created from this analysis (e.g., corn infant cereal). The Access database allowed data entry analysts to create an ad hoc list of additional cereals and juices that were not included in the initial list. These additional cereals and juices were added into the database in the same format as the cereals and juices on the initial list. For analysis purposes, cereals and juices were collapsed into broader categories. For example, square-shaped oats is a category of cereal that includes cereals such as Cheerios, Tostitos, and Oatmeal Squares.

The database from the 2011 study was merged into the new database to examine changes over time. Tabulations of 2010 data were recomputed and compared to the tables in the 2011 report for validation purposes.

Many of the data tables included in this report contain four sets of columns: (1) the 50 States and the District of Columbia (all referred to as States in this report), (2) the ITOs and territories, (3) all WIC SAs, and (4) total percent of WIC participants. No weighting was used, and no data were imputed. When frequencies have been produced for a subset of WIC SAs, the percentages add up to 100 percent of WIC SAs that fit that criterion. For example, Appendix Table A.4 provides the number and percentage of WIC SAs that allowed any type of dry beans and those that specified certain types of dry beans. When calculating the percentage of WIC SAs that allowed black beans, for example, the number of WIC SAs that specified types of dry beans was used as the denominator.

In some tables, percentages may not add up to exactly 100 due to rounding.

D. STUDY CONSIDERATIONS

This section discusses several considerations related to missing data, the effective dates of the documents used as data sources, assumptions made in studying cost containment practices, and challenges replicating findings from the prior study.

Missing Data. In total, food lists were received for 86 of the 90 WIC SAs, which represented 99.98 percent of all WIC participants.⁶ At least some policy documents were received for 88 WIC SAs, which represented 99.99 percent of all WIC participants.⁷ However, the full set of policy documents was not received for all 88 SAs; as a result, more data are missing for some policy options than for others. The policy options for which the most WIC SA data were missing are as follows: whether dried fruits and vegetables were allowed for children; whether CVVs might be issued for infants aged 9 to 11 months in lieu of jarred infant food; whether additional substitutions were available for homeless participants; and whether container sizes for infant food might be rounded up. Data on each of these policy options were missing for 7 of the 88 WIC SAs that submitted at least some policy data.

Timeline. Most of the policies specified in the Final Rule went into effect as of October 2014, the first month in FY 2015. The policy documents used by the study team were in use in early FY 2015. While many WIC SAs updated their food lists in conjunction with the implementation of the Final Rule, not all did, as food lists may be updated on a rolling basis. Initial effective dates for food lists ranged from October 2009 (Vermont) through February 2015 (Colorado, Nebraska, and West Virginia); however, all of the food lists used for this report were in effect during the first few months following implementation of the Final Rule.

Cost Containment. This report presents data on how WIC SAs restricted WIC participants' food choices under the assumption that these restrictions were typically in place to contain costs. Although we can identify and report on which WIC SAs have restricted/prohibited brands, packages sizes, organics, etc., we have limited knowledge on the rationale for these decisions. To address this limitation, the study team reviewed information in the Food Funds Management chapter of the State plans to research WIC SA intentions for pursuing rebates on foods, and to determine whether package sizes or varieties were limited to contain costs. However, this document was not available for all WIC SAs; therefore, data on those two factors are incomplete.⁸

Replicating Prior Study Results. In several cases, the data reported for FY 2010 were modified from results published in the previous study. In part, this was due to new interpretations of the food lists. Otherwise, this was a result of making new variable combinations or new analytic variables, or tabulating the data in new/different ways. In each of these cases, table footnotes explain the differences.

⁶ Food lists were not available for the Northern Arapahoe, Winnebago, Omaha Nation, and Eastern Shoshone WIC SAs.

⁷ Policy documents were not available for the Winnebago and Omaha Nation WIC SAs.

⁸ Additionally, data found in the Food Funds Management document may not be consistent with food limitations identified in food lists because WIC SAs could have limited brands, types, or sizes for reasons other than cost containment. For example, it is possible that the number of WIC SAs limiting brands is larger than the number limiting brands for cost containment. However, the number of WIC SAs limiting brands for cost containment should not be larger than the total number of WIC SAs limiting brands.

III. ENACTMENT OF POLICY OPTIONS AFTER IMPLEMENTATION OF THE FINAL RULE

WIC SAs may choose to enact various policy options based on the needs of participants. The Final Rule expanded the list of policy options in addition to carrying over or clarifying policy options already established under the Interim Rule. These policy options fall into four categories:

- Fruits and vegetables
- Food substitutions and package variations
- Farmers' markets
- Container size rounding policies and rebates

Some options were implemented by nearly all WIC SAs; adoption of others varied greatly. Provisions that were previously optional, but are required under the Final Rule, are not discussed.

This chapter describes, within these four broad categories, each of the provisions in the Final Rule and the proportion of WIC SAs that elected to implement the option. Section A discusses policies related to fruits and vegetables; Section B describes the choices WIC SAs made with regard to food substitution and package variation policies; Section C covers the authorization of farmers and farmers' markets; and Section D presents results on container size rounding policies. The data for this chapter were drawn primarily from State plans and other policy documents, but were supplemented with information from WIC SA food lists.

A. FRUITS AND VEGETABLES

The Final Rule gave WIC SAs greater flexibility in the implementation of fruit and vegetable options in an effort to maximize choice for participants. These new policy options authorized both processed forms of fruits and vegetables and jarred infant varieties as permissible substitutes for fresh fruits and vegetables. Table III.1 illustrates the number of WIC SAs that adopted these options, along with the total percentage of WIC participants that were covered.

1. Processed Fruit and Vegetable Substitutes

WIC SAs are required to offer fresh fruits and vegetables and have the option to offer canned, frozen, or dried varieties in addition to fresh fruits and vegetables. The Final Rule (1) indicated a CVV may be redeemed for any eligible fruit and vegetable and (2) specified which processed substitutions are WIC-eligible, should a WIC SA decide to implement the policy option.⁹ WIC SAs may specify which forms of fruits and vegetables are allowed, but cannot specify particular types of fruits and vegetables. For example, if a WIC SA decided to offer frozen vegetables, it must authorize all WIC-eligible frozen vegetables, not just frozen broccoli. Unlike other food package contents, the Interim Rule required all WIC SAs to authorize fruit and vegetable purchases through a CVV system to allow participants to select items to suit individual preferences (WIC Interim Rule, 2007, pp. 68970–68971).

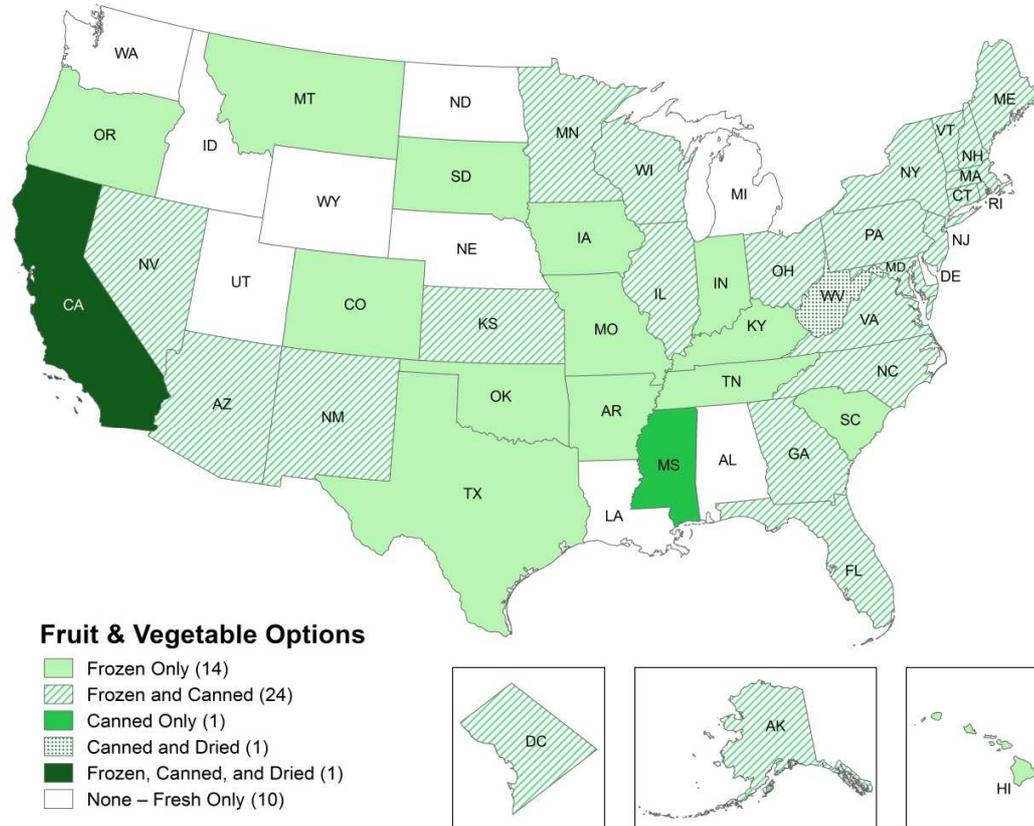
⁹ WIC Final Rule, 2014, p. 12298, table 4

Processed fruits and vegetables can be frozen, canned, or dried; results for each of these are described below (see Figure III.1 and Table III.1).

- Frozen fruits and vegetables were allowed in 81 percent of WIC SAs (covering 86 percent of the WIC population); this was the most widely selected option among WIC SAs.
- Canned varieties of fruits and vegetables, which include any processed food items in shelf-stable containers such as cans, jars, or pouches, were allowed in 59 percent of WIC SAs (covering 63 percent of the WIC population).
- Dried fruits and vegetables were allowed in only 6 percent of WIC SAs, covering 17 percent of the WIC population; this was the least widely approved option among WIC SAs.
- Only California allowed all three types of processed fruits and vegetables.

Six percent of WIC SAs indicated in their policy documents that they implemented the option to allow caregivers to purchase dried fruits and vegetables for children; the Interim Rule disallowed this option. This became a policy option with a recommendation that WIC SAs provide education for caregivers on the potential choking hazard (WIC Final Rule, 2014, p. 12278). However, none of the food lists for these WIC SAs indicated that dried fruits and vegetables were allowed for any participants.

Figure III.1.
Processed Forms of Fruits and Vegetables Authorized by States



Notes

All options specified in this map are in addition to fresh fruits and vegetables.
Data derived from Appendix Table A.14.

2. Exchange of Fresh for Jarred Infant Fruits and Vegetables

The Final Rule introduced or clarified three policy options that allowed some participants to receive CVVs for fruits and vegetables in lieu of jarred infant fruits and vegetables, or vice versa. These options allowed caregivers more options for introducing fruits and vegetables into infants’ diets (WIC Final Rule, 2014, p. 12284). Each of these is described briefly below.

Almost two-fifths of WIC SAs (39 percent), covering 15 percent of total WIC participants, implemented the option to allow infants aged 9 to 11 months to receive a CVV in lieu of a portion of the jarred infant fruits and vegetables prescribed in their food packages (see Table III.1). The option allows partially breastfed and fully formula fed infants to receive a \$4 CVV plus 64 ounces of jarred infant fruits and vegetables (instead of 128 ounces of jarred infant fruits and vegetables), and allows fully breastfed infants may receive an \$8 CVV plus 128 ounces of jarred infant fruits and vegetables (instead of 256 ounces of jarred infant fruits and vegetables) (WIC Final Rule, 2014, pp. 12283–84). The aim of this option was to provide more developmentally appropriate options for older infants, who often are transitioning to table foods.

Almost three-fifths of WIC SAs (58 percent), covering 48 percent of total WIC participants, adopted the option to allow women and children receiving Food Package III (a package for participants who require certain medical foods) to substitute jarred infant fruits and vegetables for the value of the CVVs they normally would receive (see Table III.1). This option is intended to benefit children and women with medical conditions such as premature birth, developmental delays, and swallowing disorders. This option allows children to receive 128 ounces of jarred infant fruits and vegetables instead of an \$8 CVV under this option, and women to receive 160 ounces of jarred infant fruits and vegetables in lieu of a \$10 CVV (WIC Final Rule, 2014, p. 12284).

Fourteen percent of WIC SAs, covering 30 percent of the WIC population, implemented the option to allow fresh bananas as a substitute for some of the jarred infant food prescribed in Food Packages II and III (see Table III.1). The Final Rule clarified the rate of substitution as one banana per 4 ounces of jarred infant fruits, up to a maximum of 16 ounces (WIC Final Rule, 2014, p. 12283). This clarification gave WIC SAs more flexibility in implementing this option because it gave the rate of substitution on a per-item basis. Under the Interim Rule, the rate of substitution was 1 pound of bananas per 8 ounces of jarred infant fruits and vegetables. A majority of States (57 percent) and ITOs (80 percent) did not specify a policy on this option (data not shown).

**Table III.1.
Adoption of Fruit and Vegetable Policy Options in the Final Rule: FY 2015**

	States & DC		ITOs & Territories		All WIC SAs		Total % of WIC Participants
	No.	%	No.	%	No.	%	
Total (Food List Data)	51	100%	35	100%	86	100%	8,339,263
Processed Fruits and Vegetables^a							
Canned fruits and vegetables	27	53%	24	69%	51	59%	63.4%
Frozen fruits and vegetables	39	76%	31	89%	70	81%	85.5%
Dried fruits and vegetables	2	4%	3	9%	5	6%	16.5%
Fresh Bananas as Partial Substitute for Infant Food	10	20%	2	6%	12	14%	29.8%
Total (Policy Data)	51	100%	37	100%	88	100%	8,339,855
Dried Fruits and Dried Vegetables for Children	2	4%	3	8%	5	6%	2.3%
Infants Aged 9–11 Months Receive CVV	16	31%	18	49%	34	39%	14.5%
Children and Women Receiving Food Package III Receive Jarred Infant Food	28	55%	23	62%	51	58%	48.0%

^a Categories are not mutually exclusive, so totals may not add to 100%.

B. FOOD SUBSTITUTIONS AND PACKAGE VARIATIONS

In response to public feedback on the Interim Rule and IOM recommendations, the Final Rule authorized several more alternatives for milk, whole-grain bread, legumes, and canned fish; it also modified several package variations initially authorized by the Interim Rule. The additional alternatives gave WIC SAs more flexibility in tailoring food prescriptions to meet the needs of their populations while also remaining cost neutral. Table III.2 illustrates the proportion of WIC SAs that adopted these options along with the total percentage of WIC participants that were covered.

1. Milk Alternatives

The Final Rule adjusted options governing alternatives to milk prescribed for participants with dietary requirements such as lactose intolerance, milk allergy, veganism, or cultural preferences. Milk alternatives were soy-based beverage, tofu, yogurt, and cheese. Rules regarding the issuance of soy-based beverage and tofu were modified compared to the Interim Rule, and yogurt was approved as a milk substitute. The Final Rule also introduced more options to allow WIC SAs to address the “dangling quart” of milk resulting from substituting cheese for milk (see text box at right for more information).

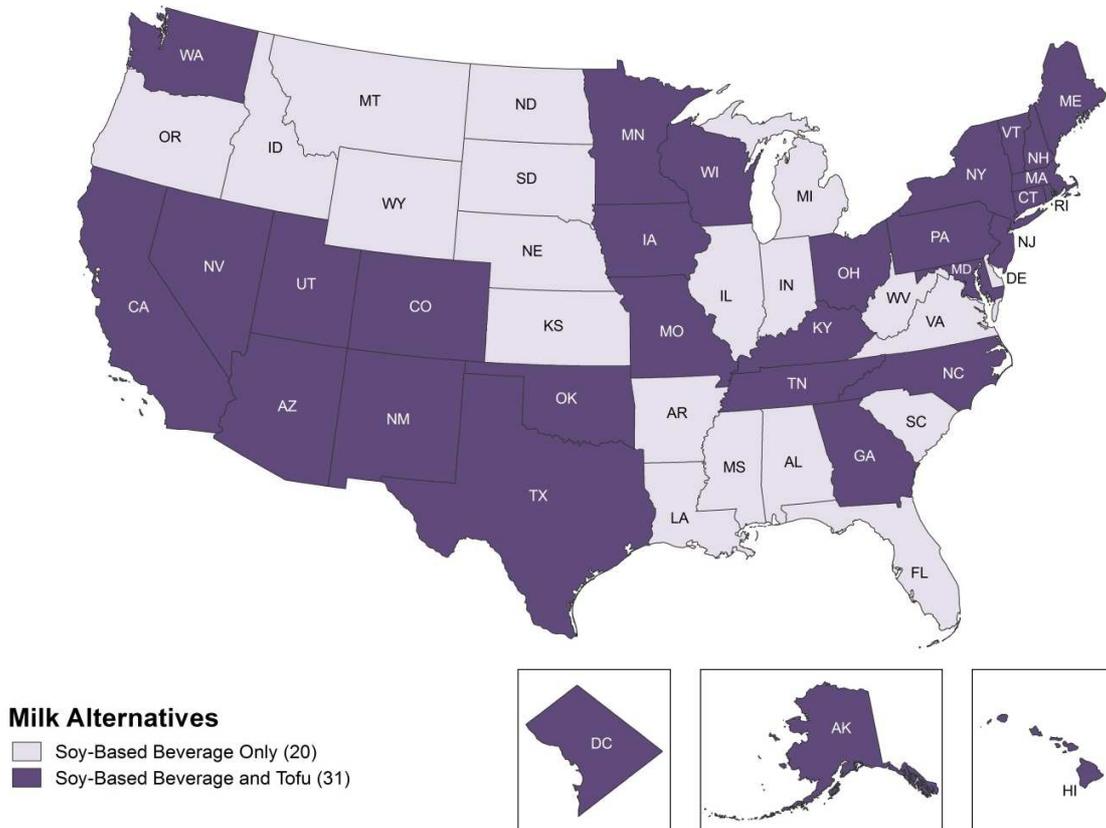
Soy-Based Beverage or Tofu

All States and 89 percent of ITOs and territories (covering more than 99 percent of the WIC population) allowed soy-based beverage as a substitute for milk, while 61 percent of States and 66 percent of ITOs and territories (covering 73 percent of WIC participants) allowed tofu (see Figure III.2 and Table III.2). Under the Final Rule, medical documentation is no longer required for children with Food Package IV to receive soy-based beverage or tofu as a substitute for up to 4 quarts of milk, or for women to receive tofu in excess of the maximum substitution rate. Instead, per IOM recommendations, a competent professional authority (CPA) was allowed to determine the need for substituting soy-based beverage or tofu for issues such as milk allergy, lactose intolerance, and vegan diet (WIC Final Rule, 2014, p. 12276). The Final Rule specified allowed rates of substitution of 1 quart of soy-based beverage per quart of milk and 1 pound of calcium-set tofu per quart of milk.

Dangling Quart of Milk

Women and children typically receive 1 pound of cheese in lieu of 3 quarts of milk. This rate of substitution created an issue for WIC SAs that only issued milk in gallon (equivalent to 4 quarts) or half-gallon (equivalent to 2 quarts) container sizes. For example, a woman receiving Food Package VI is prescribed 16 quarts of milk per month. If 3 quarts are exchanged for cheese, that leaves 13 quarts, or 3 gallons plus 1 “dangling quart.” To ensure that participants receive the full food package, WIC SAs may allow participants to obtain milk in 1-quart containers, to receive a half-gallon every other month, to receive 12 ounces of evaporated milk, or, as of April 2015, to receive a quart of yogurt.

Figure III.2.
Milk Alternatives Authorized by States



Note
Data derived from Appendix Table A.1.

Yogurt

The Final Rule also authorized yogurt as a milk alternative for women and children with Food Packages III–VII at a rate of 1 quart of yogurt for 1 quart of milk (WIC Final Rule, 2014, p. 12280). Since WIC SAs were not allowed to implement this option until April 1, 2015, after data collection for this study was completed, the available data did not accurately document how many WIC SAs selected this option.

Cheese

The Final Rule reduced the amount of cheese that may be substituted for milk to 1 pound of cheese for 3 quarts of milk, in light of the other milk alternatives and the IOM’s recommendation to reduce the amount of saturated fat in participants’ diets (WIC Final Rule, 2014, p. 12294). WIC SAs cannot exceed this allowance even with medical documentation.

Dangling Quart

Most WIC SAs (72 percent, covering approximately 79 percent of WIC participants) allowed participants to receive milk in 1-quart containers. For those WIC SAs that did not allow this option, the Final Rule

permitted substitutions to ensure participants who purchased cheese in lieu of milk received the equivalent of the “dangling quart” of milk resulting from the rate of substitution. For example, participants could receive 12 ounces of evaporated milk, a quart of yogurt, or a half-gallon of milk every other month. Issuing a half-gallon of milk every other month was an option in 23 percent of WIC SAs, while offering cans of evaporated milk was an option in 49 percent of WIC SAs.

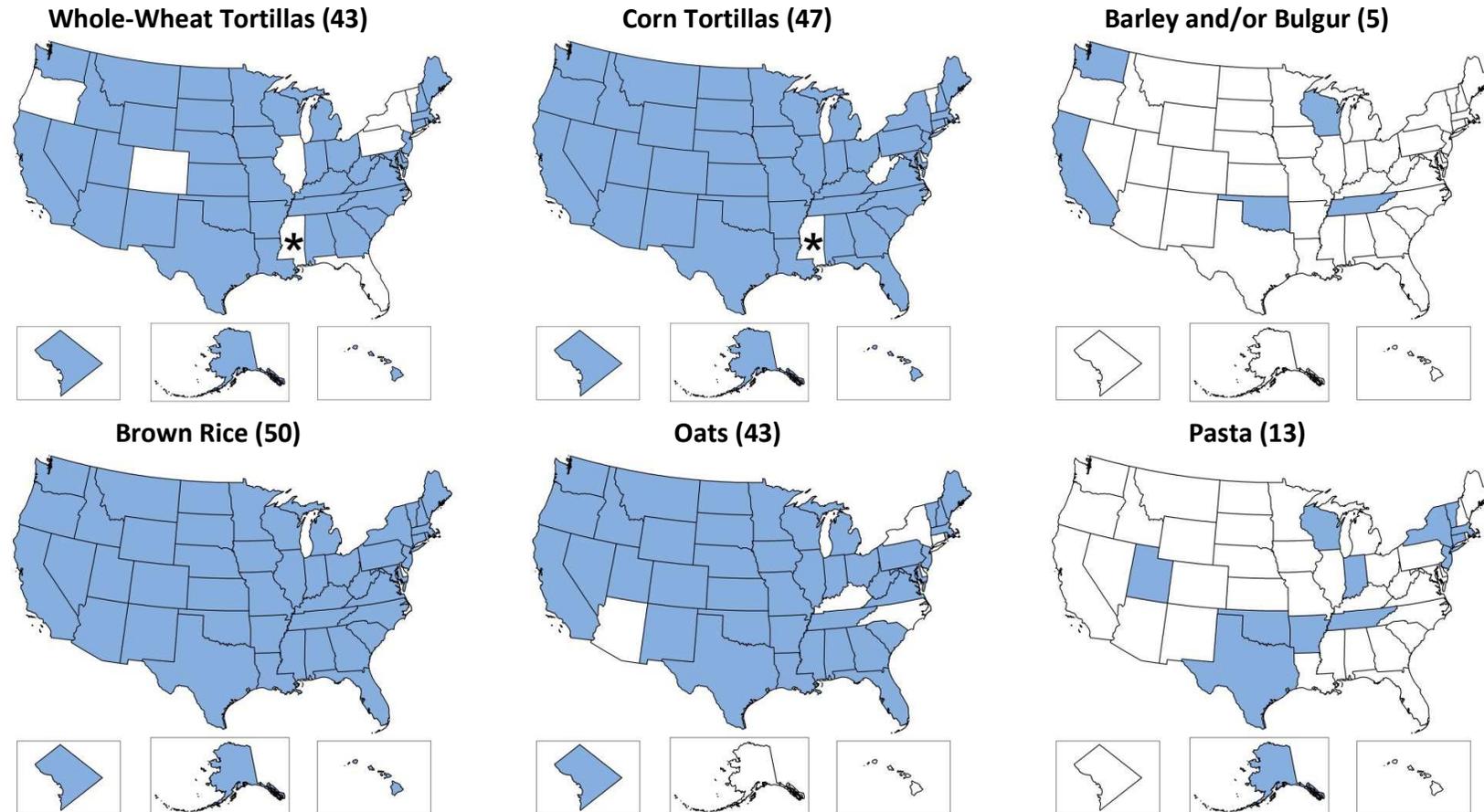
2. Whole-Grain Options

All WIC SAs are required to offer whole-wheat and/or whole-grain bread for children and women, but the Final Rule listed several allowable substitutes.

- Brown rice and soft corn or whole-wheat tortillas were the most widely adopted whole-grain options. Brown rice was made available to more than 99 percent of the WIC population and soft corn or whole-wheat tortillas were made available to more than 99 percent of WIC participants. Tortillas were available in every State except Vermont (see Figure III.3).
- Oatmeal was available in WIC SAs that served 86 percent of participants.
- Bulgur and/or barley were allowed in 26 percent of WIC SAs (23 percent of participants).
- Whole-wheat pasta—a new addition under the Final Rule—was allowed by 29 percent of WIC SAs, serving 30 percent of WIC participants.

All WIC SAs reported permitting at least one alternative to whole-grain bread; more than 90 percent offered two or more options. The maximum monthly allowance of whole-wheat bread or an alternative is 2 pounds for children and 1 pound for women, regardless of the option selected. For example, a woman may purchase a 16-ounce loaf of whole-wheat bread, a 16-ounce package of corn tortillas, or 1 pound of brown rice, but may not combine multiple forms of whole grains within a single month’s food package allotment.

Figure III.3.
Alternatives to Whole-Grain Bread Authorized by States



* Mississippi allows tortillas, but does not specify whether corn, whole-wheat, or both types of tortillas are allowed.

Notes

Alternatives highlighted in this map are in addition to whole-grain bread.

Data derived from Appendix Table A.7.

3. Legume Alternatives for Food Package V and Food Package VII

Food Package V for pregnant and partially breastfeeding women was changed under the Interim Rule to include both 1 pound of dry or canned beans and 18 ounces of peanut butter, essentially doubling the size of the benefit to increase consumption of legumes. Previously, participants received 1 pound of dry beans with the option to substitute 18 ounces of peanut butter. This modification—unchanged under the Final Rule—included the provision that these food packages must include both peanut butter and beans, unless nutritional reasons (e.g., food allergy, underweight, participant preference) necessitated one of six alternatives consisting of only peanut butter, only beans (canned or dry), or varying combinations (WIC Final Rule, 2014, p. 12295). The Interim Rule also added canned beans as an option in Food Package VII for fully breastfeeding women, which already included 1 pound of dry beans and 18 ounces of peanut butter.

WIC SAs differed very little in what combinations they made available to participants receiving Food Package V compared to Food Package VII.

- More than three-quarters of WIC SAs (covering 90 percent of WIC participants) authorized 1 pound of dry beans and 18 ounces of peanut butter for Food Packages V and VII (see Table III.2).
- About two-thirds of WIC SAs offered the option to substitute 128 ounces of canned beans in both food packages.
- WIC SAs that served 68 percent of all WIC participants offered 64 ounces of canned beans and 18 ounces of peanut butter as alternatives in both food packages. This alternative was offered by the fewest WIC SAs.

Children receiving Food Package IV and women receiving Food Package VI are allowed either 1 pound of dry beans or 18 ounces of peanut butter, so the various legume combinations are not applicable for those food packages. However, 85 percent of WIC SAs (covering 85 percent of WIC recipients) permitted canned beans as a legume alternative for all participants.

4. Canned Fish

The Final Rule expanded the types of canned fish offered as options for women receiving Food Package VII, adding canned jack mackerel to the previous options of light tuna, salmon, sardines, and North Atlantic and Pacific (chub) mackerel. Almost all WIC SAs (93 percent) offered salmon; sardines were an option in 63 percent of WIC SAs; and 23 percent of WIC SAs offered mackerel (see Table III.2).

5. Package Variations

The following four options gave WIC SAs discretion in offering modifications to the base food packages to participants with specific dietary needs and preferences.

Infant Formula in the First Month of Life for Partially Breastfed Infants

Sixty-two WIC SAs (73 percent of all participants) permitted the issuance of infant formula to partially breastfed infants during their first month (see Table III.2). The Final Rule reemphasized that food packages should encourage breastfeeding among WIC mothers; it stated WIC SAs may only issue formula on a case-by-case basis, and not create standardized food packages that provide formula to

mostly breastfeeding infants in the first month after birth. The purpose of this option was to create policies that encourage “substantial and continued breastfeeding” (WIC Final Rule, 2014, p. 12281).

Organic Forms of WIC-Eligible Foods Provided via WIC Food Instrument

About one-third of WIC SAs (30 percent, covering 41 percent of participants) allowed some organic forms of WIC-eligible foods (see Table III.2). WIC SAs had the discretion to offer organic versions of WIC-eligible foods provided through the food instrument—such as milk, eggs, or peanut butter—based on WIC SA assessment of cost, availability, and other factors, as authorized under the Interim Rule and clarified in the Final Rule (WIC Final Rule, 2014, p. 12277). However, WIC SAs must allow purchase of organic fruits and vegetables with the CVV.

Package Tailoring for Homeless Participants

Approximately 85 percent of WIC SAs (covering 88 percent of WIC participants) permitted food package tailoring for homeless participants because these participants may lack access to proper storage for perishable foods, safe drinking water, and adequate cooking facilities (see Table III.2). Though the Final Rule authorized many nonperishable forms of food, WIC SAs may make additional provisions, such as allowing the purchase of small quantities of hard-boiled eggs (WIC Final Rule, 2014, p. 12297). For example, in FY 2015, WIC SAs offered substitutions such as dry or ultra-high temperature (UHT) pasteurized milk, which does not require refrigeration, for regular fluid milk, and canned beans or peanut butter in place of eggs and dry beans. Additionally, 7 WIC SAs—Alabama, Arizona, Illinois, Louisiana, Massachusetts, Texas, and Navajo Nation—specifically mentioned allowing ready-to-serve juice in a 5.5- to 6-ounce size for homeless participants. Certain WIC SAs also allowed ready-to-use infant formula for participants who were homeless or who lacked proper storage or adequate cooking facilities.

Fat-Reduced Milks for 1-Year-Old Children Where Obesity and Overweight Are Concerns, as Determined by a CPA

The Final Rule allowed CPAs, in addition to certified medical professionals, to determine whether to prescribe fat-reduced milks to children aged 12 to 24 months receiving Food Package IV if there are concerns about the child being overweight or obese. This was a change from the Interim Rule, which allowed only whole milk for children receiving Food Package IV (WIC Final Rule, 2014, p. 12278). The 72 percent of WIC SAs that adopted this option covered 60 percent of the WIC population (see Table III.2).

Table III.2.
Adoption of Optional Food Substitutions and Package Variations in the Final Rule: FY 2015

	States & DC		ITOs & Territories		All WIC SAs		Total % of WIC Participants
	No.	%	No.	%	No.	%	
Total (Food List Data)	51	100%	35	100%	86	100%	8,339,263
Alternatives to Milk^a							
Soy-based beverage	51	100%	31	89%	82	95%	100.0%
Tofu	31	61%	23	66%	54	63%	72.7%
Dangling Quart Options^a							
1 qt of milk	37	73%	26	70%	63	72%	79.3%
Evaporated milk (12 oz cans)	29	57%	14	38%	43	49%	38.2%
½ gal every other month	10	20%	10	27%	20	23%	29.0%
Not specified	4	8%	3	8%	7	8%	3.8%
Alternatives to Whole-Grain Bread^a							
Tortillas	50	98%	27	77%	77	90%	99.6%
Brown rice	50	98%	33	94%	83	97%	99.8%
Oatmeal	43	84%	23	66%	66	77%	85.9%
Bulgur and/or barley	5	10%	17	49%	22	26%	22.8%
Whole-wheat pasta	13	25%	12	34%	25	29%	29.7%
Canned Beans as an Alternative Legume	42	82%	31	89%	73	85%	84.9%
Canned Fish Options^a							
Salmon	48	94%	32	91%	80	93%	97.7%
Mackerel	6	12%	14	40%	20	23%	6.9%
Sardines	22	43%	32	91%	54	63%	45.7%
Organic Forms of WIC-Eligible Foods Provided Via the WIC food Instrument	17	33%	9	26%	26	30%	40.7%

Table III.2. (continued)
Adoption of Optional Food Substitutions and Package Variations in the Final Rule: FY 2015

	States & DC		ITOs & Territories		All WIC SAs		Total % of WIC Participants
	No.	%	No.	%	No.	%	
Total (Policy Data)	51	100%	37	100%	88	100%	8,339,855
Legume Combinations for Food Package V^a							
1 lb dry and 18 oz peanut butter	40	78%	27	73%	67	76%	90.1%
1 lb dry and 64 oz canned beans	29	57%	23	62%	52	59%	61.5%
2 lb dry beans	25	49%	21	57%	46	52%	47.8%
128 oz canned beans	32	63%	26	70%	58	66%	78.1%
36 oz peanut butter	27	53%	23	62%	50	57%	48.8%
1 lb dry or 64 oz canned and 18 oz peanut butter	30	59%	24	65%	54	61%	57.4%
64 oz canned and 18 oz peanut butter	28	55%	14	38%	42	48%	67.7%
Legume Combinations for Food Package VII^a							
1 lb dry and 18 oz peanut butter	40	78%	28	76%	68	77%	90.1%
1 lb dry and 64 oz canned beans	30	59%	25	68%	55	63%	61.8%
2 lb dry beans	23	45%	22	59%	45	51%	45.2%
128 oz canned beans	32	63%	28	76%	60	68%	78.2%
36 oz peanut butter	28	55%	24	65%	52	59%	52.1%
1 lb dry or 64 oz canned and 18 oz peanut butter	29	57%	25	68%	54	61%	54.1%
64 oz canned and 18 oz peanut butter	28	55%	16	43%	44	50%	67.8%
Infant Formula in First Month for Partially Breastfed Infants	38	75%	24	65%	62	70%	73.4%
Package Tailoring for Homeless Participants	44	86%	31	84%	75	85%	87.8%
CPA Determines the Need for Fat-Reduced Milks for 1-Year-Old Children	37	73%	26	70%	63	72%	60.4%

^a Categories are not mutually exclusive, so totals may not add to 100%.

Note

oz = ounce; lb = pound; qt = quart

C. AUTHORIZATION OF FARMERS AND/OR FARMERS’ MARKETS TO ACCEPT CVVS

The Final Rule allowed WIC SAs to authorize farmers’ markets to accept CVVs; this expanded the Interim Rule option that allowed individual farmers at farmers’ markets to accept the vouchers for fresh fruits and vegetables. The Final Rule allowed WIC SAs to approve individual farmers or farmers’ markets as a whole to accept CVVs for eligible fruits and vegetables. The WIC SA and a legal representative of the farmer and/or farmers’ market must sign a written agreement covering a period of no more than 3 years (WIC Final Rule, 2014, p. 12299).

WIC SA policy documents from FY 2015 did not distinguish between authorizing farmers or authorizing the farmers’ markets directly, but 28 percent of WIC SAs (covering 51 percent of participants) authorized farmers and/or farmers’ markets (see Table III.3). This option was adopted twice as often in States than in ITOs and territories.

**Table III.3.
Adoption of Farmers’ Market Options in the Final Rule: FY 2015**

	States & DC		ITOs & Territories		All WIC SAs		Total % of WIC Participants
	No.	%	No.	%	No.	%	
Total (Policy Data)	51	100%	37	100%	88	100%	8,339,855
Farmers’ Markets							
Authorization of farmers’ markets/farmers at farmers’ markets	19	37%	6	16%	25	28%	51.3%

D. CONTAINER SIZE ROUNDING POLICIES AND REBATES

The Interim Rule introduced two policies to allow State agencies to round containers of formula or infant food if necessary to meet nutritional requirements.

Container size rounding policies allow WIC SAs to prescribe the next whole container size to meet the full nutritional benefit. Overall, container size rounding policies were more widely implemented among ITOs and territories than among States (see Table III.4). Rounding up infant formula container sizes was allowed in 27 percent of States and 57 percent of ITOs and territories (36 percent of the WIC population); the same policy for infant foods (cereal, fruits and vegetables, and meat) was available in 8 percent of States and 13 percent of ITOs and territories (5 percent of participants). These policies were designed to give WIC SAs the ability to issue the monthly maximum of food benefit even with varying sizes of infant food containers.

Table III.4.
Adoption of Container Size Rounding/Rebate Options in the Final Rule: FY 2015

	<u>States & DC</u>		<u>ITOs & Territories</u>		<u>All WIC SAs</u>		Total % of WIC Participants
	No.	%	No.	%	No.	%	
Total (Policy Data)	51	100%	37	100%	88	100%	8,339,855
Infant Food Policies^a							
Rounding up container sizes for infant formula	14	27%	21	57%	35	40%	35.5%
Rounding up container sizes for infant food	4	8%	19	51%	23	26%	5.0%

^a Categories are not mutually exclusive, so totals may not add to 100%.

IV. COMPARISON OF POLICY OPTIONS BEFORE AND AFTER IMPLEMENTATION OF THE FINAL RULE

Many of the policy options available to WIC SAs in FY 2010, after implementation of the Interim Rule, continued to be available as policy options in FY 2015. This chapter examines the changes that WIC SAs made to five policy options that were available in both FY 2010 and FY 2015. Options covering specific food substitutions that were available to WIC SAs during both years are discussed in Chapter VII with other changes in allowed foods.

Section A of this chapter discusses changes to food substitutions and package variation policies. Section B describes changes to policy options for farmers/farmers' markets. Section C describes changes to policies on container size rounding policies for infant formula and infant food. Data for this chapter were drawn primarily from WIC SA policy documents.

A. FOOD SUBSTITUTIONS AND PACKAGE VARIATIONS

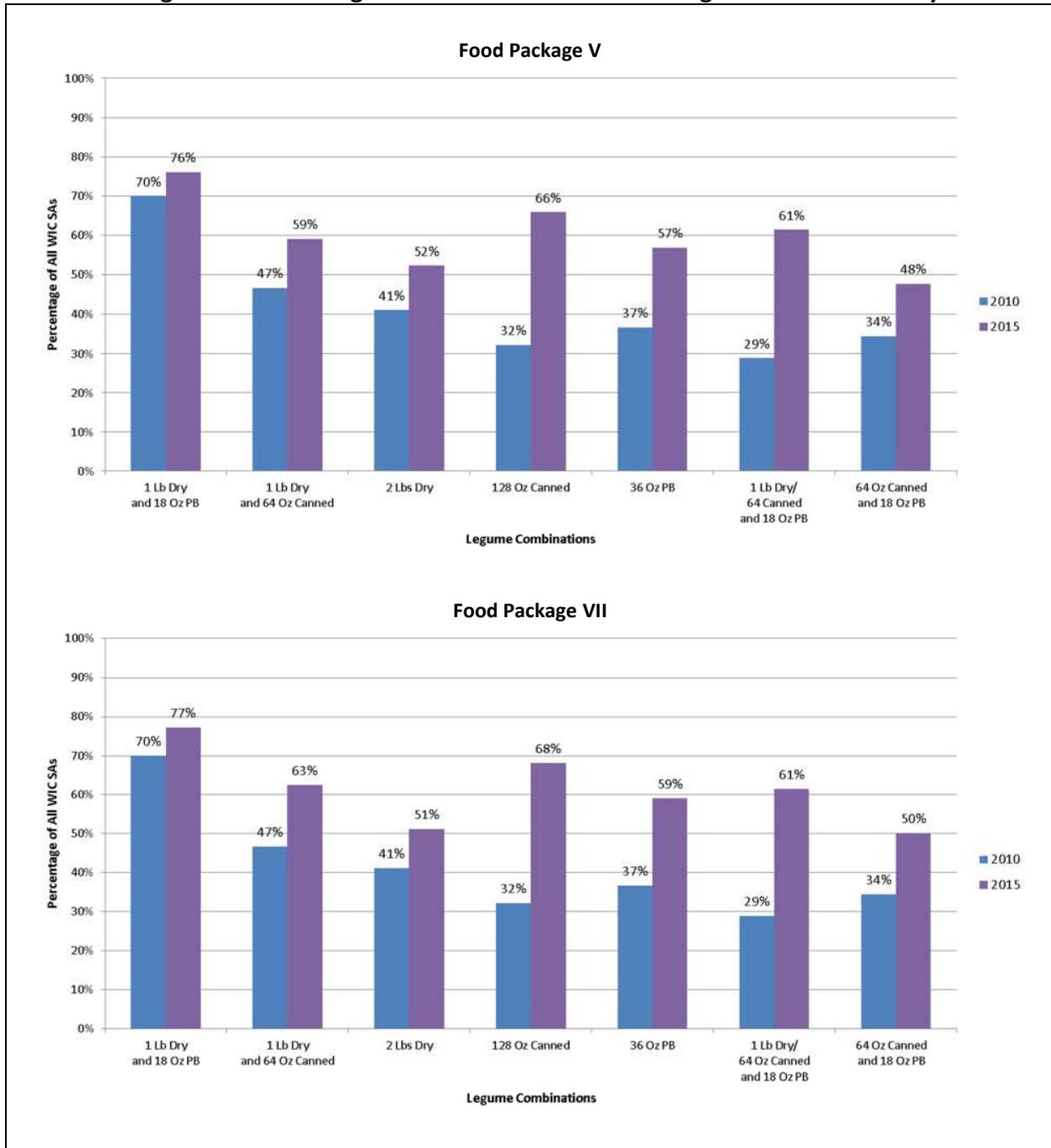
This section discusses the three food and package substitutions and variations that were options in both the Interim and Final Rules: (1) legume alternatives for Food Package V and Food Package VII, (2) infant formula in the first month of life, and (3) package tailoring for homeless participants.

1. Legume Alternatives for Food Package V and Food Package VII

From FY 2010 to FY 2015, there was an increase in the proportion of WIC SAs allowing each legume combination for both Food Package V and Food Package VII (see Figure IV.1). The largest increase for both food packages was 128 ounces of canned beans; in FY 2015, about two-thirds of WIC SAs allowed this option for both food packages, an increase from about one-third in FY 2010.

In FY 2015, the most commonly allowed legume combination in both food packages was 1 pound of dry beans and 18 ounces of peanut butter. Seventy-six percent of WIC SAs allowed this option for Food Package V, and 77 percent of WIC SAs allowed it for Food Package VII. In FY 2010, only 70 percent of WIC SAs allowed this combination for either food package, representing 73 percent of WIC participants (see Table IV.1).

Figure IV.1.
Percentage of WIC State Agencies That Authorized Each Legume Combination by Year



Note

Data derived from Table IV.1.

3. Package Tailoring for Homeless Participants

In FY 2015, 75 WIC SAs, representing 88 percent of total WIC participants, tailored packages for homeless participants (see Table IV.1). This is a 14-percentage-point increase in the number of WIC SAs implementing this policy option and a 30-percentage-point increase in the proportion of total WIC participants with access to this policy option through their WIC SAs.

**Table IV.1.
Food Substitutions and Package Variation Policies Implemented by WIC State Agencies:
FY 2010, FY 2015**

	All WIC SAs				Total % of WIC Participants		
	2010		2015		2010	2015	Percentage Point Change
	No.	%	No.	%			
Total (Policy Data)	90	100%	88	100%	9,303,375	8,339,855	–
Combinations of Legumes Allowed in Food Packages V^a							
1 lb dry and 18 oz peanut butter	63	70%	67	76%	72.6%	90.1%	17.5
1 lb dry and 64 oz canned beans	42	47%	52	59%	45.8%	61.5%	15.8
2 lbs dry beans	37	41%	46	52%	59.7%	47.8%	-11.9
128 oz canned beans	29	32%	58	66%	36.1%	78.1%	42.0
36 oz peanut butter	33	37%	50	57%	42.8%	48.8%	6.0
1 lb dry or 64 oz canned and 18 oz peanut butter	26	29%	54	61%	30.0%	57.4%	27.3
64 oz canned and 18 oz peanut butter	31	34%	42	48%	36.3%	67.7%	31.4
Combinations of Legumes Allowed in Food Packages VII^a							
1 lb dry and 18 oz peanut butter	63	70%	68	77%	72.6%	90.1%	17.5
1 lb dry and 64 oz canned beans	42	47%	55	63%	45.8%	61.8%	16.1
2 lbs dry beans	37	41%	45	51%	59.7%	45.2%	-14.5
128 oz canned beans	29	32%	60	68%	36.1%	78.2%	42.1
36 oz peanut butter	33	37%	52	59%	42.8%	52.1%	9.3
1 lb dry or 64 oz canned and 18 oz peanut butter	26	29%	54	61%	30.3%	54.1%	24.1
64 oz canned and 18 oz peanut butter	31	34%	44	50%	36.3%	67.8%	31.5
Infant Formula in the First Month for Partially Breastfed Infants							
Yes	60	67%	62	70%	60.4%	73.4%	13.0
No	21	23%	21	24%	39.2%	25.7%	-13.5
Not Specified	9	10%	5	6%	0.4%	0.9%	0.5
Package Tailoring for Homeless Participants^b							
Yes	64	71%	75	85%	58.1%	87.8%	29.8
No	–	–	7	8%	–	10.0%	10.0
Not specified	26	29%	6	7%	41.9%	2.1%	-39.8

^a Categories are not mutually exclusive, so totals may not add to 100%.

^b FY 2010 homeless substitutions: As reported in FY 2010.

Note

oz = ounce; lb = pound

Table IV.2.
Farmers and Farmers’ Markets Authorized by WIC State Agencies:
FY 2010, FY 2015

	All WIC SAs				Total % of WIC Participants		
	2010		2015		2010	2015	Percentage Point Change
	No.	%	No.	%			
Total (Policy Data)	90	100%	88	100%	9,303,375	8,339,855	–
Authorization of Farmers at Farmers’ Markets							
Yes	15	17%	N/A	N/A	38.2%	N/A	N/A
No	54	60%	N/A	N/A	59.5%	N/A	N/A
Not specified	21	23%	N/A	N/A	2.4%	N/A	N/A
Authorization of Farmers’ Markets and/or Farmers at Farmers’ Markets							
Yes	N/A	N/A	25	28%	N/A	51.3%	N/A
No	N/A	N/A	63	72%	N/A	48.7%	N/A
Not specified	N/A	N/A	–	–	N/A	–	N/A

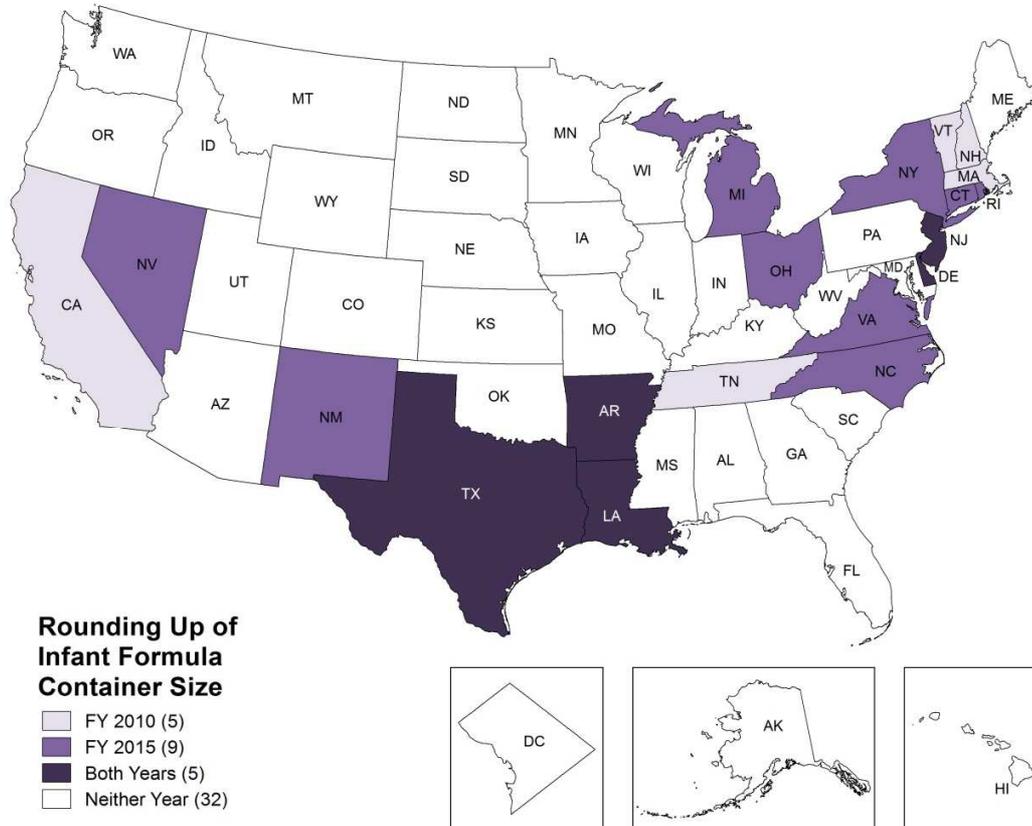
Note

Policy documents did not distinguish between authorizing farmers or authorizing farmers’ markets in FY 2015.

C. CONTAINER SIZE ROUNDING FOR INFANT FORMULA AND INFANT FOOD

The number of States that allowed container size rounding for infant formula increased from 10 States in FY 2010 to 14 States in FY 2015 (see Figure IV.4). Nine States adopted infant formula container size rounding between FY 2010 and FY 2015, while five States that allowed rounding in FY 2010 did not allow it in FY 2015.

Figure IV.4.
Rounding Up to Next Container Size for Infant Formula Authorized by States



Note

Data derived from the WIC SA summaries in Appendix B.

In FY 2015, 40 percent of WIC SAs (covering 36 percent of total WIC participants) implemented the option to round up to the next container size for infant formula, an increase from 18 percent of WIC SAs in FY 2010 (see Table IV.3). However, the proportion of participants covered by this option increased by less than 1 percentage point over the time span.

The proportion of WIC SAs that adopted the option to round up to the next container size for infant food increased from 8 percent in FY 2010 to 26 percent in FY 2015. However, the proportion of total WIC participants covered by this policy decreased by 5 percentage points.

It should also be noted that changes in percentages and numbers of WIC SAs implementing container size rounding might be in part due to missing information in policy documents in FY 2010. In that year, 22 WIC SAs did not specify if they allowed container size rounding for infant formula, and 24 did not specify if they allowed container size rounding for infant food. Comparatively, six and seven WIC SAs did not specify their policy on rounding for infant formula or food container sizes, respectively, in FY 2015 (see Table IV.3).

Table IV.3.
Container Size Rounding Policies Implemented by WIC State Agencies: FY 2010, FY 2015

	All WIC SAs				Total % of WIC Participants		
	2010		2015		2010	2015	Percentage Point Change
	No.	%	No.	%			
Total (Policy Data)	90	100%	88	100%	9,303,375	8,339,855	-
Rounding Up to Next Size Formula Container							
Yes	16	18%	35	40%	35.3%	35.5%	0.2
No	52	58%	47	53%	58.0%	63.6%	5.6
Not specified	22	24%	6	7%	6.7%	0.9%	-5.8
Rounding Up to Next Size Infant Food Container							
Yes	7	8%	23	26%	9.5%	5.0%	-4.5
No	59	66%	58	66%	83.8%	93.9%	10.1
Not specified	24	27%	7	8%	6.7%	1.2%	-5.6

V. CONTENTS OF WIC FOOD LISTS AFTER IMPLEMENTATION OF THE FINAL RULE

The Final Rule introduced new options and requirements for foods allowable to WIC participants. Participants were advised which foods were available to them through WIC SA food lists, which were used in conjunction with specific food package vouchers. While vouchers specified a general type and amount of food the participant was eligible to receive, the food lists provided details that helped participants select eligible foods at the store. For example, a voucher might list 128 ounces of canned beans. The participant would then rely on the food list to determine which types of beans (black, kidney, etc.) were eligible, as well as which brands were appropriate.

This chapter is organized into eight sections that describe the contents of FY 2015 WIC SA food lists—those in effect after the implementation of the Final Rule. Section A shares characteristics of WIC SA food lists, and Sections B through H describe WIC SA food list contents in the following categories, respectively: milk (and milk substitutes), eggs and legumes, canned fish, whole grains, juices, infant foods, and fruits and vegetables. Each section provides information about food types (i.e., cheddar or mozzarella for cheese), authorized brands (for whole-grain alternatives, cereal, juice, infant foods, and fruits and vegetables), and specifications (such as package size, organic, and flavoring). The information in this chapter was taken from food lists.

A. FOOD LIST CHARACTERISTICS

WIC food list formats varied greatly among WIC SAs. For example, some WIC SAs issued food lists in pamphlet format, some of which contained product pictures and were offered in multiple languages; other WIC SAs simply issued a one-page list of foods. Key results included the following:

- WIC SA food list median length was 11.5 pages (see Table V.1).
- Most commonly, WIC SAs' food lists were between 6 and 10 pages long (31 percent). Two States (Nebraska and Washington) had food lists that were 30 pages or longer.
- Approximately 85 percent of WIC SAs issued food lists printed in color, and 74 percent of WIC SAs included product pictures on their food lists.
- On average, food lists produced by States included more pages and were more likely to include pictures and be in color than food lists produced by ITOs and territories.

Some groups of WIC SAs used the same food lists. In many cases, ITOs used the food lists from the States in which they reside. For example, the Inter-Tribal Council of Arizona used the Arizona food list, the Eastern Band of Cherokee Indians used North Carolina's food list, and the nine ITOs that reside within Oklahoma used the Oklahoma food list.

More than 30 WIC SAs had food lists that were available in multiple languages. The most common of these was Spanish, although some food lists were available in 10 or more languages, including Arabic, Farsi, French, Italian, and Chinese. Additionally, many food lists included information helpful for shopping, such as price-estimating charts, possible package size combinations, buying guides, or directions for reading food vouchers (see Figure V.1).

Figure V.1.
Examples of Helpful Shopping Hints on WIC Food Lists

South Carolina

GUIDE TO WIC VOUCHERS
GUÍA PARA LOS CUPONES DE WIC

The words "voucher" and "check" mean the same thing.
 Las palabras "cupón" y "cheque" significan lo mismo.

- This is the first day you can use this voucher.
- This is the date that you are spending the voucher. The cashier fills this in when you check out.
- Este es el primer día en que se puede usar este cupón.
- Ésta es la fecha en que usted está gastando el cupón. El cajero la escribe en el cupón cuando usted paga.

Minnesota

Before you shop

- Look at the "first day to use date" printed on your vouchers. Be sure to take the right vouchers with you to the store.
- Bring your WIC vouchers, WIC ID folder and this WIC Shopping Guide to the store.
- If another person listed on the WIC ID folder will be using the vouchers, be sure that person understands how to shop with WIC vouchers.

As you shop

- Select the right amount and package sizes of the WIC foods listed on your vouchers.
- Keep your WIC foods separate from the other items you are buying.

reading labels

1 Fruits, vegetables, juices and infant foods with **sugar** or **artificial sweeteners** added to them are **not allowed**.

2 Check the **Ingredients List** to see if sugar or artificial sweeteners have been added.

ALLOWED
EXAMPLE: Corn
 In this example, sugar is not listed, so this item **is allowed**

Nutrition Facts
 Serving Size: ½ cup
 Servings Per Container: 3½ cups
 Amount Per Serving
 Total Fat 1 g 2%
 Protein 2 g
 Sodium 15 mg 1%
 Total Carbohydrate 17 g 8%
 Dietary Fiber
 Sugars 4 g

INGREDIENTS: CORN, WATER

Colorado

SHOPPING TIP: Buying Fresh Fruits & Vegetables
 This chart shows some examples of the cost for fresh fruits and vegetables priced by the pound.

Price per Pound (lb)	\$0.59	\$0.79	\$0.99	\$1.29	\$1.49	\$1.79	\$1.99	\$2.49	\$2.99	\$3.49	\$3.99
1 lb	\$0.59	\$0.79	\$0.99	\$1.29	\$1.49	\$1.79	\$1.99	\$2.49	\$2.99	\$3.49	\$3.99
1 1/2 lbs	\$0.89	\$1.19	\$1.49	\$1.94	\$2.24	\$2.69	\$2.99	\$3.74	\$4.49	\$5.24	\$5.99
2 lbs	\$1.18	\$1.58	\$1.98	\$2.58	\$2.98	\$3.58	\$3.98	\$4.98	\$5.98	\$6.98	\$7.98
2 1/2 lbs	\$1.48	\$1.98	\$2.48	\$3.23	\$3.73	\$4.48	\$4.98	\$6.23	\$7.48	\$8.73	\$9.98
3 lbs	\$1.77	\$2.37	\$2.97	\$3.87	\$4.47	\$5.37	\$5.97	\$7.47	\$8.97		
3 1/2 lbs	\$2.07	\$2.77	\$3.47	\$4.52	\$5.22	\$6.27	\$6.97	\$8.72			
4 lbs	\$2.36	\$3.16	\$3.96	\$5.16	\$5.96	\$7.16	\$7.96	\$9.96			
4 1/2 lbs	\$2.66	\$3.56	\$4.46	\$5.81	\$6.71	\$8.06	\$8.96				
5 lbs	\$2.95	\$3.95	\$4.95	\$6.45	\$7.45	\$8.95	\$9.95				

Fruits and Vegetables

Oregon

Some ways to combine sizes to buy up to 30 ounces of canned fish

5 oz + 5 oz + 5 oz = 30 oz
 5 oz + 5 oz + 5 oz = 30 oz

3.75 oz + 3.75 oz + 3.75 oz = 29.75 oz
 3.75 oz + 14.75 oz = 29.75 oz

14.75 oz + 5 oz + 5 oz = 29.75 oz
 5 oz + 3.75 oz + 3.75 oz + 3.75 oz = 30 oz

Some ways to combine sizes to buy up to 36 ounces of hot or cold cereals

18 oz + 18 oz = 36 oz
 24 oz + 12 oz = 36 oz

12 oz + 12 oz + 11.8 oz (hot) = 35.8 oz

Note
 Data derived from select WIC SA food lists.

Table V.1.
WIC State Agency Food List Characteristics: FY 2015

	States & DC		ITOs & Territories		All WIC SAs		Total % of WIC Participants
	No.	%	No.	%	No.	%	
Total	51	100%	35	100%	86	100%	8,339,263
Color	45	88%	28	80%	73	85%	80.5%
Pictures	41	80%	23	66%	64	74%	77.3%
Number of Pages							
Median	14	—	10	—	11.5	—	—
Up to 5	7	14%	8	23%	15	17%	13.2%
6–10	12	24%	15	43%	27	31%	28.6%
11–19	16	31%	9	26%	25	29%	17.2%
20–29	14	27%	3	9%	17	20%	38.5%
30+	2	4%	—	—	2	2%	2.6%

B. MILK, MILK SUBSTITUTES, AND CHEESE

This section describes the types and specifications for milk, soy, tofu, yogurt, and cheese. Milk and cheese are required foods that WIC SAs must offer their participants, although cheese is required only as part of Food Package VII. Soy-based beverage and tofu are optional substitutes for milk that may be prescribed to participants with certain nutritional needs, as determined by a CPA or other medical professional. Tofu also may be prescribed to participants for cultural needs.

1. Milk

Milk authorized by WIC SAs must conform to U.S. Food and Drug Administration standards of identity and meet WIC requirements for vitamin fortification. Additionally, the Final Rule permitted calcium-fortified, lactose-reduced, lactose-free, organic, and UHT-pasteurized milks in the food lists, but did not require WIC SAs to authorize them. The Final Rule allows the purchase of whole-fat content milk or fat-reduced milk; fat-reduced milk includes 2-percent, 1-percent, and nonfat fat content milk. All WIC SAs allowed women and children aged 2 and older to choose between nonfat and 1-percent milk (see Table V.2). Reduced-fat milk (2-percent fat content) is authorized only for participants with certain conditions, including but not limited to underweight and maternal weight loss during pregnancy. Children younger than 2 years of age typically receive whole milk, unless prescribed fat-reduced milks after a CPA determines that overweight or obesity are a concern.

Milk may be authorized for purchase in gallon, half-gallon, or quart sizes. Sixty-two percent of WIC SAs allowed the purchase of any size of cow's milk. Authorization of quart-sized containers was not required,¹² but three-quarters of all WIC SAs (76 percent) allowed purchase of quart-sized containers. Three States (Kentucky, Missouri, and Tennessee) authorized purchase of cow's milk only by the gallon. About a quarter (27 percent) of WIC SAs did not specify a container size for lactose-free milk.

¹² See Chapter III for discussion of the "dangling quart" of milk resulting from substituting cheese for milk.

WIC SAs may offer milk without lactose for those participants with dietary restrictions. Of the WIC SAs that specified they allowed lactose-free milk, the vast majority offered it by the quart or half-gallon (44 percent and 21 percent respectively). Only three States (Arkansas, Georgia, and Michigan) authorized purchase of lactose-free milk only by the gallon.

In addition to lactose-free milk, several other special types were also allowed. The most commonly authorized types were acidophilus, goat's milk, and buttermilk (45 percent, 35 percent, and 27 percent of WIC SAs, respectively). WIC SAs did not commonly authorize organic milk, kosher milk, and UHT milk (0 percent, 7 percent, and 31 percent of WIC SAs, respectively). In contrast, 80 percent of WIC SAs authorized purchase of evaporated milk, and a similar percentage (81 percent) authorized dry milk. Flavored milk (such as chocolate) was authorized by nearly 40 percent of ITOs and territories, but by only 6 percent of States.

2. Soy-Based Beverage

Only four WIC SAs (5 percent overall) did not authorize purchase of soy-based beverage; almost all WIC participants were served by WIC SAs that allowed soy-based beverage (see Table V.3). Soy-based beverage is available in both shelf-stable and refrigerated varieties. About half of WIC SAs (52 percent) that authorized purchase of soy-based beverage allowed shelf-stable varieties; 84 percent allowed refrigerated varieties. Fewer than 10 percent of those WIC SAs that authorized soy-based beverages offered organic options.

3. Tofu

Nearly two-thirds of WIC SAs (63 percent) allowed tofu as a milk substitute. About 10 percent of these WIC SAs offered shelf-stable or cubed tofu (9 percent and 11 percent, respectively), though 37 percent authorized organic tofu. Of the 20 WIC SAs authorizing organic tofu, 14 were States. Additionally, 15 of the 16 WIC SAs that authorized light or lite tofu were States. More than half of WIC SAs that authorized tofu specified allowed textures, with firm tofu being the most frequently offered (89 percent).

4. Cheese

WIC SAs have the option to offer cheese as a substitute for milk. Commonly offered WIC-approved cheeses included American, brick, cheddar, Colby, Monterey jack, mozzarella, Muenster, provolone, and Swiss. Additionally, WIC SAs were allowed to offer deli, sliced, shredded, string, fat-free, low-cholesterol, low-sodium, or organic cheese. Cheese is most commonly found in 8- or 16-ounce packages.

All WIC SAs offered mozzarella and cheddar cheese (see Table V.4). Colby and Monterey jack cheeses were also common, with at least 90 percent of WIC SAs offering them to participants. Less commonly offered were brick and provolone cheese (10 percent and 21 percent of WIC SAs, respectively). About 80 percent of WIC SAs authorized purchase of between four and seven different types of cheese.

The majority of WIC SAs authorized the purchase of cheese in packages of 16 ounces or less; 52 percent of WIC SAs authorized 16-ounce packages only, and 34 percent of WIC SAs authorized package sizes of less than 16 ounces. Only three States (Alaska, Oregon, and Texas) allowed 32-ounce packages, accounting for 13 percent of the overall WIC population.

Although 62 percent of WIC SAs authorized sliced cheese, only 13 percent of WIC SAs authorized sliced cheese packaged with individually wrapped slices. Fewer than 20 percent of WIC SAs authorized

shredded, fat-free, or low-cholesterol cheese (15 percent, 19 percent, and 13 percent of WIC SAs, respectively), while 37 percent of WIC SAs authorized string cheese. Least common in FY 2015, 7 percent of WIC SAs allowed delicatessen cheese, and Rhode Island was the only State that allowed organic cheese.

Table V.2.
Milk Authorized by WIC State Agencies: FY 2015

	States & DC		ITOs & Territories		All WIC SAs		Total % of WIC Participants
	No.	%	No.	%	No.	%	
Total	51	100%	35	100%	86	100%	8,339,263
Fluid Cow's Milk							
Fat content for women and children age 2+							
Nonfat, 1%, and 2% milk	36	71%	25	71%	61	71%	69.1%
Nonfat and 1% milk	14	27%	8	23%	22	26%	28.8%
Package size^{a,b}							
Any size	27	53%	26	74%	53	62%	62.1%
Quart allowed	34	67%	31	89%	65	76%	71.8%
Gallons only	3	6%	–	–	3	3%	5.0%
Not specified	6	12%	4	11%	10	12%	10.2%
Lactose-Free Milk							
Package size^{a,b}							
Quart allowed	25	49%	13	37%	38	44%	59.8%
Half-gallon only ^c	13	25%	5	14%	18	21%	23.5%
Gallons only	3	6%	–	–	3	3%	7.4%
Not specified	13	25%	17	49%	30	35%	16.8%
Other Allowed Types, Where Specified^d							
Acidophilus	21	41%	18	51%	39	45%	27.3%
Buttermilk	12	24%	11	31%	23	27%	22.8%
Dry	44	86%	26	74%	70	81%	90.8%
Evaporated	42	82%	27	77%	69	80%	84.6%
UHT	19	37%	8	23%	27	31%	32.5%
Organic	–	–	–	–	–	–	–
Kosher	6	12%	–	–	6	7%	21.3%
Flavored milk	3	6%	14	40%	17	20%	3.1%
Calcium fortified	9	18%	3	9%	12	14%	13.8%
Goat's milk	17	33%	13	37%	30	35%	20.4%

^a "Not specified" used if food list noted "size specified on check" or size was not explicitly mentioned in food list or policy documentation.

^b Categories are not mutually exclusive, so totals may not add to 100%.

^c Three WIC SAs that allowed half-gallons also allowed gallons and are included in both categories in this table.

**Table V.3.
Soy-Based Beverage and Tofu Authorized by WIC State Agencies: FY 2015**

	States & DC		ITOs & Territories		All WIC SAs		Total % of WIC Participants
	No.	%	No.	%	No.	%	
Total	51	100%	35	100%	86	100%	8,339,263
Soy-Based Beverage							
Allowed	51	100%	31	89%	82	95%	99.9%
Allowed types^a							
Shelf stable	29	57%	14	45%	43	52%	54.5%
Refrigerated	44	86%	25	81%	69	84%	90.0%
Organic	6	12%	1	3%	7	9%	13.8%
Fat free	–	–	–	–	–	–	–
Light	–	–	–	–	–	–	–
Tofu							
Allowed	31	61%	23	66%	54	63%	72.7%
Allowed types^a							
Shelf	4	13%	1	4%	5	9%	4.1%
Light or lite	15	48%	1	4%	16	30%	39.4%
Cubed	6	19%	–	–	6	11%	8.5%
Organic	14	45%	6	26%	20	37%	34.7%
Extra firm	24	77%	18	78%	42	78%	64.4%
Firm	28	90%	20	87%	48	89%	67.7%
Medium firm	15	48%	14	61%	29	54%	51.6%
Soft	15	48%	13	57%	28	52%	48.9%

^a Categories are not mutually exclusive, so totals may not add to 100%.

**Table V.4.
Cheese Authorized by WIC State Agencies: FY 2015**

	States & DC		ITOs & Territories		All WIC SAs		Total % of WIC Participants
	No.	%	No.	%	No.	%	
Total	51	100%	35	100%	86	100%	8,339,263
Most Common Types or Varieties^a							
American	38	75%	30	86%	68	79%	69.0%
Brick	4	8%	5	14%	9	10%	6.0%
Cheddar	51	100%	35	100%	86	100%	100.0%
Colby ^c	44	86%	34	97%	78	91%	87.4%
Monterey Jack ^b	46	90%	35	100%	81	94%	90.9%
Mozzarella ^c	51	100%	35	100%	86	100%	100.0%
Muenster	18	35%	21	60%	39	45%	34.7%
Provolone	12	24%	6	17%	18	21%	26.3%
Swiss	27	53%	24	69%	51	59%	47.4%
Number of Varieties							
2–3	4	8%	–	–	4	5%	7.5%
4–5	20	39%	10	29%	30	35%	47.2%
6–7	19	37%	20	57%	39	45%	25.9%
8–9	8	16%	5	14%	13	15%	19.4%
Package Size							
16 oz or less allowed	16	31%	13	37%	29	34%	17.7%
16 oz only	28	55%	17	49%	45	52%	60.1%
16 or 32 oz	3	6%	–	–	3	3%	12.5%
Not specified	2	4%	5	14%	7	8%	6.1%
Other allowed types	2	4%	–	–	2	2%	3.6%
Other Allowed Types, Where Specified^a							
Sliced	33	65%	20	57%	53	62%	64.5%
Individually wrapped	9	18%	2	6%	11	13%	14.3%
Deli	2	4%	4	11%	6	7%	1.0%
Shredded	11	22%	2	6%	13	15%	11.5%
String	18	35%	14	40%	32	37%	39.2%
Fat free	14	27%	2	6%	16	19%	37.1%
Low cholesterol	9	18%	2	6%	11	13%	18.3%
Low sodium	18	35%	4	11%	22	26%	48.3%
Organic	1	2%	–	–	1	1%	0.3%

^a Categories are not mutually exclusive, so totals may not add to 100%.

^b If any WIC SA allowed Colby-Jack cheese, it was counted as allowance for both Monterey Jack and Colby.

^c If any WIC SA allowed string cheese, it was counted as allowance for mozzarella, as string cheese typically consists of mozzarella.

Note

oz = ounce

C. EGGS AND LEGUMES

WIC SAs are required to provide eggs and legumes (e.g., dry and canned beans and peanut butter) to participants. Canned beans are optional, and WIC SAs have the flexibility to determine which types of legumes they offer. This section describes the types and specifications for eggs and legumes.

1. Eggs

WIC SAs allowed eggs based on types and specifications including size, grade, color, and number per container. Generally, sizes of eggs range from small to extra-large based on the mass of the eggs in grams. The most commonly available grades of eggs are A and AA, based on the appearance of the shell and the quality of the yolks and whites. Additionally, brown eggs can be purchased in lieu of white eggs. Eggs are sold most frequently in containers of 12.

Nearly all WIC SAs specified the size of allowed eggs (see Table V.5). Twenty-one percent of WIC SAs allowed small eggs, 53 percent allowed medium eggs, and most commonly, 91 percent allowed large eggs.

Thirty-eight percent of WIC SAs did not specify grade (A or AA) for allowed eggs, while another 41 percent allowed either grade A or grade AA. Nineteen percent of WIC SAs allowed only grade A, while a mere 2 percent of WIC SAs allowed only grade AA. Twice as many States as ITOs and territories authorized only grade A eggs (24 percent and 11 percent of WIC SAs, respectively). Seventeen percent of WIC SAs allowed brown eggs and only one State (Colorado) allowed the purchase of eggs in half-dozen packages. No WIC SAs allowed low-cholesterol, enriched, or organic eggs.

2. Dry and Canned Beans

Federal regulations described mature legumes as any type of mature dry beans, peas, or lentils in dry-packaged or canned forms. For this analysis, types of beans included black beans, black-eyed peas, garbanzo beans (chickpeas), pink beans, great northern beans, kidney beans, lima beans, navy beans, pinto beans, red beans, split peas, and lentils. Canned beans may not contain added sugars, fats, oils, or meat, and may have regular or low sodium content. Fat-free refried beans may be allowed, and baked beans may be allowed to participants with limited cooking facilities.

Seventy WIC SAs (81 percent) allowed participants to select any type of dry beans, peas, or lentils (see Table V.6). Of the 16 WIC SAs that specified types, 4 (or 25 percent) listed 3 to 5 types, 8 (or 50 percent) listed 6 to 8 types, and another 4 listed more than 8 types. Most WIC SAs (86 percent) allowed participants to purchase dry beans only in 1-pound packages. Three States (Hawaii, Idaho, and Montana) allowed the purchase of dry beans in smaller package sizes. Another three States (California, Minnesota, and Washington) allowed organic dry beans.

Eighty-five percent of WIC SAs allowed participants to purchase canned beans. Of these, 62 percent allowed any type of beans, and 38 percent allowed only specific types. Only five WIC SAs (7 percent) allowed baked beans, while 27 WIC SAs (37 percent) allowed fat-free refried beans.

Thirty of the WIC SAs that allow canned beans (41 percent) allowed low-sodium canned beans: 6 ITOs and territories (19 percent) and 24 States (57 percent). No WIC SAs specified that they allowed organic canned beans. In contrast to specifications for dry beans, the purchase of canned beans in container sizes of less than 16 ounces was authorized by 86 percent of WIC SAs.

3. Peanut Butter

As defined by WIC regulations, peanut butter was allowed as an alternative to dry or canned beans in Food Packages V and VII for pregnant and breastfeeding women. WIC SAs had the option to allow peanut butter in creamy, crunchy, or extra-crunchy textures, based on the amount of chopped peanuts added during processing. They were also able to authorize natural (or old-fashioned) peanut butter, defined as peanut butter without additional hydrogenated oil. The Final Rule disallowed peanut butter with added marshmallows, honey, jelly, chocolate, and/or other similar ingredients.

Creamy and crunchy peanut butter were the most popular textures, commonly offered in combination with other peanut butter textures. The most common combination of peanut butter types was creamy and crunchy, authorized by 27 percent of WIC SAs. Fifteen percent of WIC SAs did not specify information on allowable textures of peanut butter (see Table V.7). Two WIC SAs (Missouri and Standing Rock Sioux Tribe) allowed only creamy peanut butter and Alaska allowed only natural peanut butter.

The vast majority of WIC SAs (88 percent) allowed the purchase of peanut butter in package sizes smaller than 18 ounces; only 3 percent did not specify package-size requirements. Low-salt/low-sodium peanut butter was authorized by 29 percent of WIC SAs (37 percent of States and 17 percent of ITOs and territories), while low-sugar peanut butter was authorized by 20 percent of WIC SAs (25 percent of States and 11 percent of ITOs and territories). Wisconsin was the only State that offered calcium- or nutrient-fortified peanut butter, and no WIC SAs allowed organic peanut butter.

**Table V.5.
Eggs Authorized by WIC State Agencies: FY 2015**

	States & DC		ITOs & Territories		All WIC SAs		Total % of WIC Participants
	No.	%	No.	%	No.	%	
Total	51	100%	35	100%	86	100%	8,339,263
Size^a							
Any size	3	6%	2	6%	5	6%	1.8%
Small	8	16%	10	29%	18	21%	20.4%
Medium	21	41%	25	71%	46	53%	38.6%
Large	47	92%	31	89%	78	91%	94.9%
Extra large	1	2%	4	11%	5	6%	2.0%
Not specified	–	–	1	3%	1	1%	2.1%
Grade							
Grade A only	12	24%	4	11%	16	19%	16.6%
Grade AA only	1	2%	1	3%	2	2%	0.9%
Both	16	31%	19	54%	35	41%	34.1%
Not specified	22	43%	11	31%	33	38%	48.4%
Other Allowed Types, Where Specified^a							
Brown eggs	9	18%	6	17%	15	17%	8.5%
Half dozen	1	2%	–	–	1	1%	1.1%
Low cholesterol	–	–	–	–	–	–	–
Organic	–	–	–	–	–	–	–
Enriched	–	–	–	–	–	–	–

^a Categories are not mutually exclusive, so totals may not add to 100%.

Table V.6.
Dry and Canned Beans Authorized by WIC State Agencies: FY 2015

	States & DC		ITOs & Territories		All WIC SAs		Total % of WIC Participants
	No.	%	No.	%	No.	%	
Total	51	100%	35	100%	86	100%	8,339,263
Dry Beans and Peas							
Type or variety							
Any variety	46	90%	24	69%	70	81%	83.9%
Varieties specified	5	10%	11	31%	16	19%	16.1%
Number of varieties specified							
3–5	2	40%	2	18%	4	25%	12.3%
6–8	–	–	8	73%	8	50%	2.1%
More than 8	3	60%	1	9%	4	25%	1.7%
Not specified	–	–	–	–	–	–	–
Package size							
Less than 1 lb allowed	3	6%	–	–	3	3%	1.1%
1 lb only	42	82%	32	91%	74	86%	77.7%
Not specified	6	12%	3	9%	9	10%	21.2%
Organic	3	6%	–	–	3	3%	19.5%
Canned Beans							
Allowed	42	82%	31	89%	73	85%	84.9%
Type or variety							
Any variety	28	67%	17	55%	45	62%	51.5%
Varieties are specified	14	33%	14	45%	28	38%	33.4%
Other allowed types^a							
Baked beans	3	7%	2	6%	5	7%	2.7%
Refried beans, fat free	13	31%	14	45%	27	37%	19.9%
Low-sodium beans	24	57%	6	19%	30	41%	58.6%
Organic	–	–	–	–	–	–	–
Package size							
Less than 16 oz allowed	38	90%	25	81%	63	86%	74.7%
16 oz only	2	5%	4	13%	6	8%	3.9%
Not specified	2	5%	2	6%	4	5%	6.3%

^a Categories are not mutually exclusive, so totals may not add to 100%.

Note

oz = ounce; lb = pound

**Table V.7.
Peanut Butter Authorized by WIC State Agencies: FY 2015**

	States & DC		ITOs & Territories		All WIC SAs		Total % of WIC Participants
	No.	%	No.	%	No.	%	
Total	51	100%	35	100%	86	100%	8,339,263
Allowed Types							
Creamy only	1	2%	1	3%	2	2%	1.7%
Natural only	1	2%	–	–	1	1%	0.2%
Creamy and natural	1	2%	–	–	1	1%	0.2%
Creamy and crunchy	14	27%	9	26%	23	27%	28.7%
Creamy, crunchy, and natural	9	18%	7	20%	16	19%	13.3%
Creamy, crunchy, and extra crunchy	9	18%	3	9%	12	14%	10.1%
All 4 types	12	24%	6	17%	18	21%	38.6%
Not specified	4	8%	9	26%	13	15%	7.2%
Package Size							
Less than 18 oz allowed	46	90%	30	86%	76	88%	92.9%
18 oz only	2	4%	5	14%	7	8%	3.4%
Not specified	3	6%	–	–	3	3%	3.7%
Other Allowed Types, Where Specified^a							
Reduced fat	8	16%	9	26%	17	20%	15.6%
Low sodium	19	37%	6	17%	25	29%	45.3%
Low sugar	13	25%	4	11%	17	20%	34.4%
Fortified	1	2%	–	–	1	1%	1.3%
Organic	–	–	–	–	–	–	–

^a Categories are not mutually exclusive, so totals may not add to 100%.

Note

oz = ounce

D. CANNED FISH

WIC SAs are required to allow at least two types of canned fish. All WIC SAs allowed tuna (see Table V.8). Salmon was also common, allowed by 93 percent of WIC SAs. Sardines were allowed by almost two-thirds of WIC SAs (63 percent), while mackerel was allowed by fewer than a quarter of WIC SAs (23 percent).

Almost one-third of WIC SAs allowed canned fish packed in tomato sauce or mustard sauce (31 percent and 30 percent, respectively). Two-thirds of WIC SAs (67 percent) allowed canned fish packed in oil, although these WIC SAs encompassed only 43 percent of the WIC population. Three WIC SAs (North Carolina, Eastern Band of Cherokee Indians, and Iowa) authorized fish packed in pouches as an alternative to canned, and no WIC SAs authorized organic canned fish.

**Table V.8.
Canned Fish Authorized by WIC State Agencies: FY 2015**

	States & DC		ITOs & Territories		All WIC SAs		Total % of WIC Participants
	No.	%	No.	%	No.	%	
Total	51	100%	35	100%	86	100%	8,339,263
Varieties Allowed^a							
Tuna	51	100%	35	100%	86	100%	100.0%
Mackerel	6	12%	14	40%	20	23%	6.9%
Salmon	48	94%	32	91%	80	93%	97.7%
Sardines	22	43%	32	91%	54	63%	45.7%
Other Allowed Types, Where Specified^a							
Packed in oil	28	55%	30	86%	58	67%	43.2%
Packed in tomato sauce	11	22%	16	46%	27	31%	26.6%
Packed in mustard	11	22%	15	43%	26	30%	26.5%
Pouch packed	2	4%	1	3%	3	3%	6.0%
Low salt/sodium	13	25%	5	14%	18	21%	39.0%
Organic	–	–	–	–	–	–	–

^a Categories are not mutually exclusive, so totals may not add to 100%.

E. GRAINS

Whole-grain options include bread and bread substitutions, as well as cereal. In FY 2015, whole-wheat macaroni (pasta) with no added sugar, salt, or fat content was added to the list of eligible whole-grain substitutes. Additionally, the Final Rule (as well as the Interim Rule) required whole-grain cereals to make up at least 50 percent of the total number of allowable cereals on WIC food lists. This section describes the types and specifications for whole grains and cereals.

1. Whole-Grain Bread and Alternatives

WIC SAs are required to offer whole wheat or whole-grain bread to participants. WIC SAs were also able to offer corn or wheat tortillas, brown rice, oats, bulgur and/or barley, and whole-wheat macaroni (pasta) as whole-grain alternatives. WIC food lists specified brands of whole-grain bread and alternatives and typically included pictures for participants to recognize allowed cereals more easily.

Eighty-five percent of WIC SAs (64 percent of the overall WIC population) listed specific brands for whole-grain bread. Only 7 percent of WIC SAs offered light or lite whole-grain bread, and no WIC SAs offered organic whole-grain bread (see Table V.9).

The vast majority (90 percent) of all WIC SAs authorized purchase of soft corn or wheat tortillas. Of the 77 WIC SAs that authorized purchase of soft corn or wheat tortillas, 84 percent listed specific allowed brands. At least 90 percent of WIC SAs that authorized purchase of tortillas specified white corn, yellow corn, or whole wheat (95 percent, 94 percent, and 90 percent, respectively). Nebraska was the only WIC SA that authorized refrigerated tortillas, and 10 percent of WIC SAs authorized organic tortillas.

Nearly all (97 percent) WIC SAs authorized participants to purchase brown rice. Only 28 percent of the 83 WIC SAs that authorized brown rice listed specific allowable brands, while more than two-thirds (67 percent) allowed the purchase of any brand (see Table V.10). Only 6 percent of WIC SAs allowed basmati and jasmine brown rice, although roughly half of WIC SAs allowed instant or regular cooking brown rice (55 percent and 45 percent, respectively). Additionally, Minnesota and Washington were the only States that authorized organic brown rice, and 17 percent of WIC SAs allowed boil-in-a-bag brown rice.

Three-fourths of WIC SAs (77 percent) authorized participants to purchase oats as an alternative to whole-grain bread. Nearly 60 percent of these WIC SAs that authorized oats listed specific brands. WIC SAs most commonly allowed instant oats (61 percent of WIC SAs), and roughly one-third of WIC SAs allowed each of quick or old-fashioned oats (36 percent and 30 percent, respectively). Washington was the only State that authorized purchase of organic oats.

Approximately one-quarter of all WIC SAs (26 percent) authorized purchase of bulgur and/or barley (see Table V.11). Of those, nearly two-thirds (64 percent) of WIC SAs allowed any brand of bulgur and/or barley. California and Washington were the only two States that authorized purchase of organic bulgur and/or barley.

Similarly, only 29 percent of WIC SAs authorized purchase of whole-wheat pasta and 28 percent of these WIC SAs allowed only specific brands. Guam, New Jersey, and Tennessee specified allowed shapes of whole-wheat pasta noodles (e.g., spaghetti, macaroni, rotini), and Alaska was the only State to allow purchase of organic whole-wheat pasta.

Table V.9.
Whole-Grain Bread and Soft Corn Tortillas Authorized by WIC State Agencies: FY 2015

	States & DC		ITOs & Territories		All WIC SAs		Total % of WIC Participants
	No.	%	No.	%	No.	%	
Total	51	100%	35	100%	86	100%	8,339,263
Whole-Grain Bread							
Allowed	51	100%	35	100%	86	100%	100.0%
Brands							
Any brand	9	18%	2	6%	11	13%	34.0%
Least expensive	2	4%	–	–	2	2%	2.0%
Specific brands listed	40	78%	33	94%	73	85%	64.0%
Allowed specifications^a							
Light or lite	4	8%	2	6%	6	7%	4.7%
Organic	–	–	–	–	–	–	–
Tortillas							
Allowed	50	98%	27	77%	77	90%	99.6%
Brands							
Any brand	9	18%	1	4%	10	13%	34.2%
Least expensive	2	4%	–	–	2	3%	2.0%
Specific brands listed	39	78%	26	96%	65	84%	63.3%
Allowed specifications^a							
Soft corn, white	47	94%	26	96%	73	95%	97.7%
Soft corn, yellow	47	94%	25	93%	72	94%	97.7%
Refrigerated	1	2%	–	–	1	1%	0.5%
Whole-wheat	43	86%	26	96%	69	90%	78.1%
Organic	2	4%	6	22%	8	10%	3.8%

^a Categories are not mutually exclusive, so totals may not add to 100%.

Table V.10.
Brown Rice and Oats Authorized by WIC State Agencies: FY 2015

	States & DC		ITOs & Territories		All WIC SAs		Total % of WIC Participants
	No.	%	No.	%	No.	%	
Total	51	100%	35	100%	86	100%	8,339,263
Brown Rice							
Allowed	50	98%	33	94%	83	97%	99.8%
Brands							
Any brand	37	74%	19	58%	56	67%	80.8%
Least expensive	4	8%	–	–	4	5%	2.9%
Specific brands listed	9	18%	14	42%	23	28%	16.0%
Allowed specifications^a							
Instant	30	60%	16	48%	46	55%	57.0%
Quick	21	42%	6	18%	27	33%	41.8%
Regular	29	58%	8	24%	37	45%	57.9%
Basmati brown	3	6%	2	6%	5	6%	17.4%
Jasmine brown	3	6%	2	6%	5	6%	17.4%
Organic	2	4%	–	–	2	2%	3.6%
Boil in bag	11	22%	3	9%	14	17%	17.9%
Oats							
Allowed	43	84%	23	66%	66	77%	85.9%
Brands							
Any brand	8	19%	15	65%	23	35%	28.4%
Least expensive	1	2%	–	–	1	2%	1.6%
Specific brands listed	31	72%	7	30%	38	58%	50.7%
Not reported	3	7%	1	4%	4	6%	5.0%
Allowed specifications^a							
Instant	29	67%	11	48%	40	61%	53.7%
Quick	15	35%	9	39%	24	36%	46.8%
Old fashioned	12	28%	8	35%	20	30%	40.6%
Rolled, cut, or steel cut	8	19%	7	30%	15	23%	36.0%
Organic	1	2%	–	–	1	2%	2.1%

^a Categories are not mutually exclusive, so totals may not add to 100%.

Table V.11.
Bulgur and/or Barley and Whole-Wheat Pasta Authorized by WIC State Agencies: FY 2015

	States & DC		ITOs & Territories		All WIC SAs		Total % of WIC Participants
	No.	%	No.	%	No.	%	
Total	51	100%	35	100%	86	100%	8,339,263
Bulgur and/or Barley							
Allowed	5	10%	17	49%	22	26%	22.8%
Brands							
Any brand	4	80%	10	59%	14	64%	21.4%
Least expensive	–	–	–	–	–	–	–
Specific brands listed	–	–	7	41%	7	32%	<0.1%
Not reported	1	20%	–	–	1	5%	1.3%
Allowed specifications							
Organic	2	40%	–	–	2	9%	18.0%
Whole-Wheat Pasta							
Allowed	13	25%	12	34%	25	29%	29.7%
Brands							
Any brand	4	31%	9	75%	13	52%	4.5%
Least expensive	–	–	–	–	–	–	–
Specific brands listed	6	46%	1	8%	7	28%	7.0%
Not reported	3	23%	2	17%	5	20%	18.2%
Allowed specifications^a							
Shape specified	2	15%	1	8%	3	12%	4.0%
Organic	1	8%	–	–	1	4%	0.2%

^a Categories are not mutually exclusive, so totals may not add to 100%.

2. Cereals

Similar to whole-grain bread options, each WIC SA food list specified cereals by brand (store brand or national brand) and name. Most food lists included pictures to help participants recognize allowed cereals easily. Cereals were classified into 19 categories to organize and condense the extensive list of 105 cold cereals and 35 hot cereals. Appendix Tables A.10 and A.11 provide a crosswalk of individual cereals and the 19 categories.

Cold Cereals

Almost 80 percent of WIC SAs authorized purchase of at least one store brand cold cereal. The most common store brand cold cereal type was square-shaped oats (equivalent to national brands Life or Oatmeal Squares), authorized by nearly 70 percent of WIC SAs (see Table V.12). The next most common types included store brand frosted shredded wheat or corn flakes (about 65 percent each).

Ninety-six percent of States and 100 percent of ITOs and territories authorized purchase of any national brand cold cereals; the remaining 2 States only allowed store brand cold cereals. More than 80 percent of WIC SAs authorized national brands of square-shaped oats, square-shaped rice (such as Rice Chex), square-shaped corn (such as Corn Chex), corn flakes, crispy corn puffs, frosted shredded wheat, or crispy rice. The least commonly authorized cold cereal type was wheat and rice flakes; only 3 percent of WIC SAs authorized store brands and no WIC SAs authorized national brands of wheat and rice flakes. Store brand whole-grain flakes (equivalent to Total) were not commonly allowed (4 percent of WIC SAs), but more than half of WIC SAs authorized national brands of whole-grain flakes.

Hot Cereals

Ninety-three percent of WIC SAs authorized purchase of national brand hot cereals. More than 60 percent of WIC SAs allowed national brand hot oats (oatmeal), and nearly 95 percent of WIC SAs allowed national brand hot wheat. However, only 11 percent allowed national brand hot rice, and fewer than 6 percent of WIC SAs allowed national brand grits. Nearly all of the WIC SAs that offered store brand hot cereal offered store brand oatmeal. In contrast, one-quarter or fewer WIC SAs offered store brand grits or hot wheat (25 percent and 16 percent of WIC SAs, respectively). No WIC SAs offered store brand hot rice.

Cereal Options

Seventy-nine percent of WIC SAs offered more than 25 cereal options to participants. One WIC SA (Vermont) offered fewer than 10 cereals to WIC participants (see Table V.13). More than half of WIC SAs (56 percent) offered more than 25 cold cereals and 34 percent offered between 16 and 25 cold cereals. WIC SAs most commonly allowed at least four hot cereals, with 37 percent offering four to six, and 33 percent offering more than six. Two WIC SAs (North Carolina and the Eastern Band of Cherokee Indians, which used North Carolina's food list) did not allow any hot cereals.

WIC regulations required that at least 50 percent of the cereals allowed by WIC SAs be whole grain. More than 80 percent of WIC SA food lists specified which allowed cereals were whole grain. Fifty-five percent of WIC SAs offered more than 16 whole-grain cereals (34 percent offered 16 to 25 and 21 percent offered more than 25). Seventy-four percent of WIC SAs offered at least 50 percent whole-grain

cereals (hot and cold combined); 78 percent of WIC SAs offered at least 50 percent whole-grain cold cereals.

Table V.12.
Hot and Cold Breakfast Cereals Authorized by WIC State Agencies: FY 2015

	States & DC		ITOs & Territories		All WIC SAs		Total % of WIC Participants
	No.	%	No.	%	No.	%	
Total	51	100%	35	100%	86	100%	8,339,263
Cold Breakfast Cereals							
National brand cold cereals							
Allowed	49	96%	35	100%	84	98%	96.6%
Allowed types^a							
Crispy corn and rice	—	—	—	—	—	—	—
Crispy rice	42	86%	30	86%	72	86%	69.5%
Crispy corn puffs	48	98%	35	100%	83	99%	95.9%
Bran flakes	22	45%	23	100%	45	54%	47.5%
Corn flakes	44	90%	32	91%	76	90%	89.8%
Multigrain flakes	33	67%	33	94%	66	79%	63.0%
Oat clusters and flakes	34	69%	30	86%	64	76%	81.8%
Oat clusters, flakes, and almonds	32	65%	17	49%	49	58%	58.2%
Wheat flakes	33	67%	31	89%	64	76%	60.5%
Wheat and rice flakes	—	—	—	—	—	—	—
Whole-grain flakes	21	43%	25	71%	46	55%	47.6%
Crunchy nuggets	28	57%	31	89%	59	70%	60.0%
Frosted shredded wheat	44	90%	32	91%	76	90%	90.8%
Shredded wheat	22	45%	17	49%	39	46%	33.8%
Square-shaped corn	43	88%	30	86%	73	87%	90.3%
Square-shaped rice	42	86%	30	86%	72	86%	71.7%
Square-shaped wheat	26	53%	31	89%	57	68%	40.5%
Square-shaped oats	47	96%	35	100%	82	98%	95.5%
Granola	—	—	—	—	—	—	—
Store brand cold cereals							
Allowed	38	75%	30	86%	68	79%	74.1%
Allowed types^a							
Crispy corn and rice	6	16%	2	7%	8	12%	7.3%
Crispy rice	29	76%	10	33%	39	57%	53.0%
Crispy corn puffs	3	8%	1	3%	4	6%	3.9%
Bran flakes	23	61%	16	53%	39	57%	35.2%
Corn flakes	27	71%	16	53%	43	63%	55.9%
Multigrain flakes	5	13%	2	7%	7	10%	9.5%
Oat clusters and flakes	8	21%	3	10%	11	16%	12.6%
Oat clusters, flakes, and almonds	7	18%	3	10%	10	15%	9.3%
Wheat flakes	7	18%	6	20%	13	19%	14.7%
Wheat and rice flakes	2	5%	—	—	2	3%	4.8%
Whole-grain flakes	2	5%	1	3%	3	4%	2.5%
Crunchy nuggets	12	32%	13	43%	25	37%	15.6%
Frosted shredded wheat	26	68%	18	60%	44	65%	41.7%
Shredded wheat	6	16%	1	3%	7	10%	12.9%

Table V.12. (continued)
Hot and Cold Breakfast Cereals Authorized by WIC State Agencies: FY 2015

	States & DC		ITOs & Territories		All WIC SAs		Total % of WIC Participants
	No.	%	No.	%	No.	%	
Cold Breakfast Cereals							
(continued)							
Store brand cold cereals							
(continued)							
Allowed types							
(continued)							
Square-shaped corn	18	47%	13	43%	31	46%	26.0%
Square-shaped rice	17	45%	13	43%	30	44%	22.9%
Square-shaped wheat	17	45%	14	47%	31	46%	39.5%
Square-shaped oats	31	82%	28	93%	59	87%	51.6%
Granola	11	29%	10	33%	21	31%	14.7%
Hot Breakfast Cereals							
National brand hot cereals							
Allowed	46	90%	34	97%	80	93%	92.3%
Allowed types^a							
Oatmeal	33	72%	22	65%	55	69%	62.4%
Hot wheat	44	98%	32	94%	76	95%	84.8%
Grits	3	2%	2	6%	5	6%	4.1%
Hot rice	9	20%	–	–	9	11%	20.7%
Store brand hot cereals							
Allowed	25	49%	7	20%	32	37%	44.4%
Allowed types^a							
Oatmeal	24	96%	7	100%	31	97%	43.7%
Hot wheat	5	20%	–	–	5	16%	4.5%
Grits	7	28%	1	14%	8	25%	11.1%
Hot rice	–	–	–	–	–	–	–

^a Categories are not mutually exclusive, so totals may not add to 100%.

Table V.13.
Breakfast Cereals and Whole-Grain Options Authorized by WIC State Agencies: FY 2015

	States & DC		ITOs & Territories		All WIC SAs		Total % of WIC Participants
	No.	%	No.	%	No.	%	
Total	51	100%	35	100%	86	100%	8,339,263
Number of Breakfast Cereals							
All breakfast cereals							
Fewer than 10	1	2%	–	–	1	1%	0.2%
10–15	2	4%	–	–	2	2%	1.4%
16–25	11	22%	4	11%	15	17%	36.8%
More than 25	37	73%	31	89%	68	79%	61.6%
Cold breakfast cereals							
Fewer than 10	1	2%	–	–	1	1%	0.2%
10–15	7	14%	1	3%	8	9%	7.7%
16–25	16	31%	13	37%	29	34%	51.5%
More than 25	27	53%	21	60%	48	56%	40.6%
Hot breakfast cereals							
0	1	2%	1	3%	2	2%	<0.1%
1	2	4%	–	–	2	2%	1.3%
2–3	14	27%	8	23%	22	26%	43.7%
4–6	18	35%	14	40%	32	37%	33.9%
More than 6	16	31%	12	34%	28	33%	18.1%
Whole-Grain Breakfast Cereals							
Food list identified whole-grain cereals							
Yes	41	80%	29	83%	70	81%	76.9%
No	10	20%	6	17%	16	19%	23.1%
Number of whole-grain breakfast cereals							
Fewer than 10	10	20%	1	3%	11	13%	11.6%
10–15	13	25%	15	43%	28	33%	37.6%
16–25	20	39%	9	26%	29	34%	33.7%
More than 25	8	16%	10	29%	18	21%	17.1%

Table V.13. (continued)
Breakfast Cereals and Whole-Grain Options Authorized by WIC State Agencies: FY 2015

	States & DC		ITOs & Territories		All WIC SAs		Total % of WIC Participants
	No.	%	No.	%	No.	%	
Whole-Grain Breakfast Cereals (continued)							
Percent of all cereals that are whole grain							
Less than 45%	7	14%	8	23%	15	17%	21.9%
45–49%	6	12%	2	6%	8	9%	4.7%
50–60%	28	55%	12	34%	40	47%	48.1%
More than 60%	10	20%	13	37%	23	27%	25.3%
Percent of cold cereals that are whole grain							
Less than 45%	5	10%	1	3%	6	7%	7.3%
45–49%	7	14%	6	17%	13	15%	18.1%
50–60%	20	39%	12	34%	32	37%	20.3%
More than 60%	19	37%	16	46%	35	41%	54.4%

F. JUICE

Types of WIC-approved juices included frozen concentrate (11.5- to 12-ounce or 16-ounce containers), shelf-stable liquid concentrate, shelf-stable plastic bottles (48-ounce or 64-ounce containers), and refrigerated containers. Some WIC SAs allowed different sizes of containers for women and children due to the different monthly allotments in women's and children's food packages.

WIC SAs may allow any brand of juice, require the participant to purchase the least expensive brand, or limit choices to particular store brands or national brands. These categories may not be mutually exclusive because some WIC SAs may list national and/or store brands for some sizes or containers of juice, while allowing any brand or requiring the least expensive brand of other sizes or containers. Furthermore, for a given size or container of juice, any brand or the least expensive brand of one flavor may be allowed, while specific national and/or store brands may be allowed for other flavors.

In FY 2015, 100 percent of WIC SAs offered apple juice to participants (see Table V.14). Other commonly authorized juices included orange, grape, and pineapple juice (98 percent, 94 percent, and 88 percent of WIC SAs, respectively). More than 80 percent of WIC SAs offered blended juices, and 83 percent of WIC SAs allowed any flavor—86 percent of States and 77 percent of ITOs and territories.

Permitted forms of juice packaging included concentrate, bottled, refrigerated, or canned. The most commonly offered package sizes of juices were 11.5- to 12-ounce containers of frozen concentrate (allowed by 98 percent of WIC SAs), and 64-ounce shelf-stable plastic bottles (allowed by 90 percent of WIC SAs). In contrast, 16-ounce containers of frozen concentrate were authorized by only 10 percent of WIC SAs; however, these SAs accounted for 35 percent of the WIC population. Nearly half of States authorized purchase of refrigerated juice (47 percent), compared to only 20 percent of ITOs and territories. Nearly one-quarter (23 percent) of WIC SAs offered juice in packaging types other than those listed above. Additionally, 43 percent of WIC SAs allowed different sizes of juice containers for women and children.

Almost 75 percent of WIC SAs allowed any brand of juice, while only 12 percent of WIC SAs specified that the least expensive brand should be purchased. WIC SAs often specified store brands or national brands for juice (78 percent and 87 percent of SAs, respectively), accounting for 52 percent and 70 percent, respectively, of the WIC population.

Seventy-nine percent of WIC SAs specified that organic juice was not allowed, and no WIC SAs specifically allowed organic juice. More than half of WIC SAs allowed calcium-fortified juice for at least some participants.

Table V.14.
Juice Authorized by WIC State Agencies: FY 2015

	States & DC		ITOs & Territories		All WIC SAs		Total % of WIC Participants
	No.	%	No.	%	No.	%	
Total	51	100%	35	100%	86	100%	8,339,263
Single Flavors^a							
Apple	51	100%	35	100%	86	100%	100.0%
Cranberry	16	31%	23	66%	39	45%	40.8%
Grape	46	90%	35	100%	81	94%	91.0%
Grapefruit	44	86%	32	91%	76	88%	96.5%
Orange	50	98%	34	97%	84	98%	98.9%
Pineapple	42	82%	34	97%	76	88%	87.6%
Tomato	34	67%	26	74%	60	70%	66.6%
Vegetable	37	73%	28	80%	65	76%	77.8%
Any flavor	44	86%	27	77%	71	83%	66.7%
Blended Flavors							
Any blends authorized							
Yes	40	78%	33	94%	73	85%	88.1%
No	11	22%	2	6%	13	15%	11.9%
Brand Type^a							
Any brand	36	71%	26	74%	62	72%	76.0%
Least expensive	8	16%	2	6%	10	12%	15.5%
Store brands or private labels	35	69%	32	91%	67	78%	51.6%
National brands	46	90%	29	83%	75	87%	70.2%
Package Type^a							
Concentrate							
Frozen (11.5–12 oz)	50	98%	34	97%	84	98%	99.8%
Frozen (16 oz)	8	16%	1	3%	9	10%	35.1%
Shelf stable	20	39%	8	23%	28	33%	48.6%
Bottled juice							
48 oz bottles	18	35%	13	37%	31	36%	47.0%
64 oz bottles	45	88%	32	91%	77	90%	91.8%
Refrigerated juice	24	47%	7	20%	31	36%	52.1%
Canned juice	8	16%	5	14%	13	15%	14.6%
Other	13	25%	7	20%	20	23%	23.6%
Authorized Packaging Varies for Women and Children							
Yes	25	49%	12	34%	37	43%	49.4%
No	26	51%	23	66%	49	57%	50.6%

Table V.14. (continued)
Juice Authorized by WIC State Agencies: FY 2015

	States & DC		ITOs & Territories		All WIC SAs		Total % of WIC Participants
	No.	%	No.	%	No.	%	
Organic							
Allowed	—	—	—	—	—	—	—
Not allowed	42	82%	26	74%	68	79%	79.4%
Not specified	9	18%	9	26%	18	21%	20.6%
Calcium Fortified							
Women	4	8%	—	—	4	5%	7.4%
Children	2	4%	—	—	2	2%	3.4%
Participant category not specified	28	55%	14	40%	42	49%	59.0%
Not allowed	3	6%	11	31%	14	16%	3.0%
Not specified	14	27%	10	29%	24	28%	27.3%

^a Categories are not mutually exclusive, so totals may not add to 100%.

Note

oz = ounce

G. INFANT FOODS

The following section describes types and characteristics of allowed infant foods, which are divided into three categories: cereal, fruits and vegetables, and meat.

1. Infant Cereal

Infant cereal types included barley, mixed grain, multigrain, oatmeal, rice, whole wheat, and corn. Six percent of WIC SAs authorized purchase of any type of infant cereal, and 81 percent specified certain varieties (see Table V.15).¹³ Among WIC SAs that specified cereal varieties, 87 percent authorized at least four specific types. The most common types of infant cereal were oatmeal and rice, both of which were authorized by all WIC SAs that specified types.

Twelve percent of WIC SAs authorized any brand of infant cereal. Of WIC SAs that authorized specific brands, nearly 40 percent authorized two brands of infant cereal; another 26 percent authorized at least three brands. The most commonly offered brands of infant cereal were Beech-Nut and Gerber (78 percent and 84 percent of WIC SAs, respectively). The Northern Mariana Islands was the only WIC SA that authorized Earth's Best brand.

Nearly half of WIC SAs allowed infant cereal to be purchased only in 8-ounce containers; 49 percent allowed infant cereal to be purchased in both 8-ounce and 16-ounce sizes. California and the Northern Mariana Islands were the only two WIC SAs that authorized purchase of organic infant cereal.

¹³ Of WIC SAs, 13% did not specify type.

2. Infant Fruits and Vegetables

Infant fruits and vegetables were authorized to be purchased in single-flavor or flavor combination varieties. Sixteen percent of WIC SAs allowed infant fruits and vegetables to be purchased only in single flavors, and 59 percent of WIC SAs allowed purchase of both single flavors and flavor combinations (see Table V.16). The remaining 24 percent did not specify any variety.

Fewer than 20 percent of WIC SAs authorized any brand of infant fruits and vegetables. Of those that specified brands, most specified two or three brands (41 percent and 17 percent, respectively). Beech-Nut brand was most commonly authorized for infant fruits and vegetables (83 percent of WIC SAs), with Gerber a close second in popularity (73 percent of WIC SAs). In contrast, one territory (the Northern Mariana Islands) authorized Earth's Best brand.

Infant fruits and vegetables typically were found in 3.5-ounce and 4-ounce containers. Half of all WIC SAs authorized purchase of jars and multipacks (typically packages of multiple plastic containers), and 44 percent authorized 4-ounce jars only. Delaware was the only State that authorized only multipacks. California, the Northern Mariana Islands, and Pueblo of Zuni (3 percent of WIC SAs, but 16 percent of WIC participants) authorized organic infant fruits and vegetables.

3. Infant Meat

Infant meat types included beef, chicken, ham, lamb, turkey, and veal, and were allowed to be packaged in broth or gravy. Sixteen percent of WIC SAs allowed purchase of any type of infant meat, while 35 percent of WIC SAs did not specify type (see Table V.17). Of those that did specify types, 74 percent of WIC SAs allowed at least four types. Beef, chicken, and turkey were the most popular types of infant meat, specifically allowed by about half of all WIC SAs. Additionally, almost three-quarters of WIC SAs (73 percent) authorized infant meat packaged in broth or gravy.

Twenty-two percent of WIC SAs authorized purchase of any brand of infant meat. Of those that specified brands, 59 percent allowed only two or three. As with infant cereal, Beech-Nut and Gerber brands were the most commonly authorized for infant meat (85 percent and 72 percent of WIC SAs, respectively). Similar to infant fruits and vegetables, California, the Northern Mariana Islands, and Pueblo of Zuni (3 percent of WIC SAs, but 16 percent of participants) allowed purchase of organic infant meat.

Table V.15.
Infant Cereal Authorized by WIC State Agencies: FY 2015

	States & DC		ITOs & Territories		All WIC SAs		Total % of WIC Participants
	No.	%	No.	%	No.	%	
Total	51	100%	35	100%	86	100%	8,339,263
Type or Variety							
Any grain	5	10%	–	–	5	6%	9.0%
Grains not specified	8	16%	3	9%	11	13%	9.6%
Variety specified	38	75%	32	91%	70	81%	81.5%
Varieties, if Specified^a							
Barley	21	55%	31	97%	52	74%	54.3%
Mixed grain	15	39%	25	78%	40	57%	42.6%
Multigrain	25	66%	10	31%	35	50%	57.7%
Oatmeal	38	100%	32	100%	70	100%	81.5%
Rice	38	100%	32	100%	70	100%	81.5%
Whole wheat	28	74%	24	75%	52	74%	69.4%
Corn	6	16%	–	–	6	7%	11.1%
Number of Varieties, if Specified							
2	4	11%	1	3%	5	7%	4.0%
3	4	11%	–	–	4	6%	2.5%
4	11	29%	11	34%	22	31%	25.8%
More than 4	19	50%	20	63%	39	56%	49.2%
Number of Authorized Brands							
Any brand	6	12%	4	11%	10	12%	23.5%
1	12	24%	3	9%	15	17%	27.5%
2	18	35%	15	43%	33	38%	23.2%
3	6	12%	5	14%	11	13%	8.2%
4	2	4%	7	20%	9	10%	4.2%
More than 4	2	4%	–	–	3	3%	6.1%
Not specified	5	10%	1	3%	5	6%	7.4%
Authorized Brands, if Specified^a							
Beech-Nut	32	71%	27	87%	59	78%	31.4%
Del Monte	1	2%	6	19%	7	9%	0.7%
Earth's Best	–	–	1	3%	1	1%	<0.1%
Gerber	34	76%	30	97%	64	84%	65.4%
Gerber 2nd Foods	–	–	1	3%	1	1%	<0.1%
Nature's Goodness	2	4%	6	19%	8	11%	1.0%
Heinz	–	–	4	13%	4	5%	0.1%

Table V.15. (continued)
Infant Cereal Authorized by WIC State Agencies: FY 2015

	States & DC		ITOs & Territories		All WIC SAs		Total % of WIC Participants
	No.	%	No.	%	No.	%	
Package Size							
8 oz only	26	51%	12	34%	38	44%	31.9%
16 oz only	—	—	—	—	—	—	—
8 or 16 oz	23	45%	19	54%	42	49%	62.5%
Neither	2	4%	4	11%	6	7%	5.6%
Organic							
Yes	1	2%	1	3%	2	2%	15.9%
No	40	78%	22	63%	62	72%	74.0%
Not specified	10	20%	12	34%	22	26%	10.1%

^a Categories are not mutually exclusive, so totals may not add to 100

Note

oz = ounce

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Table V.16.
Infant Fruits and Vegetables Authorized by WIC State Agencies: FY 2015

	States & DC		ITOs & Territories		All WIC SAs		Total % of WIC Participants
	No.	%	No.	%	No.	%	
Total	51	100%	35	100%	86	100%	8,339,263
Type or Variety							
Single fruit/vegetable varieties	7	14%	7	20%	14	16%	10.9%
Combination varieties	—	—	—	—	—	—	—
Single and combination varieties	40	78%	11	31%	51	59%	86.3%
Not specified	4	8%	17	49%	21	24%	2.9%
Number of Authorized Brands							
Any brand	14	27%	2	6%	16	19%	43.1%
1	6	12%	2	6%	8	9%	2.9%
2	14	27%	21	60%	35	41%	33.2%
3	9	18%	6	17%	15	17%	6.0%
4	1	2%	1	3%	2	2%	3.1%
More than 4	4	8%	1	3%	5	6%	8.3%
Not specified	3	6%	2	6%	5	6%	3.5%
Authorized Brands, if Specified^a							
Beech-Nut	32	86%	26	79%	58	83%	52.9%
Del Monte	—	—	—	—	—	—	—
Earth's Best	—	—	1	3%	1	1%	<0.1%
Gerber	23	62%	28	85%	51	73%	34.5%
Gerber 2nd Foods	7	19%	6	18%	13	19%	9.2%
Nature's Goodness	2	5%	3	9%	5	7%	0.8%
Heinz	—	—	2	6%	2	3%	0.1%
Package Size							
Jars only	28	55%	10	29%	38	44%	55.7%
Multipacks only	1	2%	—	—	1	1%	0.2%
Jars and multipacks	20	39%	23	66%	43	50%	40.3%
Not specified	2	4%	2	6%	4	5%	3.7%
Organic							
Yes	1	2%	2	6%	3	3%	15.9%
No	43	84%	18	51%	61	71%	72.5%
Not specified	7	14%	15	43%	22	26%	11.6%

^a Categories are not mutually exclusive, so totals may not add to 100%.

Table V.17.
Infant Meat Authorized by WIC State Agencies: FY 2015

	States & DC		ITOs & Territories		All WIC SAs		Total % of WIC Participants
	No.	%	No.	%	No.	%	
Total	51	100%	35	100%	86	100%	8,339,263
Type or Variety							
Any type	13	25%	1	3%	14	16%	60.3%
Not specified	14	27%	16	46%	30	35%	20.6%
Variety specified	24	47%	18	51%	42	49%	39.7%
Varieties, if Specified^a							
Beef	22	92%	18	100%	40	95%	38.4%
Chicken	22	92%	18	100%	40	95%	39.3%
Ham	14	58%	14	78%	28	67%	24.3%
Lamb	5	21%	14	78%	19	45%	5.1%
Turkey	23	96%	18	100%	41	98%	39.5%
Veal	3	13%	9	50%	12	29%	2.9%
Number of Varieties, if Specified							
2	2	8%	–	–	2	5%	1.3%
3	7	29%	1	6%	8	19%	13.9%
4	9	38%	6	33%	15	36%	19.1%
More than 4	5	21%	11	61%	16	38%	5.1%
Not specified	1	4%	–	–	1	2%	0.2%
Number of Authorized Brands							
Any brand	16	31%	3	9%	19	22%	45.6%
1	7	14%	4	11%	11	13%	4.0%
2	17	33%	21	60%	38	44%	36.7%
3	8	16%	5	14%	13	15%	11.5%
4	–	–	1	3%	1	1%	<0.1%
More than 4	1	2%	1	3%	2	2%	0.1%
Not specified	2	4%	–	–	2	2%	2.0%
Authorized Brands, if Specified^a							
Beech-Nut	31	89%	26	81%	57	85%	52.0%
Del Monte	–	–	–	–	–	–	–
Earth's Best	–	–	1	3%	1	1%	<0.1%
Gerber	21	60%	27	84%	48	72%	33.8%
Gerber 2nd Foods	5	14%	6	19%	11	16%	6.3%
Nature's Goodness	1	3%	3	9%	4	6%	0.3%
Heinz	–	–	2	6%	2	3%	0.1%
Package Size							
2.5 oz jars							
Yes	48	94%	33	94%	81	94%	96.0%
Not specified	3	6%	2	6%	5	6%	4.0%

Table V.17. (continued)
Infant Meat Authorized by WIC State Agencies: FY 2015

	States & DC		ITOs & Territories		All WIC SAs		Total % of WIC Participants
	No.	%	No.	%	No.	%	
Broth or Gravy							
Yes	46	90%	17	49%	63	73%	92.5%
Not specified	5	10%	18	51%	23	27%	7.5%
Organic							
Yes	1	2%	2	6%	3	3%	15.9%
No	38	75%	17	49%	55	64%	68.1%
Not specified	12	24%	16	46%	28	33%	16.0%

^a Categories are not mutually exclusive, so totals may not add to 100.

Note

oz = ounce

H. FRUITS AND VEGETABLES

All WIC SAs were required to offer participants fresh fruits and vegetables. In addition to fresh fruits and vegetables, WIC SAs were allowed to offer frozen, canned, and/or dried fruits and vegetables to their participants.

Eighty-one percent of WIC SAs authorized frozen fruits and vegetables; 63 percent of these offered them in any packaging (see Table V.18). More than three-quarters of WIC SAs (77 percent) authorized purchase of organic frozen fruits and vegetables. Colorado was the only State to approve purchase in bulk.

In FY 2015, 51 WIC SAs (59 percent overall) allowed canned fruits and vegetables. About 60 percent of these WIC SAs authorized canned fruits and vegetables in low-sodium, whole, cut, or organic form. Nearly 85 percent of WIC SAs allowed purchase of any brand of canned fruits and vegetables. No WIC SAs allowed them in bulk.

Of the fewer than 6 percent of WIC SAs that authorized dried fruits and vegetables, California was the only State that allowed any additional specifications, including allowances for any brand or package type, for purchase in bulk, and for organic dried fruits and vegetables.

Table V.18.
Fruits and Vegetables Authorized by WIC State Agencies: FY 2015

	States & DC		ITOs & Territories		All WIC SAs		Total % of WIC Participants
	No.	%	No.	%	No.	%	
Total	51	100%	35	100%	86	100%	8,339,263
Fresh							
Allowed	51	100%	35	100%	86	100%	100.0%
Any brand	28	55%	13	37%	41	48%	63.8%
Packaging^a							
Any package type	23	45%	12	34%	35	41%	36.3%
Whole	45	88%	30	86%	75	87%	87.8%
Cut	44	86%	25	71%	69	80%	87.0%
Bulk	5	10%	–	–	5	6%	5.0%
Other specifications^a							
Low sodium/low salt	1	2%	2	6%	3	3%	3.1%
Organic	41	80%	29	83%	70	81%	89.8%
Applesauce	16	31%	8	23%	24	28%	29.0%
Frozen							
Allowed	39	76%	31	89%	70	81%	85.5%
Any brand	35	90%	20	65%	55	79%	80.8%
Packaging^a							
Any package type	23	59%	21	68%	44	63%	61.5%
Whole	12	31%	20	65%	32	46%	18.0%
Cut	12	31%	20	65%	32	46%	15.3%
Bulk	1	3%	–	–	1	1%	1.1%
Bagged	21	54%	27	87%	48	69%	36.0%
Other specifications^a							
Low sodium/low salt	18	46%	9	29%	27	39%	38.2%
Organic	29	74%	25	81%	54	77%	73.7%
Canned							
Allowed	27	53%	24	69%	51	59%	63.4%
Any brand	23	85%	20	83%	43	84%	55.8%
Packaging^a							
Whole	17	63%	16	67%	33	65%	41.6%
Cut	15	56%	15	62%	30	59%	38.9%
Other specifications^a							
Low sodium/low salt	20	74%	9	38%	29	57%	36.1%
Organic	19	70%	13	54%	32	63%	51.0%
Dried							
Allowed	2	4%	3	9%	5	6%	16.5%
Any brand	1	50%	–	–	1	20%	15.9%

Table V.18. (continued)
Fruits and Vegetables Authorized by WIC State Agencies: FY 2015

	States & DC		ITOs & Territories		All WIC SAs		Total % of WIC Participants
	No.	%	No.	%	No.	%	
Dried (continued)							
Packaging^a							
Any package type	1	50%	–	–	1	20%	15.9%
Whole	–	–	–	–	–	–	–
Cut	–	–	–	–	–	–	–
Bulk	1	50%	–	–	1	20%	15.9%
Other specifications^a							
Low sodium/low salt	–	–	–	–	–	–	–
Organic	1	50%	–	–	1	20%	15.9%

^a Categories are not mutually exclusive, so totals may not add to 100%.

VI. COMPARISON OF WIC FOOD LISTS BEFORE AND AFTER IMPLEMENTATION OF THE FINAL RULE

This chapter examines changes in WIC food lists from before and after implementation of the Final Rule. Each section discusses relevant changes made from the Interim Rule to the Final Rule and compares specifications and allowances from FY 2010 WIC food lists to FY 2015 WIC food lists.

This chapter is organized into sections covering each of the seven food categories (Sections A through G, respectively): milk and milk substitutes, eggs and legumes, canned fish, grains, juice, infant foods, and fruits and vegetables. Data presented in this chapter were drawn from food lists from FY 2010 and FY 2015.

A. MILK AND MILK SUBSTITUTES

The Final Rule introduced several changes to rules for milk and milk substitutes from the Interim Rule. The Final Rule allows WIC CPAs to determine the need for children to be issued soy-based beverage or tofu as milk replacements based on nutrition assessment and consultation with the health care provider if necessary. Medical documentation from a health care provider is no longer required.

Women receiving Food Package III receive cheese as a standard part of their food package. For other women and children up to 1 pound of cheese may be substituted for milk under both the Interim and Final Rules. However, while the Interim Rule allowed WIC SAs to authorize a larger quantity of cheese for dietary or medical needs (with medical documentation), the Final Rule no longer allows cheese to be issued beyond established substitution rates, even with medical documentation, to control total and saturated fat content of the food packages.

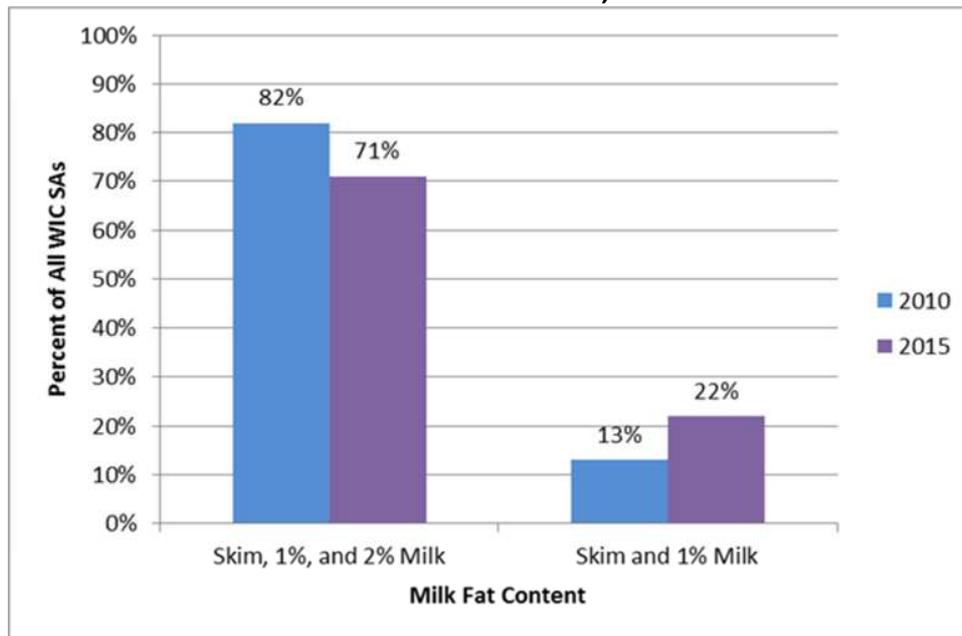
Regulations regarding milk fat underwent changes between the Interim and Final Rules. Under the Interim Rule, women and children aged 2 and older could receive nonfat, 1-percent, or 2-percent milk. The Final Rule established that low-fat (1-percent) and nonfat milks are standard issuance for children aged 2 and older and women. Reduced-fat (2-percent) milk is authorized only for participants with certain conditions, including but not limited to underweight and maternal weight loss during pregnancy. The need for 2-percent milk is determined by the CPA.

Under another new option in the Final Rule, 1-year-olds can receive fat-reduced milks (rather than the whole milk that is standard issuance for that age) if a CPA determines that overweight or obesity are a concern.

1. Milk

From FY 2010 to FY 2015, the number of WIC SAs allowing all fat-reduced milks decreased by 11 percentage points, and the number allowing just nonfat and 1-percent milk increased by 9 percentage points (see Figure VI.1). In FY 2010, only Guam allowed nonfat and 2-percent (but not 1-percent) milk. No WIC SAs allowed this combination in FY 2015, as Guam switched to allowing nonfat and 1-percent milk.

Figure VI.1.
Milk Fat Content: FY 2010, FY 2015



Note

Data derived from Appendix Table A.1.

The proportion of WIC SAs allowing goat's milk increased from 26 percent to 35 percent between FY 2010 and FY 2015 (see Table VI.1). However, there was only a 1-percentage-point increase in the percent of WIC beneficiaries authorized to purchase goat's milk; this was because the number of States that allowed goat's milk remained constant, but the number of ITOs and territories that allowed this type of milk more than doubled (from 6 to 13; see Appendix Table A.1).

Four more WIC SAs permitted calcium-fortified milk in FY 2015 than in FY 2010 (the number of ITOs and territories remained constant, at three). This increased the proportion of WIC participants reached by the policy from 6 percent to 14 percent.

No ITOs or territories explicitly authorized kosher milk in either FY 2010 or FY 2015. The total number of WIC SAs allowing kosher milk increased by two with the addition of New Jersey and Texas, and the number of participants authorized to purchase kosher milk more than doubled. This increase was due to the large number of WIC beneficiaries in Texas, which accounted for 11 percent of the total WIC population.

2. Soy-Based Beverage

The proportion of WIC SAs that allowed participants to purchase soy-based beverage increased from 74 percent of WIC SAs in FY 2010 to 95 percent in FY 2015. Among those WIC SAs that allowed soy-based beverage, the number of WIC SAs that specified shelf-stable or refrigerated varieties increased.

3. Tofu

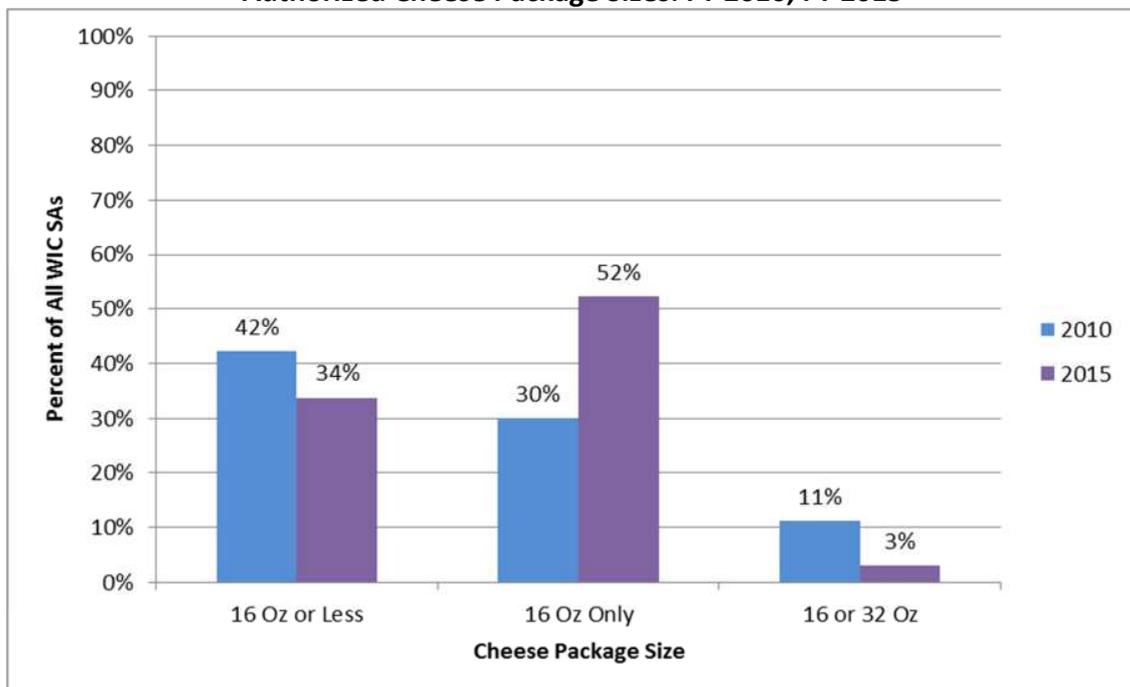
The proportion of WIC SAs that allowed participants to purchase tofu (and the percent of WIC participants covered by those SAs) increased between FY 2010 and FY 2015, from 40 percent of WIC SAs (with 62 percent of WIC participants) to 63 percent of WIC SAs (73 percent of WIC participants).

The number of WIC SAs that specified allowances for two types of tofu, light tofu and organic tofu, increased between FY 2010 and FY 2015. Two additional WIC SAs allowed light tofu in FY 2015, raising the proportion of WIC participants with this option from 30 percent to 39 percent. The number of WIC SAs that allowed organic tofu doubled from FY 2010 to FY 2015, from 10 WIC SAs (29 percent of the WIC population) to 20 WIC SAs (35 percent of the WIC population).

4. Cheese

From FY 2010 to FY 2015, the distribution of WIC SAs that authorized various package sizes for cheese changed substantially. In FY 2010, WIC SAs most commonly allowed packages sized 16 ounces or less, while in FY 2015, WIC SAs most commonly allowed only 16-ounce packages (see Figure VI.2). The food lists for three WIC SAs (Alaska, Oregon, and Texas) included cheese in both 16- and 32-ounce packages, although 16 ounces of cheese was the maximum monthly allotment. Women who were breastfeeding multiple infants received 1.5 times the standard quantity of foods in Food Package VII, and so received 24 ounces of cheese per month. Some WIC SAs reported alternating between 16 ounces and 32 ounces of cheese per month for these women; this may explain the small number of WIC SAs that allowed participants to purchase cheese in a 32-ounce package.

Figure VI.2.
Authorized Cheese Package Sizes: FY 2010, FY 2015



Note

Data derived from Table VI.1.

Most other specifications for cheese were fairly similar in FY 2010 and FY 2015 (see Appendix Table A.2). However, an increased number of WIC SAs authorized shredded cheese. In FY 2010, Iowa was the only WIC SA that explicitly allowed shredded cheese; the other 89 did not specify whether shredded cheese was allowed. The number of WIC SAs that explicitly allowed shredded cheese increased by 10 States and 2 ITOs by FY 2015. More WIC SAs also allowed string cheese in FY 2015: 22 percent of WIC SAs allowed string cheese in FY 2010 compared to 37 percent in FY 2015.

Table VI.1.
Dairy and Milk Substitutions Authorized by WIC State Agencies: FY 2010, FY 2015

	All WIC SAs				Total % of WIC Participants		
	2010		2015		2010	2015	Percentage Point Change
	No.	%	No.	%			
Total	90	100%	86	100%	9,303,375	8,339,263	–
Fluid Cow's Milk							
Fat content							
Nonfat, 1%, and 2% milk	74	82%	61	71%	90.6%	69.1%	-21.5
Nonfat and 1% milk	12	13%	22	26%	8.8%	28.8%	20.0
Other Allowed Types, Where Specified^a							
Kosher	4	4%	6	7%	7.9%	21.3%	13.4
Calcium fortified	8	9%	12	14%	5.6%	13.8%	8.2
Goat's milk	23	26%	30	35%	19.2%	20.4%	1.2
Soy-Based Beverage							
Allowed^a	67	74%	82	95%	72.0%	99.9%	27.9
Shelf stable	39	58%	43	52%	37.6%	54.5%	16.9
Refrigerated	60	90%	69	84%	69.7%	90.0%	20.3
Tofu							
Allowed^a	36	40%	54	63%	61.9%	72.7%	10.7
Light or lite	14	39%	16	30%	30.0%	39.4%	9.4
Organic	10	28%	20	37%	29.4%	34.7%	5.3
Cheese							
Package size							
16 oz or less allowed	38	42%	29	34%	27.0%	17.7%	-9.3
16 oz only	27	30%	45	52%	30.7%	60.1%	29.4
16 or 32 oz	10	11%	3	3%	15.2%	12.5%	-2.7
Other Allowed Forms, Where Specified^a							
Shredded	1	1%	13	15%	1.0%	11.5%	10.7
String	20	22%	32	37%	31.9%	39.2%	7.3

^a Categories are not mutually exclusive, so totals may not add to 100%.

Note

oz = ounce

B. EGGS AND LEGUMES

The implementation of the Final Rule did not affect required or optional policies about eggs. The only changes to policies related to legume specifications were clarifications that allowed fat-free refried beans and that disallowed flavored peanut butter.

1. Eggs

There were no significant changes in the types of eggs allowed by WIC SAs between FY 2010 and FY 2015; the various sizes, grades, and other specifications were allowed by very similar percentages of WIC SAs in those 2 years (see Appendix Table A.3 for more detail).

2. Dry and Canned Beans

From FY 2010 to FY 2015, the proportion of WIC SAs that allowed participants to purchase dry beans in packages of 1 pound or less decreased from 12 percent of WIC SAs (5 percent of the WIC population) to 3 percent of WIC SAs (1 percent of WIC participants; see Table VI.2). While the number of WIC SAs that allowed dry beans in only 1-pound packages increased by 10 percentage points, the percentage of the WIC population that could purchase dry beans in only 1-pound packages decreased by 5 percentage points.

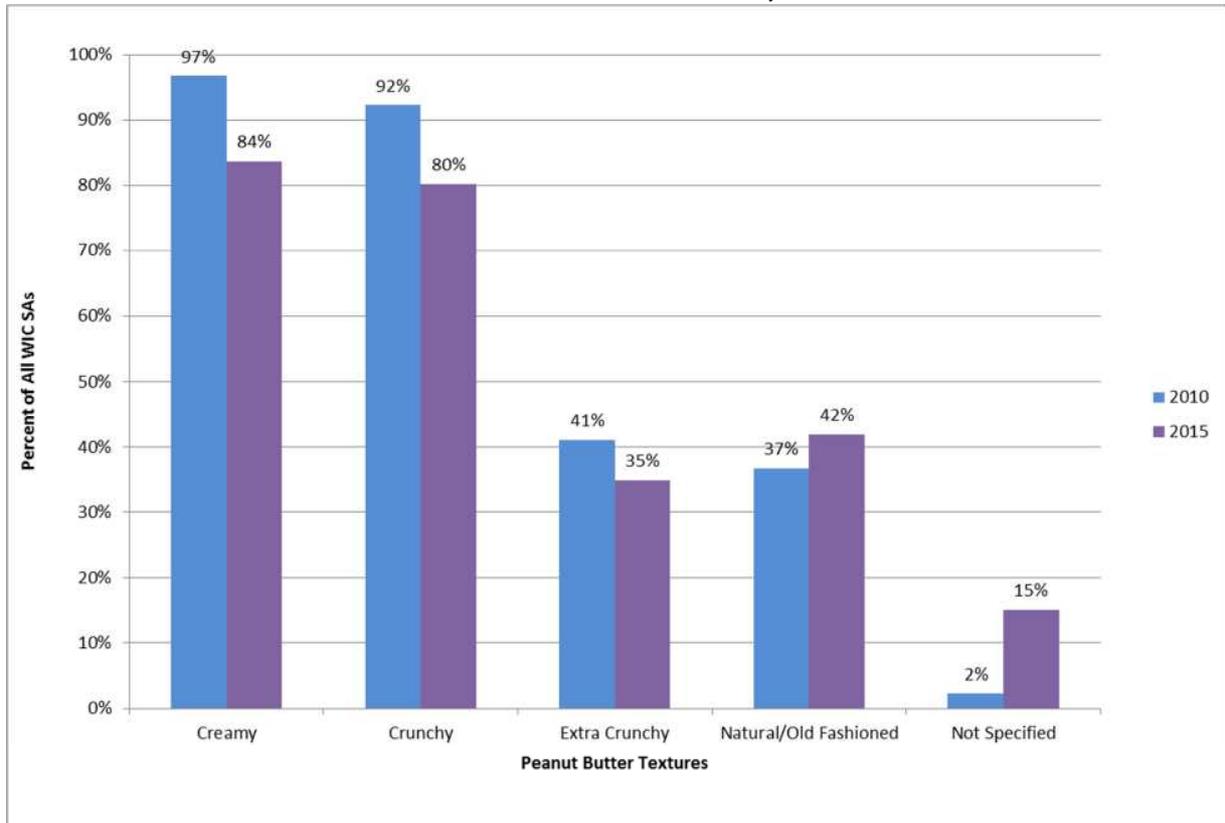
The proportion of WIC SAs authorizing canned beans as an alternative to dry beans increased from 77 percent in FY 2010 (71 percent of the WIC population) to 85 percent in FY 2015 (85 percent of the WIC population). Of WIC SAs that allowed canned beans, the percentage that allowed purchases of canned beans in container sizes smaller than 16 ounces increased from 77 percent in FY 2010 to 86 percent in FY 2015.

More than twice as many WIC SAs authorized fat-free refried beans and low-sodium beans in FY 2015 relative to FY 2010. The percent of WIC participants in WIC SAs that authorized participants to purchase fat-free refried beans and low-sodium beans increased 13 percentage points and 35 percentage points, respectively.

3. Peanut Butter

From FY 2010 to FY 2015, the number of WIC SAs that allowed natural peanut butter increased, but the number of WIC SAs that allowed creamy, chunky, or super-chunky peanut butter decreased (see Figure VI.3). This could have resulted from an increase in the number of WIC SAs that did not specify peanut butter textures. In FY 2010, all States specified peanut butter texture and only two ITOs (Citizen Potawatomi Nation and Shoshone) did not specify texture. In FY 2015, four States did not specify texture, and nine ITOs and territories left texture unspecified.

Figure VI.3.
Peanut Butter Textures: FY 2010, FY 2015



Note

Data derived from Table VI.2.

In FY 2010, 53 percent of States and 38 percent of ITOs and territories (covering more than half of WIC participants) allowed the purchase of peanut butter in sizes smaller than 18 ounces. By FY 2015, the total proportion of ITOs and territories allowing purchase of smaller sized containers increased by 48 percentage points and the number of States increased by 37 percentage points. Only 3 percent of WIC beneficiaries were limited to 18-ounce jars of peanut butter in FY 2015 (see Appendix Table A.5).

Slightly more WIC participants had access to healthier peanut butter options; the proportions of participants with access to low-sodium and low-sugar peanut butter each increased by 5 percentage points in FY 2015. However, there was almost no change in the percentage of WIC participants with access to reduced-fat peanut butter (less than 1 percentage point decrease in FY 2015).

Table VI.2.
Dry and Canned Beans and Peanut Butter Authorized by WIC State Agencies: FY 2010, FY 2015

	All WIC SAs				Total % of WIC Participants		
	2010		2015		2010	2015	Percentage Point Change
	No.	%	No.	%			
Total	90	100%	86	100%	9,303,375	8,339,263	-
Dry Beans and Peas							
Package size							
Less than 1 lb allowed	11	12%	3	3%	5.1%	1.1%	-4.0
1 lb only	68	76%	74	86%	82.2%	77.7%	-4.5
Not specified	11	12%	9	10%	12.7%	21.2%	8.5
Canned Beans Are Authorized							
Other allowed types ^a	69	77%	73	85%	71.4%	84.9%	13.5
Refried beans, fat free	10	14%	27	37%	6.7%	19.9%	13.2
Low-sodium beans	12	17%	30	41%	23.9%	58.6%	34.7
Package size							
Less than 16 oz allowed	53	77%	63	86%	54.7%	74.7%	20.0
16 oz only	10	14%	6	8%	7.6%	3.9%	-3.7
Not specified	6	9%	4	5%	9.1%	6.3%	-2.8
Peanut Butter							
Type or variety^a							
Creamy/smooth	87	97%	72	84%	100%	92.5%	-7.5
Crunchy/chunky	83	92%	69	80%	94.6%	90.7%	-3.9
Extra crunchy/super chunky	37	41%	30	35%	57.9%	48.7%	-9.2
Natural/Old fashioned	33	37%	36	42%	44.2%	52.3%	8.1
Not specified	2	2%	13	15%	<0.1%	7.2%	7.2
Package size							
Less than 18 oz allowed	42	47%	76	88%	52.0%	92.9%	40.9
18 oz only	43	48%	7	8%	39.0%	3.4%	-35.6
Other allowed forms^a							
Reduced fat	14	16%	17	20%	16.3%	15.6%	-0.7
Low sodium	23	26%	25	29%	40.0%	45.3%	5.3
Low sugar	17	19%	17	20%	29.8%	34.4%	4.6

^a Categories are not mutually exclusive, so totals may not add to 100%.

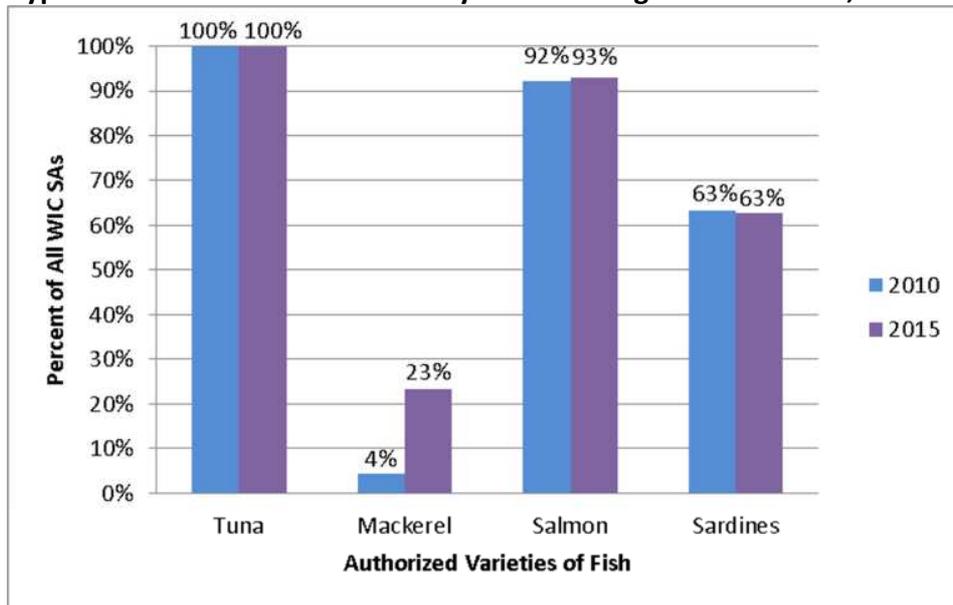
Note

oz = ounce; lb = pound

C. CANNED FISH

Varieties of canned fish and specifications remained similar between FY 2010 and FY 2015, aside from an increase in the percent of WIC SAs that allowed mackerel (see Figure VI.4). The increase in percent of WIC SAs allowing mackerel may be explained in part by the clarification allowing jack mackerel in the Final Rule. The number of WIC SAs allowing low-sodium canned fish increased by five in FY 2015, raising the total percent of WIC participants allowed low-sodium canned fish from 35 percent to 39 percent (see Appendix Table A.6).

Figure VI.4.
Types of Canned Fish Authorized by WIC State Agencies: FY 2010, FY 2015



Note
Data derived from Appendix Table A.6.

D. GRAINS

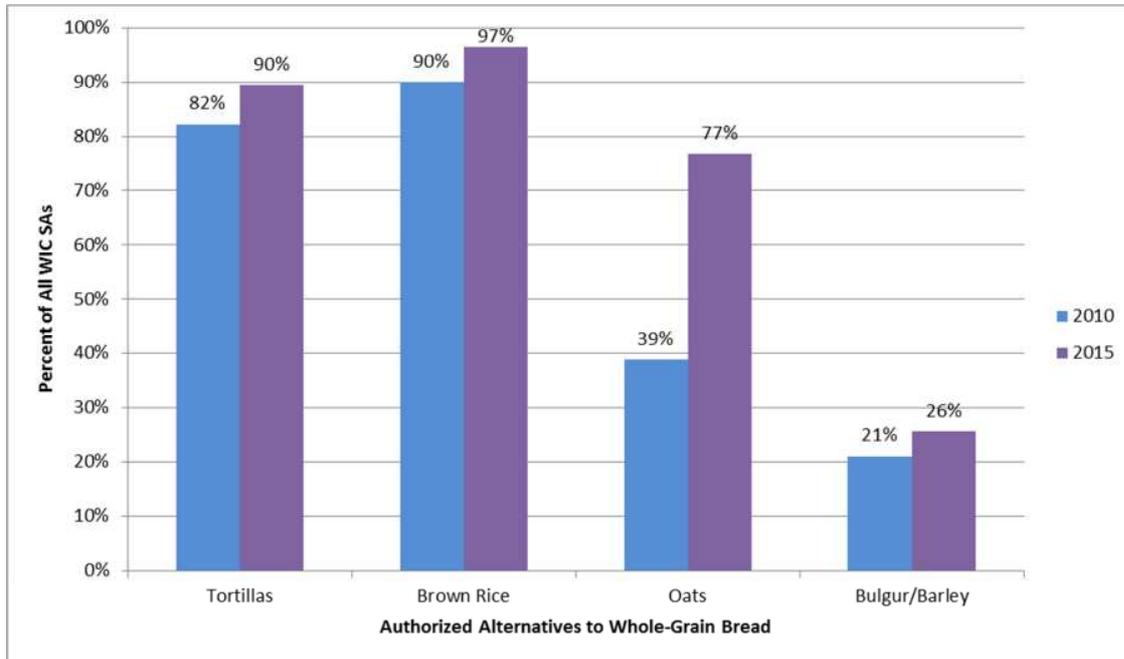
The addition of whole-wheat pasta as an alternative to whole-wheat bread was the only significant change to policies on whole-grain options or cereals in the Final Rule.¹⁴

1. Whole-Grain Bread and Alternatives

All whole-grain options were allowed by a greater proportion of WIC SAs in FY 2015 compared to FY 2010 (see Figure VI.5). The largest increase was in the proportion of WIC SAs that allowed oats, from 39 percent to 77 percent. Bulgur and/or barley was the least commonly allowed whole-grain option in both years.

¹⁴ Infant cereals are discussed in Section F.

Figure VI.5.
Types of Whole-Grains Authorized by WIC State Agencies: FY 2010, FY 2015



Note

Data derived from Table VI.3.

Although specifications for whole-grain bread and its alternatives were similar in FY 2010 and FY 2015, some changes occurred (see Table VI.3). The number of WIC SAs expressly permitting light bread decreased. In FY 2010, 16 percent of WIC SAs authorized purchase of light bread; by FY 2015, that proportion decreased to just 7 percent of WIC SAs, covering 5 percent of WIC participants.

In addition to an overall increase in the proportion of WIC SAs that allowed tortillas, the subset of those WIC SAs that allowed whole-wheat tortillas increased from 80 percent to 90 percent.

Table VI.3.
Whole-Grain Alternatives and Cereals Authorized by WIC State Agencies: FY 2010, FY 2015

	All WIC SAs				Total % of WIC Participants		
	2010		2015		2010	2015	Percentage Point Change
	No.	%	No.	%			
Total	90	100%	86	100%	9,303,375	8,339,263	–
Allowed^a							
Whole-grain bread	88	98%	86	100%	100.0%	100.0%	–
Tortillas	74	82%	77	90%	89.2%	99.6%	10.4
Brown rice	81	90%	83	97%	93.7%	99.8%	6.1
Oats	35	39%	66	77%	46.9%	85.9%	39.0
Bulgur and/or barley	19	21%	22	26%	21.6%	22.8%	1.2
Whole-Grain Bread							
Allowed specifications							
Light or lite	14	16%	6	7%	14.2%	4.7%	-9.5
Tortillas							
Allowed specifications							
Whole wheat	59	80%	69	90%	69.9%	78.1%	8.2
Whole-Grain Breakfast Cereals							
Percent of all cereals that are whole grain							
Less than 45%	19	21%	15	17%	18.8%	21.9%	3.1
45–49%	23	26%	8	9%	16.6%	4.7%	-11.9
50–60%	29	43%	40	47%	43.1%	48.1%	5.0
More than 60%	7	8%	23	27%	21.5%	25.3%	3.8
Not reported	2	2%	–	–	<0.1%	–	–

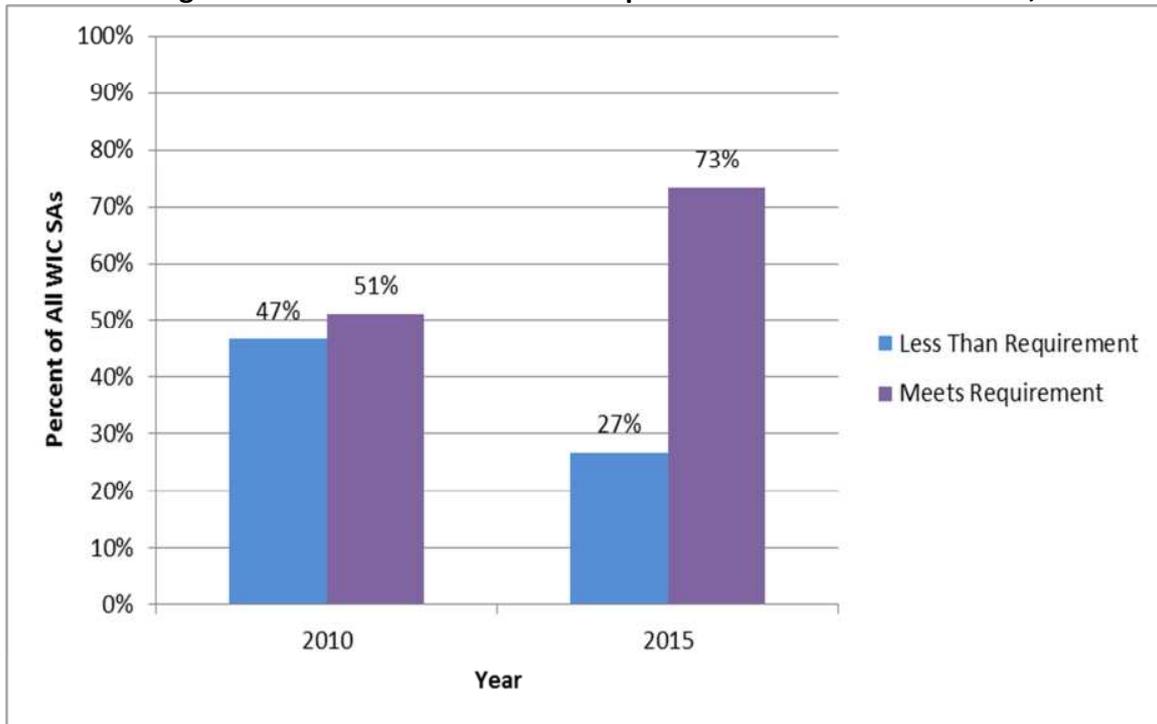
^a Categories are not mutually exclusive, so totals may not add to 100%.

2. Cereals

According to both the Interim and Final Rules, at least one-half of all breakfast cereals (cold and hot) on WIC SAs food lists must have whole grain listed as the primary ingredient. A majority of WIC SAs met this requirement in both FY 2010 and FY 2015, although the proportion increased from 51 percent in FY 2010 to 73 percent in FY 2015 (see Figure VI.6).

Figure VI.6.

WIC State Agencies That Met Whole-Grain Requirements for Cereals: FY 2010, FY 2015

**Note**

Data derived from Table VI.3.

E. JUICE

The Interim Rule substantially reduced the amount of juice prescribed to WIC participants. Upon implementation of that rule, infants no longer received any juice, and women and children received reduced amounts. Furthermore, the different amounts of juice women and children received under the Interim Rule were easiest to fulfill with a combination of different sizes of juice containers. These changes led to substantial differences in the types and specifications of juice allowed before and after implementation of the Interim Rule.

In contrast, the Final Rule introduced no changes in the amounts or allowed types of juice, and there were few changes in the types of juice on the food lists between FY 2010 and FY 2015 (see Appendix Table A.12). The same flavors were most commonly allowed in both years (apple, orange, and grape juice). Two notable changes were a decrease in the number of WIC SAs that specify store or private label brands (from 86 percent of WIC SAs in FY 2010 to 78 percent in FY 2015), and an increase in the number of WIC SAs that distinguish between types of juice packaging allowed for women and children participants (from 17 percent to 43 percent).

F. INFANT FOODS

This section describes three categories of infant food: cereal, fruits and vegetables, and meat. The Final Rule did not change any of the requirements for these foods.

1. Infant Cereal

There was an increase in the number of WIC SAs authorizing multigrain and whole-wheat cereal, and a decrease in those allowing cereal with mixed grain. From FY 2010 to FY 2015, the percent of WIC participants in WIC SAs that allowed purchase of multigrain infant cereal almost tripled, and the number of WIC SAs more than tripled (see Table VI.4). The number of WIC SAs allowing whole-wheat infant cereal increased by 20 percentage points, from 47 percent to 67 percent; the number of WIC participants in WIC SAs that allowed whole-wheat infant cereal increased by 25 percentage points. Fourteen fewer WIC SAs authorized mixed-grain infant cereal in FY 2015 than in FY 2010.

2. Infant Fruits and Vegetables

From FY 2010 to FY 2015, the proportion of WIC SAs allowing both single flavors and flavor combinations of infant fruits and vegetables increased (see Table VI.4). As of FY 2010, only 36 percent of WIC SAs allowed both varieties. By FY 2015, that proportion increased to 59 percent of WIC SAs. Conversely, the number of WIC SAs that permitted only one variety decreased from 39 percent of WIC SAs in FY 2010 to 16 percent of WIC SAs in FY 2015. While the overall proportion of WIC SAs that did not specify whether both single flavors and combinations were permitted decreased by only 2 percentage points, the percentage of States fell from 16 percent to 8 percent and the number of ITOs and territories increased by 11 percentage points. Thus, the population of WIC participants whose food lists did not specify infant fruit and vegetable variety types fell from 14 percent in FY 2010 to 3 percent in FY 2015 (see Table VI.4).

3. Infant Meat

Between FY 2010 and FY 2015, there was a decrease in the number of WIC SAs that allowed “any type” of infant meat, but an increase in the number of participants in WIC SAs that allowed participants to purchase any type of infant meat. Overall, the number of WIC SAs allowing each type of infant meat increased, except for lamb and veal; the proportion of WIC SAs allowing those infant meat types decreased by approximately 11 and 17 percentage points, respectively.

Table VI.4.
Infant Food Types Authorized by WIC State Agencies: FY 2010, FY 2015

	All WIC SAs				Total % of WIC Participants		
	2010		2015		2010	2015	Percentage Point Change
	No.	%	No.	%			
Total	90	100%	86	100%	9,303,375	8,339,263	
Infant Cereals Allowed^a							
Any infant cereal	6	7%	5	6%	8.8%	9.0%	0.2
Barley	53	59%	57	66%	62.9%	63.5%	1.4
Mixed	59	66%	45	52%	80.4%	51.6%	-28.8
Multigrain	17	19%	40	47%	21.7%	66.6%	44.9
Oatmeal	73	81%	75	87%	89.4%	90.4%	1.0
Rice	73	81%	75	87%	89.4%	90.4%	1.0
Whole wheat	42	47%	58	67%	55.4%	80.3%	24.9
Infant Fruits and Vegetables Allowed							
Type or variety							
Single fruit/vegetable	35	39%	14	16%	39.9%	10.9%	-29.0
Single and combination	32	36%	51	59%	46.2%	86.3%	40.1
Not specified	23	26%	21	24%	14.0%	2.9%	-11.1
Infant Meats Allowed^a							
Any infant meat	20	22%	14	16%	31.5%	39.7%	8.2
Beef	53	59%	54	63%	57.0%	78.1%	21.1
Chicken	52	58%	54	63%	56.9%	79.0%	14.1
Ham	41	46%	42	49%	51.4%	64.0%	12.6
Lamb	44	49%	33	38%	52.9%	44.8%	-8.1
Turkey	51	57%	55	64%	55.9%	79.2%	23.3
Veal	42	47%	26	30%	50.3%	42.6%	-7.7

^a Categories are not mutually exclusive, so totals may not add to 100%.

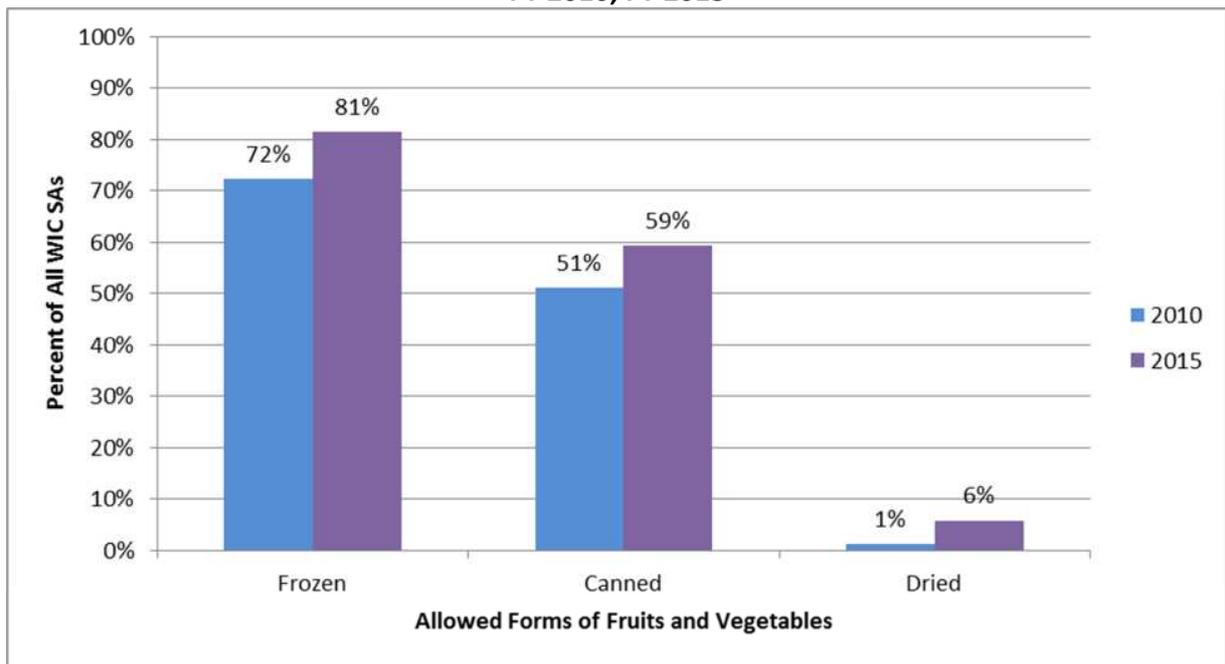
Note

Tabulations for Table VI.4 differ from those for Tables V.15, V.17, and A.13. In this Table, varieties of infant cereal and infant meat include WIC SAs that allowed any kind of infant cereal or infant meat, in addition to WIC SAs that specifically allowed each variety.

G. FRUITS AND VEGETABLES

The proportion of WIC SAs allowing each type of processed fruits and vegetables (frozen, canned, and dried) increased between FY 2010 and FY 2015 (see Figure VI.7). In both years, frozen fruits and vegetables were most commonly allowed, while dried fruits and vegetables were allowed relatively rarely. In both years, all WIC SAs allowed fresh fruits and vegetables, as required (see Table VI.5).

Figure VI.7.
Types of Processed Fruits and Vegetables Authorized by WIC State Agencies:
FY 2010, FY 2015



Note
 Data derived from Table VI.5.

The number of WIC SAs specifically allowing organic fresh fruits and vegetables increased from almost half of WIC SAs in FY 2010 (66 percent of the WIC population), to 81 percent of WIC SAs in FY 2015 (90 percent of the WIC population; see Table VI.5). Similar increases occurred for organic frozen and canned fruits and vegetables as well. The Final Rule clarified that WIC SAs were required to allow organic fruits and vegetables to be purchased with CVVs.

**Table VI.5.
Fruits and Vegetables Authorized by WIC State Agencies: FY 2010, FY 2015**

	All WIC SAs				Total % of WIC Participants		
	2010		2015		2010	2015	Percentage Point Change
	No.	%	No.	%			
Total	90	100%	86	100%	9,303,375	8,339,263	–
Fresh Allowed	90	100%	86	100%	100.0%	100.0%	–
Other specifications allowed							
Organic	40	45%	70	81%	65.6%	89.8%	24.2
Frozen Allowed	65	72%	70	81%	77.3%	85.5%	8.2
Other specifications allowed							
Organic	30	46%	54	77%	55.5%	73.7%	18.2
Canned Allowed	46	51%	51	59%	59.4%	63.4%	4.0
Other specifications allowed							
Organic	22	48%	32	63%	40.0%	51.0%	11.0
Dried Allowed	1	1%	5	6%	<0.1%	16.5%	16.5

VII. COST CONTAINMENT STRATEGIES

The food lists prepared by WIC SAs must satisfy a variety of Federal regulations—specifically, the minimum requirements and specifications for supplemental foods—as well as the provisions set forth in the Final Rule. However, WIC SAs have autonomy in deciding whether to allow the policy options within their jurisdictions. Availability of specific foods, the cost of individual foods and brands, the nutrient value of foods, and cultural considerations may influence a WIC SA’s decisions about how to implement these policy options. As changes were made in required and optional provisions in the Interim and Final Rules, WIC SAs had to reevaluate the costs of these changes.

This chapter discusses the decisions that WIC SAs made in part to control costs. Section A discusses brand restrictions on milk, soy-based beverages, tofu, cheese, eggs, beans, and peanut butter, as well as limits on brands, package sizes, flavors, and product form. Section B covers additional cost containment measures: restrictions on purchase of organic foods, cage-free or enriched eggs, and manufacturer rebates. Data for this chapter were obtained from WIC SAs food lists, State plans, and other policy documents.

A. FOOD PURCHASE LIMITATIONS

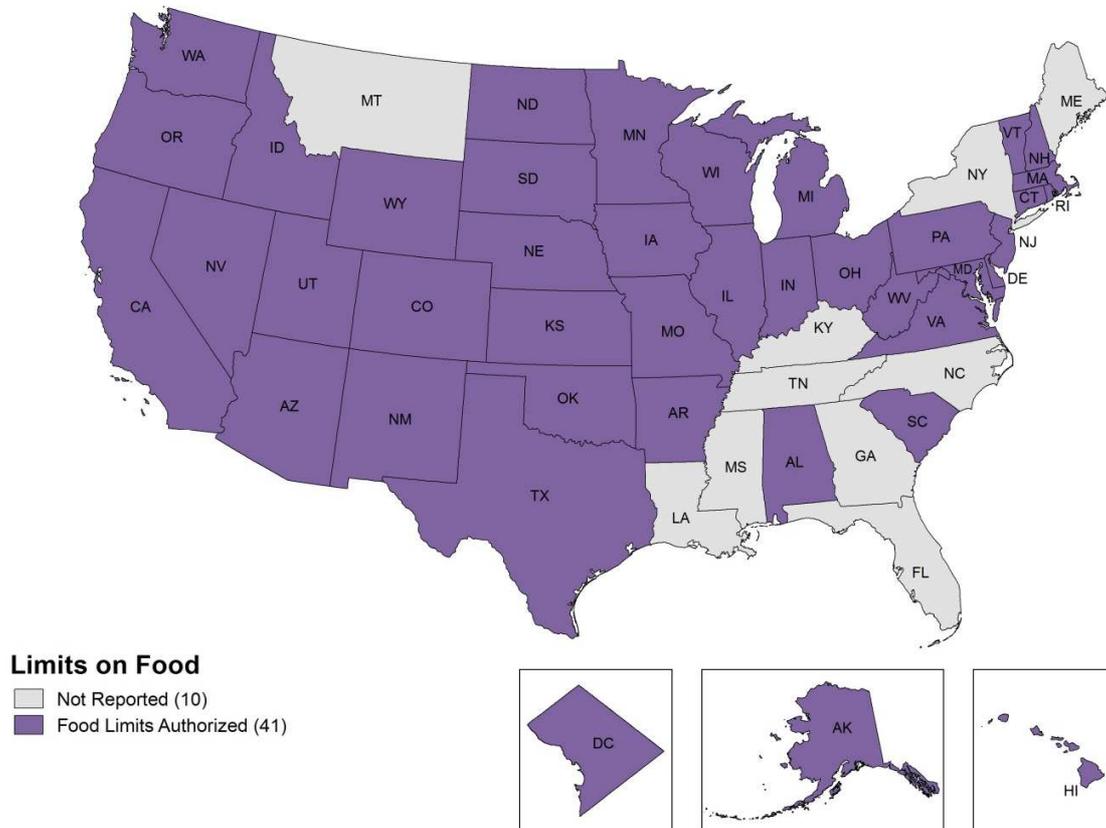
The Final Rule sustained options in the Interim Rule that allow WIC SAs to adjust food lists to control costs. Although WIC SAs could allow WIC participants to purchase any brand of a product, one way WIC SAs were able to control costs was to implement brand restrictions. These restrictions included allowing WIC participants to purchase only the least expensive brand of a food item available in the store, only store brands or private label brands, or only a specific brand for a food item. The following sections discuss WIC SAs overall and specific brand restrictions for milk, soy-based beverage, tofu, cheese, eggs, dry and canned beans, and peanut butter after implementation of the Final Rule. Table VII.1 presents data corresponding to the narrative that follows.

1. Overall Limits on Brand, Package Size, Flavor, and Product Form

Seventy percent of WIC SAs reported via the Food Funds Management chapter of their State plans that they limited the number of authorized foods/container sizes/types, etc. to contain costs (see Figure VII.1, Table VII.2).¹⁵ If such measures were taken to contain costs, WIC SAs provided detailed information about specific brand, container size, and food type limitations.

¹⁵ Data were missing for 14% of WIC SAs.

Figure VII.1.
Restrictions on Brand, Size, or Food Type to Contain Costs



Note
 Data derived from Table VII.2.

2. Specific Brand Restrictions Implemented by WIC SAs

The Final Rule allowed WIC SAs to provide more options in some food categories, and some of those options had greater associated costs. To offset these additional costs, some WIC SAs placed limits on brands of milk, soy, tofu, cheese, eggs, beans, and peanut butter. The majority of WIC SAs allowed participants to choose any brand of eggs, tofu, canned beans, dry beans, and peanut butter. No WIC SAs allowed full brand choice of soy-based beverage, and few allowed full brand choice of milk. Most WIC SAs only offered the least expensive brand of milk, and all WIC SAs allowed only specific brands of soy-based beverage (see Table VII.1).

In rare instances (footnoted in Table VII.1), WIC SAs encouraged their participants to choose less expensive items by including text such as “least expensive brand encouraged,” “store brand encouraged,” or “store brand if available” on their food lists. These were categorized as any brand, because participants still had the ability to purchase any brand of the product.

Milk

Most commonly, WIC SAs allowed participants to purchase only the least expensive brand of milk (43 percent of WIC SAs). However, less than one-quarter (22 WIC SAs or 26 percent) allowed the purchase of any brand of milk. In 16 percent of WIC SAs, only store brands or private label brands of milk could be purchased; in 3 percent of WIC SAs, food lists specified which brands of milk could be purchased with WIC funds.

Soy-Based Beverage

None of the WIC SAs allowed their participants to choose any brand of soy-based beverage. Eighty WIC SAs—98 percent of WIC SAs that allowed soy-based beverage—allowed the purchase of only specific brands of soy-based beverage by WIC participants. Specific brands included Silk, Pacific Natural Foods, and 8th Continent Original.

Tofu

Of the 54 WIC SAs that allowed tofu, two-thirds (36 WIC SAs or 67 percent) allowed only specific brands of tofu, such as Nature's Promise, Wegmans, or Vitasoy. Of the remaining WIC SAs that allowed tofu, 26 percent allowed participants to purchase any brand of tofu; 11 of these are ITOs and territories. Four WIC SAs that allowed tofu did not include information about tofu brand allowances on their food lists.

Cheese

Less than one-quarter of WIC SAs (23 percent) allowed participants to choose any brand of cheese and more than one third (35 percent) required participants to purchase only the least expensive brand. In total, 17 percent allowed only store brands or private labels, and 7 percent allowed only specific brands of cheese. Of the total WIC participant population, only 32.2 percent of participants had the option to purchase any brand of cheese as long as it met WIC minimum requirements and specifications.

Eggs

Nearly one-third of WIC SAs (27 percent) allowed WIC participants to purchase any brand of eggs. In contrast, 38 percent required WIC participants to purchase only the least expensive brand of eggs. Few WIC SAs (8 percent) allowed only a store brand or private label for purchase, and one WIC SA, Mississippi, allowed the purchase of only specific brands of eggs.

Dry and Canned Beans

The vast majority of WIC SAs (72 percent) allowed participants to purchase any brand of dry beans. Two percent of WIC SAs required participants to purchase the least expensive brand, 5 percent required that only store brand or private label brands be purchased with WIC funds, and 3 percent allowed the purchase of only specific brands.

Of the 73 WIC SAs that allowed canned beans, approximately half (55 percent) allowed any brand. Three of these WIC SAs (4 percent) required purchase of the least expensive brand, one WIC SA (1 percent) required store brand or private label only, and 19 WIC SAs (26 percent) allowed the purchase of only specific brands with WIC funds.

Peanut Butter

Nearly two-thirds of WIC SAs (62 percent) authorized any brand of peanut butter. Only 6 percent of WIC SAs required purchase of the least expensive brand, 9 percent required store brand or private label only, and 10 percent allowed the purchase of only specific brands.

Table VII.1.
Brand Restrictions Implemented by WIC State Agencies: FY 2015

	States & DC		ITOs & Territories		All WIC SAs		Total % of WIC Participants
	No.	%	No.	%	No.	%	
Total (Food List Data)	51	100%	35	100%	86	100%	8,339,263
Milk							
Any brand ^a	16	31%	6	17%	22	26%	32.3%
Least expensive	20	39%	17	49%	37	43%	37.0%
Store brand or private label only	9	18%	5	14%	14	16%	13.6%
Specific brands allowed	1	2%	2	6%	3	3%	1.3%
Not reported	5	10%	5	14%	10	12%	15.8%
Soy-Based Beverage (allowed in 82 WIC SAs)							
Any brand	—	—	—	—	—	—	—
Least expensive	—	—	—	—	—	—	—
Store brand or private label only	—	—	—	—	—	—	—
Specific brands allowed	50	98%	30	97%	80	98%	99.2%
Not reported	1	2%	1	3%	2	2%	0.7%
Tofu (allowed in 54 WIC SAs)							
Any brand	3	10%	11	48%	14	26%	5.7%
Least expensive	—	—	—	—	—	—	—
Store brand or private label only	—	—	—	—	—	—	—
Specific brands allowed	26	84%	10	43%	36	67%	62.9%
Not reported	2	6%	2	9%	4	7%	4.1%
Cheese							
Any brand ^b	13	25%	7	20%	20	23%	32.2%
Least expensive	14	27%	16	46%	30	35%	24.8%
Store brand or private label only	11	22%	4	11%	15	17%	15.2%
Specific brands allowed	3	6%	3	9%	6	7%	3.6%
Not reported	10	20%	5	14%	15	17%	24.2%
Eggs							
Any brand ^c	19	37%	4	11%	23	27%	45.1%
Least expensive	16	31%	17	49%	33	38%	32.0%
Store brand or private label only	5	10%	2	6%	7	8%	7.2%
Specific brands allowed	1	2%	—	—	1	1%	1.1%
Not reported	10	20%	12	34%	22	26%	14.6%
Dry Beans							
Any brand ^d	32	63%	30	86%	62	72%	58.2%
Least expensive	2	4%	—	—	2	2%	0.9%
Store brand or private label only	4	8%	—	—	4	5%	3.1%
Specific brands allowed	2	4%	1	3%	3	3%	4.6%
Not reported	11	22%	4	11%	15	17%	33.2%

Table VII.1. (continued)
Brand Restrictions Implemented by WIC State Agencies: FY 2015

	States & DC		ITOs & Territories		All WIC SAs		Total % of WIC Participants
	No.	%	No.	%	No.	%	
Canned Beans							
(allowed in 73 WIC SAs)							
Any brand ^d	23	55%	17	55%	40	55%	45.3%
Least expensive	3	7%	.	.	3	4%	1.9%
Store brand or private label only	1	2%	.	.	1	1%	0.7%
Specific brands allowed	8	19%	11	35%	19	26%	22.7%
Not reported	7	17%	3	10%	10	14%	14.2%
Peanut Butter							
Any brand ^d	29	57%	24	69%	53	62%	65.4%
Least expensive	5	10%	.	.	5	6%	6.0%
Store brand or private label only	8	16%	.	.	8	9%	8.8%
Specific brands allowed	5	10%	4	11%	9	10%	13.4%
Not reported	4	8%	7	20%	11	13%	6.4%

^a Five WIC SAs had food lists that stated either "least expensive brand encouraged," "store brand encouraged," or "store brand if available." In these situations, it is still possible for participants to purchase any brand; therefore, these were categorized as any brand.

^b Three WIC SAs had food lists that stated either "least expensive brand encouraged" or "store brand if available." In these situations, it is still possible for participants to purchase any brand; therefore, these were categorized as any brand.

^c Two WIC SAs had food lists that stated either "least expensive brand encouraged" or "store brand if available." In these situations, it is still possible for participants to purchase any brand; therefore, these were categorized as any brand.

^d Three WIC SAs had food lists that stated either "least expensive brand encouraged," "store brand encouraged," or "store brand if available." In these situations, it is still possible for participants to purchase any brand; therefore, these were categorized as any brand.

B. ADDITIONAL COST CONTAINMENT MEASURES

In addition to restricting brands, container sizes, or food types to contain program costs, WIC SAs had a variety of other ways to manage costs. These included restricting types of organic food products, restricting types of eggs, or obtaining manufacturer rebates on infant or other food items that could affect the costs of a local WIC program. Each of these is described briefly below.

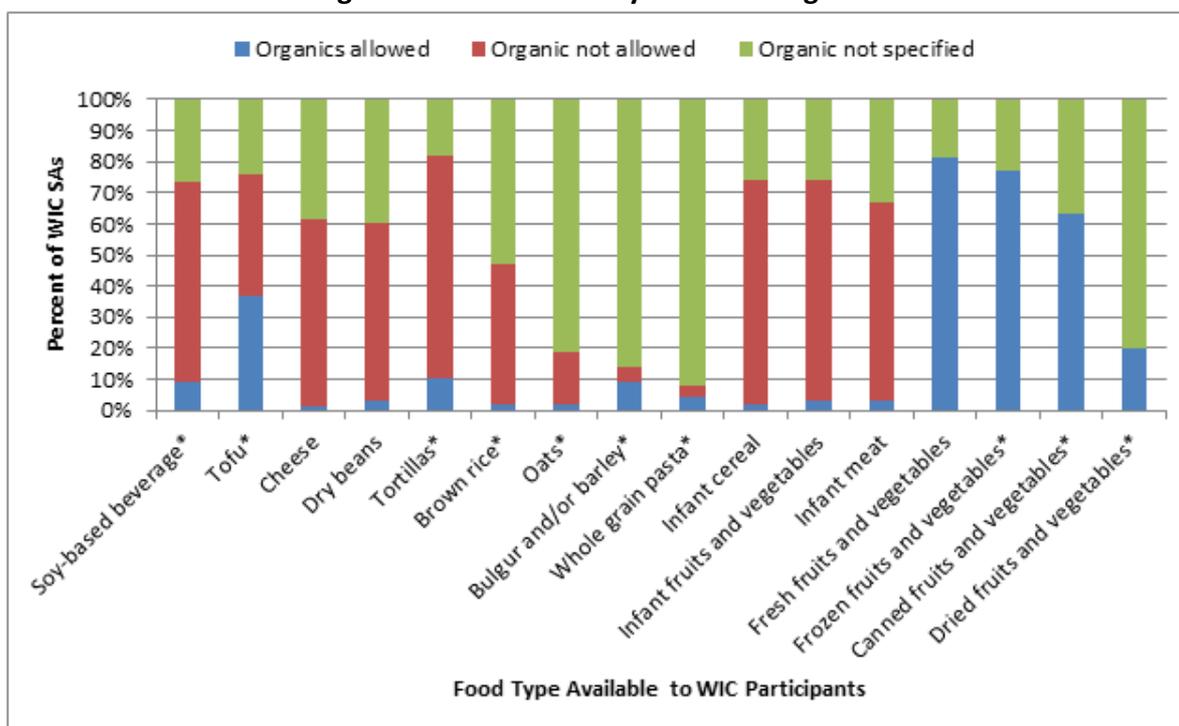
1. Restrictions on Purchase of Organic Food Products

WIC SAs are required to allow the purchase of organic fruits and vegetables with the CVV if they offer fruits and vegetables of that form. For example, if a WIC SA offered frozen fruits and vegetables for purchase with a CVV, they also were required to allow purchase of organic frozen fruits and vegetables with a CVV. However, WIC SAs are not required to allow organic forms of other foods and may place restrictions on whether organic foods may be purchased with WIC funds in order to contain costs.

Figure VII.2 below shows the percent of WIC SAs that allowed the purchase of organic foods for 16 food types. WIC SAs most commonly allowed participants to purchase organic tofu, with 37 percent of the WIC SAs that offer tofu to their participants allowing organic tofu. Organic cheese, oats, and whole-wheat pasta were each allowed by only one WIC SA. For the remaining food types not shown in Figure VII.2 (i.e., milk, eggs, canned beans, peanut butter, canned fish, whole-grain bread, juice, cold or hot cereal), no WIC SAs allowed the purchase of organics. Many food lists do not specify whether organic varieties are allowed for specific items.

About one-third of WIC SAs (30 percent) allowed some forms of organic foods, and 67 percent (covering 58 percent of WIC participants) did not allow any organic foods (other than fruits and vegetables with the CVV) to be purchased with WIC funds (see Table VII.2). No WIC SA allowed the purchase of organic varieties of all WIC-eligible foods. More-detailed information about organic foods allowed by WIC SAs can be found in Appendix Table A.15.

Figure VII.2.
Organic Foods Allowed by WIC State Agencies



* Less than 100% of WIC SAs allow this food type, so data reflect the percent of WIC SAs that allow food type which offer organic. For example, only 54 WIC SAs offer tofu, so the graph reflects the percent of 54 WIC SAs that offer organic tofu.

Note

Data derived from Appendix Table A.15.

2. Restrictions on Cage-Free or Enriched Eggs

Cage-free and enriched eggs tend to be more expensive than regular eggs; therefore, restrictions on purchase of these egg varieties could help WIC SAs contain costs.

The majority (61 WIC SAs or 71 percent) of WIC SAs did not allow the purchase of cage-free or free-range eggs with WIC funds (see Table VII.2); the remaining 25 WIC SAs (29 percent) did not specify whether these types of eggs are allowed. No WIC SAs allowed enriched eggs. These restrictions could have been cost containment efforts on the part of WIC SAs, and likely were related to brand restrictions described earlier; 47 percent of WIC SAs restricted the brands of eggs that could be purchased with WIC funds.

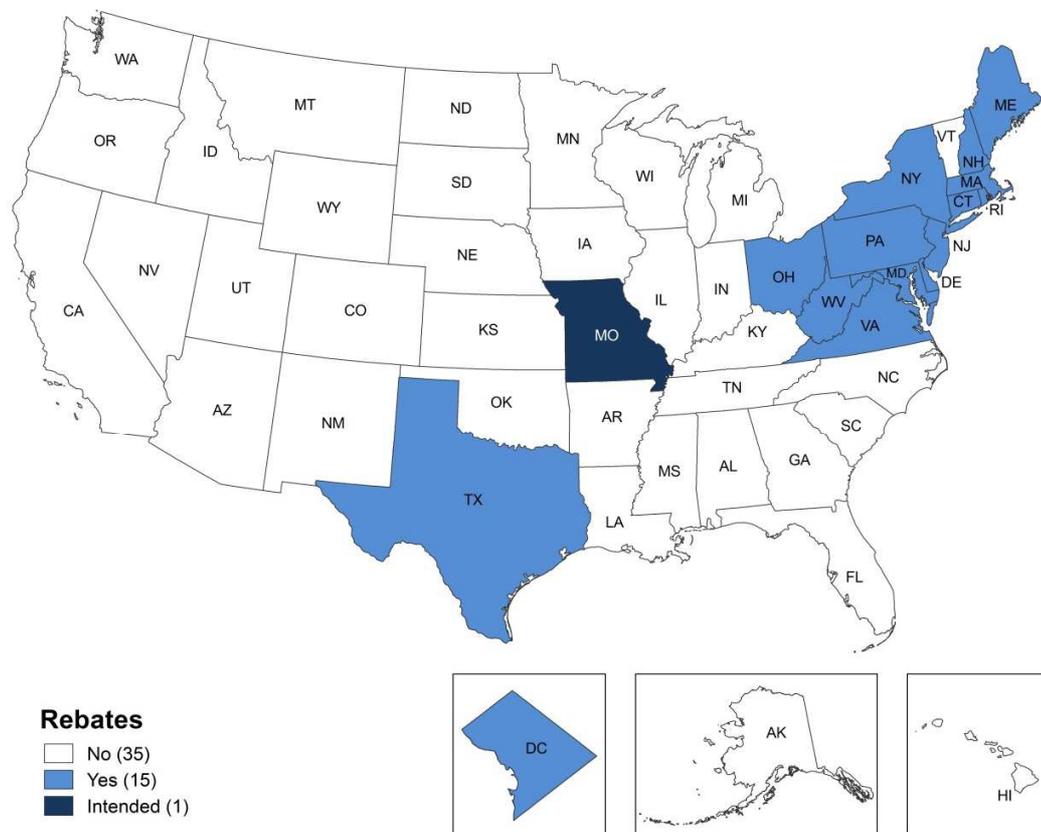
3. Manufacturer Rebates on Foods Other Than Infant Formula

States were encouraged to seek manufacturer rebates on foods other than infant formula. In the Food Funds Management chapter of the State plans, WIC SAs reported how they monitor cost containment measures and procedures. Specifically, WIC SAs indicated (1) whether they obtain rebates for WIC foods other than infant formula; (2) for which of these foods rebates have been obtained; and (3) whether they intend to pursue rebates for other authorized foods in the future (and, if so, for which foods they intend to pursue rebates).

In FY 2015, only 15 WIC SAs (17 percent) had obtained manufacturer rebates on foods other than infant formula (see Table VII.2). All 15 WIC SAs were States. No ITOs or territories obtained manufacturer rebates on foods other than infant formula in FY 2015. Although not illustrated in the table, of the 15 States that obtained rebates all but 5 obtained rebates on infant cereals. West Virginia indicated rebates on cereals (not necessarily infant cereals) and Rhode Island stated it obtained manufacturer rebates on infant food. Three States did not specify. Connecticut also obtained rebates on dry baby food and Ohio obtained rebates on two brands of juice (Welch’s and Adam & Eve).

Missouri and Puerto Rico reported an intention to pursue more food rebates in the future (see Figure VII.3).

Figure VII.3.
Rebates on Foods Other Than Infant Formula



Note

Data derived from Table VII.2.

**Table VII.2.
Additional Cost Containment Measures: FY 2015**

	States & DC		ITOs & Territories		All WIC SAs		Total % of WIC Participants
	No.	%	No.	%	No.	%	
Total (Food List Data)	51	100%	35	100%	86	100%	8,339,263
Organic Foods							
Organic forms of some WIC-eligible foods allowed	17	33%	9	26%	26	30%	40.7%
Organic forms of all WIC-eligible foods allowed	–	–	–	–	–	–	–
Not allowed	33	65%	25	71%	58	67%	58.2%
Not specified	1	2%	1	3%	2	2%	1.1%
Cage-Free Eggs							
Allowed	–	–	–	–	–	–	–
Not allowed	42	82%	19	54%	61	71%	85.2%
Not specified	9	18%	16	46%	25	29%	14.8%
Total (Policy Data)	51	100%	37	100%	88	100%	8,339,855
Rebates on Foods Other Than Formula							
Rebates received	15	29%	–	–	15	17%	32.1%
No rebates	36	71%	31	84%	67	76%	67.8%
Not specified	–	–	6	16%	6	7%	0.1%
Rebates Intended							
Rebate intended	1	2%	1	3%	2	2%	3.8%
No intent to pursue rebates	42	82%	30	81%	72	82%	77.5%
Not specified	8	16%	6	16%	14	16%	18.8%
Limits on Authorized Foods							
Limitations on brand, size, or type	41	80%	21	57%	62	70%	75.1%
No limitations	–	–	10	27%	10	11%	<0.1%
Not specified	10	20%	6	16%	16	18%	24.9%

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APPENDICES

**APPENDIX A:
DETAILED TABLES**

Table A.1.
Milk and Milk Alternatives Authorized by WIC State Agencies: FY 2010, FY 2015

	States & DC				ITOs & Territories				All WIC SAs				Total % of WIC Participants		
	2010		2015		2010		2015		2010		2015		2010	2015	Percentage Point Change
	No.	%	No.	%	No.	%	No.	%	No.	%	No.	%			
Total (Food List Data)	51	100%	51	100%	39	100%	35	100%	90	100%	86	100%	9,303,375	8,339,263	-
Fluid Cow's Milk															
Fat content for women and children age 2+															
Nonfat, 1%, and 2% milk	44	86%	36	71%	30	77%	25	71%	74	82%	61	71%	90.6%	69.1	-21.5
Nonfat and 1% milk	6	12%	14	27%	6	15%	8	23%	12	13%	22	26%	8.8%	28.8%	20.0
Nonfat and 2% milk	-	-	-	-	1	3%	-	-	1	1%	-	-	0.1%	-	-0.1
Not specified	1	2%	1	2%	2	5%	2	6%	3	3%	3	3%	0.5%	2.1%	1.6
Package size^{a,b}															
Any size	32	63%	27	53%	32	82%	26	74%	64	71%	53	62%	68.7%	62.1%	-6.6
Quart allowed	34	67%	34	67%	34	87%	31	89%	68	76%	65	76%	73.7%	71.8%	-1.9
Gallons only	7	14%	3	6%	3	8%	-	-	10	11%	3	3%	9.7%	5.0%	-4.6
Not specified	1	2%	10	20%	2	5%	2	6%	3	3%	12	14%	0.5%	8.6%	8.1
Dangling quart options^a															
1 quart of milk	N/A	N/A	37	73%	N/A	N/A	26	70%	N/A	N/A	63	72%	N/A	79.3%	N/A
Evaporated milk (12 oz cans)	N/A	N/A	29	57%	N/A	N/A	14	38%	N/A	N/A	43	49%	N/A	29.0%	N/A
Half-gallon every other month	N/A	N/A	10	20%	N/A	N/A	10	27%	N/A	N/A	20	23%	N/A	38.2%	N/A
Not specified	N/A	N/A	4	8%	N/A	N/A	3	8%	N/A	N/A	7	8%	N/A	3.8%	N/A
Lactose-Free Milk															
Package size^{a,b}															
Quart allowed	38	75%	25	49%	28	72%	13	37%	66	73%	38	44%	84.4%	59.8%	-24.6
Half-gallon only ^c	8	16%	13	25%	8	21%	5	14%	16	18%	18	21%	8.2%	23.5%	15.3
Gallons only	6	12%	3	6%	1	3%	-	-	7	8%	3	3%	9.2%	7.4%	-1.8
Not specified	1	2%	14	27%	2	5%	9	26%	3	3%	23	27%	0.3%	16.3%	16
Other Alternatives to Fluid Cow's Milk															
Acidophilus															
Yes	23	45%	21	41%	18	46%	18	51%	41	46%	39	45%	25.2%	27.3%	2.2
No	8	16%	7	14%	4	10%	4	11%	12	13%	11	13%	29.7%	24.9%	-4.8
Not specified	20	39%	23	45%	17	44%	13	37%	37	41%	36	42%	45.1%	47.7%	2.6
Buttermilk															
Yes	14	27%	12	24%	12	31%	11	31%	26	29%	23	27%	24.0%	22.8%	-1.2
No	24	47%	27	53%	12	31%	11	31%	36	40%	38	44%	62.8%	65.6%	2.7
Not specified	13	25%	12	24%	15	38%	13	37%	28	31%	25	29%	13.2%	11.7%	-1.5

Table A.1. (continued)
Milk and Milk Alternatives Authorized by WIC State Agencies: FY 2010, FY 2015

	States & DC				ITOs & Territories				All WIC SAs				Total % of WIC Participants		
	2010		2015		2010		2015		2010		2015		2010	2015	Percentage Point Change
	No.	%	No.	%	No.	%	No.	%	No.	%	No.	%			
Other Alternatives to Fluid Cow's Milk (continued)															
Dry															
Yes	45	88%	44	86%	22	56%	26	74%	67	74%	70	81%	91.3%	90.8%	-0.5
No	6	12%	7	14%	17	44%	9	26%	23	26%	16	19%	8.7%	9.2%	0.5
Not specified	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Evaporated															
Yes	39	76%	42	82%	24	62%	27	77%	63	70%	69	80%	82.9%	84.6%	1.7
No	12	24%	9	18%	15	38%	8	23%	27	30%	17	20%	17.1%	15.4%	-1.7
Not specified	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
UHT															
Yes	18	35%	19	37%	8	21%	8	23%	26	29%	27	31%	33.3%	32.5%	-0.7
No	5	10%	6	12%	2	5%	-	-	7	8%	6	7%	21.7%	26.1%	4.4
Not specified	28	55%	26	51%	29	74%	27	77%	57	63%	53	62%	45.0%	41.4%	-3.7
Organic															
Yes	1	2%	-	-	-	-	-	-	1	1%	-	-	0.2%	-	-0.2
No	40	78%	43	84%	18	46%	15	43%	58	64%	58	67%	76.8%	88.4%	11.6
Not specified	10	20%	8	16%	21	54%	20	57%	31	34%	28	33%	23.0%	11.6%	-11.4
Kosher															
Yes	4	8%	6	12%	-	-	-	-	4	4%	6	7%	7.9%	21.3%	13.4
No	47	92%	-	-	37	95%	-	-	84	93%	-	-	92.1%	-	-92.1
Not specified	-	-	45	88%	2	5%	35	100%	2	2%	80	93%	-	78.7%	78.7
Flavored milk															
Yes	2	4%	3	6%	12	31%	14	40%	14	16%	17	20%	2.7%	3.1%	0.4%
No	45	88%	45	88%	15	38%	19	54%	60	67%	64	74%	93.1%	95.7%	2.6%
Not specified	4	8%	3	6%	12	31%	2	6%	16	18%	5	6%	4.3%	1.2%	-3.0%
Calcium fortified															
Yes	5	10%	9	18%	3	8%	3	9%	8	9%	12	14%	5.6%	13.8%	8.2
No	13	25%	11	22%	8	21%	8	23%	21	23%	19	22%	49.0%	46.2%	-2.9
Not specified	33	65%	31	61%	28	72%	24	69%	61	68%	55	64%	45.4%	40.1%	-5.3
Goat's milk															
Yes	17	33%	17	33%	6	15%	13	37%	23	26%	30	35%	19.2%	20.4%	1.3
No	21	41%	19	37%	6	15%	3	9%	27	30%	22	26%	61.4%	56.6%	-4.8
Not specified	13	25%	15	29%	27	69%	19	54%	40	44%	34	40%	19.4%	23%	3.6

Table A.1. (continued)
Milk and Milk Alternatives Authorized by WIC State Agencies: FY 2010, FY 2015

	States & DC				ITOs & Territories				All WIC SAs				Total % of WIC Participants		
	2010		2015		2010		2015		2010		2015		2010	2015	Percentage Point Change
	No.	%	No.	%	No.	%	No.	%	No.	%	No.	%			
Soy-Based Beverage Allowed	38	75%	51	100%	29	74%	31	89%	67	74%	82	95%	72.0%	99.9%	27.9
Allowed Types^a															
Shelf stable	23	61%	29	57%	16	55%	14	45%	39	58%	43	52%	37.6%	54.5%	16.9
Refrigerated	35	92%	44	86%	25	86%	25	81%	60	90%	69	84%	69.7%	90.0%	20.3
Organic	-	-	6	12%	1	3%	1	3%	1	1%	7	9%	0.1%	13.8%	13.7
Fat-free	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Light	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Tofu Allowed	26	51%	31	61%	10	26%	23	66%	36	40%	54	63%	61.9%	72.7%	10.7
Allowed Types^{a,d}															
Shelf	4	15%	4	13%	1	10%	1	4%	5	14%	5	9%	7.7%	4.1%	-3.6
Baked	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Bulk	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Light or lite	13	50%	15	48%	1	10%	1	4%	14	39%	16	30%	30.0%	39.4%	9.3
Cubed	6	23%	6	19%	-	-	-	-	6	17%	6	11%	9.1%	8.5%	-0.6
Dried	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Extra firm	N/A	N/A	24	77%	N/A	N/A	18	78%	N/A	N/A	42	78%	N/A	64.4%	N/A
Firm	N/A	N/A	28	90%	N/A	N/A	20	87%	N/A	N/A	48	89%	N/A	67.7%	N/A
Medium firm	N/A	N/A	15	48%	N/A	N/A	14	61%	N/A	N/A	29	54%	N/A	51.6%	N/A
Soft	N/A	N/A	15	48%	N/A	N/A	13	57%	N/A	N/A	28	52%	N/A	48.9%	N/A
Organic	10	38%	14	45%	-	-	6	26%	10	28%	20	37%	29.4%	34.7%	5.3

^a Categories are not mutually exclusive, so totals may not add to 100%.

^b "Not specified" used if "size specified on check" or sizes not explicitly mentioned in food lists or policy documentation. Otherwise, any specified size was used.

^c Two WIC SAs in FY 2010 and three WIC SAs in FY 2015 that allowed half-gallons also allowed gallons.

^d N/A indicates that data were not collected on these types in FY 2010.

Note

oz = ounce

Table A.2.
Cheese Authorized by WIC State Agencies: FY 2010, FY 2015

	States & DC				ITOs & Territories				All WIC SAs				Total % of WIC Participants		
	2010		2015		2010		2015		2010		2015		2010	2015	Percentage
	No.	%	No.	%	No.	%	No.	%	No.	%	No.	%			Point Change
Total (Food List Data)	51	100%	51	100%	39	100%	35	100%	90	100%	86	100%	9,303,375	8,339,263	-
Most Common Types or Varieties^a															
American ^b	39	76%	38	75%	28	72%	30	86%	67	74%	68	79%	72.2%	69.0%	-3.2
Brick	5	10%	4	8%	6	15%	5	14%	11	12%	9	10%	10.7%	6.0%	-4.7
Cheddar	51	100%	51	100%	37	95%	35	100%	88	98%	86	100%	100%	100%	-
Colby ^c	45	88%	44	86%	37	95%	34	97%	82	91%	78	91%	89.2%	87.4%	-1.8
Monterey Jack	44	86%	46	90%	37	95%	35	100%	81	90%	81	94%	89.2%	90.9%	1.8
Mozzarella ^d	51	100%	51	100%	36	92%	35	100%	87	97%	86	100%	98.0%	100%	2.1
Muenster	17	33%	18	35%	14	36%	21	60%	31	34%	39	45%	29.3%	34.7%	5.5
Provolone	12	24%	12	24%	6	15%	6	17%	18	20%	18	21%	22.5%	26.3%	3.9
Swiss	28	55%	27	53%	19	49%	24	69%	47	52%	51	59%	42.7%	47.4%	4.7
Number of Varieties															
2-3	4	8%	4	8%	1	3%	-	-	5	6%	4	5%	7.3%	7.5%	0.2
4-5	20	39%	20	39%	17	44%	10	29%	37	41%	30	35%	51.3%	47.2%	-4.1
6-7	18	35%	19	37%	16	41%	20	57%	34	38%	39	45%	21.4%	25.9%	4.5
8-9	9	18%	8	16%	5	13%	5	14%	14	16%	13	15%	20.1%	19.4%	-0.7
Package Size															
16 oz or less allowed	22	43%	16	31%	16	41%	13	37%	38	42%	29	34%	27.0%	17.7%	-9.3
16 oz only	17	33%	28	55%	10	26%	17	49%	27	30%	45	52%	30.7%	60.1%	29.5
16 or 32 oz	5	10%	3	6%	5	13%	-	-	10	11%	3	3%	15.2%	12.5%	-2.7
Not specified	3	6%	2	4%	7	18%	5	14%	10	11%	7	8%	9.8%	6.1%	-3.8
Other allowed forms ^e	4	8%	2	4%	1	3%	-	-	5	6%	2	2%	17.3%	3.6%	-13.7
Other Allowed Forms															
Deli															
Yes	3	6%	2	4%	3	8%	4	11%	6	7%	6	7%	7.4%	1.0%	-6.4
No	39	76%	42	82%	24	62%	21	60%	63	70%	63	73%	80.6%	84.0%	3.4
Not specified	9	18%	7	14%	12	31%	10	29%	21	23%	17	20%	12.0%	15.1%	3.0
Sliced^a															
Any sliced	27	53%	33	65%	21	54%	20	57%	48	53%	53	62%	53.3%	64.5%	11.2
Sliced, individually wrapped	6	12%	9	18%	3	8%	2	6%	9	10%	11	13%	13.2%	14.3%	1.1
Shredded															
Yes	1	2%	11	22%	-	-	2	6%	1	1%	13	15%	0.8%	11.5%	10.7
No	-	-	37	73%	-	-	24	69%	-	-	61	71%	-	82.9%	82.9
Not specified	50	98%	3	6%	39	100%	9	26%	89	99%	12	14%	99.2%	5.6%	-93.6

Table A.2. (continued)
Cheese Authorized by WIC State Agencies: FY 2010, FY 2015

	States & DC				ITOs & Territories				All WIC SAs				Total % of WIC Participants		
	2010		2015		2010		2015		2010		2015		2010	2015	Percentage Point Change
	No.	%	No.	%	No.	%	No.	%	No.	%	No.	%			
Other Allowed Forms (continued)															
String															
Yes	11	22%	18	35%	9	23%	14	40%	20	22%	32	37%	31.9%	39.2%	7.3
No	40	78%	33	65%	29	74%	21	60%	69	77%	54	63%	68.1%	60.8%	-7.3
Not specified	-	-	-	-	1	3%	-	-	1	1%	-	-	-	-	-
Fat Free															
Yes	13	25%	14	27%	3	8%	2	6%	16	18%	16	19%	32.5%	37.1%	4.7
No	5	10%	1	2%	-	-	-	-	5	6%	1	1%	5.3%	5.9%	0.7
Not specified	33	65%	36	71%	36	92%	33	94%	69	77%	69	80%	62.3%	56.9%	-5.3
Low Cholesterol															
Yes	9	18%	9	18%	2	5%	2	6%	11	12%	11	13%	18.1%	18.3%	0.2
No	4	8%	3	6%	-	-	-	-	4	4%	3	3%	21.4%	9.4%	-12
Not specified	38	75%	39	76%	37	95%	33	94%	75	83%	72	84%	60.5%	72.3%	11.8
Low Sodium															
Yes	16	31%	18	35%	5	13%	4	11%	21	23%	22	26%	44.2%	48.3%	4.1
No	3	6%	4	8%	-	-	-	-	3	3%	4	5%	5.0%	10.5%	5.6
Not specified	32	63%	29	57%	34	87%	31	89%	66	73%	60	70%	50.8%	41.2%	-9.6
Organic^f															
Yes	N/A	N/A	1	2%	N/A	N/A	-	-	N/A	N/A	1	1%	N/A	0.3%	N/A
No	N/A	N/A	39	76%	N/A	N/A	13	37%	N/A	N/A	52	60%	N/A	74.0%	N/A
Not specified	N/A	N/A	11	22%	N/A	N/A	22	63%	N/A	N/A	33	38%	N/A	25.7%	N/A

^a Categories are not mutually exclusive, so totals may not add to 100%.

^b One WIC SA in FY 2015 allowed American cheese both individually and not individually wrapped.

^c If any WIC SA allowed Colby-Jack, it is counted as allowance for both Monterey Jack and Colby.

^d If any WIC SA allowed string cheese, it is counted as allowance for mozzarella.

^e Category includes WIC SAs that allowed 16-ounce, 32-ounce, and other package sizes.

^f N/A indicates that data were not collected on organic cheese in FY 2010.

Note

oz = ounce

Table A.3.
Eggs Authorized by WIC State Agencies: FY 2010, FY 2015

	States & DC				ITOs & Territories				All WIC SAs				Total % of WIC Participants		
	2010		2015		2010		2015		2010		2015		2010	2015	Percentage Point Change
	No.	%	No.	%	No.	%	No.	%	No.	%	No.	%			
Total (Food List Data)	51	100%	51	100%	39	100%	35	100%	90	100%	86	100%	9,303,375	8,339,263	-
Size^a															
Any size	1	2%	3	6%	3	8%	2	6%	4	4%	5	6%	1.5%	1.8%	0.3
Small	10	20%	8	16%	10	26%	10	29%	20	22%	18	21%	25.8%	20.4%	-5.3
Medium	24	47%	21	41%	23	59%	25	71%	47	52%	46	53%	41.4%	38.6%	-2.7
Large	48	94%	47	92%	33	85%	31	89%	81	90%	78	91%	94.4%	94.9%	0.5
Extra large	-	-	1	2%	4	10%	4	11%	4	4%	5	6%	<0.1%	2.0%	2.0
Not specified	1	2%	-	-	2	5%	1	3%	3	3%	1	1%	3.2%	2.1%	-1.2
Grade															
Grade A only	12	24%	12	24%	4	10%	4	11%	16	18%	16	19%	17.6%	16.6%	-1.0
Grade AA only	1	2%	1	2%	2	5%	1	3%	3	3%	2	2%	0.8%	0.9%	0.1
Both	14	27%	16	31%	17	44%	19	54%	31	34%	35	41%	27.8%	34.1%	6.4
Not specified	24	47%	22	43%	16	41%	11	31%	40	44%	33	38%	53.9%	48.4%	-5.5
Other Specifications															
Brown eggs															
Yes	11	22%	9	18%	6	15%	6	17%	17	19%	15	17%	15.5%	8.5%	-7.0
No	36	71%	38	75%	22	56%	22	63%	58	64%	60	70%	77.2%	68.1%	-9.1
Not specified	4	8%	4	8%	11	28%	7	20%	15	17%	11	13%	7.3%	23.4%	16.1
Half dozen															
Yes	1	2%	1	2%	1	3%	-	-	2	2%	1	1%	0.3%	1.1%	0.8
No	36	71%	38	75%	21	54%	18	51%	57	63%	56	65%	69.9%	76.3%	6.4
Not specified	14	27%	12	24%	17	44%	17	49%	31	34%	29	34%	29.9%	22.6%	-7.2
Low cholesterol															
Yes	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
No	34	67%	37	73%	27	69%	29	83%	61	68%	66	77%	71.1%	72.3%	1.2
Not specified	17	33%	14	27%	12	31%	6	17%	29	32%	20	23%	28.9%	27.7%	-1.2
Organic															
Yes	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
No	42	82%	45	88%	21	54%	21	60%	63	70%	66	77%	87.5%	92.2%	4.7
Not specified	9	18%	6	12%	18	46%	14	40%	27	30%	20	23%	12.5%	7.8%	-4.7

Table A.3. (continued)
Eggs Authorized by WIC State Agencies: FY 2010, FY 2015

Other Specifications (continued)	States & DC				ITOs & Territories				All WIC SAs				Total % of WIC Participants			
	2010		2015		2010		2015		2010		2015		2010	2015	Percentage Point Change	
	No.	%	No.	%	No.	%	No.	%	No.	%	No.	%				
Cage free^b																
Yes	N/A	N/A	–	–	N/A	N/A	–	–	N/A	N/A	–	–	N/A	–	N/A	
No	N/A	N/A	42	82%	N/A	N/A	19	54%	N/A	N/A	61	71%	N/A	85.2%	N/A	
Not specified	N/A	N/A	9	18%	N/A	N/A	16	46%	N/A	N/A	25	29%	N/A	14.8%	N/A	
Enriched																
Yes	–	–	–	–	–	–	–	–	–	–	–	–	–	–	–	
No	30	59%	39	76%	19	49%	16	46%	49	54%	55	64%	75.0%	85.1%	10.1%	
Not specified	21	41%	12	24%	20	51%	19	54%	41	46%	31	36%	25.1%	15.0%	-10.1%	
Kosher																
Yes	–	–	–	–	–	–	–	–	–	–	–	–	–	–	–	
No	51	100%	–	–	37	95%	–	–	88	98%	–	–	100%	–	-100%	
Not specified	–	–	51	100%	2	5%	35	100%	2	2%	86	100%	–	100%	100%	

^a Categories are not mutually exclusive, so totals may not add to 100%.

^b N/A indicates that data were not collected on cage-free eggs in FY 2010.

Table A.4.
Dry and Canned Beans Authorized by WIC State Agencies: FY 2010, FY 2015

	States & DC				ITOs & Territories				All WIC SAs				Total % of WIC Participants		
	2010		2015		2010		2015		2010		2015		2010	2015	Percentage Point Change
	No.	%	No.	%	No.	%	No.	%	No.	%	No.	%			
Total (Food List Data)	51	100%	51	100%	39	100%	35	100%	90	100%	86	100%	9,303,375	8,339,263	-
Dry Beans and Peas															
Type or variety															
Any variety of plain beans or peas	41	80%	46	90%	29	74%	24	69%	70	78%	70	81%	78.3%	83.9%	5.6
Varieties specified	10	20%	5	10%	10	26%	11	31%	20	22%	16	19%	21.7%	16.1%	-5.6
Most common types specified^a															
Black beans	8	80%	4	80%	7	70%	4	36%	15	75%	8	50%	20.0%	15.9%	-4.1
Garbanzo beans	6	60%	3	60%	6	60%	10	91%	12	60%	13	81%	7.0%	4.9%	-2.1
Great northern beans	4	40%	2	40%	6	60%	8	73%	10	50%	10	63%	2.0%	1.6%	-0.4
Kidney beans	7	70%	3	60%	6	60%	9	82%	13	65%	12	75%	6.6%	2.8%	-3.8
Lima beans	4	40%	2	40%	5	50%	9	82%	9	45%	11	69%	5.0%	3.7%	-1.3
Navy beans	7	70%	3	60%	6	60%	10	91%	13	65%	13	81%	16.7%	14.7%	-2.0
Pink beans	-	-	-	-	2	20%	1	9%	2	10%	1	6%	2.1%	2.1%	-
Pinto beans	8	80%	4	80%	10	100%	11	100%	18	90%	15	94%	20.0%	15.9%	-4.1
Red beans	4	40%	2	40%	5	50%	8	73%	9	45%	10	63%	4.1%	3.6%	-0.5
Black-eyed peas	5	50%	3	60%	7	70%	10	91%	12	60%	13	81%	6.7%	4.8%	-1.9
Split peas	5	50%	3	60%	10	100%	10	91%	15	75%	13	81%	16.8%	12.7%	-4.1
Lentils	4	40%	3	60%	7	70%	9	82%	11	55%	12	75%	13.2%	12.7%	-0.5
Number of varieties, if specified															
3-5	3	30%	2	40%	5	50%	2	18%	8	40%	4	25%	14.2%	12.3%	-1.9
6-8	3	30%	-	-	3	30%	8	73%	6	30%	8	50%	4.8%	2.1%	-2.7
More than 8	2	20%	3	60%	2	20%	1	9%	4	20%	4	25%	1.0%	1.7%	-0.7
Package size															
Less than 1 lb allowed	6	12%	3	6%	5	13%	-	-	11	12%	3	3%	5.1%	1.1%	-3.9
1 lb only	40	78%	42	82%	28	72%	32	91%	68	76%	74	86%	82.2%	77.7%	-4.5
Not specified	5	10%	6	12%	6	15%	3	9%	11	12%	9	10%	12.7%	21.2%	8.5
Organic															
Yes	3	6%	3	6%	1	3%	-	-	4	4%	3	3%	19.0%	19.5%	0.5
No	30	59%	30	59%	17	44%	19	54%	47	52%	49	57%	42.9%	40.1%	-2.8
Not specified	18	35%	18	35%	21	54%	16	46%	39	43%	34	40%	38.1%	40.4%	2.3

Table A.4. (continued)
Dry and Canned Beans Authorized by WIC State Agencies: FY 2010, FY 2015

	States & DC				ITOs & Territories				All WIC SAs				Total % of WIC Participants			
	2010		2015		2010		2015		2010		2015		2010	2015	Percentage Point Change	
	No.	%	No.	%	No.	%	No.	%	No.	%	No.	%				
Canned Beans																
Allowed	37	73%	42	82%	32	82%	31	89%	69	77%	73	85%	71.4%	84.9%	13.5	
Type or variety^b																
Any variety	24	65%	28	67%	20	63%	17	55%	44	64%	45	62%	57.0%	51.5%	-5.5	
Varieties are specified	13	35%	14	33%	12	38%	14	45%	25	36%	28	38%	14.4%	33.4%	19	
Other Allowed Types																
Baked beans																
Yes	3	8%	3	7%	3	9%	2	6%	6	9%	5	7%	5.9%	2.7%	-3.2	
No	22	59%	29	69%	9	28%	8	26%	31	45%	37	51%	48.0%	54.9%	6.9	
Not specified	12	32%	10	24%	20	63%	21	68%	32	46%	31	42%	17.5%	27.3%	9.8	
Refried beans, fat free																
Yes	8	22%	13	31%	2	6%	14	45%	10	14%	27	37%	6.7%	19.9%	13.2	
No	12	32%	11	26%	3	9%	–	–	15	22%	11	15%	25.1%	31.9%	6.7	
Not specified	17	46%	18	43%	27	84%	17	55%	44	64%	35	48%	39.6%	33.1%	-6.4	
Low-sodium beans																
Yes	8	22%	24	57%	4	13%	6	19%	12	17%	30	41%	23.9%	58.6%	34.7	
No	2	5%	1	2%	–	–	1	3%	2	3%	2	3%	1.8%	1.5%	-0.3	
Not specified	27	73%	17	40%	28	88%	24	77%	55	80%	41	56%	45.7%	24.8%	-21.0	
Package Size																
Less than 16 oz allowed	29	78%	38	90%	24	75%	25	81%	53	77%	63	86%	54.7%	74.7%	20.0	
16 oz only	6	16%	2	5%	4	13%	4	13%	10	14%	6	8%	7.6%	3.9%	-3.7	
Not specified	2	5%	2	5%	4	13%	2	6%	6	9%	4	5%	9.1%	6.3%	-2.8	
Organic																
Yes	–	–	–	–	–	–	–	–	–	–	–	–	–	–	–	–
No	26	70%	28	67%	15	47%	15	48%	41	59%	43	59%	50.6%	53.1%	2.5	
Not specified	11	30%	14	33%	17	53%	16	52%	28	41%	30	41%	20.8%	31.8%	11.0	

^a Categories are not mutually exclusive, so totals may not add to 100%.

^b In FY 2015 these categories were mutually exclusive, but in FY 2010 they were not, therefore, this category will not reflect the same numbers for both the 2011 report and this report.

Note

oz = ounce; lb = pound

**Table A.5.
Peanut Butter Authorized by WIC State Agencies: FY 2010, FY 2015**

	States & DC				ITOs & Territories				All WIC SAs				Total % of WIC Participants		
	2010		2015		2010		2015		2010		2015		2010	2015	Percentage Point Change
	No.	%	No.	%	No.	%	No.	%	No.	%	No.	%			
Total (Food List Data)	51	100%	51	100%	39	100%	35	100%	90	100%	86	100%	9,303,375	8,339,263	-
Type or Variety^a															
Creamy/smooth	50	98%	46	90%	37	95%	26	74%	87	97%	72	84%	100%	92.5%	-7.3
Crunchy/chunky	48	94%	44	86%	35	90%	25	71%	83	92%	69	80%	94.6%	90.7%	-3.9
Extra crunchy/super chunky	21	41%	21	41%	16	41%	9	26%	37	41%	30	35%	57.9%	48.7%	-9.2
Natural/old fashioned	19	37%	23	45%	14	36%	13	37%	33	37%	36	42%	44.2%	52.3%	8.1
Not specified	-	-	4	8%	2	5%	9	26%	2	2%	13	15%	<0.1%	7.2%	7.2
Combinations of Allowed Types															
Creamy only	2	4%	1	2%	2	5%	1	3%	4	4%	2	2%	5.2%	1.7%	-3.5
Natural only	1	2%	1	2%	-	-	-	-	1	1%	1	1%	0.2%	0.2%	-0.1
Creamy and natural	-	-	1	2%	-	-	-	-	-	-	1	1%	-	0.2%	0.2
Creamy and crunchy	19	37%	14	27%	13	33%	9	26%	32	36%	23	27%	27.0%	28.7%	1.7
Creamy, crunchy, and natural	8	16%	9	18%	6	15%	7	20%	14	16%	16	19%	9.7%	13.3%	3.6
Creamy, crunchy, and extra crunchy	11	22%	9	18%	8	21%	3	9%	19	21%	12	14%	23.6%	10.1%	-13.5
All 4 types	10	20%	12	24%	8	21%	6	17%	18	20%	18	21%	34.3%	38.6%	4.2
Not specified	-	-	4	8%	2	5%	9	26%	2	2%	13	15%	<0.1%	7.2%	7.2
Package Size															
Less than 18 oz allowed	27	53%	46	90%	15	38%	30	86%	42	47%	76	88%	52.0%	92.9%	40.9
18 oz only	22	43%	2	4%	21	54%	5	14%	43	48%	7	8%	39.0%	3.4%	-35.6
Not specified	2	4%	3	6%	3	8%	-	-	5	6%	3	3%	9.0%	3.7%	-5.3
Other Allowed Forms															
Reduced fat															
Yes	7	14%	8	16%	7	18%	9	26%	14	16%	17	20%	16.3%	15.6%	-0.8
No	26	51%	30	59%	3	8%	4	11%	29	32%	34	40%	60.7%	66.5%	5.8
Not specified	18	35%	13	25%	29	74%	22	63%	47	52%	35	41%	23.0%	18.0%	-5.0
Low sodium															
Yes	16	31%	19	37%	7	18%	6	17%	23	26%	25	29%	40.0%	45.3%	5.3
No	5	10%	2	4%	-	-	-	-	5	6%	2	2%	8.4%	2.2%	-6.1
Not specified	30	59%	30	59%	32	82%	29	83%	62	69%	59	69%	51.7%	52.5%	0.8

Table A.5. (continued)
Peanut Butter Authorized by WIC State Agencies: FY 2010, FY 2015

	States & DC				ITOs & Territories				All WIC SAs				Total % of WIC Participants		
	2010		2015		2010		2015		2010		2015		2010	2015	Percentage Point Change
	No.	%	No.	%	No.	%	No.	%	No.	%	No.	%			
Other Allowed Forms (continued)															
Low sugar															
Yes	11	22%	13	25%	6	15%	4	11%	17	19%	17	20%	29.8%	34.4%	4.6
No	4	8%	4	8%	–	–	–	–	4	4%	4	5%	6.6%	6.0%	-0.6
Not specified	36	71%	34	67%	33	85%	31	89%	69	77%	65	76%	63.6%	59.6%	-4.0
Fortified															
Yes	1	2%	1	2%	–	–	–	–	1	1%	1	1%	1.9%	1.3%	-0.6
No	12	24%	30	59%	7	18%	15	43%	19	21%	45	52%	41.4%	75.3%	33.9
Not specified	38	75%	20	39%	32	82%	20	57%	70	78%	40	47%	56.7%	23.4%	-33.4
Fresh ground/grind your own															
Yes	1	2%	–	–	–	–	–	–	1	1%	–	–	1.3%	–	-1.3%
No	12	24%	13	25%	7	18%	5	14%	19	21%	18	21%	37.9%	37.3%	-0.7
Not specified	38	75%	38	75%	32	82%	30	86%	70	78%	68	79%	60.8%	62.8%	1.9
Organic															
Yes	–	–	–	–	–	–	–	–	–	–	–	–	–	–	–
No	40	78%	42	82%	16	41%	27	77%	56	62%	69	80%	80.6%	88.9%	8.3
Not specified	11	22%	9	18%	23	59%	8	23%	34	38%	17	20%	19.4%	11.1%	-8.3

^a Categories are not mutually exclusive, so totals may not add to 100%.

Note

oz = ounce

Table A.6.
Canned Fish Authorized by State WIC Agencies: FY 2010, FY 2015

	States & DC				ITOs & Territories				All WIC SAs				Total % of WIC Participants		
	2010		2015		2010		2015		2010		2015		2010	2015	Percentage Point Change
	No.	%	No.	%	No.	%	No.	%	No.	%	No.	%			
Total (Food List Data)	51	100%	51	100%	39	100%	35	100%	90	100%	86	100%	9,303,375	8,339,263	-
Varieties Allowed^b															
Any tuna^a	51	100%	51	100%	39	100%	35	100%	90	100%	86	100%	100%	100.0%	-
Tuna, chunk light	50	98%	51	100%	38	97%	35	100%	88	98%	86	100%	98.8%	100.0%	1.2
Tuna, solid light	14	27%	15	29%	26	67%	28	80%	40	44%	43	50%	26.3%	33.4%	7.1
Tuna, chunk white or albacore	2	4%	-	-	4	10%	-	-	6	7%	-	-	1.9%	-	-1.9
Tuna, solid white or albacore	1	2%	-	-	5	13%	-	-	6	7%	-	-	0.7%	-	-0.7
Any mackerel^a	1	2%	6	12%	3	8%	14	40%	4	4%	20	23%	0.6%	6.9%	6.3
Mackerel	1	2%	2	4%	3	8%	13	37%	4	4%	15	17%	0.6%	1.8%	1.3
Jack mackerel ^c	N/A	N/A	5	10%	N/A	N/A	2	6%	N/A	N/A	7	8%	N/A	5.3%	N/A
Any salmon^a	47	92%	48	94%	36	92%	32	91%	83	92%	80	93%	95.0%	97.7%	2.7
Pink salmon	47	92%	47	92%	36	92%	32	91%	83	92%	79	92%	95.0%	97.0%	2.1
Red salmon	1	2%	3	6%	4	10%	10	29%	5	6%	13	15%	0.7%	3.3%	2.7
Sardines	23	45%	22	43%	34	87%	32	91%	57	63%	54	63%	45.8%	45.7%	-0.2
Specifications															
Packed in oil															
Yes	28	55%	28	55%	32	82%	30	86%	60	67%	58	67%	45.9%	43.2%	-2.7
No	17	33%	15	29%	5	13%	4	11%	22	24%	19	22%	47.7%	45.1%	-2.6
Not specified	6	12%	8	16%	2	5%	1	3%	8	9%	9	10%	6.4%	11.7%	5.3
Packed in tomato sauce															
Yes	9	18%	11	22%	21	54%	16	46%	30	33%	27	31%	24.9%	26.6%	1.7
No	28	55%	9	18%	7	18%	6	17%	35	39%	15	17%	53.6%	13.8%	-39.8
Not specified	14	27%	31	61%	11	28%	13	37%	25	28%	44	51%	21.5%	59.6%	38.1
Packed in mustard															
Yes	9	18%	11	22%	20	51%	15	43%	29	32%	26	30%	24.8%	26.5%	1.7
No	28	55%	9	18%	8	21%	6	17%	36	40%	15	17%	53.7%	13.8%	-39.9
Not specified	14	27%	31	61%	11	28%	14	40%	25	28%	45	52%	21.5%	59.7%	38.2

Table A.6. (continued)
Canned Fish Authorized by State WIC Agencies: FY 2010, FY 2015

Specifications (continued)	States & DC				ITOs & Territories				All WIC SAs				Total % of WIC Participants		
	2010		2015		2010		2015		2010		2015		2010	2015	Percentage Point Change
	No.	%	No.	%	No.	%	No.	%	No.	%	No.	%			
Packed in any sauce															
Yes	1	2%	–	–	3	8%	–	–	4	4%	–	–	1.4%	–	-1.4
No	–	–	–	–	–	–	–	–	–	–	–	–	–	–	–
Not specified	50	98%	51	100%	36	92%	35	100%	86	96%	86	100%	98.6%	100.0%	1.4
Packed in pouches															
Yes	4	8%	2	4%	1	3%	1	3%	5	6%	3	3%	6.0	3.9	-2.1
No	44	86%	37	73%	26	67%	25	71%	70	78%	62	72%	89.6	82.4	-7.2
Not specified	3	6%	12	24%	12	31%	9	26%	15	17%	21	24%	4.5	13.7	9.3
Low salt/sodium															
Yes	8	16%	13	25%	5	13%	5	14%	13	14%	18	21%	34.8%	39.0%	4.2
No	13	25%	12	24%	1	3%	1	3%	14	16%	13	15%	21.2%	17.8%	-3.4
Not specified	30	59%	26	51%	33	85%	29	83%	63	70%	55	64%	44.0%	43.2%	-0.9
Organic															
Yes	–	–	–	–	–	–	–	–	–	–	–	–	–	–	–
No	51	100%	26	51%	37	95%	14	40%	88	98%	40	47%	100.0%	39.1%	-60.9
Not specified	–	–	25	49%	2	5%	21	60%	2	2%	46	53%	–	60.9%	60.9

^a Categories are not mutually exclusive, so totals may not add to 100%.

^b Allowed fish types are based on FY 2015 methodology for categories, and therefore will not reflect the same numbers for both the 2011 report and this report.

^c N/A indicates that jack mackerel was not an allowable option in FY 2010.

Table A.7.
Whole-Grain Alternatives Authorized by WIC State Agencies: FY 2010, FY 2015

	States & DC				ITOs & Territories				All WIC SAs				Total % of WIC Participants		
	2010		2015		2010		2015		2010		2015		2010	2015	Percentage Point Change
	No.	%	No.	%	No.	%	No.	%	No.	%	No.	%			
Total (Food List Data)	51	100%	51	100%	39	100%	35	100%	90	100%	86	100%	9,303,375	8,339,263	-
Whole-Grain Bread															
Allowed	51	100%	51	100%	37	95%	35	100%	88	98%	86	100%	100.0%	100.0%	-
Brands															
Any brand	5	10%	9	18%	3	8%	2	6%	8	9%	11	13%	21.5%	34.0%	12.5
Least expensive	1	2%	2	4%	-	-	-	-	1	1%	2	2%	11.3%	2.0%	-9.3
Specific brands listed	45	88%	40	78%	34	92%	33	94%	79	90%	73	85%	67.2%	64.0%	-3.2
Allowed specifications^a															
Light or lite	10	20%	4	8%	4	11%	2	6%	14	16%	6	7%	14.2%	4.7%	-9.5
Organic	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Tortillas															
Allowed	43	84%	50	98%	31	79%	27	77%	74	82%	77	90%	89.2%	99.6%	10.3
Brands															
Any brand	8	19%	9	18%	9	29%	1	4%	17	23%	10	13%	28.0%	34.2%	6.3
Least expensive	1	19%	2	4%	-	-	-	-	1	1%	2	3%	11.3%	2.0%	-9.3
Specific brands listed	33	77%	39	78%	21	68%	26	96%	54	73%	65	84%	48.6%	63.3%	14.7
Not reported	1	2%	-	-	1	3%	-	-	2	3%	-	-	1.4%	-	-1.4
Allowed specifications^a															
Soft corn, white	37	86%	47	94%	19	61%	26	96%	56	76%	73	95%	78.7%	97.7%	19.0
Soft corn, yellow	34	79%	47	94%	27	87%	25	93%	61	82%	72	94%	73.7%	97.7%	23.9
Frozen	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Refrigerated	-	-	1	2%	-	-	-	-	-	-	1	1%	-	0.5%	0.5
Whole wheat	33	77%	43	86%	26	84%	26	96%	59	80%	69	90%	69.9%	78.1%	8.2
Organic	-	-	2	4%	-	-	6	22%	-	-	8	10%	-	3.8%	3.8
Brown Rice															
Allowed	47	92%	50	98%	34	87%	33	94%	81	90%	83	97%	93.7%	99.8%	6.0
Brands															
Any brand	34	72%	37	74%	23	68%	19	58%	57	70%	56	67%	67.5%	80.8%	13.3
Least expensive	2	4%	4	8%	-	-	-	-	2	2%	4	5%	12.1%	2.9%	-9.2
Specific brands listed	11	23%	9	18%	10	29%	14	42%	21	26%	23	28%	14.1%	16.0%	1.9
Not reported	-	-	-	-	1	3%	-	-	1	1%	-	-	-	-	-

Table A.7. (continued)
Whole-Grain Alternatives Authorized by WIC State Agencies: FY 2010, FY 2015

	States & DC				ITOs & Territories				All WIC SAs				Total % of WIC Participants		
	2010		2015		2010		2015		2010		2015		2010	2015	Percentage Point Change
	No.	%	No.	%	No.	%	No.	%	No.	%	No.	%			
Brown Rice (continued)															
Allowed specifications^a															
Short grain	8	17%	12	24%	6	18%	6	18%	14	17%	18	22%	21.0%	27.4%	6.4
Medium grain	4	9%	6	12%	2	6%	1	3%	6	7%	7	8%	17.2%	18.2%	1.0
Long grain	11	23%	15	30%	8	24%	7	21%	19	23%	22	27%	33.3%	28.5%	-4.8
Instant	28	60%	30	60%	16	47%	16	48%	44	54%	46	55%	53.3%	57.0%	3.7
Quick	21	45%	21	42%	9	26%	6	18%	30	37%	27	33%	39.8%	41.8%	2.0
Regular	26	55%	29	58%	13	38%	8	24%	39	48%	37	45%	52.0%	57.9%	5.9
Basmati brown	4	9%	3	6%	3	9%	2	6%	7	9%	5	6%	19.3%	17.4%	-1.9
Jasmine brown	4	9%	3	6%	3	9%	2	6%	7	9%	5	6%	19.3%	17.4%	-1.9
Organic	2	4%	2	4%	–	–	–	–	2	2%	2	2%	3.6%	3.6%	0.0
Boil in bag ^b	N/A	N/A	11	22%	N/A	N/A	3	9%	N/A	N/A	14	17%	N/A	17.9%	N/A
Oats															
Allowed	17	33%	43	84%	18	46%	23	66%	35	39%	66	77%	46.9%	85.9%	39.0
Brands															
Any brand	10	59%	8	19%	10	56%	15	65%	20	57%	23	35%	29.3%	28.4%	-0.9
Least expensive	1	6%	1	2%	–	–	–	–	1	3%	1	2%	11.3%	1.6%	-9.7
Specific brands listed	6	35%	31	72%	7	39%	7	30%	13	37%	38	58%	6.3%	50.7%	44.5
Not reported	–	–	3	7%	1	6%	1	4%	1	3%	4	6%	–	5.1%	5.1
Allowed specifications^a															
Instant	8	47%	29	67%	4	22%	11	48%	12	34%	40	61%	21.5%	53.7%	32.1
Quick	15	88%	15	35%	13	72%	9	39%	28	80%	24	36%	42.9%	46.8%	3.9
Crystal wedding	3	18%	2	5%	1	6%	6	26%	4	11%	8	12%	15.9%	16.9%	1.0
Old fashioned	6	35%	12	28%	3	17%	8	35%	9	26%	20	30%	21.5%	40.6%	19.1
Rolled, cut, or steel cut	7	41%	8	19%	1	6%	7	30%	8	23%	15	23%	22.6%	36.0%	13.4
Organic	2	12%	1	2%	–	–	–	–	2	6%	1	2%	3.6%	2.1%	-1.4
Bulgur and/or Barley															
Allowed	5	10%	5	10%	14	36%	17	49%	19	21%	22	26%	21.6%	22.8%	1.2
Brand⁵															
Any brand	5	100%	4	80%	11	79%	10	59%	16	84%	14	64%	21.5%	21.4%	-0.1
Least expensive	–	–	–	–	–	–	–	–	–	–	–	–	–	–	–
Specific brands listed	–	–	–	–	3	21%	7	41%	3	16%	7	32%	0.1%	<0.1%	-0.1
Not reported	–	–	1	20%	–	–	–	–	–	–	1	5%	–	1.3%	1.3

Table A.7. (continued)
Whole-Grain Alternatives Authorized by WIC State Agencies: FY 2010, FY 2015

	States & DC				ITOs & Territories				All WIC SAs				Total % of WIC Participants		
	2010		2015		2010		2015		2010		2015		2010	2015	Percentage Point Change
	No.	%	No.	%	No.	%	No.	%	No.	%	No.	%			
Bulgur and/or Barley (continued)															
Allowed specifications															
Organic	2	40%	2	40%	-	-	-	-	2	11%	2	9%	17.5%	18.0%	0.5
Whole-Wheat Pasta^c															
Allowed	N/A	N/A	13	25%	N/A	N/A	12	34%	N/A	N/A	25	29%	N/A	29.7%	N/A
Brands															
Any brand	N/A	N/A	4	31%	N/A	N/A	9	75%	N/A	N/A	13	52%	N/A	4.5%	N/A
Least expensive	N/A	N/A	-	-	N/A	N/A	-	-	N/A	N/A	-	-	N/A	-	N/A
Specific brands listed	N/A	N/A	6	46%	N/A	N/A	1	8%	N/A	N/A	7	28%	N/A	7.0%	N/A
Not reported	N/A	N/A	3	23%	N/A	N/A	2	17%	N/A	N/A	5	20%	N/A	18.2%	N/A
Allowed specifications^a															
Shape specified	N/A	N/A	2	15%	N/A	N/A	1	8%	N/A	N/A	3	12%	N/A	4.0%	N/A
Organic	N/A	N/A	1	8%	N/A	N/A	-	-	N/A	N/A	1	4%	N/A	0.2%	N/A

^a Categories are not mutually exclusive, so totals may not add to 100%.

^b N/A indicates that data were not collected on boil-in-bag rice in FY 2010.

^c N/A indicates that whole-wheat pasta was not an allowable food in FY 2010.

Table A.8.
Breakfast Cereals and Whole-Grain Options Authorized by WIC State Agencies: FY 2010, FY 2015

	States & DC				ITOs & Territories				All WIC SAs				Total % of WIC Participants		
	2010		2015		2010		2015		2010		2015		2010	2015	Percentage Point Change
	No.	%	No.	%	No.	%	No.	%	No.	%	No.	%			
Total (Food List Data)	51	100%	51	100%	39	100%	35	100%	90	100%	86	100%	9,303,375	8,339,263	-
Number of Breakfast Cereals															
All breakfast cereals															
Less than 10	1	2%	1	2%	-	-	-	-	1	1%	1	1%	0.2%	0.2%	-
10-15	9	18%	2	4%	2	5%	-	-	11	12%	2	2%	21.2%	1.4%	-19.9
16-25	12	24%	11	22%	11	28%	4	11%	23	26%	15	17%	35.1%	36.8%	1.7
More than 25	29	57%	37	73%	24	62%	31	89%	53	59%	68	79%	43.4%	61.6%	18.2
Not reported	-	-	-	-	2	5%	-	-	2	2%	-	-	<0.1%	-	-
Cold breakfast cereals															
Less than 10	6	12%	1	2%	-	-	-	-	6	7%	1	1%	4.2%	0.2%	-4.0
10-15	9	18%	7	14%	7	18%	1	3%	16	18%	8	9%	41.8%	7.7%	-34.1
16-25	20	39%	16	31%	10	26%	13	37%	30	33%	29	34%	28.9%	51.5%	22.7
More than 25	16	31%	27	53%	20	51%	21	60%	36	40%	48	56%	25.2%	40.6%	15.4
Not reported	-	-	-	-	2	5%	-	-	2	2%	-	-	-	-	-
Hot breakfast cereals															
0	-	-	1	2%	-	-	1	3%	-	-	2	2%	-	3.1%	-3.1
1	6	12%	2	4%	3	8%	-	-	9	10%	2	2%	8.4%	1.3%	-7.1
2-3	11	22%	14	27%	9	23%	8	23%	20	22%	22	26%	25.7%	43.7%	18.1
4-6	16	31%	18	35%	11	28%	14	40%	27	30%	32	37%	40.5%	33.9%	-6.6
More than 6	18	35%	16	31%	14	36%	12	34%	32	36%	28	33%	25.5%	18.1%	-7.4
Not reported	-	-	-	-	2	5%	-	-	2	2%	-	-	-	-	-
Cold cereal															
Organic^a															
Yes	N/A	N/A	-	-	N/A	N/A	-	-	N/A	N/A	-	-	N/A	-	N/A
No	N/A	N/A	40	78%	N/A	N/A	33	94%	N/A	N/A	73	85%	N/A	87.9%	N/A
Not specified	N/A	N/A	11	22%	N/A	N/A	2	6%	N/A	N/A	13	15%	N/A	12.2%	N/A
Hot cereal															
Organic^a															
Yes	N/A	N/A	-	-	N/A	N/A	-	-	N/A	N/A	-	-	N/A	-	N/A
No	N/A	N/A	41	80%	N/A	N/A	33	94%	N/A	N/A	74	86%	N/A	89.3%	N/A
Not specified	N/A	N/A	10	20%	N/A	N/A	2	6%	N/A	N/A	12	14%	N/A	10.7%	N/A

Table A.8. (continued)
Breakfast Cereals and Whole-Grain Options Authorized by WIC State Agencies: FY 2010, FY 2015

	States & DC				ITOs & Territories				All WIC SAs				Total % of WIC Participants		
	2010		2015		2010		2015		2010		2015		2010	2015	Percentage Point Change
	No.	%	No.	%	No.	%	No.	%	No.	%	No.	%			
Whole-Grain Breakfast Cereals															
Food list identifies whole-grain cereals															
Yes	37	73%	41	80%	12	31%	29	83%	49	54%	70	81%	78.5%	76.9%	-1.5
No	14	27%	10	20%	27	69%	6	17%	41	46%	16	19%	21.6%	23.1%	1.5
Number of whole-grain breakfast cereals															
Fewer than 10	14	27%	10	20%	6	15%	1	3%	20	22%	11	13%	20.0%	11.6%	-8.4
10–15	21	41%	13	25%	15	38%	15	43%	36	40%	28	33%	53.4%	37.6%	-15.8
16–25	16	31%	20	39%	16	41%	9	26%	32	36%	29	34%	26.6%	33.7%	7.1
More than 25	–	–	8	16%	–	–	10	29%	–	–	18	21%	–	17.1%	17.1
Not reported	–	–	–	–	2	5%	–	–	2	2%	–	–	<0.1%	–	–
Percent of all cereals that are whole grain															
Less than 45%	12	24%	7	14%	7	18%	8	23%	19	21%	15	17%	18.8%	21.9%	3.1
45–49%	12	24%	6	12%	11	28%	2	6%	23	26%	8	9%	16.6%	4.7%	-12.0
50–60%	21	41%	28	55%	18	46%	12	34%	39	43%	40	47%	43.1%	48.1%	5.1
More than 60%	6	12%	10	20%	1	3%	13	37%	7	8%	23	27%	21.5%	25.3%	3.8
Not reported	–	–	–	–	2	5%	–	–	2	2%	–	–	–	–	–
Percent of cold cereals that are whole grain															
Less than 45%	2	4%	5	10%	4	10%	1	3%	6	7%	6	7%	0.7%	7.3%	6.5
45–49%	2	4%	7	14%	1	3%	6	17%	3	3%	13	15%	7.7%	18.1%	10.4
50–60%	35	69%	20	39%	28	72%	12	34%	63	70%	32	37%	48.2%	20.3%	-27.9
More than 60%	12	24%	19	37%	4	10%	16	46%	16	18%	35	41%	43.4%	54.4%	11.0
Not reported	–	–	–	–	2	5%	–	–	2	2%	–	–	–	–	–
Percent of hot cereals that are whole grain															
Less than 45%	43	84%	36	71%	28	72%	28	80%	71	79%	64	74%	78.1%	73.8%	-4.3
45–49%	1	2%	–	–	–	–	–	–	1	1%	–	–	1.4%	–	-1.4
50–60%	7	14%	9	18%	7	18%	4	11%	14	16%	13	15%	20.4%	15.2%	-5.3
More than 60%	–	–	6	12%	2	5%	3	9%	2	2%	9	10%	0.1%	11.1%	11.0
Not reported	–	–	–	–	2	5%	–	–	2	2%	–	–	<0.1%	–	–

^a N/A indicates that data were not collected on organic cereal in FY 2010.

Note

Allowed cereals are based on FY 2015 data, and therefore will not reflect the same numbers for both the 2011 report and this report.

Table A.9.
Hot and Cold Breakfast Cereals Authorized by WIC State Agencies: FY 2010, FY 2015

	States & DC				ITOs & Territories				All WIC SAs				Total % of WIC Participants		
	2010		2015		2010		2015		2010		2015		2010	2015	Percentage Point Change
	No.	%	No.	%	No.	%	No.	%	No.	%	No.	%			
Total (Food List Data)	51	100%	51	100%	39	100%	35	100%	90	100%	86	100%	9,303,375	8,339,263	-
Cold Breakfast Cereals															
National brand cold cereals															
Allowed	50	98%	49	96%	39	100%	35	100%	89	99%	84	98%	98.4%	96.6%	-1.8
Allowed types³															
Crispy corn and rice	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Crispy rice	36	72%	42	86%	35	90%	30	86%	71	80%	72	86%	72.2%	69.5%	-2.7
Crispy corn puffs	6	12%	48	98%	11	28%	35	100%	17	19%	83	99%	17.7%	95.9%	78.2
Bran flakes	41	82%	22	45%	37	95%	23	66%	78	88%	45	54%	90.3%	47.5%	-42.8
Corn flakes	36	72%	44	90%	35	90%	32	91%	71	80%	76	90%	70.2%	89.8%	19.6
Multigrain flakes	44	88%	33	67%	28	72%	33	94%	72	81%	66	79%	91.2%	63.0%	-28.2
Oat clusters and flakes	47	94%	34	69%	39	100%	30	86%	86	97%	64	76%	96.3%	81.8%	-14.5
Oat clusters, flakes, and almonds	37	74%	32	65%	35	90%	17	49%	72	81%	49	58%	69.4%	58.2%	-11.2
Wheat flakes	5	10%	33	67%	15	38%	31	89%	20	22%	64	76%	8.5%	60.5%	52.0
Wheat and rice flakes	22	44%	-	-	17	44%	-	-	39	44%	-	-	53.0%	-	-53.0
Whole-grain flakes	22	44%	21	43%	20	51%	25	71%	42	47%	46	55%	49.7%	47.6%	-2.1
Crunchy nuggets	14	28%	28	57%	9	23%	31	89%	23	26%	59	70%	25.7%	60.0%	34.4
Frosted shredded wheat	33	66%	44	90%	29	74%	32	91%	62	70%	76	90%	58.1%	90.8%	32.7
Shredded wheat	24	48%	22	45%	13	33%	17	49%	37	42%	39	46%	35.0%	33.8%	-1.2
Square-shaped corn	38	76%	43	88%	32	82%	30	86%	70	79%	73	87%	59.1%	90.3%	31.2
Square-shaped rice	40	80%	42	86%	31	79%	30	86%	71	80%	72	86%	57.7%	71.7%	14.0
Square-shaped wheat	34	68%	26	53%	30	77%	31	89%	64	72%	57	68%	52.9%	40.5%	-12.4
Square-shaped oats	48	96%	47	96%	39	100%	35	100%	87	97%	82	98%	96.2%	95.5%	-0.8
Granola	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Store brand cold cereals															
Allowed	36	71%	38	75%	30	77%	30	86%	66	73%	68	79%	75.2%	74.1%	-1.1
Allowed types³															
Crispy corn and rice	3	8%	6	16%	5	17%	2	7%	8	12%	8	12%	2.3%	7.3%	5.1
Crispy rice	27	75%	29	76%	24	80%	10	33%	51	77%	39	57%	55.7%	53.0%	-2.7
Crispy corn puffs	1	3%	3	8%	1	3%	1	3%	2	3%	4	6%	0.9%	3.9%	3.0
Bran flakes	22	61%	23	61%	18	60%	16	53%	40	61%	39	57%	37.4%	35.2%	-2.2
Corn flakes	27	75%	27	71%	16	53%	16	53%	43	65%	43	63%	43.6%	55.9%	12.3
Multigrain flakes	4	11%	5	13%	-	-	2	7%	4	6%	7	10%	6.2%	9.5%	3.3

Table A.9. (continued)
Hot and Cold Breakfast Cereals Authorized by WIC State Agencies: FY 2010, FY 2015

	States & DC				ITOs & Territories				All WIC SAs				Total % of WIC Participants		
	2010		2015		2010		2015		2010		2015		2010	2015	Percentage Point Change
	No.	%	No.	%	No.	%	No.	%	No.	%	No.	%			
Cold Breakfast Cereals (continued)															
Store brand cold cereals (continued)															
Allowed types (continued)															
Oat clusters and flakes	9	25%	8	21%	1	3%	3	10%	10	15%	11	16%	9.8%	12.6%	2.8
Oat clusters, flakes, and almonds	5	14%	7	18%	2	7%	3	10%	7	11%	10	15%	6.3%	9.3%	2.9
Wheat flakes	7	19%	7	18%	8	27%	6	20%	15	23%	13	19%	9.0%	14.7%	5.7
Wheat and rice flakes	4	11%	2	5%	1	3%	–	–	5	8%	2	3%	6.8%	4.8%	-2.1
Whole-grain flakes	2	6%	2	5%	1	3%	1	3%	3	5%	3	4%	2.0%	2.5%	0.4
Crunchy nuggets	11	31%	12	32%	16	53%	13	43%	27	41%	25	37%	16.1%	15.6%	-0.5
Frosted shredded wheat	20	56%	26	68%	20	67%	18	60%	40	61%	44	65%	38.4%	41.7%	3.3
Shredded wheat	–	–	6	16%	–	–	1	3%	–	–	7	10%	–	12.9%	12.9
Square-shaped corn	15	42%	18	47%	14	47%	13	43%	29	44%	31	46%	21.9%	26.0%	4.1
Square-shaped rice	13	36%	17	45%	14	47%	13	43%	27	41%	30	44%	20.7%	22.9%	2.2
Square-shaped wheat	13	36%	17	45%	14	47%	14	47%	27	41%	31	46%	20.8%	39.5%	18.7
Square-shaped oats	29	81%	31	82%	29	97%	28	93%	58	88%	59	87%	50.7%	51.6%	0.9
Granola	–	–	11	29%	–	–	10	33%	–	–	21	31%	–	14.7%	14.7
Hot Breakfast Cereals															
National brand hot cereals															
Allowed	49	96%	46	90%	37	95%	34	97%	86	96%	80	93%	96.6%	92.3%	-4.3
Allowed types^a															
Oatmeal	33	67%	33	72%	32	86%	22	65%	65	76%	55	69%	72.4%	62.4%	-10.0
Hot wheat	48	98%	44	98%	36	97%	32	94%	84	98%	76	95%	96.1%	84.8%	-11.3
Grits	1	2%	3	2%	–	–	2	6%	1	1%	5	6%	1.1%	4.1%	3.0
Hot rice	10	20%	9	20%	5	14%	–	–	15	17%	9	11%	11.9%	20.7%	8.8
Store brand hot cereals															
Allowed	24	47%	25	49%	11	28%	7	20%	35	39%	32	37%	55.1%	44.4%	-10.7
Allowed Types^a															
Oatmeal	16	67%	24	96%	4	36%	7	100%	20	57%	31	97%	46.2%	43.7%	-2.5
Hot wheat	9	38%	5	20%	3	27%	–	–	12	34%	5	16%	8.1%	4.5%	-3.6
Grits	8	33%	7	28%	8	73%	1	14%	16	46%	8	25%	17.2%	11.2%	-6.0
Hot rice	–	–	–	–	–	–	–	–	–	–	–	–	–	–	–

^a Categories are not mutually exclusive, so totals may not add to 100%.

Table A.10.
Equivalent Names for Store Brand and Private Label Cold Cereals

Primary Cold Cereal Name	National Brand Names	Other Store Brand Names
Crispy Corn And Rice		Crispy Hexagons Crispy Corn & Rice
Crispy Rice	Kellogg's Rice Krispies Rice Krispies Gluten Free Malt-O-Meal Crispy Rice Puffed Rice ^b	
Crispy Corn Puffs	General Mills Kix Berry Berry Kix ^b Honey Kix ^b Dora the Explorer	
Bran Flakes^a	Post Bran Flakes 100% Bran Para Su Familia Raisin Bran ^c	Enriched Bran Flakes High Fiber Bran Flakes
Corn Flakes	General Mills Country Corn Flakes Total Corn Flakes ^d Kellogg's Corn Flakes Corn Flakes Touch of Honey Special K Special K Protein Plus ^b Special K Red Berries	Frosted Flakes
Multigrain Flakes	Kellogg's Special K Multigrain ^{b,d} Product 19	
Oat Clusters and Flakes	General Mills Go Diego, Go ^b Total Honey Clusters Fiber One Honey Clusters ^b Fiber One Caramel Delight ^b Kashi Mighty Bites Honey Crunch ^b Mighty Bites Cinnamon ^{b,d}	Honey Crunch & Oats Bunch O Crunch Honey Crisp Medley Honey Oat Medley Honey Oats & Flakes Honey Oats and Clusters Oat Clusters & Flakes With Honey Oats & More With Honey Honey Crunch and Oats

Table A.10. (continued)
Equivalent Names for Store Brand and Private Label Cold Cereals

Primary Cold Cereal Name	National Brand Names	Other Store Brand Names
Oat Clusters and Flakes (continued)	<p>Post Grape Nuts Trail Mix Crunch Honey Bunches of Oats Honey Bunches of Oats Cinnamon Bunches Honey Bunches of Oats Honey Roasted Honey Bunches of Oats Real Peaches Honey Bunches of Oats Strawberries Honey Bunches of Oats Vanilla Bunches^b Honey Bunches of Oats Peach & Raspberry Honey Bunches of Oats Banana Blueberry Honey Bunches of Oats Coconut^d</p> <p>Malt-O-Meal Honey and Oat Blenders</p>	
Oat Clusters and Flakes With Nuts	<p>General Mills Oatmeal Crispy Crunchy Almond^b</p> <p>Post Banana Nut Crunch Grape Nuts Trail Mix Crunch Maple Nut and Brown Sugar^b Grape Nuts Trail Mix Crunch Raisins and Almonds^b Great Grains Crunchy Pecans^d Great Grains Raisins Dates and Pecans^d Great Grains Cinnamon Hazelnut^b Great Grains Honey Oats & Seeds^b Great Grains Vanilla Cranberry^b Honey Bunches of Oats Almonds Honey Bunches of Oats Pecan Bunches</p> <p>Malt-O-Meal Honey and Oat Blenders With Almonds</p>	Honey & Oat Mixers With Almonds Honey Crisp Medley With Almonds Honey Oats and Flakes With Almonds Oats & More With Almonds & Honey Oat Clusters Oats & More With Almonds Oats & Almonds
Wheat Flakes^a	<p>General Mills Total Cinnamon Crunch^d Wheaties Total Wheat Flakes^{c d}</p> <p>Kellogg's Complete All-Bran Wheat Flakes</p> <p>Post Grape Nuts Flakes</p>	Wheat Crisps Live Wise

Table A.10. (continued)
Equivalent Names for Store Brand and Private Label Cold Cereals

Primary Cold Cereal Name	National Brand Names	Other Store Brand Names
Wheat and Rice Flakes^a	General Mills Cinnamon Toast Crunch	Essential Choice Good Day Right Choice
Whole-Grain Flakes^a	General Mills Total Whole-Grain	Whole-Grain 100
Crunchy Nuggets^a	Post Grape-Nuts Malt-O-Meal Puffed Wheat	Nutty Nuggets
Frosted Shredded Wheat^a	General Mills Fiber One Frosted Shredded Wheats Kellogg's Frosted Mini-Wheats Big Bites Frosted Mini-Wheats Frosted Mini-Wheats Little Bites Frosted Mini-Wheats Little Bites Chocolate ^c Frosted Mini-Wheats Strawberry ^c Frosted Mini-Wheats Blueberry ^c Frosted Mini-Wheats Raisin Frosted Mini-Wheats Raspberry Frosted Mini-Wheats Mixed Berry Malt-O-Meal Frosted Mini-Spooners Frosted Mini-Spooners Blueberry Frosted Mini-Spooners Brown Sugar ^c Frosted Mini-Spooners Strawberry ^c Frosted Mini-Spooners Vanilla ^{c,d}	Frosted Shredded Wheat Frosted Shredded Wheat Bite Size Frosted Shredded Wheat Vanilla ^c Shredded Wheat Bites–Frosted Bite Size Strawberry Frosted Shredded Wheat Frosted Shredded Wheat Blueberry Frosted Shredded Wheat Strawberry ^c
Shredded Wheat^a	Kellogg's Unfrosted Mini-Wheats Post Shredded Wheat, Spoon Size Shredded Wheat Honey Nut Shredded Wheat Vanilla Almond	Unfrosted Shredded Wheat
Square-Shaped Corn	General Mills Corn Chex Kaboom ^b Quaker Crunchy Corn Bran	Corn Bitz Toasted Corn Crunchy Corn Cereal Cocoa Munchees

Table A.10. (continued)
Equivalent Names for Store Brand and Private Label Cold Cereals

Primary Cold Cereal Name	National Brand Names	Other Store Brand Names
Square-Shaped Rice	General Mills Rice Chex Kellogg's Crispix	Crunchy Rice Biscuits Rice Bitz Toasted Rice
Square-Shaped Wheat^a	General Mills Wheat Chex Multi-Bran Chex ^c	Toasted Wheat Crunch Wheat and Barley Wheat Biscuits Wheat Crisps Live it Up!
Square-Shaped Oats^a	General Mills Cheerios Multigrain Cheerios Honey Nut Cheerios Banana Nut Cheerios Dulce de Leche Cheerios Toasted Oat Bran Total Oatmeal Malt-O-Meal Scooters Kellogg's Scooby Doo Post Alpha-Bits ^c Quaker Oatmeal Squares Oatmeal Squares Honey Nut Oatmeal Squares Golden Maple Oatmeal Squares Cinnamon Oatmeal Squares Brown Sugar Oat Bran Life Life Cinnamon Life Maple and Brown Sugar ^c King Vitaman ^c	Toasted Oats Toasted Oats Multigrain Toasted Oats With Honey Apple Cinnamon Toasted Oats Happy Hoops Honey Nut Happy Hoops Happy O's Happy Shapes Nutri Shapes Oats & O's Oat Wise Rollin' Oats Tasteeos Oat Squares Crunchy Oat Squares Living Well Simple Living Good Choice Cinnamon Good Choice Fruit Whirls Scooters Essential Oat Bran Live Life @ 100 Live Life @ 100%
Granola^a		Vanilla Whole-Grain Granola Low Fat Whole-Grain Granola

^a General category is considered whole grain.

^b Cereal is whole grain (though category is not whole grain).

^c Cereal is not whole grain (though category is considered whole grain).

^d Cereal has been discontinued.

**Table A.11.
Equivalent Names for Store Brand and Private Label Hot Cereals**

Primary Hot Cereal Name	Other National Brand Names	Other Store Brand Names
Oatmeal^a	<p>Quaker Quick Oats Instant Oatmeal Original Flavor Old Fashioned Oatmeal</p> <p>Homestat Farm Maypo Instant Maple Oatmeal Maypo Vermont Style Oatmeal Maypo with Oatmeal^c</p> <p>Malt-O-Meal Maple & Brown Sugar Oatmeal Apples & Cinnamon Oatmeal Quick Oats Old Fashioned Oats</p>	<p>Old Fashioned Oatmeal Quick Oats Quick One Minute Oats Regular oatmeal Whole oatmeal Instant Oatmeal Instant Oatmeal with Cinnamon Instant Oatmeal Maple & Brown Sugar Rolled Whole-Grain Hot Cereal Maple & Brown Sugar Old Fashioned Instant Oats Apples & Cinnamon Old Fashioned Oats Class Old Fashioned Instant Oats</p>
Hot Wheat	<p>Quaker Farina</p> <p>Malt-O-Meal Creamy Hot Wheat Original Hot Wheat Chocolate Hot Wheat Farina</p> <p>Homestat Farm Maltex Wheat Cereal^b</p> <p>B&G Cream of Wheat (2½ Min) Cream of Wheat (1 Min) Cream of Wheat (10 Min) Instant Cream of Wheat Whole-Grain Cream of Wheat^b Instant Whole-Grain Cream of Wheat^b Farina</p> <p>Farina Creamy Wheat Hot Cereal Chocolate Hot Wheat</p> <p>Little Crow Coco Wheats</p>	<p>Enriched Quick Cream Farina Cream of Wheat Instant Farina Quick Farina Creamy Wheat Farina COCO Wheats Whole-Grain Cream of Wheat^b</p>

Table A.11. (continued)
Equivalent Names for Store Brand and Private Label Hot Cereals

Primary Hot Cereal Name	Other National Brand Names	Other Store Brand Names
Grits	Quaker Regular Grits Quick Grits Instant Grits Instant Oatmeal Butter Flavor Instant Oatmeal Cheddar Cheese Flavor	Quick Grits Original Grits Instant Cream of Corn Cream of Corn
Hot Rice	B&G Cream of Rice Crema de Arroz	

^a General category is considered whole grain.

^b Cereal is whole grain (though category is not whole grain).

^c Cereal has been discontinued.

Table A.12.
Juice Flavors, Brands, and Package Sizes on WIC Food Lists: FY 2010, FY 2015

	States & DC				ITOs & Territories				All WIC SAs				Total % of WIC Participants		
	2010		2015		2010		2015		2010		2015		2010	2015	Percentage Point Change
	No.	%	No.	%	No.	%	No.	%	No.	%	No.	%			
Total (Food List Data)	51	100%	51	100%	39	100%	35	100%	90	100%	86	100%	9,303,375	8,339,263	-
Single Flavors^a															
Apple	51	100%	51	100%	39	100%	35	100%	90	100%	86	100%	100.0%	100.0%	-
Cranberry	21	41%	16	31%	24	62%	23	66%	45	50%	39	45%	45.7%	40.8%	-4.9
Grape ^b	51	100%	46	90%	39	100%	35	100%	90	100%	81	94%	100.0%	91.0%	-9.0
Grapefruit ^c	43	84%	44	86%	34	87%	32	91%	77	86%	76	88%	93.5%	96.5%	3.0
Orange	49	96%	50	98%	39	100%	34	97%	88	98%	84	98%	98.6%	98.9%	0.3
Pineapple	46	90%	42	82%	38	97%	34	97%	84	93%	76	88%	95.8%	87.6%	-8.1
Tomato	32	63%	34	67%	29	74%	26	74%	61	68%	60	70%	61.7%	66.6%	4.9
Vegetable ^d	37	73%	37	73%	28	72%	28	80%	65	72%	65	76%	78.9%	77.8%	-1.1
Any flavor	26	51%	44	86%	23	59%	27	77%	49	54%	71	83%	41.5%	66.7%	25.2
Blended Flavors															
Any blends authorized															
Yes	37	73%	40	78%	34	87%	33	94%	71	79%	73	85%	81.5%	88.1%	6.6
No	14	27%	11	22%	5	13%	2	6%	19	21%	13	15%	18.5%	11.9%	-6.6
Brand type^a															
Any brand	35	69%	36	71%	28	72%	26	74%	63	70%	62	72%	66.5%	76.0%	9.5
Least expensive	7	14%	8	16%	1	3%	2	6%	8	9%	10	12%	23.4%	15.5%	-7.9
Store brands or private labels ^e	42	82%	35	69%	35	90%	32	91%	77	86%	67	78%	76.1%	51.6%	-24.5
National brands ^e	47	92%	46	90%	34	87%	29	83%	81	90%	75	87%	70.9%	70.2%	-0.7
Package type^a															
Concentrate															
Frozen (11.5–12 oz)	48	94%	50	98%	39	100%	34	97%	87	97%	84	98%	95.7%	99.8%	4.1
Frozen (16 oz)	9	18%	8	16%	5	13%	1	3%	14	16%	9	10%	42.5%	35.1%	-7.4
Shelf stable	26	51%	20	39%	14	36%	8	23%	40	44%	28	33%	55.5%	48.6%	-6.9
Bottled juice															
48 oz bottles	16	31%	18	35%	12	31%	13	37%	28	31%	31	36%	43.7%	47.0%	3.3
64 oz bottles	48	94%	45	88%	36	92%	32	91%	84	93%	77	90%	98.2%	91.8%	-6.4
Refrigerated juice	18	35%	24	47%	19	49%	7	20%	37	41%	31	36%	46.8%	52.1%	5.3
Canned juice	17	33%	8	16%	11	28%	5	14%	28	31%	13	15%	26.1%	14.6%	-11.6
Other	14	27%	13	25%	5	13%	7	20%	19	21%	20	23%	27.1%	23.6%	-3.4

Table A.12. (continued)
Juice Flavors, Brands, and Package Sizes on WIC Food Lists: FY 2010, FY 2015

	States & DC				ITOs & Territories				All WIC SAs				Total % of WIC Participants		
	2010		2015		2010		2015		2010		2015		2010	2015	Percentage Point Change
	No.	%	No.	%	No.	%	No.	%	No.	%	No.	%			
Authorized Packaging Varies for Women and Children															
Yes	13	25%	25	49%	2	5%	12	34%	15	17%	37	43%	13.3%	49.4%	36.1
No	38	75%	26	51%	37	95%	23	66%	75	83%	49	57%	86.7%	50.6%	-36.1
Organic^f															
Women	N/A	N/A	-	-	N/A	N/A	-	-	N/A	N/A	-	-	N/A	-	N/A
Children	N/A	N/A	-	-	N/A	N/A	-	-	N/A	N/A	-	-	N/A	-	N/A
Participant category															
not specified	N/A	N/A	-	-	N/A	N/A	-	-	N/A	N/A	-	-	N/A	-	N/A
Not allowed	N/A	N/A	42	82%	N/A	N/A	26	74%	N/A	N/A	68	79%	N/A	79.4%	N/A
Not specified	N/A	N/A	9	18%	N/A	N/A	9	26%	N/A	N/A	18	21%	N/A	20.6%	N/A
Calcium Fortified^f															
Women	N/A	N/A	4	8%	N/A	N/A	-	-	N/A	N/A	4	5%	N/A	7.4%	N/A
Children	N/A	N/A	2	4%	N/A	N/A	-	-	N/A	N/A	2	2%	N/A	3.4%	N/A
Participant category															
not specified	N/A	N/A	28	55%	N/A	N/A	14	40%	N/A	N/A	42	49%	N/A	59.0%	N/A
Not allowed	N/A	N/A	3	6%	N/A	N/A	11	31%	N/A	N/A	14	16%	N/A	3.0%	N/A
Not specified	N/A	N/A	14	27%	N/A	N/A	10	29%	N/A	N/A	24	28%	N/A	27.3%	N/A
Kosher															
Women	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Children	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Participant category															
not specified	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Not allowed	51	100%	5	10%	39	100%	16	46%	90	100%	21	24%	100.0%	7.7%	-92.3
Not specified	-	-	46	90%	-	-	19	54%	-	-	65	76%	-	92.3%	92.3

^a Categories are not mutually exclusive, so totals may not add to 100%.

^b In FY 2015, grape juice included white, red, and purple grape juices. Note this is different from FY 2010; therefore, this category will not reflect the same numbers between the 2011 report and this report.

^c In FY 2015, grapefruit juice included ruby red, pink, and white grapefruit juices. Note this is different from FY 2010; therefore, this category will not reflect the same numbers between the 2011 report and this report.

^d In FY 2015, vegetable juice included low-sodium vegetable. Note this is different from FY 2010; therefore, this category will not reflect the same numbers between the 2011 report and this report.

^e In FY 2015, methodology for national and store brands included blends of juices. Note this is different from FY 2010; therefore, this category will not reflect the same numbers between the 2011 report and this report.

^f N/A indicates that data were not collected on organic or calcium-fortified juice in FY 2010.

Note: oz = ounce

Table A.13.
Infant Foods Authorized by WIC State Agencies: FY 2010, FY 2015

	States & DC				ITOs & Territories				All WIC SAs				Total % of WIC Participants		
	2010		2015		2010		2015		2010		2015		2010	2015	Percentage
	No.	%	No.	%	No.	%	No.	%	No.	%	No.	%			Point Change
Total (Food List Data)	51	100%	51	100%	39	100%	35	100%	90	100%	86	100%	9,303,375	8,339,263	-
Infant Cereals															
Type or variety															
Any grain	5	10%	5	10%	1	3%	-	-	6	7%	5	6%	8.8%	9.0%	0.2
Grains not specified	9	18%	8	16%	8	21%	3	9%	17	19%	11	13%	10.6%	9.6%	-1.0
Variety specified	37	73%	38	75%	30	77%	32	91%	67	74%	70	81%	80.6%	81.5%	0.9
Varieties, if specified^{a,c}															
Barley	27	73%	21	55%	20	67%	31	97%	47	70%	52	74%	54.1%	54.6%	0.5
Mixed grain	29	78%	15	39%	24	80%	25	78%	53	79%	40	57%	71.6%	42.6%	-29.0
Multigrain	9	24%	25	66%	2	7%	10	31%	11	16%	35	50%	12.9%	57.7%	44.8
Oatmeal	37	100%	38	100%	30	100%	32	100%	67	100%	70	100%	80.6%	81.5%	0.9
Rice	37	100%	38	100%	30	100%	32	100%	67	100%	70	100%	80.6%	81.5%	0.9
Whole wheat	20	54%	28	74%	16	53%	24	75%	36	54%	52	74%	46.6%	69.4%	22.8
Corn	N/A	N/A	6	16%	N/A	N/A	-	-	N/A	N/A	6	9%	N/A	11.1%	N/A
Number of varieties, if specified															
2	3	8%	4	11%	1	3%	1	3%	4	6%	5	7%	3.1%	4.0%	0.9
3	2	5%	4	11%	-	-	-	-	2	3%	4	6%	1.3%	2.5%	1.2
4	17	46%	11	29%	25	83%	11	34%	42	63%	22	31%	51.6%	25.8%	-25.8
More than 4	15	41%	19	50%	4	13%	20	63%	19	28%	39	56%	24.6%	49.2%	24.6
Number of authorized brands^b															
Any brand	4	8%	6	12%	5	13%	4	11%	9	10%	10	12%	2.8%	23.5%	20.7
1	14	27%	12	24%	6	15%	3	9%	20	22%	15	17%	43.2%	27.5%	-15.7
2	8	16%	18	35%	4	10%	15	43%	12	13%	33	38%	18.0%	23.2%	5.2
3	16	31%	6	12%	20	51%	5	14%	36	40%	11	13%	18.9%	8.2%	-10.7
4	2	4%	2	4%	-	-	7	20%	2	2%	9	10%	7.4%	4.2%	-3.2
More than 4	7	14%	2	4%	4	10%	-	-	11	12%	2	2%	9.7%	6.1%	-3.7
Not specified	-	-	5	10%	-	-	1	3%	-	-	6	7%	-	7.4%	7.4
Authorized brands, if specified^{a,b}															
Beech-Nut	29	62%	32	71%	23	68%	27	87%	52	64%	59	78%	49.3%	45.1%	-4.2
Del Monte	1	2%	1	2%	4	78%	6	19%	5	6%	7	9%	0.7%	0.7%	-
Earth's Best	-	-	-	-	1	3%	1	3%	1	1%	1	1%	0.1%	<0.1%	-0.1

Table A.13. (continued)
Infant Foods Authorized by WIC State Agencies: FY 2010, FY 2015

	States & DC				ITOs & Territories				All WIC SAs				Total % of WIC Participants		
	2010		2015		2010		2015		2010		2015		2010	2015	Percentage Point Change
	No.	%	No.	%	No.	%	No.	%	No.	%	No.	%			
Infant Cereals (continued)															
Authorized brands, if specified (continued)															
Gerber	36	77%	34	76%	28	82%	30	97%	64	79%	64	84%	86.5%	65.4%	-21.1
Gerber 2nd Foods	1	2%	–	–	2	6%	1	3%	3	4%	1	1%	1.5%	<0.1%	-1.5
H-E-B	–	–	–	–	–	–	–	–	–	–	–	–	–	–	–
Nature's Goodness	20	43%	2	4%	11	32%	6	19%	31	38%	8	11%	28.7%	1.0%	-27.8
Heinz	–	–	–	–	4	78%	4	13%	4	5%	4	5%	0.2%	0.1%	-0.1
Container type															
8 oz only	25	49%	26	51%	13	33%	12	34%	38	42%	38	44%	58.8%	31.9%	-26.9
16 oz only	–	–	–	–	–	–	–	–	–	–	–	–	–	–	–
8 or 16 oz	24	47%	23	45%	22	56%	19	54%	46	51%	42	49%	37.5%	62.5%	25.0
Neither	2	4%	2	4%	4	10%	4	11%	6	7%	6	7%	3.7%	5.6%	1.9
Not specified	–	–	–	–	–	–	–	–	–	–	–	–	–	–	–
Organic															
Yes	–	–	1	2%	1	3%	1	3%	1	1%	2	2%	0.1%	15.9%	15.9
No	40	78%	40	78%	22	56%	22	63%	62	69%	62	72%	90.0%	74.0%	-16.0
Not specified	11	22%	10	20%	16	41%	12	34%	27	30%	22	26%	9.9%	10.1%	0.1
Infant Fruits and Vegetables															
Type or variety															
Single fruit/vegetable	22	43%	7	14%	13	33%	7	20%	35	39%	14	16%	39.9%	10.9%	-29.0
Combination	–	–	–	–	–	–	–	–	–	–	–	–	–	–	–
Single and combination	21	41%	40	78%	11	28%	11	31%	32	36%	51	59%	46.2%	86.3%	40.1
Not specified	8	16%	4	8%	15	38%	17	49%	23	26%	21	24%	14.0%	2.9%	-11.2
Number of authorized brands^b															
Any brand	10	20%	14	27%	4	10%	2	6%	14	16%	16	19%	37.1%	43.1%	6.1
1	8	16%	6	12%	10	26%	2	6%	18	20%	8	9%	6.8%	2.9%	-3.9
2	6	12%	14	27%	12	31%	21	60%	18	20%	35	41%	7.7%	33.2%	25.4
3	17	33%	9	18%	7	18%	6	17%	24	27%	15	17%	28.9%	6.0%	-22.9
4	3	6%	1	2%	3	8%	1	3%	6	7%	2	2%	5.2%	3.1%	-2.1
More than 4	7	14%	4	8%	3	8%	1	3%	10	11%	5	6%	14.4%	8.3%	-6.1
Not specified	–	–	3	6%	–	–	2	6%	–	–	5	6%	–	3.5%	3.5

Table A.13. (continued)
Infant Foods Authorized by WIC State Agencies: FY 2010, FY 2015

	States & DC				ITOs & Territories				All WIC SAs				Total % of WIC Participants		
	2010		2015		2010		2015		2010		2015		2010	2015	Percentage Point Change
	No.	%	No.	%	No.	%	No.	%	No.	%	No.	%			
Infant Fruits and Vegetables (continued)															
Authorized brands, if specified^{a,b}															
Beech-Nut	31	76%	32	86%	18	51%	26	79%	49	64%	58	83%	52.0%	52.9%	1.0
Del Monte	–	–	–	–	2	6%	–	–	2	26%	–	–	<0.1%	–	–
Earth's Best	–	–	–	–	2	6%	1	3%	2	3%	1	1%	0.1%	<0.1%	-0.1
Gerber	20	49%	23	62%	16	46%	28	85%	36	47%	51	73%	30.0%	34.5%	4.7
Gerber 2nd Foods	12	29%	7	19%	18	51%	6	18%	30	39%	13	19%	23.2%	9.2%	-14.0
H-E-B	–	–	–	–	–	–	–	–	–	–	–	–	–	–	–
Nature's Goodness	26	63%	2	5%	5	14%	3	9%	31	41%	5	7%	43.4%	0.8%	-42.7
Heinz	–	–	–	–	2	6%	2	6%	2	3%	2	3%	0.1%	0.1%	–
Package size															
Jars only	27	53%	28	55%	16	41%	10	29%	43	48%	38	44%	49.9%	55.7%	5.8
Multipacks only	5	10%	1	2%	9	23%	–	–	14	16%	1	1%	3.5%	0.2%	-2.0
Jars and multipacks	14	27%	20	39%	12	31%	23	66%	26	29%	43	50%	38.4%	40.3%	2.9
Not specified	5	10%	2	4%	2	5%	2	6%	7	8%	4	5%	8.2%	3.7%	-4.5
Organic															
Yes	2	4%	1	2%	3	8%	2	6%	5	6%	3	3%	17.1%	15.9%	-1.2
No	37	73%	43	84%	22	56%	18	51%	59	66%	61	71%	72.8%	72.5%	-0.4
Not specified	12	24%	7	14%	14	36%	15	43%	26	29%	22	26%	10.1%	11.6%	1.5
Bananas as substitute															
Yes	3	6%	10	20%	2	5%	2	6%	5	6%	12	14%	3.0%	29.8%	26.8
No	46	90%	12	24%	35	90%	5	14%	81	90%	17	20%	95.0%	19.2%	-75.8
Not specified	2	4%	29	57%	2	5%	28	80%	4	4%	57	66%	2.0%	51.1%	49.1
Infant Meats															
Type or variety															
Any type	17	33%	13	25%	3	8%	1	3%	20	22%	14	16%	31.5%	39.7%	8.2
Not specified	17	33%	14	27%	20	51%	16	46%	37	41%	30	35%	43.0%	20.6%	-22.4
Variety specified	17	33%	24	47%	16	41%	18	51%	33	37%	42	49%	25.5%	39.7%	14.2
Varieties, if specified^a															
Beef	17	100%	22	92%	16	100%	18	100%	33	100%	40	95%	25.5%	38.4%	12.9
Chicken	16	94%	22	92%	16	100%	18	100%	32	97%	40	95%	25.3%	39.3%	14.0
Ham	10	59%	14	58%	11	69%	14	78%	21	64%	28	67%	19.9%	24.3%	4.4

Table A.13. (continued)
Infant Foods Authorized by WIC State Agencies: FY 2010, FY 2015

	States & DC				ITOs & Territories				All WIC SAs				Total % of WIC Participants		
	2010		2015		2010		2015		2010		2015		2010	2015	Percentage Point Change
	No.	%	No.	%	No.	%	No.	%	No.	%	No.	%			
Infant Meats (continued)															
Varieties, if specified^a															
Lamb	10	59%	5	21%	14	88%	14	78%	24	73%	19	45%	21.3%	5.1%	-16.2
Turkey	16	94%	23	96%	15	94%	18	100%	31	94%	41	98%	24.3%	39.5%	15.2
Veal	10	59%	3	13%	12	75%	9	50%	22	67%	12	29%	18.8%	2.9%	-15.9
Number of varieties, if specified															
2	2	12%	2	8%	1	6%	–	–	3	9%	2	5%	1.4%	1.3%	-0.1
3	4	24%	7	29%	–	–	1	6%	4	12%	8	19%	2.5%	13.9%	11.4
4	–	–	9	38%	2	13%	6	33%	2	6%	15	36%	–	19.2%	19.2
More than 4	11	65%	5	21%	13	81%	11	61%	24	73%	16	38%	21.6%	5.1%	-16.5
Not specified	–	–	1	4%	–	–	–	–	–	–	1	2%	–	0.2%	0.2
Number of authorized brands^b															
Any brand	11	22%	16	31%	4	10%	3	9%	15	17%	19	22%	36.1%	45.6%	9.5
1	6	12%	7	14%	5	13%	4	11%	11	12%	11	13%	3.9%	4.0%	0.1
2	11	22%	17	33%	13	33%	21	60%	24	27%	38	44%	16.1%	36.7%	20.6
3	17	33%	8	16%	14	36%	5	14%	31	34%	13	15%	33.2%	11.5%	-21.6
4	–	–	–	–	1	3%	1	3%	1	1%	1	1%	0.1%	<0.1%	<0.1
More than 4	6	12%	1	2%	2	5%	1	3%	8	9%	2	2%	10.7%	0.1%	-10.5
Not specified	–	–	2	4%	–	–	–	–	–	–	2	2%	–	2.0%	2.0
Authorized brands, if specified^{a,b}															
Beech-Nut	29	73%	31	89%	26	74%	26	81%	55	73%	57	85%	49.3%	52.0%	2.6
Del Monte	–	–	–	–	–	–	–	–	–	–	–	–	–	–	–
Earth's Best	–	–	–	–	2	5.7%	1	3%	2	3%	1	1%	0.1%	<0.1%	-0.1
Gerber	23	58%	21	60%	29	83%	27	84%	52	69%	48	72%	35.8%	33.8%	-2.0
Gerber 2nd Foods	7	18%	5	14%	4	11%	6	19%	11	15%	11	16%	15.3%	6.3%	-9.0
H-E-B	–	–	–	–	–	–	–	–	–	–	–	–	–	–	–
Nature's Goodness	22	55%	1	3%	14	40%	3	9%	36	48%	4	6%	38.9%	0.3%	-38.6
Heinz	–	–	–	–	2	6%	2	6%	2	3%	2	3%	0.1%	0.1%	–

Table A.13. (continued)
Infant Foods Authorized by WIC State Agencies: FY 2010, FY 2015

	States & DC				ITOs & Territories				All WIC SAs				Total % of WIC Participants		
	2010		2015		2010		2015		2010		2015		2010	2015	Percentage Point Change
	No.	%	No.	%	No.	%	No.	%	No.	%	No.	%			
Infant Meats (continued)															
Package Size															
2.5 oz jars															
Yes	42	82%	48	94%	35	90%	33	94%	77	86%	81	94%	89.2%	96.0%	6.8
No	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Not specified	9	18%	3	6%	4	10%	2	6%	13	14%	5	6%	10.8%	4.0%	-6.8
Broth or gravy															
Yes	44	86%	46	90%	21	54%	17	49%	65	72%	63	73%	91.5%	92.5%	1.0
No	1	2%	-	-	-	-	-	-	1	1%	-	-	1.6%	-	-1.6
Not specified	6	12%	5	10%	18	46%	18	51%	24	27%	23	27%	6.9%	7.5%	0.6
Organic															
Yes	1	2%	1	2%	3	8%	2	6%	4	4%	3	3%	15.6%	15.9%	0.3
No	36	71%	38	75%	17	44%	17	49%	53	59%	55	64%	67.2%	68.1%	0.9
Not specified	14	27%	12	24%	19	49%	16	46%	33	37%	28	33%	17.2%	16.0%	-1.2

^a Categories are not mutually exclusive, so totals may not add to 100%.

^b The total number of allowable brands is based on FY 2015 data; therefore, this category will not reflect the same numbers for both the 2011 report and this report.

^c N/A indicates that data were not collected on corn infant cereal in FY 2010.

Note

oz = ounce

Table A.14.
Fruits and Vegetables Authorized by WIC State Agencies: FY 2010, FY 2015

	States & DC				ITOs & Territories				All WIC SAs				Total % of WIC Participants		
	2010		2015		2010		2015		2010		2015		2010	2015	Percentage Point Change
	No.	%	No.	%	No.	%	No.	%	No.	%	No.	%			
Total (Food List Data)	51	100%	51	100%	39	100%	35	100%	90	100%	86	100%	9,303,375	8,339,263	-
Fresh															
Allowed	51	100%	51	100%	39	100%	35	100%	90	100%	86	100%	100.0%	100.0%	-
Any brand	47	92%	28	55%	32	86%	13	37%	79	90%	41	48%	94.7%	63.8%	-30.9
Packaging^a															
Any package type	33	65%	23	45%	20	54%	12	34%	53	60%	35	41%	69.6%	36.3%	-30.6
Whole	30	59%	45	88%	26	70%	30	86%	56	64%	75	87%	58.9%	87.9%	28.9
Cut	33	65%	44	86%	28	76%	25	71%	61	69%	69	80%	62.3%	87.0%	24.7
Bulk	6	12%	5	10%	2	5%	-	-	8	9%	5	6%	11.8%	5.0%	-6.8
Bagged	30	59%	37	73%	17	46%	27	77%	47	53%	64	74%	54.0%	66.5%	12.5
Other Specifications															
Low sodium/low salt															
Yes	1	2%	1	2%	3	8%	2	6%	4	5%	3	3%	3.0%	3.1%	0.1
No	50	98%	50	98%	34	92%	33	94%	84	95%	83	97%	97.0%	96.9%	<0.1
Organic															
Yes	24	47%	41	80%	16	43%	29	83%	40	45%	70	81%	65.6%	89.8%	24.2
No	27	53%	10	20%	21	57%	6	17%	48	55%	16	19%	34.4%	10.2%	-24.2
Applesauce															
Yes	10	20%	16	31%	6	16%	8	23%	16	18%	24	28%	36.8%	29.0%	-7.8
No	41	80%	35	69%	31	84%	27	77%	72	82%	62	72%	63.2%	71.0%	7.8
Frozen															
Allowed	34	67%	39	76%	31	79%	31	89%	65	72%	70	81%	77.3%	85.5%	8.2
Any brand	33	97%	35	90%	29	94%	20	65%	62	95%	55	79%	75.6%	80.8%	5.1
Packaging^a															
Any package type	27	79%	23	59%	20	65%	21	68%	47	72%	44	63%	70.6%	61.5%	-9.1
Whole	6	18%	12	31%	16	52%	20	65%	22	34%	32	46%	5.7%	18.0%	12.4
Cut	7	21%	12	31%	17	55%	20	65%	24	37%	32	46%	8.6%	15.3%	6.6
Bulk	1	3%	1	3%	1	3%	-	-	2	3%	1	1%	1.2%	1.1%	-0.1
Bagged	7	21%	21	54%	2	6%	27	87%	9	14%	48	69%	11.1%	36.0%	24.9

Table A.14. (continued)
Fruits and Vegetables Authorized by WIC State Agencies: FY 2010, FY 2015

	States & DC				ITOs & Territories				All WIC SAs				Total % of WIC Participants		
	2010		2015		2010		2015		2010		2015		2010	2015	Percentage Point Change
	No.	%	No.	%	No.	%	No.	%	No.	%	No.	%			
Frozen (continued)															
Other Specifications															
Low sodium/low salt															
Yes	14	41%	18	46%	11	35%	9	29%	25	38%	27	39%	44.9%	38.2%	-6.7
No	20	59%	21	54%	20	65%	22	71%	40	62%	43	61%	32.4%	47.2%	14.8
Organic															
Yes	16	47%	29	74%	14	45%	25	81%	30	46%	54	77%	55.5%	73.7%	18.2
No	18	53%	10	26%	17	55%	6	19%	35	54%	16	23%	21.8%	11.8%	-10.0
Canned															
Allowed	24	47%	27	53%	22	56%	24	69%	46	51%	51	59%	59.4%	63.4%	4.1
Any brand	23	96%	23	85%	22	100%	20	83%	45	98%	43	84%	57.7%	55.8%	-2.0
Packaging^a															
Whole	3	13%	17	63%	6	27%	16	67%	9	20%	33	65%	4.7%	42.6%	37.9
Cut	4	17%	15	56%	7	32%	15	63%	11	24%	30	59%	5.5%	38.9%	33.5
Bulk	-	-	-	-	1	5%	-	-	1	2%	-	-	-	-	-
Other Specifications															
Low sodium/low salt															
Yes	14	58%	20	74%	12	55%	9	38%	26	57%	29	57%	43.4%	36.1%	-7.3
No	10	42%	7	26%	10	45%	15	63%	20	43%	22	43%	15.9%	27.3%	11.4
Organic															
Yes	11	46%	19	70%	11	50%	13	54%	22	48%	32	63%	40.0%	51.0%	11.0
No	13	54%	8	30%	11	50%	11	46%	24	52%	19	37%	19.4%	12.4%	-7.0
Dried															
Allowed	-	-	2	4%	1	3%	3	9%	1	1%	5	6%	-	16.5%	16.5
Any brand	-	-	1	50%	1	100%	-	-	1	100%	1	20%	-	15.9%	15.9
Packaging^a															
Any package type	-	-	1	50%	1	100%	-	-	1	100%	1	20%	-	15.9%	15.9
Whole	-	-	-	-	1	100%	-	-	1	100%	-	-	-	-	-
Cut	-	-	-	-	1	100%	-	-	1	100%	-	-	-	-	-
Bulk	-	-	1	50%	1	100%	-	-	1	100%	1	20%	-	15.9%	15.9
Bagged	-	-	1	50%	1	100%	-	-	1	100%	1	20%	-	15.9%	15.9

Table A.14. (continued)
Fruits and Vegetables Authorized by WIC State Agencies: FY 2010, FY 2015

	States & DC				ITOs & Territories				All WIC SAs				Total % of WIC Participants			
	2010		2015		2010		2015		2010		2015		2010	2015	Percentage Point Change	
	No.	%	No.	%	No.	%	No.	%	No.	%	No.	%				
Dried (continued)																
Other Specifications																
Low sodium/low salt																
Yes	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
No	-	-	2	100%	1	100%	3	100%	1	100%	5	100%	-	16.5%	16.5	
Organic																
Yes	-	-	1	50%	-	-	-	-	-	-	1	20%	-	15.9%	15.9	
No	-	-	1	50%	1	100%	3	100%	1	100%	4	80%	-	0.6%	0.6	

^a Categories are not mutually exclusive, so totals may not add to 100%.

Table A.15.
Organic Foods Allowed Versus Not Allowed: FY 2015

	States & DC		ITOs & Territories		All WIC SAs		Total % of WIC Participants
	No.	%	No.	%	No.	%	
Total	51	100%	35	100%	86	100%	8,339,263
Organic Foods							
Organic forms of some WIC-eligible foods allowed	17	33%	9	26%	26	30%	40.7%
Organic forms of all WIC-eligible foods allowed	–	–	–	–	–	–	–
Not allowed	33	65%	25	71%	58	67%	58.2%
Not specified	1	2%	1	3%	2	2%	1.1%
Soy-Based Beverage	51	100%	31	100%	82	100%	99.9%
Organic allowed	6	12%	1	3%	7	9%	13.8%
Organic not allowed	35	69%	18	58%	53	65%	75.9%
Organic not specified	10	20%	12	39%	22	27%	10.2%
Tofu	31	100%	23	100%	54	100%	72.7%
Organic allowed	14	45%	6	26%	20	37%	34.7%
Organic not allowed	7	23%	14	61%	21	39%	11.1%
Organic not specified	10	32%	3	13%	13	24%	26.9%
Cheese	51	100%	35	100%	86	100%	100%
Organic allowed	1	2%	–	–	1	1%	0.3%
Organic not allowed	39	76%	13	37%	52	60%	74.0%
Organic not specified	11	22%	22	63%	33	38%	25.7%
Dry Beans	51	100%	35	100%	86	100%	100%
Organic allowed	3	6%	–	–	3	3%	19.5%
Organic not allowed	30	59%	19	54%	49	57%	40.1%
Organic not specified	18	35%	16	46%	34	40%	40.4%

Table A.15. (continued)
Organic Foods Allowed vs. Not Allowed: FY 2015

	States & DC		ITOs & Territories		All WIC SAs		Total % of WIC Participants
	No.	%	No.	%	No.	%	
Tortillas	50	100%	27	100%	77	100%	99.6%
Organic allowed	2	4%	6	22%	8	10%	3.8%
Organic not allowed	37	74%	18	67%	55	71%	71.8%
Organic not specified	11	22%	3	11%	14	18%	24.0%
Brown Rice	50	100%	33	100%	83	100%	99.8%
Organic allowed	2	4%	–	–	2	2%	3.6%
Organic not allowed	28	56%	9	27%	37	45%	53.2%
Organic not specified	20	40%	24	73%	44	53%	43.0%
Oats	43	100%	23	100%	66	100%	85.9%
Organic allowed	1	2%	–	–	1	2%	2.1%
Organic not allowed	11	26%	–	–	11	17%	33.8%
Organic not specified	31	72%	23	100%	54	82%	49.9%
Bulgur and/or Barley	5	100%	17	100%	22	100%	22.8%
Organic allowed	2	40%	–	–	2	9%	18.0%
Organic not allowed	1	20%	–	–	1	5%	1.9%
Organic not specified	2	40%	17	100%	19	86%	2.9%
Whole-Grain Pasta	13	100%	12	100%	25	100%	29.7%
Organic allowed	1	8%	–	–	1	4%	0.2%
Organic not allowed	1	8%	–	–	1	4%	2.0%
Organic not specified	11	85%	12	100%	23	92%	27.5%
Infant cereal	51	100%	35	100%	86	100%	100%
Organic allowed	1	2%	1	3%	2	2%	15.9%
Organic not allowed	40	78%	22	63%	62	72%	74%
Organic not specified	10	20%	12	34%	22	26%	10.1%

Table A.15. (continued)
Organic Foods Allowed vs. Not Allowed: FY 2015

	States & DC		ITOs & Territories		All WIC SAs		Total % of WIC Participants
	No.	%	No.	%	No.	%	
Infant Fruits and Vegetables	51	100%	35	100%	86	100%	100%
Organic allowed	1	2%	2	6%	3	3%	15.9%
Organic not allowed	43	84%	18	51%	61	71%	72.5%
Organic not specified	7	14%	15	43%	22	26%	11.6%
Infant Meat	51	100%	35	100%	86	100%	100%
Organic allowed	1	2%	2	6%	3	3%	15.9%
Organic not allowed	38	75%	17	49%	55	64%	68.1%
Organic not specified	12	24%	16	46%	28	33%	16.0%
Fruits and Vegetables (fresh)^a	51	100%	35	100%	86	100%	100%
Organic allowed	41	80%	29	83%	70	81%	89.8%
Organic not allowed	—	—	—	—	—	—	—
Organic not specified	10	20%	6	17%	16	19%	10.2%
Fruits and Vegetables (frozen)^a	39	100%	31	100%	70	100%	85.5%
Organic allowed	29	74%	25	81%	54	77%	73.7%
Organic not allowed	—	—	—	—	—	—	—
Organic not specified	10	26%	6	19%	16	23%	11.8%
Fruits and Vegetables (canned)^a	27	100%	24	100%	51	100%	63.4%
Organic allowed	19	70%	13	54%	32	63%	51.0%
Organic not allowed	—	—	—	—	—	—	—
Organic not specified	8	30%	11	46%	19	37%	12.4%
Fruits and Vegetables (dried)^a	2	100%	3	100%	5	100%	16.5%
Organic allowed	1	50%	—	—	1	20%	15.9%
Organic not allowed	—	—	—	—	—	—	—
Organic not specified	1	50%	3	100%	4	80%	0.6%

^a If a WIC SA allows a type of fruit/vegetable to be purchased with a CVV (fresh, frozen, canned, etc.), then that State agency is required to allow purchase of organic versions of those same fruit and vegetable types.

Note

No WIC SAs offered organic forms of the following: milk, eggs, canned beans, peanut butter, canned fish, whole-grain bread, juice, cold or hot cereal.

APPENDIX B:
WIC STATE AGENCIES SUMMARIES

Alaska

Policy Options	
Fruits and Vegetables	
Dried fruits and vegetables allowed for children	No
Infants aged 9–11 months receive CVV for fruits and vegetables in lieu of portion of commercial jarred infant food (in Food Packages II and III)	Yes
Children and women receiving Food Package III receive jarred infant food fruits and vegetables in lieu of CVV	Yes
Food Substitutions and Package Variations	
Infant formula in the first month for partially breastfed infants	Yes
Package tailoring for homeless participants	Yes
CPA assigns fat-reduced milks for 1-year-old children where obesity and overweight are concerns	Yes
Farmers' Markets	
Authorize farmers' markets/farmers at farmers' markets	Yes
Infant Food Policies	
Rounding up infant formula	No
Rounding up infant foods	No
Food List Options	
Milk and Milk Substitutes	
Soy-based beverage	Yes
Tofu	Yes
Yogurt	No
Legumes	
Canned beans	Yes
Fish	
Salmon	Yes
Sardines	No
Mackerel	Yes
Grains	
Whole-wheat pasta	Yes
Brown rice	Yes
Bulgur and/or barley	No
Oatmeal	No
Soft corn or whole-wheat tortillas	Yes
% whole-grain cold cereals	47%
% whole-grain hot cereals	43%
Infant Foods	
Fresh bananas as a partial substitute for infant food	Yes
Fruits and Vegetables	
Canned fruits and vegetables	Yes
Frozen fruits and vegetables	Yes
Dried fruits and vegetables	No
Cost Containment Measures	
Organic forms of WIC-eligible foods provided via the regular WIC food instrument; e.g., milk, eggs	Some allowed
Rebates on infant foods (other than infant formula)	No
Delivery Options	
Options available	Paper vouchers

Alabama

Policy Options	
Fruits and Vegetables	
Dried fruits and vegetables allowed for children	No
Infants aged 9–11 months receive CVV for fruits and vegetables in lieu of portion of commercial jarred infant food (in Food Packages II and III)	No
Children and women receiving Food Package III receive jarred infant food fruits and vegetables in lieu of CVV	No
Food Substitutions and Package Variations	
Infant formula in the first month for partially breastfed infants	Yes
Package tailoring for homeless participants	Yes
CPA assigns fat-reduced milks for 1-year-old children where obesity and overweight are concerns	No
Farmers' Markets	
Authorize farmers' markets/farmers at farmers' markets	No
Infant Food Policies	
Rounding up infant formula	No
Rounding up infant foods	No
Food List Options	
Milk and Milk Substitutes	
Soy-based beverage	Yes
Tofu	No
Yogurt	Yes
Legumes	
Canned beans	No
Canned Fish	
Salmon	Yes
Sardines	No
Mackerel	No
Grains	
Whole-wheat pasta	No
Brown rice	Yes
Bulgur and/or barley	No
Oatmeal	Yes
Soft corn or whole-wheat tortillas	Yes
% whole-grain cold cereals	48%
% whole-grain hot cereals	100%
Infant Foods	
Fresh bananas as a partial substitute for infant food	Not specified
Fruits and Vegetables	
Canned fruits and vegetables	No
Frozen fruits and vegetables	No
Dried fruits and vegetables	No
Cost Containment Measures	
Organic forms of WIC-eligible foods provided via the regular WIC food instrument; e.g., milk, eggs	Some allowed
Rebates on infant foods (other than infant formula)	No
Delivery Options	
Options available	Paper vouchers

Arkansas

Policy Options	
Fruits and Vegetables	
Dried fruits and vegetables allowed for children	Yes
Infants aged 9–11 months receive CVV for fruits and vegetables in lieu of portion of commercial jarred infant food (in Food Packages II and III)	Yes
Children and women receiving Food Package III receive jarred infant food fruits and vegetables in lieu of CVV	Yes
Food Substitutions and Package Variations	
Infant formula in the first month for partially breastfed infants	Yes
Package tailoring for homeless participants	Yes
CPA assigns fat-reduced milks for 1-year-old children where obesity and overweight are concerns	Yes
Farmers' Markets	
Authorize farmers' markets/farmers at farmers' markets	No
Infant Food Policies	
Rounding up infant formula	Yes
Rounding up infant foods	No
Food List Options	
Milk and Milk Substitutes	
Soy-based beverage	Yes
Tofu	No
Yogurt	Yes
Legumes	
Canned beans	Yes
Canned Fish	
Salmon	Yes
Sardines	Yes
Mackerel	No
Grains	
Whole-wheat pasta	Yes
Brown rice	Yes
Bulgur and/or barley	No
Oatmeal	Yes
Soft corn or whole-wheat tortillas	Yes
% whole-grain cold cereals	60%
% whole-grain hot cereals	14%
Infant Foods	
Fresh bananas as a partial substitute for infant food	Yes
Fruits and Vegetables	
Canned fruits and vegetables	No
Frozen fruits and vegetables	Yes
Dried fruits and vegetables	No
Cost Containment Measures	
Organic forms of WIC-eligible foods provided via the regular WIC food instrument; e.g., milk, eggs	None allowed
Rebates on infant foods (other than infant formula)	No
Delivery Options	
Options available	Paper vouchers

Arizona

Policy Options	
Fruits and Vegetables	
Dried fruits and vegetables allowed for children	No
Infants aged 9–11 months receive CVV for fruits and vegetables in lieu of portion of commercial jarred infant food (in Food Packages II and III)	No
Children and women receiving Food Package III receive jarred infant food fruits and vegetables in lieu of CVV	Yes
Food Substitutions and Package Variations	
Infant formula in the first month for partially breastfed infants	Yes
Package tailoring for homeless participants	Yes
CPA assigns fat-reduced milks for 1-year-old children where obesity and overweight are concerns	Yes
Farmers' Markets	
Authorize farmers' markets/farmers at farmers' markets	Yes
Infant Food Policies	
Rounding up infant formula	No
Rounding up infant foods	No
Food List Options	
Milk and Milk Substitutes	
Soy-based beverage	Yes
Tofu	Yes
Yogurt	No
Legumes	
Canned beans	Yes
Canned Fish	
Salmon	Yes
Sardines	Yes
Mackerel	No
Grains	
Whole-wheat pasta	No
Brown rice	Yes
Bulgur and/or barley	No
Oatmeal	No
Soft corn or whole-wheat tortillas	Yes
% whole-grain cold cereals	63%
% whole-grain hot cereals	0%
Infant Foods	
Fresh bananas as a partial substitute for infant food	Not specified
Fruits and Vegetables	
Canned fruits and vegetables	Yes
Frozen fruits and vegetables	Yes
Dried fruits and vegetables	No
Cost Containment Measures	
Organic forms of WIC-eligible foods provided via the regular WIC food instrument; e.g., milk, eggs	None allowed
Rebates on infant foods (other than infant formula)	No
Delivery Options	
Options available	Paper vouchers

California

Policy Options	
Fruits and Vegetables	
Dried fruits and vegetables allowed for children	No
Infants aged 9–11 months receive CVV for fruits and vegetables in lieu of portion of commercial jarred infant food (in Food Packages II and III)	No
Children and women receiving Food Package III receive jarred infant food fruits and vegetables in lieu of CVV	No
Food Substitutions and Package Variations	
Infant formula in the first month for partially breastfed infants	Yes
Package tailoring for homeless participants	Yes
CPA assigns fat-reduced milks for 1-year-old children where obesity and overweight are concerns	No
Farmers' Markets	
Authorize farmers' markets/farmers at farmers' markets	Yes
Infant Food Policies	
Rounding up infant formula	No
Rounding up infant foods	No
Food List Options	
Milk and Milk Substitutes	
Soy-based beverage	Yes
Tofu	Yes
Yogurt	No
Legumes	
Canned beans	Yes
Canned Fish	
Salmon	Yes
Sardines	Yes
Mackerel	No
Grains	
Whole-wheat pasta	No
Brown rice	Yes
Bulgur and/or barley	Yes
Oatmeal	Yes
Soft corn or whole-wheat tortillas	Yes
% whole-grain cold cereals	63%
% whole-grain hot cereals	33%
Infant Foods	
Fresh bananas as a partial substitute for infant food	Yes
Fruits and Vegetables	
Canned fruits and vegetables	Yes
Frozen fruits and vegetables	Yes
Dried fruits and vegetables	Yes
Cost Containment Measures	
Organic forms of WIC-eligible foods provided via the regular WIC food instrument; e.g., milk, eggs	Some allowed
Rebates on infant foods (other than infant formula)	No
Delivery Options	
Options available	Paper vouchers

Colorado

Policy Options	
Fruits and Vegetables	
Dried fruits and vegetables allowed for children	No
Infants aged 9–11 months receive CVV for fruits and vegetables in lieu of portion of commercial jarred infant food (in Food Packages II and III)	Yes
Children and women receiving Food Package III receive jarred infant food fruits and vegetables in lieu of CVV	Yes
Food Substitutions and Package Variations	
Infant formula in the first month for partially breastfed infants	Yes
Package tailoring for homeless participants	Yes
CPA assigns fat-reduced milks for 1-year-old children where obesity and overweight are concerns	Yes
Farmers' Markets	
Authorize farmers' markets/farmers at farmers' markets	Yes
Infant Food Policies	
Rounding up infant formula	No
Rounding up infant foods	No
Food List Options	
Milk and Milk Substitutes	
Soy-based beverage	Yes
Tofu	Yes
Yogurt	No
Legumes	
Canned beans	Yes
Canned Fish	
Salmon	Yes
Sardines	Yes
Mackerel	No
Grains	
Whole-wheat pasta	No
Brown rice	Yes
Bulgur and/or barley	No
Oatmeal	Yes
Soft corn or whole-wheat tortillas	Yes
% whole-grain cold cereals	59%
% whole-grain hot cereals	29%
Infant Foods	
Fresh bananas as a partial substitute for infant food	Yes
Fruits and Vegetables	
Canned fruits and vegetables	No
Frozen fruits and vegetables	Yes
Dried fruits and vegetables	No
Cost Containment Measures	
Organic forms of WIC-eligible foods provided via the regular WIC food instrument; e.g., milk, eggs	None allowed
Rebates on infant foods (other than infant formula)	No
Delivery Options	
Options available	Paper vouchers

Connecticut

Policy Options	
Fruits and Vegetables	
Dried fruits and vegetables allowed for children	No
Infants aged 9–11 months receive CVV for fruits and vegetables in lieu of portion of commercial jarred infant food (in Food Packages II and III)	No
Children and women receiving Food Package III receive jarred infant food fruits and vegetables in lieu of CVV	No
Food Substitutions and Package Variations	
Infant formula in the first month for partially breastfed infants	Yes
Package tailoring for homeless participants	Yes
CPA assigns fat-reduced milks for 1-year-old children where obesity and overweight are concerns	Yes
Farmers' Markets	
Authorize farmers' markets/farmers at farmers' markets	Yes
Infant Food Policies	
Rounding up infant formula	Yes
Rounding up infant foods	No
Food List Options	
Milk and Milk Substitutes	
Soy-based beverage	Yes
Tofu	Yes
Yogurt	No
Legumes	
Canned beans	Yes
Canned Fish	
Salmon	Yes
Sardines	Yes
Mackerel	No
Grains	
Whole-wheat pasta	Yes
Brown rice	Yes
Bulgur and/or barley	No
Oatmeal	No
Soft corn or whole-wheat tortillas	Yes
% whole-grain cold cereals	66%
% whole-grain hot cereals	29%
Infant Foods	
Fresh bananas as a partial substitute for infant food	No
Fruits and Vegetables	
Canned fruits and vegetables	Yes
Frozen fruits and vegetables	Yes
Dried fruits and vegetables	No
Cost Containment Measures	
Organic forms of WIC-eligible foods provided via the regular WIC food instrument; e.g., milk, eggs	None allowed
Rebates on infant foods (other than infant formula)	Yes
Delivery Options	
Options available	Paper vouchers

Delaware

Policy Options	
Fruits and Vegetables	
Dried fruits and vegetables allowed for children	No
Infants aged 9–11 months receive CVV for fruits and vegetables in lieu of portion of commercial jarred infant food (in Food Packages II and III)	No
Children and women receiving Food Package III receive jarred infant food fruits and vegetables in lieu of CVV	No
Food Substitutions and Package Variations	
Infant formula in the first month for partially breastfed infants	Yes
Package tailoring for homeless participants	Yes
CPA assigns fat-reduced milks for 1-year-old children where obesity and overweight are concerns	No
Farmers' Markets	
Authorize farmers' markets/farmers at farmers' markets	No
Infant Food Policies	
Rounding up infant formula	Yes
Rounding up infant foods	Yes
Food List Options	
Milk and Milk Substitutes	
Soy-based beverage	Yes
Tofu	No
Yogurt	No
Legumes	
Canned beans	No
Canned Fish	
Salmon	Yes
Sardines	No
Mackerel	No
Grains	
Whole-wheat pasta	No
Brown rice	No
Bulgur and/or barley	No
Oatmeal	No
Soft corn or whole-wheat tortillas	Yes
% whole-grain cold cereals	40%
% whole-grain hot cereals	80%
Infant Foods	
Fresh bananas as a partial substitute for infant food	Not specified
Fruits and Vegetables	
Canned fruits and vegetables	No
Frozen fruits and vegetables	No
Dried fruits and vegetables	No
Cost Containment Measures	
Organic forms of WIC-eligible foods provided via the regular WIC food instrument; e.g., milk, eggs	None allowed
Rebates on infant foods (other than infant formula)	Yes
Delivery Options	
Options available	Paper vouchers

Florida

Policy Options	
Fruits and Vegetables	
Dried fruits and vegetables allowed for children	No
Infants aged 9–11 months receive CVV for fruits and vegetables in lieu of portion of commercial jarred infant food (in Food Packages II and III)	No
Children and women receiving Food Package III receive jarred infant food fruits and vegetables in lieu of CVV	No
Food Substitutions and Package Variations	
Infant formula in the first month for partially breastfed infants	Yes
Package tailoring for homeless participants	Yes
CPA assigns fat-reduced milks for 1-year-old children where obesity and overweight are concerns	Yes
Farmers' Markets	
Authorize farmers' markets/farmers at farmers' markets	No
Infant Food Policies	
Rounding up infant formula	No
Rounding up infant foods	No
Food List Options	
Milk and Milk Substitutes	
Soy-based beverage	Yes
Tofu	No
Yogurt	No
Legumes	
Canned beans	Yes
Canned Fish	
Salmon	Yes
Sardines	No
Mackerel	No
Grains	
Whole-wheat pasta	No
Brown rice	Yes
Bulgur and/or barley	No
Oatmeal	Yes
Soft corn or whole-wheat tortillas	Yes
% whole-grain cold cereals	67%
% whole-grain hot cereals	17%
Infant Foods	
Fresh bananas as a partial substitute for infant food	Not specified
Fruits and Vegetables	
Canned fruits and vegetables	Yes
Frozen fruits and vegetables	Yes
Dried fruits and vegetables	No
Cost Containment Measures	
Organic forms of WIC-eligible foods provided via the regular WIC food instrument; e.g., milk, eggs	None allowed
Rebates on infant foods (other than infant formula)	No
Delivery Options	
Options available	EBT

Georgia

Policy Options	
Fruits and Vegetables	
Dried fruits and vegetables allowed for children	No
Infants aged 9–11 months receive CVV for fruits and vegetables in lieu of portion of commercial jarred infant food (in Food Packages II and III)	No
Children and women receiving Food Package III receive jarred infant food fruits and vegetables in lieu of CVV	No
Food Substitutions and Package Variations	
Infant formula in the first month for partially breastfed infants	Yes
Package tailoring for homeless participants	Yes
CPA assigns fat-reduced milks for 1-year-old children where obesity and overweight are concerns	No
Farmers' Markets	
Authorize farmers' markets/farmers at farmers' markets	No
Infant Food Policies	
Rounding up infant formula	No
Rounding up infant foods	No
Food List Options	
Milk and Milk Substitutes	
Soy-based beverage	Yes
Tofu	Yes
Yogurt	No
Legumes	
Canned beans	Yes
Canned Fish	
Salmon	Yes
Sardines	No
Mackerel	No
Grains	
Whole-wheat pasta	No
Brown rice	Yes
Bulgur and/or barley	No
Oatmeal	Yes
Soft corn or whole-wheat tortillas	Yes
% whole-grain cold cereals	53%
% whole-grain hot cereals	50%
Infant Foods	
Fresh bananas as a partial substitute for infant food	Yes
Fruits and Vegetables	
Canned fruits and vegetables	Yes
Frozen fruits and vegetables	Yes
Dried fruits and vegetables	No
Cost Containment Measures	
Organic forms of WIC-eligible foods provided via the regular WIC food instrument; e.g., milk, eggs	None allowed
Rebates on infant foods (other than infant formula)	No
Delivery Options	
Options available	Paper vouchers

Hawaii

Policy Options	
Fruits and Vegetables	
Dried fruits and vegetables allowed for children	No
Infants aged 9–11 months receive CVV for fruits and vegetables in lieu of portion of commercial jarred infant food (in Food Packages II and III)	No
Children and women receiving Food Package III receive jarred infant food fruits and vegetables in lieu of CVV	No
Food Substitutions and Package Variations	
Infant formula in the first month for partially breastfed infants	Yes
Package tailoring for homeless participants	Yes
CPA assigns fat-reduced milks for 1-year-old children where obesity and overweight are concerns	Yes
Farmers' Markets	
Authorize farmers' markets/farmers at farmers' markets	No
Infant Food Policies	
Rounding up infant formula	No
Rounding up infant foods	No
Food List Options	
Milk and Milk Substitutes	
Soy-based beverage	Yes
Tofu	Yes
Yogurt	No
Legumes	
Canned beans	No
Fish	
Salmon	Yes
Sardines	Yes
Mackerel	Yes
Grains	
Whole-wheat pasta	No
Brown rice	Yes
Bulgur and/or barley	No
Oatmeal	No
Soft corn or whole-wheat tortillas	Yes
% whole-grain cold cereals	57%
% whole-grain hot cereals	0%
Infant Foods	
Fresh bananas as a partial substitute for infant food	Yes
Fruits and Vegetables	
Canned fruits and vegetables	No
Frozen fruits and vegetables	Yes
Dried fruits and vegetables	No
Cost Containment Measures	
Organic forms of WIC-eligible foods provided via the regular WIC food instrument; e.g., milk, eggs	None allowed
Rebates on infant foods (other than infant formula)	No
Delivery Options	
Options available	Paper vouchers

Iowa

Policy Options	
Fruits and Vegetables	
Dried fruits and vegetables allowed for children	No
Infants aged 9–11 months receive CVV for fruits and vegetables in lieu of portion of commercial jarred infant food (in Food Packages II and III)	Not specified
Children and women receiving Food Package III receive jarred infant food fruits and vegetables in lieu of CVV	Yes
Food Substitutions and Package Variations	
Infant formula in the first month for partially breastfed infants	Not specified
Package tailoring for homeless participants	No
CPA assigns fat-reduced milks for 1-year-old children where obesity and overweight are concerns	Yes
Farmers' Markets	
Authorize farmers' markets/farmers at farmers' markets	Yes
Infant Food Policies	
Rounding up infant formula	Not specified
Rounding up infant foods	Not specified
Food List Options	
Milk and Milk Substitutes	
Soy-based beverage	Yes
Tofu	Yes
Yogurt	No
Legumes	
Canned beans	No
Canned Fish	
Salmon	Yes
Sardines	No
Mackerel	No
Grains	
Whole-wheat pasta	No
Brown rice	Yes
Bulgur and/or barley	No
Oatmeal	Yes
Soft corn or whole-wheat tortillas	Yes
% whole-grain cold cereals	53%
% whole-grain hot cereals	17%
Infant Foods	
Fresh bananas as a partial substitute for infant food	No
Fruits and Vegetables	
Canned fruits and vegetables	No
Frozen fruits and vegetables	Yes
Dried fruits and vegetables	No
Cost Containment Measures	
Organic forms of WIC-eligible foods provided via the regular WIC food instrument; e.g., milk, eggs	None allowed
Rebates on infant foods (other than infant formula)	Not specified
Delivery Options	
Options available	Paper vouchers

Idaho

Policy Options	
Fruits and Vegetables	
Dried fruits and vegetables allowed for children	No
Infants aged 9–11 months receive CVV for fruits and vegetables in lieu of portion of commercial jarred infant food (in Food Packages II and III)	No
Children and women receiving Food Package III receive jarred infant food fruits and vegetables in lieu of CVV	No
Food Substitutions and Package Variations	
Infant formula in the first month for partially breastfed infants	No
Package tailoring for homeless participants	Yes
CPA assigns fat-reduced milks for 1-year-old children where obesity and overweight are concerns	No
Farmers' Markets	
Authorize farmers' markets/farmers at farmers' markets	No
Infant Food Policies	
Rounding up infant formula	No
Rounding up infant foods	No
Food List Options	
Milk and Milk Substitutes	
Soy-based beverage	Yes
Tofu	No
Yogurt	No
Legumes	
Canned beans	Yes
Canned Fish	
Salmon	Yes
Sardines	No
Mackerel	No
Grains	
Whole-wheat pasta	No
Brown rice	Yes
Bulgur and/or barley	No
Oatmeal	Yes
Soft corn or whole-wheat tortillas	Yes
% whole-grain cold cereals	64%
% whole-grain hot cereals	29%
Infant Foods	
Fresh bananas as a partial substitute for infant food	No
Fruits and Vegetables	
Canned fruits and vegetables	No
Frozen fruits and vegetables	No
Dried fruits and vegetables	No
Cost Containment Measures	
Organic forms of WIC-eligible foods provided via the regular WIC food instrument; e.g., milk, eggs	None allowed
Rebates on infant foods (other than infant formula)	No
Delivery Options	
Options available	Paper vouchers

Illinois

Policy Options	
Fruits and Vegetables	
Dried fruits and vegetables allowed for children	No
Infants aged 9–11 months receive CVV for fruits and vegetables in lieu of portion of commercial jarred infant food (in Food Packages II and III)	No
Children and women receiving Food Package III receive jarred infant food fruits and vegetables in lieu of CVV	No
Food Substitutions and Package Variations	
Infant formula in the first month for partially breastfed infants	No
Package tailoring for homeless participants	Yes
CPA assigns fat-reduced milks for 1-year-old children where obesity and overweight are concerns	No
Farmers' Markets	
Authorize farmers' markets/farmers at farmers' markets	No
Infant Food Policies	
Rounding up infant formula	No
Rounding up infant foods	No
Food List Options	
Milk and Milk Substitutes	
Soy-based beverage	Yes
Tofu	No
Yogurt	No
Legumes	
Canned beans	Yes
Canned Fish	
Salmon	Yes
Sardines	No
Mackerel	No
Grains	
Whole-wheat pasta	No
Brown rice	Yes
Bulgur and/or barley	No
Oatmeal	Yes
Soft corn or whole-wheat tortillas	Yes
% whole-grain cold cereals	78%
% whole-grain hot cereals	50%
Infant Foods	
Fresh bananas as a partial substitute for infant food	Not specified
Fruits and Vegetables	
Canned fruits and vegetables	Yes
Frozen fruits and vegetables	Yes
Dried fruits and vegetables	No
Cost Containment Measures	
Organic forms of WIC-eligible foods provided via the regular WIC food instrument; e.g., milk, eggs	None allowed
Rebates on infant foods (other than infant formula)	No
Delivery Options	
Options available	Paper vouchers

Indiana

Policy Options	
Fruits and Vegetables	
Dried fruits and vegetables allowed for children	No
Infants aged 9–11 months receive CVV for fruits and vegetables in lieu of portion of commercial jarred infant food (in Food Packages II and III)	Yes
Children and women receiving Food Package III receive jarred infant food fruits and vegetables in lieu of CVV	Yes
Food Substitutions and Package Variations	
Infant formula in the first month for partially breastfed infants	Yes
Package tailoring for homeless participants	Yes
CPA assigns fat-reduced milks for 1-year-old children where obesity and overweight are concerns	Yes
Farmers' Markets	
Authorize farmers' markets/farmers at farmers' markets	No
Infant Food Policies	
Rounding up infant formula	No
Rounding up infant foods	No
Food List Options	
Milk and Milk Substitutes	
Soy-based beverage	Yes
Tofu	No
Yogurt	No
Legumes	
Canned beans	Yes
Canned Fish	
Salmon	Yes
Sardines	No
Mackerel	No
Grains	
Whole-wheat pasta	Yes
Brown rice	Yes
Bulgur and/or barley	No
Oatmeal	Yes
Soft corn or whole-wheat tortillas	Yes
% whole-grain cold cereals	52%
% whole-grain hot cereals	67%
Infant Foods	
Fresh bananas as a partial substitute for infant food	Not specified
Fruits and Vegetables	
Canned fruits and vegetables	No
Frozen fruits and vegetables	Yes
Dried fruits and vegetables	No
Cost Containment Measures	
Organic forms of WIC-eligible foods provided via the regular WIC food instrument; e.g., milk, eggs	None allowed
Rebates on infant foods (other than infant formula)	No
Delivery Options	
Options available	EBT

Kansas

Policy Options	
Fruits and Vegetables	
Dried fruits and vegetables allowed for children	Not specified
Infants aged 9–11 months receive CVV for fruits and vegetables in lieu of portion of commercial jarred infant food (in Food Packages II and III)	Not specified
Children and women receiving Food Package III receive jarred infant food fruits and vegetables in lieu of CVV	Not specified
Food Substitutions and Package Variations	
Infant formula in the first month for partially breastfed infants	No
Package tailoring for homeless participants	Yes
CPA assigns fat-reduced milks for 1-year-old children where obesity and overweight are concerns	Not specified
Farmers' Markets	
Authorize farmers' markets/farmers at farmers' markets	No
Infant Food Policies	
Rounding up infant formula	No
Rounding up infant foods	No
Food List Options	
Milk and Milk Substitutes	
Soy-based beverage	Yes
Tofu	No
Yogurt	No
Legumes	
Canned beans	Yes
Canned Fish	
Salmon	Yes
Sardines	No
Mackerel	No
Grains	
Whole-wheat pasta	No
Brown rice	Yes
Bulgur and/or barley	No
Oatmeal	Yes
Soft corn or whole-wheat tortillas	Yes
% whole-grain cold cereals	53%
% whole-grain hot cereals	33%
Infant Foods	
Fresh bananas as a partial substitute for infant food	Not specified
Fruits and Vegetables	
Canned fruits and vegetables	Yes
Frozen fruits and vegetables	Yes
Dried fruits and vegetables	No
Cost Containment Measures	
Organic forms of WIC-eligible foods provided via the regular WIC food instrument; e.g., milk, eggs	None allowed
Rebates on infant foods (other than infant formula)	No
Delivery Options	
Options available	Paper vouchers

Kentucky

Policy Options	
Fruits and Vegetables	
Dried fruits and vegetables allowed for children	No
Infants aged 9–11 months receive CVV for fruits and vegetables in lieu of portion of commercial jarred infant food (in Food Packages II and III)	No
Children and women receiving Food Package III receive jarred infant food fruits and vegetables in lieu of CVV	No
Food Substitutions and Package Variations	
Infant formula in the first month for partially breastfed infants	Yes
Package tailoring for homeless participants	Yes
CPA assigns fat-reduced milks for 1-year-old children where obesity and overweight are concerns	Yes
Farmers' Markets	
Authorize farmers' markets/farmers at farmers' markets	No
Infant Food Policies	
Rounding up infant formula	No
Rounding up infant foods	No
Food List Options	
Milk and Milk Substitutes	
Soy-based beverage	Yes
Tofu	Yes
Yogurt	No
Legumes	
Canned beans	Yes
Canned Fish	
Salmon	Yes
Sardines	Yes
Mackerel	No
Grains	
Whole-wheat pasta	No
Brown rice	Yes
Bulgur and/or barley	No
Oatmeal	No
Soft corn or whole-wheat tortillas	Yes
% whole-grain cold cereals	73%
% whole-grain hot cereals	20%
Infant Foods	
Fresh bananas as a partial substitute for infant food	Not specified
Fruits and Vegetables	
Canned fruits and vegetables	No
Frozen fruits and vegetables	Yes
Dried fruits and vegetables	No
Cost Containment Measures	
Organic forms of WIC-eligible foods provided via the regular WIC food instrument; e.g., milk, eggs	None allowed
Rebates on infant foods (other than infant formula)	No
Delivery Options	
Options available	EBT

Louisiana

Policy Options	
Fruits and Vegetables	
Dried fruits and vegetables allowed for children	Not specified
Infants aged 9–11 months receive CVV for fruits and vegetables in lieu of portion of commercial jarred infant food (in Food Packages II and III)	No
Children and women receiving Food Package III receive jarred infant food fruits and vegetables in lieu of CVV	Yes
Food Substitutions and Package Variations	
Infant formula in the first month for partially breastfed infants	No
Package tailoring for homeless participants	Yes
CPA assigns fat-reduced milks for 1-year-old children where obesity and overweight are concerns	No
Farmers' Markets	
Authorize farmers' markets/farmers at farmers' markets	Yes
Infant Food Policies	
Rounding up infant formula	Yes
Rounding up infant foods	No
Food List Options	
Milk and Milk Substitutes	
Soy-based beverage	Yes
Tofu	No
Yogurt	No
Legumes	
Canned beans	No
Canned Fish	
Salmon	Yes
Sardines	No
Mackerel	No
Grains	
Whole-wheat pasta	No
Brown rice	Yes
Bulgur and/or barley	No
Oatmeal	Yes
Soft corn or whole-wheat tortillas	Yes
% whole-grain cold cereals	33%
% whole-grain hot cereals	50%
Infant Foods	
Fresh bananas as a partial substitute for infant food	Not specified
Fruits and Vegetables	
Canned fruits and vegetables	No
Frozen fruits and vegetables	No
Dried fruits and vegetables	No
Cost Containment Measures	
Organic forms of WIC-eligible foods provided via the regular WIC food instrument; e.g., milk, eggs	None allowed
Rebates on infant foods (other than infant formula)	No
Delivery Options	
Options available	Paper vouchers

Massachusetts

Policy Options	
Fruits and Vegetables	
Dried fruits and vegetables allowed for children	No
Infants aged 9–11 months receive CVV for fruits and vegetables in lieu of portion of commercial jarred infant food (in Food Packages II and III)	Yes
Children and women receiving Food Package III receive jarred infant food fruits and vegetables in lieu of CVV	Yes
Food Substitutions and Package Variations	
Infant formula in the first month for partially breastfed infants	Yes
Package tailoring for homeless participants	Yes
CPA assigns fat-reduced milks for 1-year-old children where obesity and overweight are concerns	Yes
Farmers' Markets	
Authorize farmers' markets/farmers at farmers' markets	No
Infant Food Policies	
Rounding up infant formula	No
Rounding up infant foods	No
Food List Options	
Milk and Milk Substitutes	
Soy-based beverage	Yes
Tofu	Yes
Yogurt	Yes
Legumes	
Canned beans	Yes
Canned Fish	
Salmon	Yes
Sardines	Yes
Mackerel	No
Grains	
Whole-wheat pasta	Yes
Brown rice	Yes
Bulgur and/or barley	No
Oatmeal	Yes
Soft corn or whole-wheat tortillas	Yes
% whole-grain cold cereals	65%
% whole-grain hot cereals	40%
Infant Foods	
Fresh bananas as a partial substitute for infant food	No
Fruits and Vegetables	
Canned fruits and vegetables	Yes
Frozen fruits and vegetables	Yes
Dried fruits and vegetables	No
Cost Containment Measures	
Organic forms of WIC-eligible foods provided via the regular WIC food instrument; e.g., milk, eggs	Some allowed
Rebates on infant foods (other than infant formula)	Yes
Delivery Options	
Options available	EBT

Maryland

Policy Options	
Fruits and Vegetables	
Dried fruits and vegetables allowed for children	No
Infants aged 9–11 months receive CVV for fruits and vegetables in lieu of portion of commercial jarred infant food (in Food Packages II and III)	No
Children and women receiving Food Package III receive jarred infant food fruits and vegetables in lieu of CVV	Yes
Food Substitutions and Package Variations	
Infant formula in the first month for partially breastfed infants	Yes
Package tailoring for homeless participants	Yes
CPA assigns fat-reduced milks for 1-year-old children where obesity and overweight are concerns	Yes
Farmers' Markets	
Authorize farmers' markets/farmers at farmers' markets	Yes
Infant Food Policies	
Rounding up infant formula	No
Rounding up infant foods	No
Food List Options	
Milk and Milk Substitutes	
Soy-based beverage	Yes
Tofu	Yes
Yogurt	No
Legumes	
Canned beans	Yes
Canned Fish	
Salmon	Yes
Sardines	Yes
Mackerel	No
Grains	
Whole-wheat pasta	No
Brown rice	Yes
Bulgur and/or barley	No
Oatmeal	Yes
Soft corn or whole-wheat tortillas	Yes
% whole-grain cold cereals	54%
% whole-grain hot cereals	17%
Infant Foods	
Fresh bananas as a partial substitute for infant food	Not specified
Fruits and Vegetables	
Canned fruits and vegetables	Yes
Frozen fruits and vegetables	Yes
Dried fruits and vegetables	No
Cost Containment Measures	
Organic forms of WIC-eligible foods provided via the regular WIC food instrument; e.g., milk, eggs	None allowed
Rebates on infant foods (other than infant formula)	Yes
Delivery Options	
Options available	Paper vouchers

Maine

Policy Options	
Fruits and Vegetables	
Dried fruits and vegetables allowed for children	No
Infants aged 9–11 months receive CVV for fruits and vegetables in lieu of portion of commercial jarred infant food (in Food Packages II and III)	No
Children and women receiving Food Package III receive jarred infant food fruits and vegetables in lieu of CVV	Yes
Food Substitutions and Package Variations	
Infant formula in the first month for partially breastfed infants	Yes
Package tailoring for homeless participants	Yes
CPA assigns fat-reduced milks for 1-year-old children where obesity and overweight are concerns	Yes
Farmers' Markets	
Authorize farmers' markets/farmers at farmers' markets	Yes
Infant Food Policies	
Rounding up infant formula	No
Rounding up infant foods	No
Food List Options	
Milk and Milk Substitutes	
Soy-based beverage	Yes
Tofu	Yes
Yogurt	No
Legumes	
Canned beans	Yes
Canned Fish	
Salmon	Yes
Sardines	Yes
Mackerel	No
Grains	
Whole-wheat pasta	No
Brown rice	Yes
Bulgur and/or barley	No
Oatmeal	Yes
Soft corn or whole-wheat tortillas	Yes
% whole-grain cold cereals	53%
% whole-grain hot cereals	50%
Infant Foods	
Fresh bananas as a partial substitute for infant food	No
Fruits and Vegetables	
Canned fruits and vegetables	Yes
Frozen fruits and vegetables	Yes
Dried fruits and vegetables	No
Cost Containment Measures	
Organic forms of WIC-eligible foods provided via the regular WIC food instrument; e.g., milk, eggs	Some allowed
Rebates on infant foods (other than infant formula)	Yes
Delivery Options	
Options available	Paper vouchers

Michigan

Policy Options	
Fruits and Vegetables	
Dried fruits and vegetables allowed for children	No
Infants aged 9–11 months receive CVV for fruits and vegetables in lieu of portion of commercial jarred infant food (in Food Packages II and III)	No
Children and women receiving Food Package III receive jarred infant food fruits and vegetables in lieu of CVV	No
Food Substitutions and Package Variations	
Infant formula in the first month for partially breastfed infants	Yes
Package tailoring for homeless participants	Not specified
CPA assigns fat-reduced milks for 1-year-old children where obesity and overweight are concerns	Yes
Farmers' Markets	
Authorize farmers' markets/farmers at farmers' markets	No
Infant Food Policies	
Rounding up infant formula	Yes
Rounding up infant foods	No
Food List Options	
Milk and Milk Substitutes	
Soy-based beverage	Yes
Tofu	No
Yogurt	No
Legumes	
Canned beans	Yes
Canned Fish	
Salmon	Yes
Sardines	No
Mackerel	No
Grains	
Whole-wheat pasta	No
Brown rice	Yes
Bulgur and/or barley	No
Oatmeal	Yes
Soft corn or whole-wheat tortillas	Yes
% whole-grain cold cereals	57%
% whole-grain hot cereals	36%
Infant Foods	
Fresh bananas as a partial substitute for infant food	Not specified
Fruits and Vegetables	
Canned fruits and vegetables	No
Frozen fruits and vegetables	No
Dried fruits and vegetables	No
Cost Containment Measures	
Organic forms of WIC-eligible foods provided via the regular WIC food instrument; e.g., milk, eggs	Some allowed
Rebates on infant foods (other than infant formula)	No
Delivery Options	
Options available	EBT

Minnesota

Policy Options	
Fruits and Vegetables	
Dried fruits and vegetables allowed for children	No
Infants aged 9–11 months receive CVV for fruits and vegetables in lieu of portion of commercial jarred infant food (in Food Packages II and III)	Yes
Children and women receiving Food Package III receive jarred infant food fruits and vegetables in lieu of CVV	Yes
Food Substitutions and Package Variations	
Infant formula in the first month for partially breastfed infants	Yes
Package tailoring for homeless participants	Yes
CPA assigns fat-reduced milks for 1-year-old children where obesity and overweight are concerns	No
Farmers' Markets	
Authorize farmers' markets/farmers at farmers' markets	Yes
Infant Food Policies	
Rounding up infant formula	No
Rounding up infant foods	No
Food List Options	
Milk and Milk Substitutes	
Soy-based beverage	Yes
Tofu	Yes
Yogurt	No
Legumes	
Canned beans	Yes
Canned fish	
Salmon	Yes
Sardines	No
Mackerel	No
Grains	
Whole-wheat pasta	No
Brown rice	Yes
Bulgur and/or barley	No
Oatmeal	Yes
Soft corn or whole-wheat tortillas	Yes
% whole-grain cold cereals	63%
% whole-grain hot cereals	40%
Infant Foods	
Fresh bananas as a partial substitute for infant food	Yes
Fruits and Vegetables	
Canned fruits and vegetables	Yes
Frozen fruits and vegetables	Yes
Dried fruits and vegetables	No
Cost Containment Measures	
Organic forms of WIC-eligible foods provided via the regular WIC food instrument; e.g., milk, eggs	Some allowed
Rebates on infant foods (other than infant formula)	No
Delivery Options	
Options available	Paper vouchers

Missouri

Policy Options	
Fruits and Vegetables	
Dried fruits and vegetables allowed for children	No
Infants aged 9–11 months receive CVV for fruits and vegetables in lieu of portion of commercial jarred infant food (in Food Packages II and III)	Not specified
Children and women receiving Food Package III receive jarred infant food fruits and vegetables in lieu of CVV	Not specified
Food Substitutions and Package Variations	
Infant formula in the first month for partially breastfed infants	No
Package tailoring for homeless participants	Yes
CPA assigns fat-reduced milks for 1-year-old children where obesity and overweight are concerns	Yes
Farmers' Markets	
Authorize farmers' markets/farmers at farmers' markets	No
Infant Food Policies	
Rounding up infant formula	No
Rounding up infant foods	No
Food List Options	
Milk and Milk Substitutes	
Soy-based beverage	Yes
Tofu	Yes
Yogurt	Yes
Legumes	
Canned beans	Yes
Canned Fish	
Salmon	Yes
Sardines	Yes
Mackerel	No
Grains	
Whole-wheat pasta	No
Brown rice	Yes
Bulgur and/or barley	No
Oatmeal	Yes
Soft corn or whole-wheat tortillas	Yes
% whole-grain cold cereals	42%
% whole-grain hot cereals	25%
Infant Foods	
Fresh bananas as a partial substitute for infant food	Not specified
Fruits and Vegetables	
Canned fruits and vegetables	No
Frozen fruits and vegetables	Yes
Dried fruits and vegetables	No
Cost Containment Measures	
Organic forms of WIC-eligible foods provided via the regular WIC food instrument; e.g., milk, eggs	Some allowed
Rebates on infant foods (other than infant formula)	No
Delivery Options	
Options available	Paper vouchers

Mississippi

Policy Options	
Fruits and Vegetables	
Dried fruits and vegetables allowed for children	No
Infants aged 9–11 months receive CVV for fruits and vegetables in lieu of portion of commercial jarred infant food (in Food Packages II and III)	No
Children and women receiving Food Package III receive jarred infant food fruits and vegetables in lieu of CVV	No
Food Substitutions and Package Variations	
Infant formula in the first month for partially breastfed infants	Yes
Package tailoring for homeless participants	No
CPA assigns fat-reduced milks for 1-year-old children where obesity and overweight are concerns	No
Farmers' Markets	
Authorize farmers' markets/farmers at farmers' markets	No
Infant Food Policies	
Rounding up infant formula	No
Rounding up infant foods	No
Food List Options	
Milk and Milk Substitutes	
Soy-based beverage	Yes
Tofu	No
Yogurt	No
Legumes	
Canned beans	No
Canned Fish	
Salmon	No
Sardines	No
Mackerel	No
Grains	
Whole-wheat pasta	No
Brown rice	Yes
Bulgur and/or barley	No
Oatmeal	Yes
Soft corn or whole-wheat tortillas	Yes
% whole-grain cold cereals	46%
% whole-grain hot cereals	100%
Infant Foods	
Fresh bananas as a partial substitute for infant food	Not specified
Fruits and Vegetables	
Canned fruits and vegetables	Yes
Frozen fruits and vegetables	No
Dried fruits and vegetables	No
Cost Containment Measures	
Organic forms of WIC-eligible foods provided via the regular WIC food instrument; e.g., milk, eggs	Not specified
Rebates on infant foods (other than infant formula)	No
Delivery Options	
Options available	Direct distribution

Montana

Policy Options	
Fruits and Vegetables	
Dried fruits and vegetables allowed for children	Not specified
Infants aged 9–11 months receive CVV for fruits and vegetables in lieu of portion of commercial jarred infant food (in Food Packages II and III)	Not specified
Children and women receiving Food Package III receive jarred infant food fruits and vegetables in lieu of CVV	Not specified
Food Substitutions and Package Variations	
Infant formula in the first month for partially breastfed infants	Yes
Package tailoring for homeless participants	Yes
CPA assigns fat-reduced milks for 1-year-old children where obesity and overweight are concerns	Yes
Farmers' Markets	
Authorize farmers' markets/farmers at farmers' markets	Yes
Infant Food Policies	
Rounding up infant formula	No
Rounding up infant foods	Not specified
Food List Options	
Milk and Milk Substitutes	
Soy-based beverage	Yes
Tofu	No
Yogurt	No
Legumes	
Canned beans	Yes
Canned Fish	
Salmon	Yes
Sardines	No
Mackerel	No
Grains	
Whole-wheat pasta	No
Brown rice	Yes
Bulgur and/or barley	No
Oatmeal	Yes
Soft corn or whole-wheat tortillas	Yes
% whole-grain cold cereals	52%
% whole-grain hot cereals	33%
Infant Foods	
Fresh bananas as a partial substitute for infant food	Not specified
Fruits and Vegetables	
Canned fruits and vegetables	No
Frozen fruits and vegetables	Yes
Dried fruits and vegetables	No
Cost Containment Measures	
Organic forms of WIC-eligible foods provided via the regular WIC food instrument; e.g., milk, eggs	None allowed
Rebates on infant foods (other than infant formula)	No
Delivery Options	
Options available	Paper vouchers

North Carolina

Policy Options	
Fruits and Vegetables	
Dried fruits and vegetables allowed for children	No
Infants aged 9–11 months receive CVV for fruits and vegetables in lieu of portion of commercial jarred infant food (in Food Packages II and III)	No
Children and women receiving Food Package III receive jarred infant food fruits and vegetables in lieu of CVV	No
Food Substitutions and Package Variations	
Infant formula in the first month for partially breastfed infants	Yes
Package tailoring for homeless participants	Yes
CPA assigns fat-reduced milks for 1-year-old children where obesity and overweight are concerns	Yes
Farmers' Markets	
Authorize farmers' markets/farmers at farmers' markets	No
Infant Food Policies	
Rounding up infant formula	Yes
Rounding up infant foods	No
Food List Options	
Milk and Milk Substitutes	
Soy-based beverage	Yes
Tofu	Yes
Yogurt	No
Legumes	
Canned beans	Yes
Canned Fish	
Salmon	Yes
Sardines	No
Mackerel	No
Grains	
Whole-wheat pasta	No
Brown rice	Yes
Bulgur and/or barley	No
Oatmeal	No
Soft corn or whole-wheat tortillas	Yes
% whole-grain cold cereals	79%
% whole-grain hot cereals	0%
Infant Foods	
Fresh bananas as a partial substitute for infant food	No
Fruits and Vegetables	
Canned fruits and vegetables	Yes
Frozen fruits and vegetables	Yes
Dried fruits and vegetables	No
Cost Containment Measures	
Organic forms of WIC-eligible foods provided via the regular WIC food instrument; e.g., milk, eggs	None allowed
Rebates on infant foods (other than infant formula)	No
Delivery Options	
Options available	Paper vouchers

North Dakota

Policy Options	
Fruits and Vegetables	
Dried fruits and vegetables allowed for children	No
Infants aged 9–11 months receive CVV for fruits and vegetables in lieu of portion of commercial jarred infant food (in Food Packages II and III)	Yes
Children and women receiving Food Package III receive jarred infant food fruits and vegetables in lieu of CVV	Yes
Food Substitutions and Package Variations	
Infant formula in the first month for partially breastfed infants	Yes
Package tailoring for homeless participants	Yes
CPA assigns fat-reduced milks for 1-year-old children where obesity and overweight are concerns	Yes
Farmers' Markets	
Authorize farmers' markets/farmers at farmers' markets	No
Infant Food Policies	
Rounding up infant formula	No
Rounding up infant foods	No
Food List Options	
Milk and Milk Substitutes	
Soy-based beverage	Yes
Tofu	No
Yogurt	No
Legumes	
Canned beans	Yes
Canned Fish	
Salmon	Yes
Sardines	No
Mackerel	No
Grains	
Whole-wheat pasta	No
Brown rice	Yes
Bulgur and/or barley	No
Oatmeal	Yes
Soft corn or whole-wheat tortillas	Yes
% whole-grain cold cereals	57%
% whole-grain hot cereals	38%
Infant Foods	
Fresh bananas as a partial substitute for infant food	No
Fruits and Vegetables	
Canned fruits and vegetables	No
Frozen fruits and vegetables	No
Dried fruits and vegetables	No
Cost Containment Measures	
Organic forms of WIC-eligible foods provided via the regular WIC food instrument; e.g., milk, eggs	None allowed
Rebates on infant foods (other than infant formula)	No
Delivery Options	
Options available	Paper vouchers

Nebraska

Policy Options	
Fruits and Vegetables	
Dried fruits and vegetables allowed for children	No
Infants aged 9–11 months receive CVV for fruits and vegetables in lieu of portion of commercial jarred infant food (in Food Packages II and III)	Yes
Children and women receiving Food Package III receive jarred infant food fruits and vegetables in lieu of CVV	Yes
Food Substitutions and Package Variations	
Infant formula in the first month for partially breastfed infants	No
Package tailoring for homeless participants	Yes
CPA assigns fat-reduced milks for 1-year-old children where obesity and overweight are concerns	Yes
Farmers' Markets	
Authorize farmers' markets/farmers at farmers' markets	No
Infant Food Policies	
Rounding up infant formula	No
Rounding up infant foods	No
Food List Options	
Milk and Milk Substitutes	
Soy-based beverage	Yes
Tofu	No
Yogurt	No
Legumes	
Canned beans	Yes
Canned Fish	
Salmon	Yes
Sardines	No
Mackerel	No
Grains	
Whole-wheat pasta	No
Brown rice	Yes
Bulgur and/or barley	No
Oatmeal	Yes
Soft corn or whole-wheat tortillas	Yes
% whole-grain cold cereals	56%
% whole-grain hot cereals	11%
Infant Foods	
Fresh bananas as a partial substitute for infant food	No
Fruits and Vegetables	
Canned fruits and vegetables	No
Frozen fruits and vegetables	No
Dried fruits and vegetables	No
Cost Containment Measures	
Organic forms of WIC-eligible foods provided via the regular WIC food instrument; e.g., milk, eggs	None allowed
Rebates on infant foods (other than infant formula)	No
Delivery Options	
Options available	Paper vouchers

New Hampshire

Policy Options	
Fruits and Vegetables	
Dried fruits and vegetables allowed for children	No
Infants aged 9–11 months receive CVV for fruits and vegetables in lieu of portion of commercial jarred infant food (in Food Packages II and III)	Yes
Children and women receiving Food Package III receive jarred infant food fruits and vegetables in lieu of CVV	Yes
Food Substitutions and Package Variations	
Infant formula in the first month for partially breastfed infants	Yes
Package tailoring for homeless participants	Yes
CPA assigns fat-reduced milks for 1-year-old children where obesity and overweight are concerns	Yes
Farmers' Markets	
Authorize farmers' markets/farmers at farmers' markets	No
Infant Food Policies	
Rounding up infant formula	No
Rounding up infant foods	No
Food List Options	
Milk and Milk Substitutes	
Soy-based beverage	Yes
Tofu	Yes
Yogurt	No
Legumes	
Canned beans	Yes
Canned Fish	
Salmon	Yes
Sardines	No
Mackerel	No
Grains	
Whole-wheat pasta	No
Brown rice	Yes
Bulgur and/or barley	No
Oatmeal	Yes
Soft corn or whole-wheat tortillas	Yes
% whole-grain cold cereals	72%
% whole-grain hot cereals	17%
Infant Foods	
Fresh bananas as a partial substitute for infant food	Not specified
Fruits and Vegetables	
Canned fruits and vegetables	Yes
Frozen fruits and vegetables	Yes
Dried fruits and vegetables	No
Cost Containment Measures	
Organic forms of WIC-eligible foods provided via the regular WIC food instrument; e.g., milk, eggs	Some allowed
Rebates on infant foods (other than infant formula)	Yes
Delivery Options	
Options available	Paper vouchers

New Jersey

Policy Options	
Fruits and Vegetables	
Dried fruits and vegetables allowed for children	No
Infants aged 9–11 months receive CVV for fruits and vegetables in lieu of portion of commercial jarred infant food (in Food Packages II and III)	No
Children and women receiving Food Package III receive jarred infant food fruits and vegetables in lieu of CVV	No
Food Substitutions and Package Variations	
Infant formula in the first month for partially breastfed infants	Yes
Package tailoring for homeless participants	Yes
CPA assigns fat-reduced milks for 1-year-old children where obesity and overweight are concerns	Yes
Farmers' Markets	
Authorize farmers' markets/farmers at farmers' markets	Yes
Infant Food Policies	
Rounding up infant formula	Yes
Rounding up infant foods	No
Food List Options	
Milk and Milk Substitutes	
Soy-based beverage	Yes
Tofu	Yes
Yogurt	No
Legumes	
Canned beans	Yes
Canned Fish	
Salmon	Yes
Sardines	Yes
Mackerel	Yes
Grains	
Whole-wheat pasta	Yes
Brown rice	Yes
Bulgur and/or barley	No
Oatmeal	Yes
Soft corn or whole-wheat tortillas	Yes
% whole-grain cold cereals	35%
% whole-grain hot cereals	0%
Infant Foods	
Fresh bananas as a partial substitute for infant food	Not specified
Fruits and Vegetables	
Canned fruits and vegetables	Yes
Frozen fruits and vegetables	Yes
Dried fruits and vegetables	No
Cost Containment Measures	
Organic forms of WIC-eligible foods provided via the regular WIC food instrument; e.g., milk, eggs	None allowed
Rebates on infant foods (other than infant formula)	Yes
Delivery Options	
Options available	Paper vouchers

New Mexico

Policy Options	
Fruits and Vegetables	
Dried fruits and vegetables allowed for children	No
Infants aged 9–11 months receive CVV for fruits and vegetables in lieu of portion of commercial jarred infant food (in Food Packages II and III)	Yes
Children and women receiving Food Package III receive jarred infant food fruits and vegetables in lieu of CVV	Yes
Food Substitutions and Package Variations	
Infant formula in the first month for partially breastfed infants	No
Package tailoring for homeless participants	Yes
CPA assigns fat-reduced milks for 1-year-old children where obesity and overweight are concerns	Yes
Farmers' Markets	
Authorize farmers' markets/farmers at farmers' markets	No
Infant Food Policies	
Rounding up infant formula	Yes
Rounding up infant foods	No
Food List Options	
Milk and Milk Substitutes	
Soy-based beverage	Yes
Tofu	Yes
Yogurt	No
Legumes	
Canned beans	Yes
Canned Fish	
Salmon	Yes
Sardines	Yes
Mackerel	No
Grains	
Whole-wheat pasta	No
Brown rice	Yes
Bulgur and/or barley	No
Oatmeal	Yes
Soft corn or whole-wheat tortillas	Yes
% whole-grain cold cereals	53%
% whole-grain hot cereals	50%
Infant Foods	
Fresh bananas as a partial substitute for infant food	Not specified
Fruits and Vegetables	
Canned fruits and vegetables	Yes
Frozen fruits and vegetables	Yes
Dried fruits and vegetables	No
Cost Containment Measures	
Organic forms of WIC-eligible foods provided via the regular WIC food instrument; e.g., milk, eggs	None allowed
Rebates on infant foods (other than infant formula)	No
Delivery Options	
Options available	EBT

Nevada

Policy Options	
Fruits and Vegetables	
Dried fruits and vegetables allowed for children	No
Infants aged 9–11 months receive CVV for fruits and vegetables in lieu of portion of commercial jarred infant food (in Food Packages II and III)	No
Children and women receiving Food Package III receive jarred infant food fruits and vegetables in lieu of CVV	Yes
Food Substitutions and Package Variations	
Infant formula in the first month for partially breastfed infants	Yes
Package tailoring for homeless participants	Yes
CPA assigns fat-reduced milks for 1-year-old children where obesity and overweight are concerns	Yes
Farmers' Markets	
Authorize farmers' markets/farmers at farmers' markets	No
Infant Food Policies	
Rounding up infant formula	Yes
Rounding up infant foods	Yes
Food List Options	
Milk and Milk Substitutes	
Soy-based beverage	Yes
Tofu	Yes
Yogurt	No
Legumes	
Canned beans	Yes
Canned Fish	
Salmon	No
Sardines	Yes
Mackerel	No
Grains	
Whole-wheat pasta	No
Brown rice	Yes
Bulgur and/or barley	No
Oatmeal	Yes
Soft corn or whole-wheat tortillas	Yes
% whole-grain cold cereals	60%
% whole-grain hot cereals	38%
Infant Foods	
Fresh bananas as a partial substitute for infant food	Not specified
Fruits and Vegetables	
Canned fruits and vegetables	Yes
Frozen fruits and vegetables	Yes
Dried fruits and vegetables	No
Cost Containment Measures	
Organic forms of WIC-eligible foods provided via the regular WIC food instrument; e.g., milk, eggs	None allowed
Rebates on infant foods (other than infant formula)	No
Delivery Options	
Options available	EBT

New York

Policy Options	
Fruits and Vegetables	
Dried fruits and vegetables allowed for children	No
Infants aged 9–11 months receive CVV for fruits and vegetables in lieu of portion of commercial jarred infant food (in Food Packages II and III)	No
Children and women receiving Food Package III receive jarred infant food fruits and vegetables in lieu of CVV	Yes
Food Substitutions and Package Variations	
Infant formula in the first month for partially breastfed infants	Yes
Package tailoring for homeless participants	Yes
CPA assigns fat-reduced milks for 1-year-old children where obesity and overweight are concerns	No
Farmers' Markets	
Authorize farmers' markets/farmers at farmers' markets	Yes
Infant Food Policies	
Rounding up infant formula	Yes
Rounding up infant foods	No
Food List Options	
Milk and Milk Substitutes	
Soy-based beverage	Yes
Tofu	Yes
Yogurt	No
Legumes	
Canned beans	No
Canned Fish	
Salmon	Yes
Sardines	Yes
Mackerel	No
Grains	
Whole-wheat pasta	Yes
Brown rice	Yes
Bulgur and/or barley	No
Oatmeal	No
Soft corn or whole-wheat tortillas	Yes
% whole-grain cold cereals	78%
% whole-grain hot cereals	100%
Infant Foods	
Fresh bananas as a partial substitute for infant food	Yes
Fruits and Vegetables	
Canned fruits and vegetables	Yes
Frozen fruits and vegetables	Yes
Dried fruits and vegetables	No
Cost Containment Measures	
Organic forms of WIC-eligible foods provided via the regular WIC food instrument; e.g., milk, eggs	Some allowed
Rebates on infant foods (other than infant formula)	Yes
Delivery Options	
Options available	Paper vouchers

Ohio

Policy Options	
Fruits and Vegetables	
Dried fruits and vegetables allowed for children	No
Infants aged 9–11 months receive CVV for fruits and vegetables in lieu of portion of commercial jarred infant food (in Food Packages II and III)	No
Children and women receiving Food Package III receive jarred infant food fruits and vegetables in lieu of CVV	Yes
Food Substitutions and Package Variations	
Infant formula in the first month for partially breastfed infants	Yes
Package tailoring for homeless participants	Yes
CPA assigns fat-reduced milks for 1-year-old children where obesity and overweight are concerns	Yes
Farmers' Markets	
Authorize farmers' markets/farmers at farmers' markets	No
Infant Food Policies	
Rounding up infant formula	Yes
Rounding up infant foods	Yes
Food List Options	
Milk and Milk Substitutes	
Soy-based beverage	Yes
Tofu	Yes
Yogurt	No
Legumes	
Canned beans	Yes
Canned Fish	
Salmon	Yes
Sardines	No
Mackerel	No
Grains	
Whole-wheat pasta	No
Brown rice	Yes
Bulgur and/or barley	No
Oatmeal	Yes
Soft corn or whole-wheat tortillas	Yes
% whole-grain cold cereals	49%
% whole-grain hot cereals	0%
Infant Foods	
Fresh bananas as a partial substitute for infant food	Not specified
Fruits and Vegetables	
Canned fruits and vegetables	Yes
Frozen fruits and vegetables	Yes
Dried fruits and vegetables	No
Cost Containment Measures	
Organic forms of WIC-eligible foods provided via the regular WIC food instrument; e.g., milk, eggs	Some allowed
Rebates on infant foods (other than infant formula)	Yes
Delivery Options	
Options available	EBT

Oklahoma

Policy Options	
Fruits and Vegetables	
Dried fruits and vegetables allowed for children	No
Infants aged 9–11 months receive CVV for fruits and vegetables in lieu of portion of commercial jarred infant food (in Food Packages II and III)	Yes
Children and women receiving Food Package III receive jarred infant food fruits and vegetables in lieu of CVV	Yes
Food Substitutions and Package Variations	
Infant formula in the first month for partially breastfed infants	No
Package tailoring for homeless participants	Yes
CPA assigns fat-reduced milks for 1-year-old children where obesity and overweight are concerns	Yes
Farmers' Markets	
Authorize farmers' markets/farmers at farmers' markets	Yes
Infant Food Policies	
Rounding up infant formula	No
Rounding up infant foods	No
Food List Options	
Milk and Milk Substitutes	
Soy-based beverage	Yes
Tofu	Yes
Yogurt	No
Legumes	
Canned beans	Yes
Canned Fish	
Salmon	Yes
Sardines	Yes
Mackerel	Yes
Grains	
Whole-wheat pasta	Yes
Brown rice	Yes
Bulgur and/or barley	Yes
Oatmeal	Yes
Soft corn or whole-wheat tortillas	Yes
% whole-grain cold cereals	81%
% whole-grain hot cereals	13%
Infant Foods	
Fresh bananas as a partial substitute for infant food	Not specified
Fruits and Vegetables	
Canned fruits and vegetables	No
Frozen fruits and vegetables	Yes
Dried fruits and vegetables	No
Cost Containment Measures	
Organic forms of WIC-eligible foods provided via the regular WIC food instrument; e.g., milk, eggs	None allowed
Rebates on infant foods (other than infant formula)	No
Delivery Options	
Options available	Paper vouchers

Oregon

Policy Options	
Fruits and Vegetables	
Dried fruits and vegetables allowed for children	No
Infants aged 9–11 months receive CVV for fruits and vegetables in lieu of portion of commercial jarred infant food (in Food Packages II and III)	Yes
Children and women receiving Food Package III receive jarred infant food fruits and vegetables in lieu of CVV	Yes
Food Substitutions and Package Variations	
Infant formula in the first month for partially breastfed infants	No
Package tailoring for homeless participants	Yes
CPA assigns fat-reduced milks for 1-year-old children where obesity and overweight are concerns	Yes
Farmers' Markets	
Authorize farmers' markets/farmers at farmers' markets	Yes
Infant Food Policies	
Rounding up infant formula	No
Rounding up infant foods	No
Food List Options	
Milk and Milk Substitutes	
Soy-based beverage	Yes
Tofu	No
Yogurt	No
Legumes	
Canned beans	No
Canned Fish	
Salmon	Yes
Sardines	Yes
Mackerel	No
Grains	
Whole-wheat pasta	No
Brown rice	Yes
Bulgur and/or barley	No
Oatmeal	Yes
Soft corn or whole-wheat tortillas	Yes
% whole-grain cold cereals	52%
% whole-grain hot cereals	20%
Infant Foods	
Fresh bananas as a partial substitute for infant food	Not specified
Fruits and Vegetables	
Canned fruits and vegetables	No
Frozen fruits and vegetables	Yes
Dried fruits and vegetables	No
Cost Containment Measures	
Organic forms of WIC-eligible foods provided via the regular WIC food instrument; e.g., milk, eggs	Some allowed
Rebates on infant foods (other than infant formula)	No
Delivery Options	
Options available	Paper vouchers

Pennsylvania

Policy Options	
Fruits and Vegetables	
Dried fruits and vegetables allowed for children	No
Infants aged 9–11 months receive CVV for fruits and vegetables in lieu of portion of commercial jarred infant food (in Food Packages II and III)	No
Children and women receiving Food Package III receive jarred infant food fruits and vegetables in lieu of CVV	No
Food Substitutions and Package Variations	
Infant formula in the first month for partially breastfed infants	No
Package tailoring for homeless participants	Not specified
CPA assigns fat-reduced milks for 1-year-old children where obesity and overweight are concerns	Yes
Farmers' Markets	
Authorize farmers' markets/farmers at farmers' markets	No
Infant Food Policies	
Rounding up infant formula	No
Rounding up infant foods	No
Food List Options	
Milk and Milk Substitutes	
Soy-based beverage	Yes
Tofu	Yes
Yogurt	No
Legumes	
Canned beans	Yes
Canned Fish	
Salmon	Yes
Sardines	Yes
Mackerel	No
Grains	
Whole-wheat pasta	No
Brown rice	Yes
Bulgur and/or barley	No
Oatmeal	Yes
Soft corn or whole-wheat tortillas	Yes
% whole-grain cold cereals	62%
% whole-grain hot cereals	29%
Infant Foods	
Fresh bananas as a partial substitute for infant food	Not specified
Fruits and Vegetables	
Canned fruits and vegetables	Yes
Frozen fruits and vegetables	Yes
Dried fruits and vegetables	No
Cost Containment Measures	
Organic forms of WIC-eligible foods provided via the regular WIC food instrument; e.g., milk, eggs	None allowed
Rebates on infant foods (other than infant formula)	Yes
Delivery Options	
Options available	Paper vouchers

Rhode Island

Policy Options	
Fruits and Vegetables	
Dried fruits and vegetables allowed for children	No
Infants aged 9–11 months receive CVV for fruits and vegetables in lieu of portion of commercial jarred infant food (in Food Packages II and III)	Yes
Children and women receiving Food Package III receive jarred infant food fruits and vegetables in lieu of CVV	Yes
Food Substitutions and Package Variations	
Infant formula in the first month for partially breastfed infants	Yes
Package tailoring for homeless participants	Yes
CPA assigns fat-reduced milks for 1-year-old children where obesity and overweight are concerns	Yes
Farmers' Markets	
Authorize farmers' markets/farmers at farmers' markets	Yes
Infant Food Policies	
Rounding up infant formula	Yes
Rounding up infant foods	Yes
Food List Options	
Milk and Milk Substitutes	
Soy-based beverage	Yes
Tofu	Yes
Yogurt	No
Legumes	
Canned beans	Yes
Canned Fish	
Salmon	Yes
Sardines	Yes
Mackerel	No
Grains	
Whole-wheat pasta	No
Brown rice	Yes
Bulgur and/or barley	No
Oatmeal	Yes
Soft corn or whole-wheat tortillas	Yes
% whole-grain cold cereals	56%
% whole-grain hot cereals	0%
Infant Foods	
Fresh bananas as a partial substitute for infant food	Yes
Fruits and Vegetables	
Canned fruits and vegetables	Yes
Frozen fruits and vegetables	Yes
Dried fruits and vegetables	No
Cost Containment Measures	
Organic forms of WIC-eligible foods provided via the regular WIC food instrument; e.g., milk, eggs	Some allowed
Rebates on infant foods (other than infant formula)	Yes
Delivery Options	
Options available	Paper vouchers

South Carolina

Policy Options	
Fruits and Vegetables	
Dried fruits and vegetables allowed for children	No
Infants aged 9–11 months receive CVV for fruits and vegetables in lieu of portion of commercial jarred infant food (in Food Packages II and III)	No
Children and women receiving Food Package III receive jarred infant food fruits and vegetables in lieu of CVV	Yes
Food Substitutions and Package Variations	
Infant formula in the first month for partially breastfed infants	Yes
Package tailoring for homeless participants	Yes
CPA assigns fat-reduced milks for 1-year-old children where obesity and overweight are concerns	No
Farmers' Markets	
Authorize farmers' markets/farmers at farmers' markets	Yes
Infant Food Policies	
Rounding up infant formula	No
Rounding up infant foods	No
Food List Options	
Milk and Milk Substitutes	
Soy-based beverage	Yes
Tofu	No
Yogurt	No
Legumes	
Canned beans	Yes
Canned Fish	
Salmon	Yes
Sardines	No
Mackerel	No
Grains	
Whole-wheat pasta	No
Brown rice	Yes
Bulgur and/or barley	No
Oatmeal	Yes
Soft corn or whole-wheat tortillas	Yes
% whole-grain cold cereals	52%
% whole-grain hot cereals	50%
Infant Foods	
Fresh bananas as a partial substitute for infant food	Not specified
Fruits and Vegetables	
Canned fruits and vegetables	No
Frozen fruits and vegetables	Yes
Dried fruits and vegetables	No
Cost Containment Measures	
Organic forms of WIC-eligible foods provided via the regular WIC food instrument; e.g., milk, eggs	None allowed
Rebates on infant foods (other than infant formula)	Yes
Delivery Options	
Options available	Paper vouchers

South Dakota

Policy Options	
Fruits and Vegetables	
Dried fruits and vegetables allowed for children	No
Infants aged 9–11 months receive CVV for fruits and vegetables in lieu of portion of commercial jarred infant food (in Food Packages II and III)	Yes
Children and women receiving Food Package III receive jarred infant food fruits and vegetables in lieu of CVV	Yes
Food Substitutions and Package Variations	
Infant formula in the first month for partially breastfed infants	Yes
Package tailoring for homeless participants	Yes
CPA assigns fat-reduced milks for 1-year-old children where obesity and overweight are concerns	Yes
Farmers' Markets	
Authorize farmers' markets/farmers at farmers' markets	No
Infant Food Policies	
Rounding up infant formula	No
Rounding up infant foods	No
Food List Options	
Milk and Milk Substitutes	
Soy-based beverage	Yes
Tofu	No
Yogurt	No
Legumes	
Canned beans	Yes
Canned Fish	
Salmon	Yes
Sardines	Yes
Mackerel	No
Grains	
Whole-wheat pasta	No
Brown rice	Yes
Bulgur and/or barley	No
Oatmeal	Yes
Soft corn or whole-wheat tortillas	Yes
% whole-grain cold cereals	48%
% whole-grain hot cereals	60%
Infant Foods	
Fresh bananas as a partial substitute for infant food	Yes
Fruits and Vegetables	
Canned fruits and vegetables	No
Frozen fruits and vegetables	Yes
Dried fruits and vegetables	No
Cost Containment Measures	
Organic forms of WIC-eligible foods provided via the regular WIC food instrument; e.g., milk, eggs	None allowed
Rebates on infant foods (other than infant formula)	No
Delivery Options	
Options available	Paper vouchers

Tennessee

Policy Options	
Fruits and Vegetables	
Dried fruits and vegetables allowed for children	No
Infants aged 9–11 months receive CVV for fruits and vegetables in lieu of portion of commercial jarred infant food (in Food Packages II and III)	Yes
Children and women receiving Food Package III receive jarred infant food fruits and vegetables in lieu of CVV	Yes
Food Substitutions and Package Variations	
Infant formula in the first month for partially breastfed infants	Yes
Package tailoring for homeless participants	Yes
CPA assigns fat-reduced milks for 1-year-old children where obesity and overweight are concerns	Yes
Farmers' Markets	
Authorize farmers' markets/farmers at farmers' markets	No
Infant Food Policies	
Rounding up infant formula	No
Rounding up infant foods	No
Food List Options	
Milk and Milk Substitutes	
Soy-based beverage	Yes
Tofu	Yes
Yogurt	Yes
Legumes	
Canned beans	Yes
Canned Fish	
Salmon	Yes
Sardines	Yes
Mackerel	Yes
Grains	
Whole-wheat pasta	Yes
Brown rice	Yes
Bulgur and/or barley	Yes
Oatmeal	Yes
Soft corn or whole-wheat tortillas	Yes
% whole-grain cold cereals	66%
% whole-grain hot cereals	14%
Infant Foods	
Fresh bananas as a partial substitute for infant food	Not specified
Fruits and Vegetables	
Canned fruits and vegetables	No
Frozen fruits and vegetables	Yes
Dried fruits and vegetables	No
Cost Containment Measures	
Organic forms of WIC-eligible foods provided via the regular WIC food instrument; e.g., milk, eggs	Some allowed
Rebates on infant foods (other than infant formula)	No
Delivery Options	
Options available	Paper vouchers

Texas

Policy Options	
Fruits and Vegetables	
Dried fruits and vegetables allowed for children	No
Infants aged 9–11 months receive CVV for fruits and vegetables in lieu of portion of commercial jarred infant food (in Food Packages II and III)	No
Children and women receiving Food Package III receive jarred infant food fruits and vegetables in lieu of CVV	Yes
Food Substitutions and Package Variations	
Infant formula in the first month for partially breastfed infants	No
Package tailoring for homeless participants	Yes
CPA assigns fat-reduced milks for 1-year-old children where obesity and overweight are concerns	Yes
Farmers' Markets	
Authorize farmers' markets/farmers at farmers' markets	Yes
Infant Food Policies	
Rounding up infant formula	Yes
Rounding up infant foods	No
Food List Options	
Milk and Milk Substitutes	
Soy-based beverage	Yes
Tofu	Yes
Yogurt	No
Legumes	
Canned beans	Yes
Canned Fish	
Salmon	Yes
Sardines	No
Mackerel	No
Grains	
Whole-wheat pasta	Yes
Brown rice	Yes
Bulgur and/or barley	No
Oatmeal	Yes
Soft corn or whole-wheat tortillas	Yes
% whole-grain cold cereals	48%
% whole-grain hot cereals	20%
Infant Foods	
Fresh bananas as a partial substitute for infant food	No
Fruits and Vegetables	
Canned fruits and vegetables	No
Frozen fruits and vegetables	Yes
Dried fruits and vegetables	No
Cost Containment Measures	
Organic forms of WIC-eligible foods provided via the regular WIC food instrument; e.g., milk, eggs	None allowed
Rebates on infant foods (other than infant formula)	Yes
Delivery Options	
Options available	EBT

Utah

Policy Options	
Fruits and Vegetables	
Dried fruits and vegetables allowed for children	Not specified
Infants aged 9–11 months receive CVV for fruits and vegetables in lieu of portion of commercial jarred infant food (in Food Packages II and III)	Yes
Children and women receiving Food Package III receive jarred infant food fruits and vegetables in lieu of CVV	Yes
Food Substitutions and Package Variations	
Infant formula in the first month for partially breastfed infants	Yes
Package tailoring for homeless participants	Yes
CPA assigns fat-reduced milks for 1-year-old children where obesity and overweight are concerns	Yes
Farmers' Markets	
Authorize farmers' markets/farmers at farmers' markets	No
Infant Food Policies	
Rounding up infant formula	No
Rounding up infant foods	No
Food List Options	
Milk and Milk Substitutes	
Soy-based beverage	Yes
Tofu	Yes
Yogurt	No
Legumes	
Canned beans	Yes
Canned Fish	
Salmon	Yes
Sardines	No
Mackerel	Yes
Grains	
Whole-wheat pasta	Yes
Brown rice	Yes
Bulgur and/or barley	No
Oatmeal	Yes
Soft corn or whole-wheat tortillas	Yes
% whole-grain cold cereals	47%
% whole-grain hot cereals	33%
Infant Foods	
Fresh bananas as a partial substitute for infant food	Not specified
Fruits and Vegetables	
Canned fruits and vegetables	No
Frozen fruits and vegetables	No
Dried fruits and vegetables	No
Cost Containment Measures	
Organic forms of WIC-eligible foods provided via the regular WIC food instrument; e.g., milk, eggs	None allowed
Rebates on infant foods (other than infant formula)	No
Delivery Options	
Options available	Paper vouchers

Virginia

Policy Options	
Fruits and Vegetables	
Dried fruits and vegetables allowed for children	No
Infants aged 9–11 months receive CVV for fruits and vegetables in lieu of portion of commercial jarred infant food (in Food Packages II and III)	No
Children and women receiving Food Package III receive jarred infant food fruits and vegetables in lieu of CVV	No
Food Substitutions and Package Variations	
Infant formula in the first month for partially breastfed infants	Yes
Package tailoring for homeless participants	Not specified
CPA assigns fat-reduced milks for 1-year-old children where obesity and overweight are concerns	No
Farmers' Markets	
Authorize farmers' markets/farmers at farmers' markets	No
Infant Food Policies	
Rounding up infant formula	Yes
Rounding up infant foods	No
Food List Options	
Milk and Milk Substitutes	
Soy-based beverage	Yes
Tofu	No
Yogurt	No
Legumes	
Canned beans	Yes
Canned Fish	
Salmon	Yes
Sardines	No
Mackerel	No
Grains	
Whole-wheat pasta	No
Brown rice	Yes
Bulgur and/or barley	No
Oatmeal	Yes
Soft corn or whole-wheat tortillas	Yes
% whole-grain cold cereals	37%
% whole-grain hot cereals	50%
Infant Foods	
Fresh bananas as a partial substitute for infant food	Not specified
Fruits and Vegetables	
Canned fruits and vegetables	Yes
Frozen fruits and vegetables	Yes
Dried fruits and vegetables	No
Cost Containment Measures	
Organic forms of WIC-eligible foods provided via the regular WIC food instrument; e.g., milk, eggs	None allowed
Rebates on infant foods (other than infant formula)	Yes
Delivery Options	
Options available	EBT

Vermont

Policy Options	
Fruits and Vegetables	
Dried fruits and vegetables allowed for children	No
Infants aged 9–11 months receive CVV for fruits and vegetables in lieu of portion of commercial jarred infant food (in Food Packages II and III)	No
Children and women receiving Food Package III receive jarred infant food fruits and vegetables in lieu of CVV	No
Food Substitutions and Package Variations	
Infant formula in the first month for partially breastfed infants	Yes
Package tailoring for homeless participants	Yes
CPA assigns fat-reduced milks for 1-year-old children where obesity and overweight are concerns	Yes
Farmers' Markets	
Authorize farmers' markets/farmers at farmers' markets	No
Infant Food Policies	
Rounding up infant formula	No
Rounding up infant foods	No
Food List Options	
Milk and Milk Substitutes	
Soy-based beverage	Yes
Tofu	Yes
Yogurt	No
Legumes	
Canned beans	Yes
Canned Fish	
Salmon	No
Sardines	No
Mackerel	No
Grains	
Whole-wheat pasta	Yes
Brown rice	Yes
Bulgur and/or barley	No
Oatmeal	Yes
Soft corn or whole-wheat tortillas	No
% whole-grain cold cereals	67%
% whole-grain hot cereals	100%
Infant Foods	
Fresh bananas as a partial substitute for infant food	No
Fruits and Vegetables	
Canned fruits and vegetables	Yes
Frozen fruits and vegetables	Yes
Dried fruits and vegetables	No
Cost Containment Measures	
Organic forms of WIC-eligible foods provided via the regular WIC food instrument; e.g., milk, eggs	Some allowed
Rebates on infant foods (other than infant formula)	No
Delivery Options	
Options available	Home delivery

Washington

Policy Options	
Fruits and Vegetables	
Dried fruits and vegetables allowed for children	No
Infants aged 9–11 months receive CVV for fruits and vegetables in lieu of portion of commercial jarred infant food (in Food Packages II and III)	No
Children and women receiving Food Package III receive jarred infant food fruits and vegetables in lieu of CVV	Yes
Food Substitutions and Package Variations	
Infant formula in the first month for partially breastfed infants	Yes
Package tailoring for homeless participants	Not specified
CPA assigns fat-reduced milks for 1-year-old children where obesity and overweight are concerns	Yes
Farmers' Markets	
Authorize farmers' markets/farmers at farmers' markets	No
Infant Food Policies	
Rounding up infant formula	No
Rounding up infant foods	No
Food List Options	
Milk and Milk Substitutes	
Soy-based beverage	Yes
Tofu	Yes
Yogurt	No
Legumes	
Canned beans	No
Canned Fish	
Salmon	Yes
Sardines	No
Mackerel	No
Grains	
Whole-wheat pasta	No
Brown rice	Yes
Bulgur and/or barley	Yes
Oatmeal	Yes
Soft corn or whole-wheat tortillas	Yes
% whole-grain cold cereals	64%
% whole-grain hot cereals	40%
Infant Foods	
Fresh bananas as a partial substitute for infant food	Not specified
Fruits and Vegetables	
Canned fruits and vegetables	No
Frozen fruits and vegetables	No
Dried fruits and vegetables	No
Cost Containment Measures	
Organic forms of WIC-eligible foods provided via the regular WIC food instrument; e.g., milk, eggs	Some allowed
Rebates on infant foods (other than infant formula)	No
Delivery Options	
Options available	Paper vouchers

Wisconsin

Policy Options	
Fruits and Vegetables	
Dried fruits and vegetables allowed for children	Yes
Infants aged 9–11 months receive CVV for fruits and vegetables in lieu of portion of commercial jarred infant food (in Food Packages II and III)	No
Children and women receiving Food Package III receive jarred infant food fruits and vegetables in lieu of CVV	No
Food Substitutions and Package Variations	
Infant formula in the first month for partially breastfed infants	Yes
Package tailoring for homeless participants	Yes
CPA assigns fat-reduced milks for 1-year-old children where obesity and overweight are concerns	Yes
Farmers' Markets	
Authorize farmers' markets/farmers at farmers' markets	No
Infant Food Policies	
Rounding up infant formula	No
Rounding up infant foods	No
Food List Options	
Milk and Milk Substitutes	
Soy-based beverage	Yes
Tofu	Yes
Yogurt	Yes
Legumes	
Canned beans	Yes
Canned Fish	
Salmon	Yes
Sardines	No
Mackerel	No
Grains	
Whole-wheat pasta	Yes
Brown rice	Yes
Bulgur and/or barley	Yes
Oatmeal	Yes
Soft corn or whole-wheat tortillas	Yes
% whole-grain cold cereals	62%
% whole-grain hot cereals	23%
Infant Foods	
Fresh bananas as a partial substitute for infant food	Not specified
Fruits and Vegetables	
Canned fruits and vegetables	Yes
Frozen fruits and vegetables	Yes
Dried fruits and vegetables	No
Cost Containment Measures	
Organic forms of WIC-eligible foods provided via the regular WIC food instrument; e.g., milk, eggs	None allowed
Rebates on infant foods (other than infant formula)	No
Delivery Options	
Options available	Paper vouchers

West Virginia

Policy Options	
Fruits and Vegetables	
Dried fruits and vegetables allowed for children	No
Infants aged 9–11 months receive CVV for fruits and vegetables in lieu of portion of commercial jarred infant food (in Food Packages II and III)	No
Children and women receiving Food Package III receive jarred infant food fruits and vegetables in lieu of CVV	Yes
Food Substitutions and Package Variations	
Infant formula in the first month for partially breastfed infants	Yes
Package tailoring for homeless participants	Yes
CPA assigns fat-reduced milks for 1-year-old children where obesity and overweight are concerns	No
Farmers' Markets	
Authorize farmers' markets/farmers at farmers' markets	No
Infant Food Policies	
Rounding up infant formula	No
Rounding up infant foods	No
Food List Options	
Milk and Milk Substitutes	
Soy-based beverage	Yes
Tofu	No
Yogurt	No
Legumes	
Canned beans	Yes
Canned Fish	
Salmon	Yes
Sardines	No
Mackerel	No
Grains	
Whole-wheat pasta	No
Brown rice	Yes
Bulgur and/or barley	No
Oatmeal	Yes
Soft corn or whole-wheat tortillas	Yes
% whole-grain cold cereals	64%
% whole-grain hot cereals	50%
Infant Foods	
Fresh bananas as a partial substitute for infant food	No
Fruits and Vegetables	
Canned fruits and vegetables	Yes
Frozen fruits and vegetables	No
Dried fruits and vegetables	Yes
Cost Containment Measures	
Organic forms of WIC-eligible foods provided via the regular WIC food instrument; e.g., milk, eggs	None allowed
Rebates on infant foods (other than infant formula)	No
Delivery Options	
Options available	EBT

Wyoming

Policy Options	
Fruits and Vegetables	
Dried fruits and vegetables allowed for children	No
Infants aged 9–11 months receive CVV for fruits and vegetables in lieu of portion of commercial jarred infant food (in Food Packages II and III)	No
Children and women receiving Food Package III receive jarred infant food fruits and vegetables in lieu of CVV	No
Food Substitutions and Package Variations	
Infant formula in the first month for partially breastfed infants	Not specified
Package tailoring for homeless participants	No
CPA assigns fat-reduced milks for 1-year-old children where obesity and overweight are concerns	Yes
Farmers' Markets	
Authorize farmers' markets/farmers at farmers' markets	No
Infant Food Policies	
Rounding up infant formula	Not specified
Rounding up infant foods	Not specified
Food List Options	
Milk and Milk Substitutes	
Soy-based beverage	Yes
Tofu	No
Yogurt	No
Legumes	
Canned beans	Yes
Canned Fish	
Salmon	Yes
Sardines	No
Mackerel	No
Grains	
Whole-wheat pasta	No
Brown rice	Yes
Bulgur and/or barley	No
Oatmeal	Yes
Soft corn or whole-wheat tortillas	Yes
% whole-grain cold cereals	50%
% whole-grain hot cereals	40%
Infant Foods	
Fresh bananas as a partial substitute for infant food	No
Fruits and Vegetables	
Canned fruits and vegetables	No
Frozen fruits and vegetables	No
Dried fruits and vegetables	No
Cost Containment Measures	
Organic forms of WIC-eligible foods provided via the regular WIC food instrument; e.g., milk, eggs	None allowed
Rebates on infant foods (other than infant formula)	No
Delivery Options	
Options available	EBT

ACL – Acoma, Canconcito, and Laguna (NM)

Policy Options	
Fruits and Vegetables	
Dried fruits and vegetables allowed for children	No
Infants aged 9–11 months receive CVV for fruits and vegetables in lieu of portion of commercial jarred infant food (in Food Packages II and III)	Yes
Children and women receiving Food Package III receive jarred infant food fruits and vegetables in lieu of CVV	Yes
Food Substitutions and Package Variations	
Infant formula in the first month for partially breastfed infants	Yes
Package tailoring for homeless participants	Yes
CPA assigns fat-reduced milks for 1-year-old children where obesity and overweight are concerns	Yes
Farmers' Markets	
Authorize farmers' markets/farmers at farmers' markets	No
Infant Food Policies	
Rounding up infant formula	Yes
Rounding up infant foods	No
Food List Options	
Milk and Milk Substitutes	
Soy-based beverage	Yes
Tofu	Yes
Yogurt	No
Legumes	
Canned beans	Yes
Canned Fish	
Salmon	Yes
Sardines	Yes
Mackerel	No
Grains	
Whole-wheat pasta	No
Brown rice	Yes
Bulgur and/or barley	Yes
Oatmeal	Yes
Soft corn or whole-wheat tortillas	Yes
% whole-grain cold cereals	48%
% whole-grain hot cereals	20%
Infant Foods	
Fresh bananas as a partial substitute for infant food	Not specified
Fruits and Vegetables	
Canned fruits and vegetables	Yes
Frozen fruits and vegetables	Yes
Dried fruits and vegetables	No
Cost Containment Measures	
Organic forms of WIC-eligible foods provided via the regular WIC food instrument; e.g., milk, eggs	Some allowed
Rebates on infant foods (other than infant formula)	Yes
Delivery Options	
Options available	Paper vouchers

Cheyenne River Sioux Tribe (SD)

Policy Options	
Fruits and Vegetables	
Dried fruits and vegetables allowed for children	No
Infants aged 9–11 months receive CVV for fruits and vegetables in lieu of portion of commercial jarred infant food (in Food Packages II and III)	No
Children and women receiving Food Package III receive jarred infant food fruits and vegetables in lieu of CVV	Yes
Food Substitutions and Package Variations	
Infant formula in the first month for partially breastfed infants	Yes
Package tailoring for homeless participants	Yes
CPA assigns fat-reduced milks for 1-year-old children where obesity and overweight are concerns	Yes
Farmers' Markets	
Authorize farmers' markets/farmers at farmers' markets	No
Infant Food Policies	
Rounding up infant formula	Yes
Rounding up infant foods	Yes
Food List Options	
Milk and Milk Substitutes	
Soy-based beverage	Yes
Tofu	No
Yogurt	No
Legumes	
Canned beans	Yes
Canned Fish	
Salmon	Yes
Sardines	No
Mackerel	No
Grains	
Whole-wheat pasta	No
Brown rice	Yes
Bulgur and/or barley	No
Oatmeal	No
Soft corn or whole-wheat tortillas	Yes
% whole-grain cold cereals	56%
% whole-grain hot cereals	20%
Infant Foods	
Fresh bananas as a partial substitute for infant food	No
Fruits and Vegetables	
Canned fruits and vegetables	Yes
Frozen fruits and vegetables	Yes
Dried fruits and vegetables	Yes
Cost Containment Measures	
Organic forms of WIC-eligible foods provided via the regular WIC food instrument; e.g., milk, eggs	None allowed
Rebates on infant foods (other than infant formula)	No
Delivery Options	
Options available	Paper vouchers

Cherokee Indians, Eastern Band of (NC)

Policy Options	
Fruits and Vegetables	
Dried fruits and vegetables allowed for children	No
Infants aged 9–11 months receive CVV for fruits and vegetables in lieu of portion of commercial jarred infant food (in Food Packages II and III)	No
Children and women receiving Food Package III receive jarred infant food fruits and vegetables in lieu of CVV	No
Food Substitutions and Package Variations	
Infant formula in the first month for partially breastfed infants	Yes
Package tailoring for homeless participants	Yes
CPA assigns fat-reduced milks for 1-year-old children where obesity and overweight are concerns	Yes
Farmers' Markets	
Authorize farmers' markets/farmers at farmers' markets	No
Infant Food Policies	
Rounding up infant formula	Yes
Rounding up infant foods	No
Food List Options	
Milk and Milk Substitutes	
Soy-based beverage	Yes
Tofu	Yes
Yogurt	No
Legumes	
Canned beans	Yes
Canned Fish	
Salmon	Yes
Sardines	No
Mackerel	No
Grains	
Whole-wheat pasta	No
Brown rice	Yes
Bulgur and/or barley	No
Oatmeal	No
Soft corn or whole-wheat tortillas	Yes
% whole-grain cold cereals	79%
% whole-grain hot cereals	0%
Infant Foods	
Fresh bananas as a partial substitute for infant food	No
Fruits and Vegetables	
Canned fruits and vegetables	Yes
Frozen fruits and vegetables	Yes
Dried fruits and vegetables	No
Cost Containment Measures	
Organic forms of WIC-eligible foods provided via the regular WIC food instrument; e.g., milk, eggs	None allowed
Rebates on infant foods (other than infant formula)	No
Delivery Options	
Options available	Paper vouchers

Eight Northern Indian Pueblos Council (NM)

Policy Options	
Fruits and Vegetables	
Dried fruits and vegetables allowed for children	No
Infants aged 9–11 months receive CVV for fruits and vegetables in lieu of portion of commercial jarred infant food (in Food Packages II and III)	Yes
Children and women receiving Food Package III receive jarred infant food fruits and vegetables in lieu of CVV	Yes
Food Substitutions and Package Variations	
Infant formula in the first month for partially breastfed infants	No
Package tailoring for homeless participants	Yes
CPA assigns fat-reduced milks for 1-year-old children where obesity and overweight are concerns	Yes
Farmers' Markets	
Authorize farmers' markets/farmers at farmers' markets	No
Infant Food Policies	
Rounding up infant formula	Yes
Rounding up infant foods	Yes
Food List Options	
Milk and Milk Substitutes	
Soy-based beverage	Yes
Tofu	Yes
Yogurt	No
Legumes	
Canned beans	Yes
Canned Fish	
Salmon	Yes
Sardines	Yes
Mackerel	No
Grains	
Whole-wheat pasta	No
Brown rice	Yes
Bulgur and/or barley	Yes
Oatmeal	Yes
Soft corn or whole-wheat tortillas	Yes
% whole-grain cold cereals	48%
% whole-grain hot cereals	20%
Infant Foods	
Fresh bananas as a partial substitute for infant food	Not specified
Fruits and Vegetables	
Canned fruits and vegetables	Yes
Frozen fruits and vegetables	Yes
Dried fruits and vegetables	No
Cost Containment Measures	
Organic forms of WIC-eligible foods provided via the regular WIC food instrument; e.g., milk, eggs	Some allowed
Rebates on infant foods (other than infant formula)	No
Delivery Options	
Options available	Paper vouchers

Inter-Tribal Council of Arizona (AZ)

Policy Options	
Fruits and Vegetables	
Dried fruits and vegetables allowed for children	No
Infants aged 9–11 months receive CVV for fruits and vegetables in lieu of portion of commercial jarred infant food (in Food Packages II and III)	Yes
Children and women receiving Food Package III receive jarred infant food fruits and vegetables in lieu of CVV	Yes
Food Substitutions and Package Variations	
Infant formula in the first month for partially breastfed infants	No
Package tailoring for homeless participants	Yes
CPA assigns fat-reduced milks for 1-year-old children where obesity and overweight are concerns	Yes
Farmers' Markets	
Authorize farmers' markets/farmers at farmers' markets	No
Infant Food Policies	
Rounding up infant formula	Yes
Rounding up infant foods	No
Food List Options	
Milk and Milk Substitutes	
Soy-based beverage	Yes
Tofu	Yes
Yogurt	No
Legumes	
Canned beans	Yes
Canned Fish	
Salmon	Yes
Sardines	Yes
Mackerel	No
Grains	
Whole-wheat pasta	No
Brown rice	Yes
Bulgur and/or barley	No
Oatmeal	No
Soft corn or whole-wheat tortillas	Yes
% whole-grain cold cereals	63%
% whole-grain hot cereals	0%
Infant Foods	
Fresh bananas as a partial substitute for infant food	Not specified
Fruits and Vegetables	
Canned fruits and vegetables	Yes
Frozen fruits and vegetables	Yes
Dried fruits and vegetables	No
Cost Containment Measures	
Organic forms of WIC-eligible foods provided via the regular WIC food instrument; e.g., milk, eggs	None allowed
Rebates on infant foods (other than infant formula)	No
Delivery Options	
Options available	Paper vouchers

Indian Township Passamaquoddy Reservation (ME)

Policy Options	
Fruits and Vegetables	
Dried fruits and vegetables allowed for children	No
Infants aged 9–11 months receive CVV for fruits and vegetables in lieu of portion of commercial jarred infant food (in Food Packages II and III)	No
Children and women receiving Food Package III receive jarred infant food fruits and vegetables in lieu of CVV	No
Food Substitutions and Package Variations	
Infant formula in the first month for partially breastfed infants	Yes
Package tailoring for homeless participants	Not specified
CPA assigns fat-reduced milks for 1-year-old children where obesity and overweight are concerns	No
Farmers' Markets	
Authorize farmers' markets/farmers at farmers' markets	No
Infant Food Policies	
Rounding up infant formula	Yes
Rounding up infant foods	Yes
Food List Options	
Milk and Milk Substitutes	
Soy-based beverage	No
Tofu	No
Yogurt	No
Legumes	
Canned beans	Yes
Canned Fish	
Salmon	Yes
Sardines	Yes
Mackerel	No
Grains	
Whole-wheat pasta	No
Brown rice	No
Bulgur and/or barley	No
Oatmeal	Yes
Soft corn or whole-wheat tortillas	No
% whole-grain cold cereals	52%
% whole-grain hot cereals	50%
Infant Foods	
Fresh bananas as a partial substitute for infant food	Not specified
Fruits and Vegetables	
Canned fruits and vegetables	Yes
Frozen fruits and vegetables	Yes
Dried fruits and vegetables	No
Cost Containment Measures	
Organic forms of WIC-eligible foods provided via the regular WIC food instrument; e.g., milk, eggs	None allowed
Rebates on infant foods (other than infant formula)	No
Delivery Options	
Options available	Paper vouchers

Inter-Tribal Council of Nevada (NV)

Policy Options	
Fruits and Vegetables	
Dried fruits and vegetables allowed for children	No
Infants aged 9–11 months receive CVV for fruits and vegetables in lieu of portion of commercial jarred infant food (in Food Packages II and III)	No
Children and women receiving Food Package III receive jarred infant food fruits and vegetables in lieu of CVV	Yes
Food Substitutions and Package Variations	
Infant formula in the first month for partially breastfed infants	Yes
Package tailoring for homeless participants	Yes
CPA assigns fat-reduced milks for 1-year-old children where obesity and overweight are concerns	Yes
Farmers' Markets	
Authorize farmers' markets/farmers at farmers' markets	No
Infant Food Policies	
Rounding up infant formula	Yes
Rounding up infant foods	Yes
Food List Options	
Milk and Milk Substitutes	
Soy-based beverage	Yes
Tofu	Yes
Yogurt	No
Legumes	
Canned beans	Yes
Canned Fish	
Salmon	No
Sardines	Yes
Mackerel	No
Grains	
Whole-wheat pasta	No
Brown rice	Yes
Bulgur and/or barley	No
Oatmeal	Yes
Soft corn or whole-wheat tortillas	Yes
% whole-grain cold cereals	60%
% whole-grain hot cereals	38%
Infant Foods	
Fresh bananas as a partial substitute for infant food	Not specified
Fruits and Vegetables	
Canned fruits and vegetables	Yes
Frozen fruits and vegetables	Yes
Dried fruits and vegetables	No
Cost Containment Measures	
Organic forms of WIC-eligible foods provided via the regular WIC food instrument; e.g., milk, eggs	None allowed
Rebates on infant foods (other than infant formula)	No
Delivery Options	
Options available	EBT

Pueblo of Isleta (NM)

Policy Options	
Fruits and Vegetables	
Dried fruits and vegetables allowed for children	Yes
Infants aged 9–11 months receive CVV for fruits and vegetables in lieu of portion of commercial jarred infant food (in Food Packages II and III)	Yes
Children and women receiving Food Package III receive jarred infant food fruits and vegetables in lieu of CVV	Yes
Food Substitutions and Package Variations	
Infant formula in the first month for partially breastfed infants	No
Package tailoring for homeless participants	Yes
CPA assigns fat-reduced milks for 1-year-old children where obesity and overweight are concerns	Yes
Farmers' Markets	
Authorize farmers' markets/farmers at farmers' markets	No
Infant Food Policies	
Rounding up infant formula	Yes
Rounding up infant foods	Yes
Food List Options	
Milk and Milk Substitutes	
Soy-based beverage	Yes
Tofu	Yes
Yogurt	No
Legumes	
Canned beans	Yes
Canned Fish	
Salmon	Yes
Sardines	Yes
Mackerel	No
Grains	
Whole-wheat pasta	No
Brown rice	Yes
Bulgur and/or barley	Yes
Oatmeal	Yes
Soft corn or whole-wheat tortillas	Yes
% whole-grain cold cereals	48%
% whole-grain hot cereals	20%
Infant Foods	
Fresh bananas as a partial substitute for infant food	Not specified
Fruits and Vegetables	
Canned fruits and vegetables	Yes
Frozen fruits and vegetables	Yes
Dried fruits and vegetables	No
Cost Containment Measures	
Organic forms of WIC-eligible foods provided via the regular WIC food instrument; e.g., milk, eggs	Some allowed
Rebates on infant foods (other than infant formula)	No
Delivery Options	
Options available	Paper vouchers

Inter-Tribal Council of Oklahoma (OK)

Policy Options	
Fruits and Vegetables	
Dried fruits and vegetables allowed for children	No
Infants aged 9–11 months receive CVV for fruits and vegetables in lieu of portion of commercial jarred infant food (in Food Packages II and III)	No
Children and women receiving Food Package III receive jarred infant food fruits and vegetables in lieu of CVV	No
Food Substitutions and Package Variations	
Infant formula in the first month for partially breastfed infants	Yes
Package tailoring for homeless participants	Yes
CPA assigns fat-reduced milks for 1-year-old children where obesity and overweight are concerns	No
Farmers' Markets	
Authorize farmers' markets/farmers at farmers' markets	No
Infant Food Policies	
Rounding up infant formula	No
Rounding up infant foods	No
Food List Options	
Milk and Milk Substitutes	
Soy-based beverage	Yes
Tofu	Yes
Yogurt	No
Legumes	
Canned beans	Yes
Canned Fish	
Salmon	Yes
Sardines	Yes
Mackerel	Yes
Grains	
Whole-wheat pasta	Yes
Brown rice	Yes
Bulgur and/or barley	Yes
Oatmeal	Yes
Soft corn or whole-wheat tortillas	Yes
% whole-grain cold cereals	81%
% whole-grain hot cereals	13%
Infant Foods	
Fresh bananas as a partial substitute for infant food	Not specified
Fruits and Vegetables	
Canned fruits and vegetables	No
Frozen fruits and vegetables	Yes
Dried fruits and vegetables	No
Cost Containment Measures	
Organic forms of WIC-eligible foods provided via the regular WIC food instrument; e.g., milk, eggs	None allowed
Rebates on infant foods (other than infant formula)	No
Delivery Options	
Options available	Paper vouchers

Cherokee Nation of Oklahoma (OK)

Policy Options	
Fruits and Vegetables	
Dried fruits and vegetables allowed for children	No
Infants aged 9–11 months receive CVV for fruits and vegetables in lieu of portion of commercial jarred infant food (in Food Packages II and III)	No
Children and women receiving Food Package III receive jarred infant food fruits and vegetables in lieu of CVV	Yes
Food Substitutions and Package Variations	
Infant formula in the first month for partially breastfed infants	Yes
Package tailoring for homeless participants	No
CPA assigns fat-reduced milks for 1-year-old children where obesity and overweight are concerns	No
Farmers' Markets	
Authorize farmers' markets/farmers at farmers' markets	Yes
Infant Food Policies	
Rounding up infant formula	No
Rounding up infant foods	No
Food List Options	
Milk and Milk Substitutes	
Soy-based beverage	Yes
Tofu	Yes
Yogurt	No
Legumes	
Canned beans	Yes
Canned Fish	
Salmon	Yes
Sardines	Yes
Mackerel	Yes
Grains	
Whole-wheat pasta	Yes
Brown rice	Yes
Bulgur and/or barley	Yes
Oatmeal	Yes
Soft corn or whole-wheat tortillas	Yes
% whole-grain cold cereals	81%
% whole-grain hot cereals	13%
Infant Foods	
Fresh bananas as a partial substitute for infant food	Not specified
Fruits and Vegetables	
Canned fruits and vegetables	No
Frozen fruits and vegetables	Yes
Dried fruits and vegetables	No
Cost Containment Measures	
Organic forms of WIC-eligible foods provided via the regular WIC food instrument; e.g., milk, eggs	None allowed
Rebates on infant foods (other than infant formula)	No
Delivery Options	
Options available	EBT

Mississippi Band of Choctaw Indians (MS)

Policy Options	
Fruits and Vegetables	
Dried fruits and vegetables allowed for children	No
Infants aged 9–11 months receive CVV for fruits and vegetables in lieu of portion of commercial jarred infant food (in Food Packages II and III)	No
Children and women receiving Food Package III receive jarred infant food fruits and vegetables in lieu of CVV	No
Food Substitutions and Package Variations	
Infant formula in the first month for partially breastfed infants	Yes
Package tailoring for homeless participants	Yes
CPA assigns fat-reduced milks for 1-year-old children where obesity and overweight are concerns	No
Farmers' Markets	
Authorize farmers' markets/farmers at farmers' markets	No
Infant Food Policies	
Rounding up infant formula	No
Rounding up infant foods	No
Food List Options	
Milk and Milk Substitutes	
Soy-based beverage	No
Tofu	No
Yogurt	No
Legumes	
Canned beans	No
Canned Fish	
Salmon	Yes
Sardines	Yes
Mackerel	Yes
Grains	
Whole-wheat pasta	No
Brown rice	No
Bulgur and/or barley	No
Oatmeal	No
Soft corn or whole-wheat tortillas	No
% whole-grain cold cereals	56%
% whole-grain hot cereals	50%
Infant Foods	
Fresh bananas as a partial substitute for infant food	Not specified
Fruits and Vegetables	
Canned fruits and vegetables	Yes
Frozen fruits and vegetables	Yes
Dried fruits and vegetables	No
Cost Containment Measures	
Organic forms of WIC-eligible foods provided via the regular WIC food instrument; e.g., milk, eggs	Not specified
Rebates on infant foods (other than infant formula)	No
Delivery Options	
Options available	Paper vouchers

Muscogee Creek Nation (OK)

Policy Options	
Fruits and Vegetables	
Dried fruits and vegetables allowed for children	No
Infants aged 9–11 months receive CVV for fruits and vegetables in lieu of portion of commercial jarred infant food (in Food Packages II and III)	Yes
Children and women receiving Food Package III receive jarred infant food fruits and vegetables in lieu of CVV	Yes
Food Substitutions and Package Variations	
Infant formula in the first month for partially breastfed infants	No
Package tailoring for homeless participants	Yes
CPA assigns fat-reduced milks for 1-year-old children where obesity and overweight are concerns	Yes
Farmers' Markets	
Authorize farmers' markets/farmers at farmers' markets	No
Infant Food Policies	
Rounding up infant formula	Yes
Rounding up infant foods	Yes
Food List Options	
Milk and Milk Substitutes	
Soy-based beverage	Yes
Tofu	Yes
Yogurt	No
Legumes	
Canned beans	Yes
Canned Fish	
Salmon	Yes
Sardines	Yes
Mackerel	Yes
Grains	
Whole-wheat pasta	Yes
Brown rice	Yes
Bulgur and/or barley	Yes
Oatmeal	Yes
Soft corn or whole-wheat tortillas	Yes
% whole-grain cold cereals	81%
% whole-grain hot cereals	13%
Infant Foods	
Fresh bananas as a partial substitute for infant food	Not specified
Fruits and Vegetables	
Canned fruits and vegetables	No
Frozen fruits and vegetables	Yes
Dried fruits and vegetables	No
Cost Containment Measures	
Organic forms of WIC-eligible foods provided via the regular WIC food instrument; e.g., milk, eggs	None allowed
Rebates on infant foods (other than infant formula)	No
Delivery Options	
Options available	Paper vouchers

Northern Arapahoe (WY)

Policy Options	
Fruits and Vegetables	
Dried fruits and vegetables allowed for children	Not specified
Infants aged 9–11 months receive CVV for fruits and vegetables in lieu of portion of commercial jarred infant food (in Food Packages II and III)	Not specified
Children and women receiving Food Package III receive jarred infant food fruits and vegetables in lieu of CVV	Not specified
Food Substitutions and Package Variations	
Infant formula in the first month for partially breastfed infants	Yes
Package tailoring for homeless participants	Yes
CPA assigns fat-reduced milks for 1-year-old children where obesity and overweight are concerns	Yes
Farmers' Markets	
Authorize farmers' markets/farmers at farmers' markets	No
Infant Food Policies	
Rounding up infant formula	Not specified
Rounding up infant foods	Not specified
Food List Options	
Milk and Milk Substitutes	
Soy-based beverage	Yes
Tofu	Yes
Yogurt	.
Legumes	
Canned beans	Yes
Canned Fish	
Salmon	No
Sardines	.
Mackerel	No
Grains	
Whole-wheat pasta	.
Brown rice	.
Bulgur and/or barley	.
Oatmeal	.
Soft corn or whole-wheat tortillas	.
% whole-grain cold cereals	.%
% whole-grain hot cereals	0%
Infant Foods	
Fresh bananas as a partial substitute for infant food	.
Fruits and Vegetables	
Canned fruits and vegetables	Yes
Frozen fruits and vegetables	Yes
Dried fruits and vegetables	Yes
Cost Containment Measures	
Organic forms of WIC-eligible foods provided via the regular WIC food instrument; e.g., milk, eggs	Some allowed
Rebates on infant foods (other than infant formula)	No
Delivery Options	
Options available	Paper vouchers

Navajo Nation (AZ)

Policy Options	
Fruits and Vegetables	
Dried fruits and vegetables allowed for children	No
Infants aged 9–11 months receive CVV for fruits and vegetables in lieu of portion of commercial jarred infant food (in Food Packages II and III)	No
Children and women receiving Food Package III receive jarred infant food fruits and vegetables in lieu of CVV	Yes
Food Substitutions and Package Variations	
Infant formula in the first month for partially breastfed infants	Yes
Package tailoring for homeless participants	Yes
CPA assigns fat-reduced milks for 1-year-old children where obesity and overweight are concerns	Yes
Farmers' Markets	
Authorize farmers' markets/farmers at farmers' markets	No
Infant Food Policies	
Rounding up infant formula	No
Rounding up infant foods	Yes
Food List Options	
Milk and Milk Substitutes	
Soy-based beverage	Yes
Tofu	Yes
Yogurt	No
Legumes	
Canned beans	Yes
Canned Fish	
Salmon	Yes
Sardines	Yes
Mackerel	No
Grains	
Whole-wheat pasta	No
Brown rice	Yes
Bulgur and/or barley	No
Oatmeal	No
Soft corn or whole-wheat tortillas	Yes
% whole-grain cold cereals	63%
% whole-grain hot cereals	0%
Infant Foods	
Fresh bananas as a partial substitute for infant food	Not specified
Fruits and Vegetables	
Canned fruits and vegetables	Yes
Frozen fruits and vegetables	Yes
Dried fruits and vegetables	No
Cost Containment Measures	
Organic forms of WIC-eligible foods provided via the regular WIC food instrument; e.g., milk, eggs	None allowed
Rebates on infant foods (other than infant formula)	No
Delivery Options	
Options available	Paper vouchers

Otoe-Missouria Tribe (OK)

Policy Options	
Fruits and Vegetables	
Dried fruits and vegetables allowed for children	No
Infants aged 9–11 months receive CVV for fruits and vegetables in lieu of portion of commercial jarred infant food (in Food Packages II and III)	Yes
Children and women receiving Food Package III receive jarred infant food fruits and vegetables in lieu of CVV	Yes
Food Substitutions and Package Variations	
Infant formula in the first month for partially breastfed infants	Yes
Package tailoring for homeless participants	Yes
CPA assigns fat-reduced milks for 1-year-old children where obesity and overweight are concerns	Yes
Farmers' Markets	
Authorize farmers' markets/farmers at farmers' markets	No
Infant Food Policies	
Rounding up infant formula	Yes
Rounding up infant foods	Yes
Food List Options	
Milk and Milk Substitutes	
Soy-based beverage	Yes
Tofu	Yes
Yogurt	No
Legumes	
Canned beans	Yes
Canned Fish	
Salmon	Yes
Sardines	Yes
Mackerel	Yes
Grains	
Whole-wheat pasta	Yes
Brown rice	Yes
Bulgur and/or barley	Yes
Oatmeal	Yes
Soft corn or whole-wheat tortillas	Yes
% whole-grain cold cereals	81%
% whole-grain hot cereals	13%
Infant Foods	
Fresh bananas as a partial substitute for infant food	Not specified
Fruits and Vegetables	
Canned fruits and vegetables	No
Frozen fruits and vegetables	Yes
Dried fruits and vegetables	No
Cost Containment Measures	
Organic forms of WIC-eligible foods provided via the regular WIC food instrument; e.g., milk, eggs	None allowed
Rebates on infant foods (other than infant formula)	No
Delivery Options	
Options available	Paper vouchers

Osage Tribal Council (OK)

Policy Options	
Fruits and Vegetables	
Dried fruits and vegetables allowed for children	No
Infants aged 9–11 months receive CVV for fruits and vegetables in lieu of portion of commercial jarred infant food (in Food Packages II and III)	No
Children and women receiving Food Package III receive jarred infant food fruits and vegetables in lieu of CVV	No
Food Substitutions and Package Variations	
Infant formula in the first month for partially breastfed infants	Yes
Package tailoring for homeless participants	Yes
CPA assigns fat-reduced milks for 1-year-old children where obesity and overweight are concerns	Yes
Farmers' Markets	
Authorize farmers' markets/farmers at farmers' markets	No
Infant Food Policies	
Rounding up infant formula	Yes
Rounding up infant foods	Yes
Food List Options	
Milk and Milk Substitutes	
Soy-based beverage	Yes
Tofu	Yes
Yogurt	No
Legumes	
Canned beans	Yes
Canned Fish	
Salmon	Yes
Sardines	Yes
Mackerel	Yes
Grains	
Whole-wheat pasta	Yes
Brown rice	Yes
Bulgur and/or barley	Yes
Oatmeal	Yes
Soft corn or whole-wheat tortillas	Yes
% whole-grain cold cereals	81%
% whole-grain hot cereals	13%
Infant Foods	
Fresh bananas as a partial substitute for infant food	Not specified
Fruits and Vegetables	
Canned fruits and vegetables	No
Frozen fruits and vegetables	Yes
Dried fruits and vegetables	No
Cost Containment Measures	
Organic forms of WIC-eligible foods provided via the regular WIC food instrument; e.g., milk, eggs	None allowed
Rebates on infant foods (other than infant formula)	No
Delivery Options	
Options available	Paper vouchers

Citizen Potawatomi Nation (OK)

Policy Options	
Fruits and Vegetables	
Dried fruits and vegetables allowed for children	No
Infants aged 9–11 months receive CVV for fruits and vegetables in lieu of portion of commercial jarred infant food (in Food Packages II and III)	Yes
Children and women receiving Food Package III receive jarred infant food fruits and vegetables in lieu of CVV	Yes
Food Substitutions and Package Variations	
Infant formula in the first month for partially breastfed infants	No
Package tailoring for homeless participants	Yes
CPA assigns fat-reduced milks for 1-year-old children where obesity and overweight are concerns	No
Farmers' Markets	
Authorize farmers' markets/farmers at farmers' markets	No
Infant Food Policies	
Rounding up infant formula	Yes
Rounding up infant foods	Yes
Food List Options	
Milk and Milk Substitutes	
Soy-based beverage	Yes
Tofu	Yes
Yogurt	No
Legumes	
Canned beans	Yes
Canned Fish	
Salmon	Yes
Sardines	Yes
Mackerel	Yes
Grains	
Whole-wheat pasta	Yes
Brown rice	Yes
Bulgur and/or barley	Yes
Oatmeal	Yes
Soft corn or whole-wheat tortillas	Yes
% whole-grain cold cereals	81%
% whole-grain hot cereals	13%
Infant Foods	
Fresh bananas as a partial substitute for infant food	Not specified
Fruits and Vegetables	
Canned fruits and vegetables	No
Frozen fruits and vegetables	Yes
Dried fruits and vegetables	No
Cost Containment Measures	
Organic forms of WIC-eligible foods provided via the regular WIC food instrument; e.g., milk, eggs	None allowed
Rebates on infant foods (other than infant formula)	No
Delivery Options	
Options available	Paper vouchers

Pleasant Point Passamaquoddy Reservation (ME)

Policy Options	
Fruits and Vegetables	
Dried fruits and vegetables allowed for children	No
Infants aged 9–11 months receive CVV for fruits and vegetables in lieu of portion of commercial jarred infant food (in Food Packages II and III)	No
Children and women receiving Food Package III receive jarred infant food fruits and vegetables in lieu of CVV	No
Food Substitutions and Package Variations	
Infant formula in the first month for partially breastfed infants	Yes
Package tailoring for homeless participants	Yes
CPA assigns fat-reduced milks for 1-year-old children where obesity and overweight are concerns	No
Farmers' Markets	
Authorize farmers' markets/farmers at farmers' markets	No
Infant Food Policies	
Rounding up infant formula	Yes
Rounding up infant foods	Yes
Food List Options	
Milk and Milk Substitutes	
Soy-based beverage	Yes
Tofu	No
Yogurt	No
Legumes	
Canned beans	Yes
Canned Fish	
Salmon	Yes
Sardines	Yes
Mackerel	No
Grains	
Whole-wheat pasta	No
Brown rice	Yes
Bulgur and/or barley	No
Oatmeal	Yes
Soft corn or whole-wheat tortillas	No
% whole-grain cold cereals	59%
% whole-grain hot cereals	43%
Infant Foods	
Fresh bananas as a partial substitute for infant food	Not specified
Fruits and Vegetables	
Canned fruits and vegetables	Yes
Frozen fruits and vegetables	Yes
Dried fruits and vegetables	No
Cost Containment Measures	
Organic forms of WIC-eligible foods provided via the regular WIC food instrument; e.g., milk, eggs	None allowed
Rebates on infant foods (other than infant formula)	No
Delivery Options	
Options available	Paper vouchers

Pueblo of San Felipe (NM)

Policy Options	
Fruits and Vegetables	
Dried fruits and vegetables allowed for children	No
Infants aged 9–11 months receive CVV for fruits and vegetables in lieu of portion of commercial jarred infant food (in Food Packages II and III)	Yes
Children and women receiving Food Package III receive jarred infant food fruits and vegetables in lieu of CVV	Yes
Food Substitutions and Package Variations	
Infant formula in the first month for partially breastfed infants	Yes
Package tailoring for homeless participants	Yes
CPA assigns fat-reduced milks for 1-year-old children where obesity and overweight are concerns	Yes
Farmers' Markets	
Authorize farmers' markets/farmers at farmers' markets	No
Infant Food Policies	
Rounding up infant formula	Yes
Rounding up infant foods	Yes
Food List Options	
Milk and Milk Substitutes	
Soy-based beverage	Yes
Tofu	Yes
Yogurt	No
Legumes	
Canned beans	Yes
Canned Fish	
Salmon	Yes
Sardines	Yes
Mackerel	No
Grains	
Whole-wheat pasta	No
Brown rice	Yes
Bulgur and/or barley	Yes
Oatmeal	Yes
Soft corn or whole-wheat tortillas	Yes
% whole-grain cold cereals	48%
% whole-grain hot cereals	20%
Infant Foods	
Fresh bananas as a partial substitute for infant food	Not specified
Fruits and Vegetables	
Canned fruits and vegetables	Yes
Frozen fruits and vegetables	Yes
Dried fruits and vegetables	No
Cost Containment Measures	
Organic forms of WIC-eligible foods provided via the regular WIC food instrument; e.g., milk, eggs	Some allowed
Rebates on infant foods (other than infant formula)	No
Delivery Options	
Options available	Paper vouchers

Rosebud Sioux Tribe (SD)

Policy Options	
Fruits and Vegetables	
Dried fruits and vegetables allowed for children	Not specified
Infants aged 9–11 months receive CVV for fruits and vegetables in lieu of portion of commercial jarred infant food (in Food Packages II and III)	Not specified
Children and women receiving Food Package III receive jarred infant food fruits and vegetables in lieu of CVV	Not specified
Food Substitutions and Package Variations	
Infant formula in the first month for partially breastfed infants	No
Package tailoring for homeless participants	Yes
CPA assigns fat-reduced milks for 1-year-old children where obesity and overweight are concerns	Not specified
Farmers' Markets	
Authorize farmers' markets/farmers at farmers' markets	No
Infant Food Policies	
Rounding up infant formula	Yes
Rounding up infant foods	No
Food List Options	
Milk and Milk Substitutes	
Soy-based beverage	Yes
Tofu	No
Yogurt	No
Legumes	
Canned beans	Yes
Canned Fish	
Salmon	Yes
Sardines	Yes
Mackerel	Yes
Grains	
Whole-wheat pasta	Yes
Brown rice	Yes
Bulgur and/or barley	No
Oatmeal	No
Soft corn or whole-wheat tortillas	Yes
% whole-grain cold cereals	56%
% whole-grain hot cereals	33%
Infant Foods	
Fresh bananas as a partial substitute for infant food	Yes
Fruits and Vegetables	
Canned fruits and vegetables	Yes
Frozen fruits and vegetables	Yes
Dried fruits and vegetables	No
Cost Containment Measures	
Organic forms of WIC-eligible foods provided via the regular WIC food instrument; e.g., milk, eggs	None allowed
Rebates on infant foods (other than infant formula)	Not specified
Delivery Options	
Options available	Paper vouchers

Five Sandoval Indian Pueblos (NM)

Policy Options	
Fruits and Vegetables	
Dried fruits and vegetables allowed for children	Yes
Infants aged 9–11 months receive CVV for fruits and vegetables in lieu of portion of commercial jarred infant food (in Food Packages II and III)	Yes
Children and women receiving Food Package III receive jarred infant food fruits and vegetables in lieu of CVV	Yes
Food Substitutions and Package Variations	
Infant formula in the first month for partially breastfed infants	No
Package tailoring for homeless participants	Yes
CPA assigns fat-reduced milks for 1-year-old children where obesity and overweight are concerns	Yes
Farmers' Markets	
Authorize farmers' markets/farmers at farmers' markets	No
Infant Food Policies	
Rounding up infant formula	No
Rounding up infant foods	No
Food List Options	
Milk and Milk Substitutes	
Soy-based beverage	Yes
Tofu	Yes
Yogurt	No
Legumes	
Canned beans	Yes
Canned Fish	
Salmon	Yes
Sardines	Yes
Mackerel	No
Grains	
Whole-wheat pasta	No
Brown rice	Yes
Bulgur and/or barley	Yes
Oatmeal	Yes
Soft corn or whole-wheat tortillas	Yes
% whole-grain cold cereals	48%
% whole-grain hot cereals	20%
Infant Foods	
Fresh bananas as a partial substitute for infant food	Not specified
Fruits and Vegetables	
Canned fruits and vegetables	Yes
Frozen fruits and vegetables	Yes
Dried fruits and vegetables	No
Cost Containment Measures	
Organic forms of WIC-eligible foods provided via the regular WIC food instrument; e.g., milk, eggs	Some allowed
Rebates on infant foods (other than infant formula)	No
Delivery Options	
Options available	Paper vouchers

Chickasaw Nation (OK)

Policy Options	
Fruits and Vegetables	
Dried fruits and vegetables allowed for children	No
Infants aged 9–11 months receive CVV for fruits and vegetables in lieu of portion of commercial jarred infant food (in Food Packages II and III)	Yes
Children and women receiving Food Package III receive jarred infant food fruits and vegetables in lieu of CVV	Yes
Food Substitutions and Package Variations	
Infant formula in the first month for partially breastfed infants	Yes
Package tailoring for homeless participants	Yes
CPA assigns fat-reduced milks for 1-year-old children where obesity and overweight are concerns	Yes
Farmers' Markets	
Authorize farmers' markets/farmers at farmers' markets	Yes
Infant Food Policies	
Rounding up infant formula	Yes
Rounding up infant foods	Yes
Food List Options	
Milk and Milk Substitutes	
Soy-based beverage	Yes
Tofu	Yes
Yogurt	No
Legumes	
Canned beans	Yes
Canned Fish	
Salmon	Yes
Sardines	Yes
Mackerel	Yes
Grains	
Whole-wheat pasta	Yes
Brown rice	Yes
Bulgur and/or barley	Yes
Oatmeal	Yes
Soft corn or whole-wheat tortillas	Yes
% whole-grain cold cereals	81%
% whole-grain hot cereals	13%
Infant Foods	
Fresh bananas as a partial substitute for infant food	Not specified
Fruits and Vegetables	
Canned fruits and vegetables	No
Frozen fruits and vegetables	Yes
Dried fruits and vegetables	No
Cost Containment Measures	
Organic forms of WIC-eligible foods provided via the regular WIC food instrument; e.g., milk, eggs	None allowed
Rebates on infant foods (other than infant formula)	No
Delivery Options	
Options available	EBT

Santo Domingo Tribe (ND)

Policy Options	
Fruits and Vegetables	
Dried fruits and vegetables allowed for children	No
Infants aged 9–11 months receive CVV for fruits and vegetables in lieu of portion of commercial jarred infant food (in Food Packages II and III)	Yes
Children and women receiving Food Package III receive jarred infant food fruits and vegetables in lieu of CVV	No
Food Substitutions and Package Variations	
Infant formula in the first month for partially breastfed infants	Yes
Package tailoring for homeless participants	Yes
CPA assigns fat-reduced milks for 1-year-old children where obesity and overweight are concerns	Yes
Farmers' Markets	
Authorize farmers' markets/farmers at farmers' markets	No
Infant Food Policies	
Rounding up infant formula	Yes
Rounding up infant foods	Yes
Food List Options	
Milk and Milk Substitutes	
Soy-based beverage	Yes
Tofu	Yes
Yogurt	No
Legumes	
Canned beans	Yes
Canned Fish	
Salmon	Yes
Sardines	Yes
Mackerel	No
Grains	
Whole-wheat pasta	No
Brown rice	Yes
Bulgur and/or barley	Yes
Oatmeal	Yes
Soft corn or whole-wheat tortillas	Yes
% whole-grain cold cereals	48%
% whole-grain hot cereals	20%
Infant Foods	
Fresh bananas as a partial substitute for infant food	Not specified
Fruits and Vegetables	
Canned fruits and vegetables	Yes
Frozen fruits and vegetables	Yes
Dried fruits and vegetables	No
Cost Containment Measures	
Organic forms of WIC-eligible foods provided via the regular WIC food instrument; e.g., milk, eggs	Some allowed
Rebates on infant foods (other than infant formula)	No
Delivery Options	
Options available	Home delivery

Seneca Nation (NY)

Policy Options	
Fruits and Vegetables	
Dried fruits and vegetables allowed for children	No
Infants aged 9–11 months receive CVV for fruits and vegetables in lieu of portion of commercial jarred infant food (in Food Packages II and III)	No
Children and women receiving Food Package III receive jarred infant food fruits and vegetables in lieu of CVV	No
Food Substitutions and Package Variations	
Infant formula in the first month for partially breastfed infants	Yes
Package tailoring for homeless participants	Not specified
CPA assigns fat-reduced milks for 1-year-old children where obesity and overweight are concerns	No
Farmers' Markets	
Authorize farmers' markets/farmers at farmers' markets	No
Infant Food Policies	
Rounding up infant formula	Yes
Rounding up infant foods	Yes
Food List Options	
Milk and Milk Substitutes	
Soy-based beverage	Yes
Tofu	No
Yogurt	No
Legumes	
Canned beans	No
Canned Fish	
Salmon	Yes
Sardines	Yes
Mackerel	No
Grains	
Whole-wheat pasta	No
Brown rice	Yes
Bulgur and/or barley	No
Oatmeal	No
Soft corn or whole-wheat tortillas	No
% whole-grain cold cereals	78%
% whole-grain hot cereals	100%
Infant Foods	
Fresh bananas as a partial substitute for infant food	Not specified
Fruits and Vegetables	
Canned fruits and vegetables	Yes
Frozen fruits and vegetables	Yes
Dried fruits and vegetables	Yes
Cost Containment Measures	
Organic forms of WIC-eligible foods provided via the regular WIC food instrument; e.g., milk, eggs	None allowed
Rebates on infant foods (other than infant formula)	No
Delivery Options	
Options available	Paper vouchers

Eastern Shoshone (WY)

Policy Options	
Fruits and Vegetables	
Dried fruits and vegetables allowed for children	Not specified
Infants aged 9–11 months receive CVV for fruits and vegetables in lieu of portion of commercial jarred infant food (in Food Packages II and III)	Not specified
Children and women receiving Food Package III receive jarred infant food fruits and vegetables in lieu of CVV	Not specified
Food Substitutions and Package Variations	
Infant formula in the first month for partially breastfed infants	Not specified
Package tailoring for homeless participants	No
CPA assigns fat-reduced milks for 1-year-old children where obesity and overweight are concerns	Not specified
Farmers' Markets	
Authorize farmers' markets/farmers at farmers' markets	No
Infant Food Policies	
Rounding up infant formula	Not specified
Rounding up infant foods	Not specified
Food List Options	
Milk and Milk Substitutes	
Soy-based beverage	Yes
Tofu	Yes
Yogurt	.
Legumes	
Canned beans	Yes
Canned Fish	
Salmon	No
Sardines	.
Mackerel	No
Grains	
Whole-wheat pasta	.
Brown rice	.
Bulgur and/or barley	.
Oatmeal	.
Soft corn or whole-wheat tortillas	.
% whole-grain cold cereals	.%
% whole-grain hot cereals	0%
Infant Foods	
Fresh bananas as a partial substitute for infant food	.
Fruits and Vegetables	
Canned fruits and vegetables	Yes
Frozen fruits and vegetables	Yes
Dried fruits and vegetables	Yes
Cost Containment Measures	
Organic forms of WIC-eligible foods provided via the regular WIC food instrument; e.g., milk, eggs	Some allowed
Rebates on infant foods (other than infant formula)	Not specified
Delivery Options	
Options available	Paper vouchers

Standing Rock Sioux Tribe (ND)

Policy Options	
Fruits and Vegetables	
Dried fruits and vegetables allowed for children	No
Infants aged 9–11 months receive CVV for fruits and vegetables in lieu of portion of commercial jarred infant food (in Food Packages II and III)	Yes
Children and women receiving Food Package III receive jarred infant food fruits and vegetables in lieu of CVV	Yes
Food Substitutions and Package Variations	
Infant formula in the first month for partially breastfed infants	Yes
Package tailoring for homeless participants	Yes
CPA assigns fat-reduced milks for 1-year-old children where obesity and overweight are concerns	Yes
Farmers' Markets	
Authorize farmers' markets/farmers at farmers' markets	No
Infant Food Policies	
Rounding up infant formula	Yes
Rounding up infant foods	No
Food List Options	
Milk and Milk Substitutes	
Soy-based beverage	Yes
Tofu	No
Yogurt	No
Legumes	
Canned beans	Yes
Canned Fish	
Salmon	Yes
Sardines	Yes
Mackerel	Yes
Grains	
Whole-wheat pasta	No
Brown rice	Yes
Bulgur and/or barley	No
Oatmeal	No
Soft corn or whole-wheat tortillas	Yes
% whole-grain cold cereals	55%
% whole-grain hot cereals	20%
Infant Foods	
Fresh bananas as a partial substitute for infant food	Yes
Fruits and Vegetables	
Canned fruits and vegetables	Yes
Frozen fruits and vegetables	Yes
Dried fruits and vegetables	No
Cost Containment Measures	
Organic forms of WIC-eligible foods provided via the regular WIC food instrument; e.g., milk, eggs	None allowed
Rebates on infant foods (other than infant formula)	No
Delivery Options	
Options available	Paper vouchers

Three Affiliated Tribes (ND)

Policy Options	
Fruits and Vegetables	
Dried fruits and vegetables allowed for children	No
Infants aged 9–11 months receive CVV for fruits and vegetables in lieu of portion of commercial jarred infant food (in Food Packages II and III)	No
Children and women receiving Food Package III receive jarred infant food fruits and vegetables in lieu of CVV	Yes
Food Substitutions and Package Variations	
Infant formula in the first month for partially breastfed infants	Not specified
Package tailoring for homeless participants	Yes
CPA assigns fat-reduced milks for 1-year-old children where obesity and overweight are concerns	Yes
Farmers' Markets	
Authorize farmers' markets/farmers at farmers' markets	No
Infant Food Policies	
Rounding up infant formula	Not specified
Rounding up infant foods	Not specified
Food List Options	
Milk and Milk Substitutes	
Soy-based beverage	Yes
Tofu	No
Yogurt	No
Legumes	
Canned beans	Yes
Canned Fish	
Salmon	Yes
Sardines	Yes
Mackerel	No
Grains	
Whole-wheat pasta	No
Brown rice	Yes
Bulgur and/or barley	No
Oatmeal	No
Soft corn or whole-wheat tortillas	Yes
% whole-grain cold cereals	51%
% whole-grain hot cereals	33%
Infant Foods	
Fresh bananas as a partial substitute for infant food	No
Fruits and Vegetables	
Canned fruits and vegetables	Yes
Frozen fruits and vegetables	Yes
Dried fruits and vegetables	No
Cost Containment Measures	
Organic forms of WIC-eligible foods provided via the regular WIC food instrument; e.g., milk, eggs	None allowed
Rebates on infant foods (other than infant formula)	No
Delivery Options	
Options available	Paper vouchers

Choctaw Nation of Oklahoma (OK)

Policy Options	
Fruits and Vegetables	
Dried fruits and vegetables allowed for children	No
Infants aged 9–11 months receive CVV for fruits and vegetables in lieu of portion of commercial jarred infant food (in Food Packages II and III)	No
Children and women receiving Food Package III receive jarred infant food fruits and vegetables in lieu of CVV	Yes
Food Substitutions and Package Variations	
Infant formula in the first month for partially breastfed infants	Yes
Package tailoring for homeless participants	Yes
CPA assigns fat-reduced milks for 1-year-old children where obesity and overweight are concerns	No
Farmers' Markets	
Authorize farmers' markets/farmers at farmers' markets	Yes
Infant Food Policies	
Rounding up infant formula	No
Rounding up infant foods	Yes
Food List Options	
Milk and Milk Substitutes	
Soy-based beverage	Yes
Tofu	Yes
Yogurt	No
Legumes	
Canned beans	Yes
Canned Fish	
Salmon	Yes
Sardines	Yes
Mackerel	Yes
Grains	
Whole-wheat pasta	Yes
Brown rice	Yes
Bulgur and/or barley	Yes
Oatmeal	Yes
Soft corn or whole-wheat tortillas	Yes
% whole-grain cold cereals	81%
% whole-grain hot cereals	13%
Infant Foods	
Fresh bananas as a partial substitute for infant food	Not specified
Fruits and Vegetables	
Canned fruits and vegetables	No
Frozen fruits and vegetables	Yes
Dried fruits and vegetables	No
Cost Containment Measures	
Organic forms of WIC-eligible foods provided via the regular WIC food instrument; e.g., milk, eggs	None allowed
Rebates on infant foods (other than infant formula)	No
Delivery Options	
Options available	Paper vouchers

Choctaw Nation of Oklahoma (OK)

Policy Options	
Fruits and Vegetables	
Dried fruits and vegetables allowed for children	Yes
Infants aged 9–11 months receive CVV for fruits and vegetables in lieu of portion of commercial jarred infant food (in Food Packages II and III)	Yes
Children and women receiving Food Package III receive jarred infant food fruits and vegetables in lieu of CVV	No
Food Substitutions and Package Variations	
Infant formula in the first month for partially breastfed infants	No
Package tailoring for homeless participants	Yes
CPA assigns fat-reduced milks for 1-year-old children where obesity and overweight are concerns	Yes
Farmers' Markets	
Authorize farmers' markets/farmers at farmers' markets	No
Infant Food Policies	
Rounding up infant formula	No
Rounding up infant foods	No
Food List Options	
Milk and Milk Substitutes	
Soy-based beverage	No
Tofu	Yes
Yogurt	No
Legumes	
Canned beans	Yes
Canned Fish	
Salmon	Yes
Sardines	Yes
Mackerel	No
Grains	
Whole-wheat pasta	Yes
Brown rice	Yes
Bulgur and/or barley	No
Oatmeal	No
Soft corn or whole-wheat tortillas	Yes
% whole-grain cold cereals	44%
% whole-grain hot cereals	22%
Infant Foods	
Fresh bananas as a partial substitute for infant food	No
Fruits and Vegetables	
Canned fruits and vegetables	Yes
Frozen fruits and vegetables	Yes
Dried fruits and vegetables	No
Cost Containment Measures	
Organic forms of WIC-eligible foods provided via the regular WIC food instrument; e.g., milk, eggs	None allowed
Rebates on infant foods (other than infant formula)	No
Delivery Options	
Options available	Paper vouchers

Ute Mountain Ute Tribe (CO)

Policy Options	
Fruits and Vegetables	
Dried fruits and vegetables allowed for children	No
Infants aged 9–11 months receive CVV for fruits and vegetables in lieu of portion of commercial jarred infant food (in Food Packages II and III)	Yes
Children and women receiving Food Package III receive jarred infant food fruits and vegetables in lieu of CVV	Yes
Food Substitutions and Package Variations	
Infant formula in the first month for partially breastfed infants	Not specified
Package tailoring for homeless participants	No
CPA assigns fat-reduced milks for 1-year-old children where obesity and overweight are concerns	Yes
Farmers' Markets	
Authorize farmers' markets/farmers at farmers' markets	No
Infant Food Policies	
Rounding up infant formula	Not specified
Rounding up infant foods	Not specified
Food List Options	
Milk and Milk Substitutes	
Soy-based beverage	Yes
Tofu	No
Yogurt	No
Legumes	
Canned beans	Yes
Canned Fish	
Salmon	Yes
Sardines	Yes
Mackerel	No
Grains	
Whole-wheat pasta	No
Brown rice	Yes
Bulgur and/or barley	No
Oatmeal	No
Soft corn or whole-wheat tortillas	Yes
% whole-grain cold cereals	54%
% whole-grain hot cereals	0%
Infant Foods	
Fresh bananas as a partial substitute for infant food	No
Fruits and Vegetables	
Canned fruits and vegetables	No
Frozen fruits and vegetables	Yes
Dried fruits and vegetables	No
Cost Containment Measures	
Organic forms of WIC-eligible foods provided via the regular WIC food instrument; e.g., milk, eggs	None allowed
Rebates on infant foods (other than infant formula)	Not specified
Delivery Options	
Options available	Paper vouchers

Wichita, Caddo, and Delaware Tribes (OK)

Policy Options	
Fruits and Vegetables	
Dried fruits and vegetables allowed for children	No
Infants aged 9–11 months receive CVV for fruits and vegetables in lieu of portion of commercial jarred infant food (in Food Packages II and III)	Yes
Children and women receiving Food Package III receive jarred infant food fruits and vegetables in lieu of CVV	Yes
Food Substitutions and Package Variations	
Infant formula in the first month for partially breastfed infants	Yes
Package tailoring for homeless participants	Yes
CPA assigns fat-reduced milks for 1-year-old children where obesity and overweight are concerns	Yes
Farmers' Markets	
Authorize farmers' markets/farmers at farmers' markets	No
Infant Food Policies	
Rounding up infant formula	Yes
Rounding up infant foods	Yes
Food List Options	
Milk and Milk Substitutes	
Soy-based beverage	Yes
Tofu	Yes
Yogurt	No
Legumes	
Canned beans	Yes
Canned Fish	
Salmon	Yes
Sardines	Yes
Mackerel	Yes
Grains	
Whole-wheat pasta	Yes
Brown rice	Yes
Bulgur and/or barley	Yes
Oatmeal	Yes
Soft corn or whole-wheat tortillas	Yes
% whole-grain cold cereals	81%
% whole-grain hot cereals	13%
Infant Foods	
Fresh bananas as a partial substitute for infant food	Not specified
Fruits and Vegetables	
Canned fruits and vegetables	No
Frozen fruits and vegetables	Yes
Dried fruits and vegetables	No
Cost Containment Measures	
Organic forms of WIC-eligible foods provided via the regular WIC food instrument; e.g., milk, eggs	None allowed
Rebates on infant foods (other than infant formula)	No
Delivery Options	
Options available	Paper vouchers

Pueblo of Zuni (NM)

Policy Options	
Fruits and Vegetables	
Dried fruits and vegetables allowed for children	No
Infants aged 9–11 months receive CVV for fruits and vegetables in lieu of portion of commercial jarred infant food (in Food Packages II and III)	Yes
Children and women receiving Food Package III receive jarred infant food fruits and vegetables in lieu of CVV	Yes
Food Substitutions and Package Variations	
Infant formula in the first month for partially breastfed infants	Yes
Package tailoring for homeless participants	Yes
CPA assigns fat-reduced milks for 1-year-old children where obesity and overweight are concerns	Yes
Farmers' Markets	
Authorize farmers' markets/farmers at farmers' markets	No
Infant Food Policies	
Rounding up infant formula	No
Rounding up infant foods	No
Food List Options	
Milk and Milk Substitutes	
Soy-based beverage	Yes
Tofu	No
Yogurt	No
Legumes	
Canned beans	Yes
Canned Fish	
Salmon	Yes
Sardines	Yes
Mackerel	No
Grains	
Whole-wheat pasta	No
Brown rice	Yes
Bulgur and/or barley	Yes
Oatmeal	Yes
Soft corn or whole-wheat tortillas	Yes
% whole-grain cold cereals	62%
% whole-grain hot cereals	33%
Infant Foods	
Fresh bananas as a partial substitute for infant food	Not specified
Fruits and Vegetables	
Canned fruits and vegetables	Yes
Frozen fruits and vegetables	Yes
Dried fruits and vegetables	No
Cost Containment Measures	
Organic forms of WIC-eligible foods provided via the regular WIC food instrument; e.g., milk, eggs	Some allowed
Rebates on infant foods (other than infant formula)	No
Delivery Options	
Options available	Paper vouchers

American Samoa

Policy Options	
Fruits and Vegetables	
Dried fruits and vegetables allowed for children	No
Infants aged 9–11 months receive CVV for fruits and vegetables in lieu of portion of commercial jarred infant food (in Food Packages II and III)	Yes
Children and women receiving Food Package III receive jarred infant food fruits and vegetables in lieu of CVV	No
Food Substitutions and Package Variations	
Infant formula in the first month for partially breastfed infants	No
Package tailoring for homeless participants	Not specified
CPA assigns fat-reduced milks for 1-year-old children where obesity and overweight are concerns	Yes
Farmers' Markets	
Authorize farmers' markets/farmers at farmers' markets	No
Infant Food Policies	
Rounding up infant formula	Yes
Rounding up infant foods	Yes
Food List Options	
Milk and Milk Substitutes	
Soy-based beverage	No
Tofu	No
Yogurt	No
Legumes	
Canned beans	Yes
Canned Fish	
Salmon	No
Sardines	Yes
Mackerel	No
Grains	
Whole-wheat pasta	No
Brown rice	Yes
Bulgur and/or barley	Yes
Oatmeal	No
Soft corn or whole-wheat tortillas	No
% whole-grain cold cereals	56%
% whole-grain hot cereals	50%
Infant Foods	
Fresh bananas as a partial substitute for infant food	Not specified
Fruits and Vegetables	
Canned fruits and vegetables	Yes
Frozen fruits and vegetables	No
Dried fruits and vegetables	No
Cost Containment Measures	
Organic forms of WIC-eligible foods provided via the regular WIC food instrument; e.g., milk, eggs	None allowed
Rebates on infant foods (other than infant formula)	No
Delivery Options	
Options available	Paper vouchers

District of Columbia

Policy Options	
Fruits and Vegetables	
Dried fruits and vegetables allowed for children	No
Infants aged 9–11 months receive CVV for fruits and vegetables in lieu of portion of commercial jarred infant food (in Food Packages II and III)	No
Children and women receiving Food Package III receive jarred infant food fruits and vegetables in lieu of CVV	No
Food Substitutions and Package Variations	
Infant formula in the first month for partially breastfed infants	Yes
Package tailoring for homeless participants	Yes
CPA assigns fat-reduced milks for 1-year-old children where obesity and overweight are concerns	Yes
Farmers' Markets	
Authorize farmers' markets/farmers at farmers' markets	Yes
Infant Food Policies	
Rounding up infant formula	No
Rounding up infant foods	No
Food List Options	
Milk and Milk Substitutes	
Soy-based beverage	Yes
Tofu	Yes
Yogurt	No
Legumes	
Canned beans	Yes
Canned Fish	
Salmon	Yes
Sardines	Yes
Mackerel	No
Grains	
Whole-wheat pasta	No
Brown rice	Yes
Bulgur and/or barley	No
Oatmeal	Yes
Soft corn or whole-wheat tortillas	Yes
% whole-grain cold cereals	58%
% whole-grain hot cereals	27%
Infant Foods	
Fresh bananas as a partial substitute for infant food	Not specified
Fruits and Vegetables	
Canned fruits and vegetables	Yes
Frozen fruits and vegetables	Yes
Dried fruits and vegetables	No
Cost Containment Measures	
Organic forms of WIC-eligible foods provided via the regular WIC food instrument; e.g., milk, eggs	Some allowed
Rebates on infant foods (other than infant formula)	Yes
Delivery Options	
Options available	Paper vouchers

Guam

Policy Options	
Fruits and Vegetables	
Dried fruits and vegetables allowed for children	No
Infants aged 9–11 months receive CVV for fruits and vegetables in lieu of portion of commercial jarred infant food (in Food Packages II and III)	No
Children and women receiving Food Package III receive jarred infant food fruits and vegetables in lieu of CVV	No
Food Substitutions and Package Variations	
Infant formula in the first month for partially breastfed infants	Yes
Package tailoring for homeless participants	Yes
CPA assigns fat-reduced milks for 1-year-old children where obesity and overweight are concerns	No
Farmers' Markets	
Authorize farmers' markets/farmers at farmers' markets	Yes
Infant Food Policies	
Rounding up infant formula	No
Rounding up infant foods	No
Food List Options	
Milk and Milk Substitutes	
Soy-based beverage	Yes
Tofu	No
Yogurt	No
Legumes	
Canned beans	No
Canned Fish	
Salmon	Yes
Sardines	Yes
Mackerel	Yes
Grains	
Whole-wheat pasta	Yes
Brown rice	Yes
Bulgur and/or barley	No
Oatmeal	Yes
Soft corn or whole-wheat tortillas	No
% whole-grain cold cereals	89%
% whole-grain hot cereals	67%
Infant Foods	
Fresh bananas as a partial substitute for infant food	Not specified
Fruits and Vegetables	
Canned fruits and vegetables	Yes
Frozen fruits and vegetables	Yes
Dried fruits and vegetables	Yes
Cost Containment Measures	
Organic forms of WIC-eligible foods provided via the regular WIC food instrument; e.g., milk, eggs	Some allowed
Rebates on infant foods (other than infant formula)	No
Delivery Options	
Options available	Paper vouchers

Commonwealth of the Northern Mariana Islands

Policy Options	
Fruits and Vegetables	
Dried fruits and vegetables allowed for children	No
Infants aged 9–11 months receive CVV for fruits and vegetables in lieu of portion of commercial jarred infant food (in Food Packages II and III)	No
Children and women receiving Food Package III receive jarred infant food fruits and vegetables in lieu of CVV	Yes
Food Substitutions and Package Variations	
Infant formula in the first month for partially breastfed infants	Yes
Package tailoring for homeless participants	Yes
CPA assigns fat-reduced milks for 1-year-old children where obesity and overweight are concerns	Yes
Farmers' Markets	
Authorize farmers' markets/farmers at farmers' markets	Yes
Infant Food Policies	
Rounding up infant formula	No
Rounding up infant foods	Yes
Food List Options	
Milk and Milk Substitutes	
Soy-based beverage	Yes
Tofu	Yes
Yogurt	No
Legumes	
Canned beans	No
Canned Fish	
Salmon	No
Sardines	Yes
Mackerel	No
Grains	
Whole-wheat pasta	No
Brown rice	Yes
Bulgur and/or barley	No
Oatmeal	Yes
Soft corn or whole-wheat tortillas	No
% whole-grain cold cereals	54%
% whole-grain hot cereals	67%
Infant Foods	
Fresh bananas as a partial substitute for infant food	Not specified
Fruits and Vegetables	
Canned fruits and vegetables	No
Frozen fruits and vegetables	No
Dried fruits and vegetables	No
Cost Containment Measures	
Organic forms of WIC-eligible foods provided via the regular WIC food instrument; e.g., milk, eggs	Some allowed
Rebates on infant foods (other than infant formula)	No
Delivery Options	
Options available	Paper vouchers

Puerto Rico

Policy Options	
Fruits and Vegetables	
Dried fruits and vegetables allowed for children	No
Infants aged 9–11 months receive CVV for fruits and vegetables in lieu of portion of commercial jarred infant food (in Food Packages II and III)	No
Children and women receiving Food Package III receive jarred infant food fruits and vegetables in lieu of CVV	Yes
Food Substitutions and Package Variations	
Infant formula in the first month for partially breastfed infants	Yes
Package tailoring for homeless participants	Yes
CPA assigns fat-reduced milks for 1-year-old children where obesity and overweight are concerns	Yes
Farmers' Markets	
Authorize farmers' markets/farmers at farmers' markets	Yes
Infant Food Policies	
Rounding up infant formula	No
Rounding up infant foods	No
Food List Options	
Milk and Milk Substitutes	
Soy-based beverage	Yes
Tofu	Yes
Yogurt	Yes
Legumes	
Canned beans	Yes
Canned Fish	
Salmon	Yes
Sardines	No
Mackerel	No
Grains	
Whole-wheat pasta	No
Brown rice	Yes
Bulgur and/or barley	No
Oatmeal	Yes
Soft corn or whole-wheat tortillas	Yes
% whole-grain cold cereals	63%
% whole-grain hot cereals	50%
Infant Foods	
Fresh bananas as a partial substitute for infant food	Not specified
Fruits and Vegetables	
Canned fruits and vegetables	Yes
Frozen fruits and vegetables	No
Dried fruits and vegetables	No
Cost Containment Measures	
Organic forms of WIC-eligible foods provided via the regular WIC food instrument; e.g., milk, eggs	None allowed
Rebates on infant foods (other than infant formula)	No
Delivery Options	
Options available	Paper vouchers

Virgin Islands

Policy Options	
Fruits and Vegetables	
Dried fruits and vegetables allowed for children	No
Infants aged 9–11 months receive CVV for fruits and vegetables in lieu of portion of commercial jarred infant food (in Food Packages II and III)	Yes
Children and women receiving Food Package III receive jarred infant food fruits and vegetables in lieu of CVV	Yes
Food Substitutions and Package Variations	
Infant formula in the first month for partially breastfed infants	No
Package tailoring for homeless participants	Yes
CPA assigns fat-reduced milks for 1-year-old children where obesity and overweight are concerns	Yes
Farmers' Markets	
Authorize farmers' markets/farmers at farmers' markets	No
Infant Food Policies	
Rounding up infant formula	No
Rounding up infant foods	No
Food List Options	
Milk and Milk Substitutes	
Soy-based beverage	Yes
Tofu	Yes
Yogurt	No
Legumes	
Canned beans	Yes
Canned Fish	
Salmon	Yes
Sardines	Yes
Mackerel	Yes
Grains	
Whole-wheat pasta	No
Brown rice	Yes
Bulgur and/or barley	No
Oatmeal	Yes
Soft corn or whole-wheat tortillas	No
% whole-grain cold cereals	50%
% whole-grain hot cereals	25%
Infant Foods	
Fresh bananas as a partial substitute for infant food	Not specified
Fruits and Vegetables	
Canned fruits and vegetables	Yes
Frozen fruits and vegetables	No
Dried fruits and vegetables	No
Cost Containment Measures	
Organic forms of WIC-eligible foods provided via the regular WIC food instrument; e.g., milk, eggs	None allowed
Rebates on infant foods (other than infant formula)	No
Delivery Options	
Options available	Paper vouchers