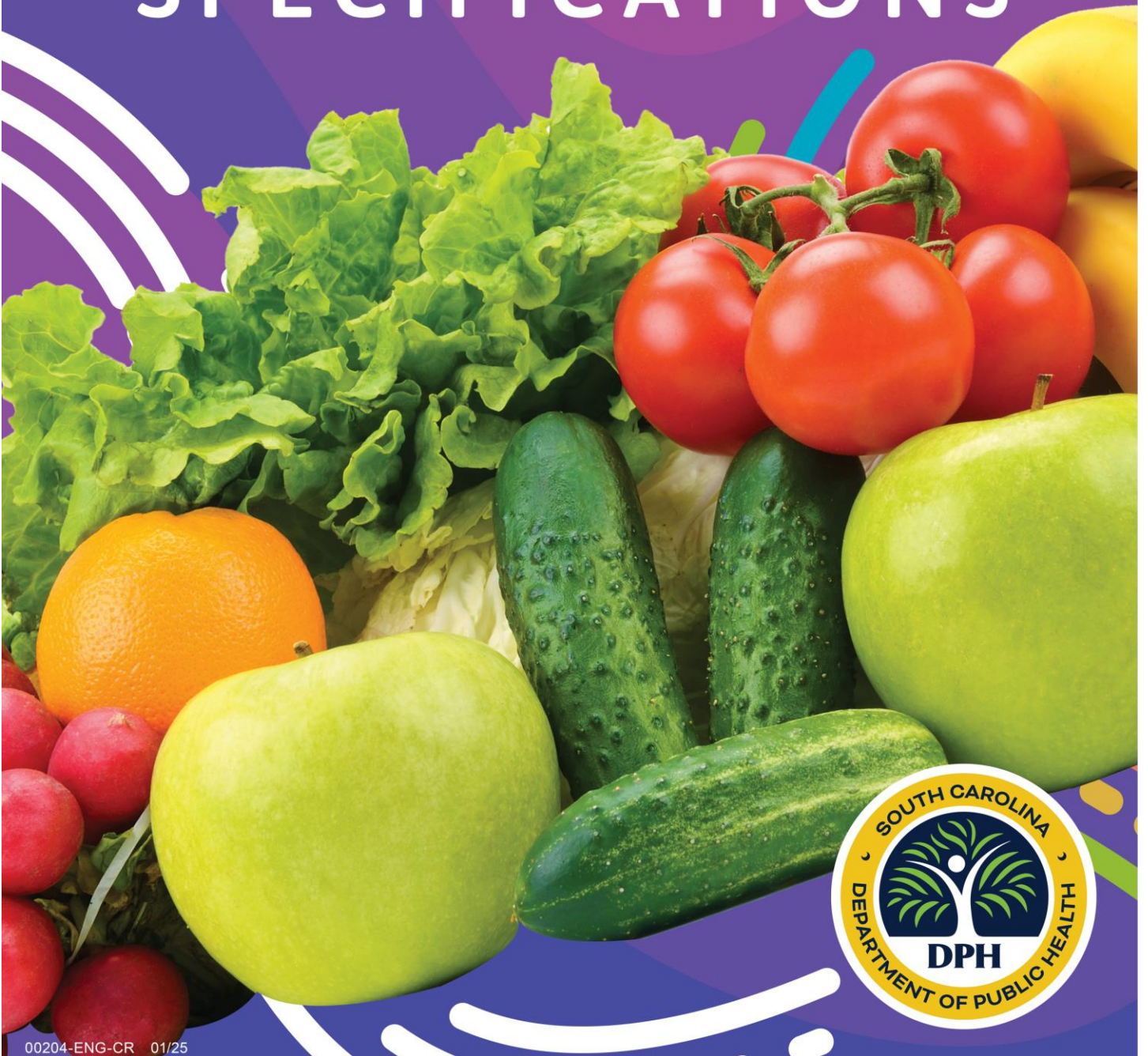




FEED YOUR
FUTURE
SOUTH CAROLINA

FOOD PRODUCTS

SPECIFICATIONS



South Carolina WIC Approved Food List Submission Process

Selection Criteria:

Foods are selected based on: (1) USDA Federal Guidelines for WIC, (2) WIC participant acceptance, (3) cost, (4) container size, (5) availability, and (6) comparison of submitted products.

The maximum monthly allowances of WIC foods (for children and women and for infants in Food Packages I, II and III) affect which container sizes and physical forms of WIC foods state agencies may authorize for the program. State agencies are required to authorize container sizes that provide the full maximum monthly allowance of foods without exceeding the maximum.

Please note that food products must have been commercially available in South Carolina for a **minimum of one year** prior to eligibility consideration with no distribution, recall, or documented health problems.

See the [Regulatory Requirements for WIC-Eligible Foods](#) to ensure your product meets guidelines. Food products must comply with the applicable local, state, and federal laws.

Procedure:

Please read this document carefully for product specifications and submission procedures. Send submissions to <https://dph.sc.gov/form/wic-food-submissions>. No other forms of submission (i.e., thumb drive or company's spreadsheet) will be accepted. SC WIC may request additional information as needed.

Manufacturers must notify the state when a product that is already listed on the approved product list (APL), no longer meets federal regulations, or is discontinued. Manufacturers are not required to resubmit a product every year that it is listed on the APL. See the **South Carolina WIC Program Authorized Product List (APL)** found on the [Info for WIC Vendors | South Carolina Department of Public Health](#) page.

Submission of a food product for consideration does not guarantee that the product submitted will appear on the SC WIC Approved Food List. The SC WIC Program reserves the right to change the SC WIC Approved Food List at any time.

Timeframe:

- Submission deadline is March 1 of each year for the following fiscal year (Oct. 1 - Sept. 30).
A notification will be sent to the manufacturers via email when the online submission form is open.
- Food product review and evaluation is in May of each year.
- All decisions concerning new South Carolina WIC Approved Foods are implemented on October 1 of each year.

Notification:

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

Manufacturers can review the updated APL on South Carolina's website to confirm approval of product(s) after October 1.

South Carolina Department of Public Health
Women, Infant and Children (WIC)
Approved Foods List
Food Specifications

Cow's Milk:

Approved	Not Approved
<ul style="list-style-type: none"> • Pasteurized cow's milk • Fat-Free, 1%, 2%, whole milk • Lactose-free milk • Ultra-high temperature (UHT) milk (<i>quart size only</i>) • Dry powdered milk • Must contain 100 International Units of vitamin D and 500 International Units of vitamin A per 8 oz. (400 IU and 2000 IU, respectively, per quart) • <u>SIZES</u>: <ul style="list-style-type: none"> ○ Gallon ○ Half-Gallon ○ Quart 	<ul style="list-style-type: none"> • Buttermilk • Goat's milk • Almond milk • Sweetened condensed milk • Acidophilus milk • Filled milk • Evaporated milk • Organic • Flavored milk

❖ Fluid milk must conform to FDA Standard of Identity 21 CFR 131.110

Plant-Based Milk Alternatives:

Approved	Not Approved
<ul style="list-style-type: none"> • Must be fortified to meet the following nutrient levels per cup: <ul style="list-style-type: none"> ○ 276 mg Calcium ○ 8 g Protein ○ 500 IU Vitamin A ○ 100 IU Vitamin D ○ 24 mg Magnesium ○ 222 mg Phosphorus ○ 349 mg Potassium ○ 0.44 mg Riboflavin ○ 1.1 mcg Vitamin B12 • Must contain no more than 10g of added sugars per cup • <u>SIZES</u>: Half-gallon or quart only 	<ul style="list-style-type: none"> • Organic

Tofu:

Approved	Not Approved
<ul style="list-style-type: none">• 14 oz. - 16 oz. prepackaged• Must contain a minimum of 100 mg of calcium per 100 g of tofu• Organic tofu	<ul style="list-style-type: none">• Added fats, sugars, oils, or sodium (salt)• Added DHA/ARA and/or Omega-3 fat• Artificial sweeteners

Cheese:

Approved	Not Approved
<ul style="list-style-type: none">• 100% Pasteurized<ul style="list-style-type: none">○ Whole, low-fat, reduced fat• 16 oz. and 8 oz. packaged block, sliced, shredded, string, cubes, crumbles, pearl, or individually wrapped snack cheese• Low sodium• Low cholesterol• Any of the following types of cheese and blends of any of these cheeses:<ul style="list-style-type: none">○ American○ Cheddar○ Colby○ Monterey Jack○ Mozzarella○ Muenster○ Provolone○ Swiss○ Brick	<ul style="list-style-type: none">• Cheese foods or spreads• Cheese products• Cheese from deli departments• Organic cheese• Cracker cuts• Imported cheeses

❖ Must conform to FDA Standard of Identity 21 CFR part 133

Eggs:

Approved <ul style="list-style-type: none">• Dozen package only• Medium, Large and Extra-Large size• White or brown• Grade A and Grade AA• Specialty eggs, such as low cholesterol, stress-free, cage-free, free range, vitamin enriched, antibiotic-free, vegetarian-fed hen, no-growth-hormones, grain-fed• Organic eggs	Not Approved <ul style="list-style-type: none">• Liquid, powdered, or hard-boiled eggs
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Yogurt:

Approved <ul style="list-style-type: none">• Pasteurized• No more than 16 g of added sugars per 8 oz (1 cup)• Must contain a minimum of 106 IU (2.67 mcg) of vitamin D per 8 oz. (1 cup)• Plain or flavored• <u>SIZES:</u> Up to 32 oz container and/or package size	Not Approved <ul style="list-style-type: none">• Drinkable yogurts• Mix-in ingredients such as granola, candy pieces, honey, nuts or similar ingredients
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- ❖ Must conform to FDS Standard of Identity for whole-fat (21 CFR 131.200), low-fat (21 CFR 131.203), or nonfat (21 CFR 131.206)

Brown Rice:

Approved <ul style="list-style-type: none">• Up to 24 oz package size• Instant, quick, boil-in-bag, or regular cooking• Whole grain must be the primary ingredient by weight	Not Approved <ul style="list-style-type: none">• White rice• Organic
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Juice:

Approved	Not Approved
<ul style="list-style-type: none">• 100% pasteurized unsweetened fruit and/or vegetable juice• Must contain 30 mg of vitamin C per 100 ml of juice• Vegetable juice may be regular or low sodium• Calcium-fortified• <u>SIZES</u>: 64 oz. containers only	<ul style="list-style-type: none">• Added sugars• Organic juice• Fruit “drinks”• “Infant or “baby” juice• Juice “cocktails”• Glass bottles• Sport drinks (Gatorade, PowerAde)

- ❖ Must conform to FDA standard of identity as appropriate (21 CFR part 146) or vegetable juice must conform to FDA standard of identity as appropriate (21 CFR part 156).

Breakfast Cereals:

Approved	Not Approved
<ul style="list-style-type: none">• Must contain a minimum of 28 mg of iron per 100 g of dry cereal• Must contain no more than 21.2 g of added sugars per 100 grams of dry cereal (i.e. not more than 6 g of added sugars per dry ounce)• Cooked cereals may be instant, quick, or regular cook• Plain-flavored only• <u>SIZES</u>: Up to 36 oz container and/or package size <p>For whole grain cereals:</p> <ul style="list-style-type: none">• Must have “whole grain” as the first/primary ingredient	<ul style="list-style-type: none">• Artificial or non-nutritive sweeteners

Bread/Bread Products:

Approved	Not Approved
<ul style="list-style-type: none">• Up to 24 oz package size• Whole-grain and/or whole wheat bread, buns, and rolls• Whole wheat bread products: pita, English muffins, bagels <p>Whole Wheat Bread, Buns and Rolls</p> <ul style="list-style-type: none">• “Whole wheat flour” and /or “bromated whole wheat flour” must be the ONLY flours listed in the ingredient list <p>Whole Grain Bread, Buns and Rolls</p> <ul style="list-style-type: none">• Must contain at least 50% whole grains with the remaining grains being either enriched or whole grains	<ul style="list-style-type: none">• Organic bread• Bread with artificial sweeteners, DHA/ARA and/or Omega 3 fats• Added fats, sugars, oils or sodium

- ❖ Whole Wheat Bread, Buns and Rolls: Must conform to FDA standard of Identity 21 CFR 136.180.
- ❖ Whole Grain Bread, Buns and Rolls: Must conform to FDA Standard of Identity 21 CFR 136.110.

Tortillas:

<p>Approved</p> <ul style="list-style-type: none">• Up to 24 oz package size <p>Soft Corn Tortillas:</p> <ul style="list-style-type: none">• Made from ground masa flour (corn flour) using traditional processing methods, e.g. whole corn, corn (masa), whole ground corn, corn masa flour, masa harina, and white corn flour <p>Whole Wheat Tortillas:</p> <ul style="list-style-type: none">• “Whole Wheat Flour” must be the ONLY flour listed in the ingredient list	<p>Not Approved</p> <ul style="list-style-type: none">• White or flour tortillas• Organic• Added fats, sugars, oils or sodium
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Whole Wheat Pasta:

<p>Approved</p> <ul style="list-style-type: none">• Up to 24 oz package size• “Whole Wheat Flour” and/or “Whole Durum Wheat Flour” must be the ONLY flours listed in the ingredient list• Different shapes	<p>Not Approved</p> <ul style="list-style-type: none">• Added sugars, fats, oils, or salt (i.e., sodium)• Organic• Flavored
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❖ Must conform to FDA Standard of Identity 21 CFR 139.138.

Peanut Butter:

<p>Approved</p> <ul style="list-style-type: none">• 16-18 oz. jar only• Smooth, creamy, crunchy, chunky, extra chunky• Regular, low sodium, reduced fat• “Natural” or “All Natural”• Omega-3 fats• Organic	<p>Not Approved</p> <ul style="list-style-type: none">• Peanut butter with added jelly, honey, chocolate, marshmallow or similar ingredients• Peanut spreads
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❖ Must conform to FDA Standard of Identity 21 CFR 164.150.

Mature Legumes (Dried and Canned Beans, Peas, and Lentils):

<p>Approved</p> <ul style="list-style-type: none"> • 16 oz. bag • 15-16 oz. cans • Any type of mature dry and canned beans, peas or lentils • Single variety only • Unflavored • Canned legumes may be regular or lower in sodium 	<p>Not Approved</p> <ul style="list-style-type: none"> • Mixtures or flavoring (added sugars, fats, oils, vegetables, fruits, or meats) • Immature varieties such as those used in canned green peas, green beans, snap beans, yellow beans, and wax beans • Soups
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Canned Fish:

<p>Approved</p> <ul style="list-style-type: none"> • Light tuna • Salmon • Sardines • Mackerel (only N. Atlantic or Chub Pacific) • Water or oil-packed • May include bones or skin • Regular or lower in sodium content • <u>SIZES:</u> Up to 20 oz container and/or package size 	<p>Not Approved</p> <ul style="list-style-type: none"> • White (albacore) tuna • Red salmon • Added sauces or flavorings • Organic • Jack Mackerel
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❖ Light tuna must conform to FDA Standard of Identity 21 CFR 161.190.

❖ Salmon (Pacific salmon) Must conform to FDA standard of Identity 21 CFR 161.170.

Infant Cereal:

<p>Approved</p> <ul style="list-style-type: none"> • 8oz. or 16 oz. • Must contain a minimum of 45 mg of iron per 100 grams of dry cereal • Multi-grain, rice, oatmeal, whole wheat, barley, “oat and quinoa” • Organic 	<p>Not Approved</p> <ul style="list-style-type: none"> • Added DHA, fruit or formula • Jar cereal
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Infant Meats:

Approved	Not Approved
<ul style="list-style-type: none">• 2.5 oz.• Organic• Meat or poultry, as a single major ingredient, with added broth or gravy	<ul style="list-style-type: none">• Added sugars or salt• Combinations (e.g. meat & vegetables or fruit)• Plastic containers or packs

Infant Fruits and Vegetables:

Approved	Not Approved
<ul style="list-style-type: none">• Any variety of single ingredient, fruits or vegetable must be listed as the first ingredient• Combination of single ingredients (e.g. sweet potato and apple)• Organic• Pouches• <u>SIZES:</u>• 3.5 oz.• 4 oz.• Twin packs that hold two 4 oz. Containers• Twin packs that hold two 2 oz. containers	<ul style="list-style-type: none">• Added sugars, starches, or salt (e.g. sodium)• Added DHA• Infant foods containing white potato as the primary ingredient• Dinners

Cash-Value Benefit: Fruits and Vegetables

Approved

Fruits:

- Any variety of fresh (as defined by 21 CFR 101.95) whole or cut fruit without added sugars
- Any variety of canned* fruits (must conform to FDA standard of identity as appropriate (21 CFR part 145); including applesauce, juice-packed or water-packed without added sugars, fats, oils, or salt (i.e. sodium). The fruit must be listed as the first ingredient.
- *Canned fruit may be in cans, glass or plastic containers including fruit pouches
- Any variety of frozen fruits without added sugars, fats, oils, or salt (i.e. sodium)
- Organic fruits
- Pre-cut, diced or sliced fruit

Vegetables:

- Any variety of fresh (as defined by 21 CFR 101.95) whole or cut vegetable without added sugars, fats or oils.
- **Fresh herbs, cut at the root or with the root intact.**
- Any variety of canned* or frozen vegetables without added sugars, fats, or oils. Vegetable must be listed as the first ingredient. May be regular or lower in sodium. Must conform to FDA standard of identity as appropriate (21 CFR part 155).
- * Canned vegetable(s) may be in cans, glass or plastic containers including veggie pouches
- Any type of immature beans, peas, or lentils, fresh or in canned forms. May be regular or lower in sodium content.
- Any type of frozen beans (immature or mature). Beans purchased with the CVB may contain added vegetables and

Not Approved

- Breaded vegetables
- Ketchup or other condiments
- Dried fruits or dried vegetables
- Dry or canned mature legumes (beans, peas or lentils)
- Fruit and/or vegetables juices
- Fruit baskets
- Fruit leathers and fruit roll-ups
- Fruit or vegetable items on party trays
- Fruit or vegetable items on salad bars
- Fruits or vegetables mixed with sauces or foods other than other fruits and vegetables, fruits or vegetables with added corn syrup, high-fructose corn syrup, maltose, dextrose, sucrose, honey, and/or maple syrup
- Fruit packed in cans, glass or plastic containers with artificial sweeteners
- Dried herbs used for flavoring
- Infant fruits and vegetables
- Ornamental and decorative fruits and vegetables
- Pickled vegetables, olives
- Soups
- Salsa

<p>fruits, but may not contain added sugars, fats, oils, or meat as purchased.</p> <ul style="list-style-type: none">• Organic vegetables.• Pre-cut, diced, sliced or shredded vegetables.• Canned tomato sauce or canned tomato paste.	
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