

## **Foods that are Authorized**

- I. WIC supplementary foods are those foods containing nutrients that are determined by nutritional research to be lacking in the diets of pregnant, breastfeeding and postpartum women, infants and children. This includes foods that promote the health of the population served by the WIC Program as indicated by relevant nutrition science, public health concerns, and cultural eating patterns, as prescribed by the Secretary of Agriculture.
- II. Foods that are authorized for the Utah WIC Program must be based on the USDA defined categories and nutrition criteria; as well as Utah cost specifications, availability criteria and client preference as listed below.
- III. USDA approval. Products must meet the requirements outlined in the USDA Federal regulations Part 246, "Special Supplemental Nutrition Program for Women, Infants and Children, as well as all requirements outlined in the Final Food Rule.
- IV. Nutritional Criteria
  - a. The application for inclusion needs to include printed information regarding the nutrient content as specified in the Department of Agriculture Federal Register 7 CFR Part 246 (Table 4).
  - b. Infant formulas must have 10 mg iron per liter and 20 kcals per fluid ounce at standard dilution.
  - c. Infant cereals must have 45 mg iron per 100 gm dry cereal.
  - d. Cereal must have > 28 mg iron per 100 gm dry cereal; < 21.2 gm sucrose and other sugars per 100 gm dry cereal.
  - e. Juice must be 100 % unsweetened fruit juice and have 30 mg vitamin C per 100 ml of juice.
  - f. If milk has Vitamin A and Vitamin D added, then these shall be present in each quart of product at not less than 2,000 IU and 400 IU, respectively.
  - g. Foods with artificial sweeteners are not allowed.
  - h. With the exception of fresh fruits and vegetables, organic products are not allowed.
- V. Cost

- a. Except for cereal and peanut butter, specific brand name food items cannot cost more than 10% above the current average cost of similar (size and type) brand name food items presently allowed by the State.
- b. Brand name cereals and peanut butter to be considered for authorization cannot cost more per ounce than 20% above other approved brand name cereals and peanut butter.
- c. Private label food items cannot cost more than the current average cost of similar (size and type) brand name food items presently allowed by the State.
- d. WIC food items should encourage economical shopping habits.
- e. Increased packaging of items increases food costs, therefore packaging is a consideration. e.g.—individually packaged string cheeses are more expensive than bulk cheeses.
- f. Pricing criteria may be evaluated by using either the manufacturer's suggested retail price or by a survey of retail prices in Utah at the option of the State.

## VI. Availability

- a. WIC products must meet at least a 70% distribution and availability rate at authorized WIC Vendors throughout the state for all brand name food items.
- b. Items that are private label must be stocked by 70% of the stores affiliated with the specific brands.
- c. Exceptions
  - i. Products needed for a homeless food package.
  - ii. Specific nutrition risk factor.
  - iii. Special food products.
  - iv. Special conditions due to unsanitary water.
  - v. Participants who have low comprehension of preparing food items or formula.
  - vi. Items needed to serve WIC participants in an expedient manner.

## VII. Client Preference

- a. In an effort to keep the quantity of authorized foods manageable by the state, the State reserves the right to determine limits on how many products to authorize in each food category.

- b. After products that have been submitted by the manufacturer for consideration have been evaluated by the state, and have been determined to meet the nutrition, cost and availability criteria, client preference will be considered in determining which products to authorize.
- c. Client preference will be determined through the use of surveys or other objective means.

VIII. Store brand/Private Label:

- a. A store brand must be purchased when indicated in the Utah Authorized WIC Foods Booklet. Examples of store brands/private labels include but are not limited to Food Club, Kroger, Great Value, Market Pantry, WinCo, Signature Select, Lucerne, Freedom's Choice, and Harmons.
- b. Stores are required to carry store brands/private label products for the following food items: milk, cheese, eggs, beans, canned fish tuna, brown rice, and juice.
  - i. Because store brand milk is not always available in quart size, specific authorized brands of quart size milk will be specified.)
- c. When certain brands are specified in the Authorized WIC Foods booklet, only those brands listed may be purchased.
- d. If a retailer is determined by the State WIC Office that they cannot obtain a store brand or private label juice, then a separate card will be given to the WIC participant indicating what can be purchased at those retailers.

IX. Cold cereal size and type

- a. Package sizes less than 12 ounces are not allowed, except those sizes needed for a homeless food package.
- b. At least half of the cereals approved by the State must have whole grain as the primary ingredient and meet labeling requirements for making a health claim as a "whole grain food with moderate fat content."

X. Utah WIC Program Authorized WIC Foods List

- a. Pictorially shows the foods authorized by the Utah WIC Program.
- b. Is given to all WIC participants to help them know which foods are WIC approved.
- c. Is an aid to assist clients in identifying and purchasing WIC approved foods.

- d. The State office will notify manufacturers, for whom contact information is on file in the State office, in December of each year regarding the application process for foods to be approved for the Utah WIC Program Authorized Food List. The Authorized Food List will be updated every year.
  - e. The deadline for manufacturers to submit nutrient content information, using USDA spreadsheets, price, and distribution data to the State office is March 31 of each year. This information must be submitted for all foods including new foods that have not been previously approved/authorized and foods that have been previously approved.
  - f. The State office will review all manufacturer applications for nutrient content requirements, established by USDA; price and distribution data; and client preference from April 1 through June 30 of each year.
  - g. The State office will notify manufacturers of the foods that will be authorized by August 1 of each year to be published in the Utah WIC Program Authorized Food List, effective October 1.
  - h. A new store/grocery chain with its own private label food products can submit their food applications at the time of authorization to become a Utah WIC Vendor.
  - i. Price, distribution criteria and the application deadline may be waived for new food products that must be made available to meet the WIC participants' needs.
- XI. Non-contract Formulas: Infant, Exempt, Medical and WIC Eligible Nutritional Products
- a. Procedures for State RDS to determine if Specialty Formulas are WIC Eligible:
    - i. After receiving a request for a formula/medical product to be approved by Utah WIC, determine the FDA designation of the formula/medical product of interest. This can be obtained from the manufacturer or FDA website.
    - ii. Go to the following WIC regulations to assess if the FDA designation is consistent with the minimum requirements and specifications:

TABLE 4—MINIMUM REQUIREMENTS AND SPECIFICATIONS FOR SUPPLEMENTAL FOODS

Categories/foods	Minimum requirements and specifications
WIC FORMULA:	
Infant formula .....	All authorized infant formulas must: (1) Meet the definition for an infant formula in section 201(z) of the Federal Food, Drug, and Cosmetic Act (21 U.S.C. 321(z)) and meet the requirements for an infant formula under section 412 of the Federal Food, Drug and Cosmetic Act, as amended (21 U.S.C. 350a) and the regulations at 21 CFR parts 106 and 107; (2) Be designed for enteral digestion via an oral or tube feeding; (3) Provide at least 10 mg iron per liter (at least 1.5 mg iron/100 kilocalories) at standard dilution; (4) Provide at least 67 kilocalories per 100 milliliters (approximately 20 kilocalories per fluid ounce) at standard dilution. (5) Not require the addition of any ingredients other than water prior to being served in a liquid state.
Exempt infant formula.	All authorized exempt infant formula must: (1) Meet the definition and requirements for an exempt infant formula under section 412(h) of the Federal Food, Drug, and Cosmetic Act as amended (21 U.S.C. 350a(h)) and the regulations at 21 CFR parts 106 and 107; and (2) Be designed for enteral digestion via an oral or tube feeding.
WIC-eligible nutritionals. <sup>1</sup>	Certain enteral products that are specifically formulated to provide nutritional support for individuals with a qualifying condition, when the use of conventional foods is precluded, restricted, or inadequate. Such WIC-eligible nutritionals must serve the purpose of a food, meal or diet (may be nutritionally complete or incomplete) and provide a source of calories and one or more nutrients; be designed for enteral digestion via an oral or tube feeding; and may not be a conventional food, drug, flavoring, or enzyme.

Note: WIC-eligible nutritional is the same as the FDA designation, Medical Food.

- iii. If the formula/medical product of interest meets the regulation specifications in ii., the product is WIC Eligible and approved by Utah WIC.
- iv. Collect nutrient information for Product Guide and provide to RD who maintains the content of the Product Guide. See example below:

**ALFAMINO JUNIOR (Nestle Clinical Nutrition)**

41-WIC-eligible nutritional

**USE:** A nutritionally complete amino-acid based medical food (hypoallergenic oral supplement/tube feed) for children 1 year and older with cow’s milk protein allergy and food intolerance. 65% of fat as MCT to facilitate fat absorption.

Per 100 g: 460 kcals (1kcal/ml), 15 g pro, 20 g fat, 56 g CHO, 8.3 mg iron  
 Osmolality: 590 mOsm/kg

Flavors: unflavored

**CAUTION:** For use only under strict medical supervision. Do not heat Elecare unflavored mixture. Not for parenteral use.

Also, provide can size, reconstituted amount, as well as protein, fat and carbohydrate sources and percentages.

- v. If the product is not available at retail grocery stores, enter in the Special Formula area under Requests in SharePoint by selecting Special Formula and then Special Formula Products. After selecting Special Formula Products, select New Item and enter Product Title and UPC and click Save.

- vi. If the UPC could not be obtained, Save without entering UPC and contact sole source pharmacy, informing them of the Product entered and request the UPC from them which can be entered later.
- vii. If the UPC was obtained and entered in the Special Formula UPC field, contact sole source pharmacy, informing them of the New Product and UPC entered; the pharmacy may have a different manufacturer number that they may request be entered. Enter the UPC number requested by the pharmacy.
- viii. If the product is available at retail grocery stores, work with the RD responsible for food management in VISION to add this formula.
- ix. Enter a SharePoint Announcement indicating the name of the new WIC Eligible product that has been added to the Special Formula database or VISION food management and Product Guide. A brief description of the new WIC Eligible product needs to be included in the announcement.