

Title: Authorized Foods List	Category: Supplemental Foods
CFR Reference: 246.10	Policy Number: 9.010
Effective Date: 01/2021	Revised Date: 6/15/2026

POLICY STATEMENT:

The State Agency will develop and maintain a list of authorized foods – the DC WIC Food List – which specifies the types, sizes, and nutrient standards of authorized foods in the DC WIC program. The Food List will be revised and reissued when there is:

- A change in federal program regulations
- Information on new products developed since the issuance of the last Food List
- A product recall, discontinuation, or reformulation resulting in a change of eligibility status

The DC WIC Food List can be found online at www.dcwic.org/foods-formulas.

DC WIC FOOD ITEM SPECIFICATIONS

The following chart provides food item selection criteria for inclusion on the DC WIC Food List.

Food Item	Allowed on the DC WIC Food List	
Cow's Milk <u>USDA requirements:</u> - Must be pasteurized - Must contain at least: 400 IU vitamin D per quart (100 IU per cup) 2000 IU vitamin A per quart (500 IU per cup) <u>Not Allowed:</u> - Flavored milk - Added protein (ultra skim)	- Any brand - Organic store brands	
	Regular Milk Nonfat, low-fat, reduced-fat, whole	Quarts, half gallons, gallons
	Lactose-reduced Milk Nonfat, low-fat, reduced-fat, whole	Quarts, half gallons
	Buttermilk Low-fat or reduced-fat	Quarts, half gallons
	Evaporated or Powdered Nonfat, low-fat, reduced-fat, whole	5 oz to 64 oz packages
	UHT Milk Nonfat, low-fat, reduced-fat, whole	Quarts
	Kefir milk	Quarts
Goat's Milk <u>USDA Requirements:</u> - Must be pasteurized - Must contain at least: 400 IU vitamin D per quart	- Fluid goat's milk, pasteurized, unflavored - Quarts, half gallons - Approved brands only	

(100 IU per cup) - 2000 IU vitamin A per quart (500 IU per cup)	
Cheese <u>USDA requirements:</u> <u>Made from 100% pasteurized milk</u> <u>Not Allowed:</u> ○ Cheese from in-store deli ○ Imported cheese (made outside USA)	○ Any brand ○ Organic store brands ○ 8 oz, 16 oz, 24 oz, 32 oz packages ○ Monterey Jack, Colby, Cheddar, Swiss, Muenster, Provolone, part-skim or whole Mozzarella, pasteurized processed American, or blends of these ○ Block, sliced, cubed, shredded, individually wrapped slices, or string cheese
Soy Milk <u>USDA requirements (per cup):</u> ▪ Must contain ≤10g added sugar ▪ 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	○ Approved brands and flavors ○ Quarts, half gallons
Tofu <u>USDA requirements:</u> ○ 100 mg of calcium per 100 g of tofu ○ No added fats, sugars, oils, or sodium	○ Any texture (soft or silken, regular, firm, medium firm, extra firm, super firm) ○ 8 oz, 14 to 16 oz packages
Yogurt <u>USDA Requirements:</u> ○ Must be pasteurized ○ ≤16g sugar per cup ○ No <u>added</u> granola, candy, nuts, honey, etc ○ No artificial sweeteners	○ Pasteurized cow's milk (nonfat, low-fat, whole) ○ Organic store brands only ○ Approved Greek, flavored, and multipack yogurt brands ○ Single containers - 16 oz, 32 oz ○ Multipacks - 21.2 oz or 48 oz
Eggs <u>Not allowed:</u>	○ Brown or white fresh chicken eggs ○ Organic store brands only ○ Cage-free or free-range



○ Liquid, powdered, or hard-boiled eggs ○ Pasture-raised ○ Specialty eggs (i.e., Omega-3)	○ One dozen (12 count)
100% Juice <u>USDA Requirements:</u> ○ Must be pasteurized ○ Must be 100% juice (Fruit and/or Vegetable juice) ○ Must contain at least: - 30 mg Vitamin C per 100 mL	○ Any 100% fruit and/or vegetable juice or juice blends ○ Any pulp content ○ Added calcium or fiber ○ Approved organic brands ○ Any brand of 100% orange, pineapple, or grapefruit juice
Breakfast Cereal <u>USDA Requirements</u> ○ Must contain at least: - 28mg iron per 100g dry cereal - ≤ 21.2g added sugar per 100g dry cereal	○ Hot cereals - ready-to-eat, instant, and regular ○ Cold cereals - bagged or boxed ○ 9 oz to 36 oz
Dried or Canned Beans, Peas, Lentils <u>Not allowed:</u> ○ Added sugar, fat, oil, meat, fruit or vegetable ○ Baked beans or bean soups ○ Green beans or peas – these can be purchased with the Fruit and Vegetable CVB	○ Any brand ○ Organics allowed ○ Regular, low-, or no-sodium allowed ○ Refried beans allowed with no added fat ○ Spices or seasonings are allowed ○ Dried beans, peas, and lentils – 16 oz, 32 oz, 48 oz packages ○ Canned beans, peas, and lentils – 15 oz to 16 oz packages
Peanut Butter <u>Not allowed:</u> ○ Add-ins such as jam, jelly, marshmallow, chocolate, honey or other similar ingredients are not allowed	○ Any brand ○ Organic store brands ○ Creamy, crunchy, chunky, plain or reduced fat/sodium, unsalted forms allowed ○ 16 oz to 18 oz packages ○ Low-fat, reduced-fat, or reduced sodium ○ “Natural”
Nut and Seed Butters <u>Not allowed:</u> ○ Add-ins such as jam, jelly, marshmallow, chocolate, honey or	○ Approved brands only – almond butter ○ Creamy or chunky, regular, or reduced-fat, salted or unsalted forms allowed ○ Limited brand options for tahini, sunflower seed butter ○ 16 oz packages



other similar ingredients are not allowed	
Canned Fish “Canned” refers to processed food items in cans or other shelf-stable containers – cans, jars, or pouches are allowed	○ Any brand ○ Packed in water or oil ○ With bones or skin ○ Added spices, sauces, and flavorings ○ Regular or low sodium ○ 2.5 oz to 40 oz packages
Bread and Bread Products <u>USDA requirements:</u> ○ Whole wheat must be the primary ingredient by weight ○ No added sugars, fats, or oils	○ 100% whole wheat bread, buns, and rolls ○ Whole grain breads – whole grain must be the primary ingredient by weight ○ Whole grain bread products – naan, English muffins, pita, bagels ○ 12 oz to 48 oz packages
Whole Grains – Oats <u>Not allowed:</u> ○ Added sugars, fats, or oils	○ Dry, plain whole oats ○ May be old-fashioned, quick, or instant ○ 12 oz to 48 oz packages
Whole Wheat Pasta <u>USDA requirement</u> ○ Whole wheat must be the primary ingredient by weight ○ No added sugars, fats, or oils	○ 100% Whole wheat pasta ○ Dry, plain, any shape ○ Organic allowed ○ 12 oz to 48 oz packages
Whole Grains - Rice, Barley and Quinoa <u>Not allowed:</u> Added sugars, fats, oils, or salts	○ Any brand ○ 100% whole grain brown rice or barley ○ Organics allowed ○ 12 oz to 48 oz packages
Whole Grains – Tortillas <u>Not allowed:</u> ○ Added sugars, fats, or oils	○ 100% whole wheat tortillas or corn tortillas ○ Soft tortillas only ○ 12 oz to 48 oz packages
Infant Cereal <u>USDA requirement:</u> ○ Must contain at least: - 45 mg iron per 100g dry cereal <u>Not allowed:</u>	○ Any brand ○ Organics allowed ○ Rice, Oatmeal, or Multigrain cereal ○ 8 oz or 16 oz packages



○ Added DHA ○ Added sugar, milk, fruit, or other non-cereal ingredients	
Infant Food Fruits and Vegetables <u>Not allowed:</u> ○ Added sugars, starches, fats, oils, or sodium ○ Added DHA	○ Any brand ○ Organics and Naturals allowed ○ Single fruits, single vegetables, or fruit + vegetable combinations ○ Texture may range from pureed through diced ○ Single serving- 2 oz to 4 oz packages ○ Multipacks- up to 128 oz packages
Infant Meats <u>Not allowed:</u> ○ Added sugars, starches, fats, oils, or sodium ○ Added DHA	○ Any brand ○ Organics and Naturals allowed ○ Any variety of infant food with a single major ingredient of chicken, turkey, beef, veal, lamb, or ham ○ May contain broth or gravy ○ Texture may range from pureed through diced ○ Single serving - 2.5 oz packages ○ Multipacks up to 77.5 oz packages
Fresh Fruits and Vegetables <u>Not Allowed:</u> ○ Added sugars, fats, or oils ○ Artificial sugars ○ Frozen fruit cannot have added salt ○ Edible blossoms and flowers ○ Ketchup or other condiments ○ Vegetable-grain mixtures, fruit-nut mixtures, breaded vegetables, salad bar items, peanuts ○ Ornamental and decorative fruits and vegetables ○ Fruit baskets and party trays ○ Fruit muffins or other baked goods ○ Mature legumes (beans, lentils, etc.)	○ Plain fruits and vegetables ○ Organics allowed ○ Whole, cut, loose, bagged or plastic ○ Any immature beans (i.e. green beans, lima beans, succotash) ○ Fresh herbs
Canned Fruits and Vegetables <u>Not allowed:</u> ○ Pickled vegetables, olives, soups ○ Creamed or sauced vegetables ○ Fruits packed in syrups or with artificial sugars	○ Organics allowed ○ Canned or jarred ○ May be seasoned with herbs and spices ○ Fruit or vegetable must be listed as the first ingredient ○ Canned fruits packed in 100% juice allowed ○ Canned immature beans, peas, or lentils (e.g. edamame, green beans, yellow wax beans)



Frozen Fruits and Vegetables <u>Not allowed:</u> ○ Added sugars or oils ○ Frozen fruits cannot have added salt	○ Organics allowed ○ May be seasoned with herbs and spices ○ Frozen vegetables may have added salt ○ Frozen beans (immature or mature) are allowed. Beans purchased with CVV may contain added vegetables and fruits, but may not contain added sugars, fats, oils, or meat as purchased. Canned beans, peas, or lentils may be regular or lower in sodium content.
Dried Fruits and Vegetables <u>Not allowed:</u> ○ No added sugars, oils, or salt	○ Organics allowed

AUTHORIZED PRODUCT LIST

The State Agency will additionally maintain an Approved Products List (APL), which lists the Universal Product Codes (UPCs) for each unique food item that meets the above specifications and is authorized in DC WIC. The APL file is disseminated daily to DC WIC authorized vendors to ensure their Point of Sales (POS) systems stay current on allowable food item redemption and ensure eWIC purchase of eligible WIC food items. Participants can check whether a specific food item is authorized and eligible for their purchase by scanning the UPC via the EzWIC mobile app prior to scanning the item at the POS system.

SUBMISSION OF NEW ELIGIBLE FOOD PRODUCTS

New food items found to meet the above food item specifications may be considered for inclusion on the DC WIC Authorized Foods list if all required components below are submitted to info.vendor@dc.gov :

- Full UPC or PLU Code
- Brand name and full name of product
- Full product description, including container size
- Picture: Front label
- Picture: UPC barcode
- Picture: Nutrition information
- Picture: Ingredients

The State Agency will review each submission. If approved, the item will be added to the APL within three (3) business days.

REFERENCES

7 CFR 246.10

