



Memorandum

#15-063

TO: WIC Regional Directors
WIC Local Agency Directors

FROM: Amanda Hovis, Director
Nutrition Education/Clinic Services Unit
Nutrition Services Section

DATE: May 22, 2015

SUBJECT: Policy Memo –Revised Policies: *Texas WIC Policy CS: 10.0 Economic Unit for Income, Texas WIC Policy CS: 12.0 Texas WIC Income Guidelines, Texas WIC Policy FD: 20.0 Approved Foods*

This memo announces revisions to the subject policies as follows. The Food Delivery policy was updated to reflect the food package changes that began on April 1, 2015. The Clinic Services policies are effective June 1, 2015. At that time they will be posted and you may update your *Policy and Procedures Manual* by accessing the *WIC Website* at: http://www.dshs.state.tx.us/wichd/policy/table_of_contents.shtm.

One of the revised Clinic Services policies is *CS:12.0, Texas WIC Income Guidelines*, which includes the revised income guidelines table. This table will be updated in the Income Calculator Online Tool and Texas WIN (TWIN).

The TWIN income guidelines table will be updated the evening of Thursday, May 28, 2015 to be in place for June 1, 2015. Staff shall continue to use the current income guidelines through Sunday, May 31, 2015. On Monday, June 1, 2015, staff shall use the revised income guidelines in the attached policy when determining income eligibility.

For those local agencies who are part of the Secure Portal pilot, the income guidelines table for the income calculator will be updated on Sunday, May 31, 2015 and available on Monday, June 1, 2015. The income calculator will determine income eligibility with the revised guidelines.

Summary of Revisions

Texas WIC Policy CS: 10.0 Economic Unit for Income

- Updated the Separate Economic Unit Screening Table to reflect the USDA guideline changes.

Texas WIC Policy CS: 12.0 Texas WIC Income Guidelines

- Updated the income table to reflect federal income changes.

Texas WIC Policy FD: 20.0 Approved Foods

- Procedure V.A.7., removed quarts of lactose-free milk.
- Procedure V.B., added yogurt requirements and specifications.
- Procedure V.G., under Juice, added “fruit” to 100 percent unsweetened *fruit* juices (no added sugar, sweeteners or artificial sweeteners) to distinguish from vegetable juices.
- Procedure V.L., added refrigerated whole wheat tortillas requirements and specifications.

- Procedure V.P., added whole wheat pasta requirements and specifications
- Procedure V. Q., removed white potatoes where they were not allowed under fresh and frozen vegetables and clarified that herbs and spices are approved in frozen vegetables.
- Procedure V.T., under baby food fruits and vegetables, added that potatoes cannot be the first ingredient (pending clarification from USDA) and the approval of conventional or organic baby fruits and vegetables.

If you have questions or require additional information regarding *Texas WIC Policy CS: 10.0 Economic Unit for Income*, or *Texas WIC Policy CS 12.0 Texas WIC Income Guidelines* please contact Marissa Acosta at marissa.acosta@dshs.state.tx.us or (512) 341-4649. If you have questions or require additional information regarding *Texas WIC Policy FD: 20.0* please contact Paula Kanter at paula.kanter@dshs.state.tx.us or (512) 341-4574.

Attachments

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Effective June 1, 2015

Policy No. CS:10.0

Economic Unit for Income

Purpose

To establish a consistent method of determining income eligibility.

Authority

7 CFR Part 246.7; USDA FNS Instruction 803-3; 25 TAC §31.22

Policy

Income eligibility for WIC services shall be based on the total income of the economic unit.

Definitions

Economic Unit means all persons, related and/or unrelated, living together in the same dwelling, with the exception of the following special situations: pregnant woman, infants/children placed through DFPS (foster/kinship), and individuals who qualify as a separate economic unit.

Procedures

- I. When determining an applicant's income eligibility for WIC services:
 - A. Determine economic unit size by counting all persons living in the dwelling, with the following exceptions:
 1. pregnant women (see procedure II);
 2. individuals who reside in institutions (see procedure III);
 2. infants/children placed through DFPS (see procedure IV); and
 3. individuals who qualify as a separate economic unit (see procedure VI).

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- B. Determine total economic unit income by counting all incomes of all members of the unit.
 - C. Compare the total economic unit income for the economic unit size with the Texas WIC Income Guidelines (see [Policy CS: 12.0](#)).
 - D. Record unit size and income(s) on form WIC-35.
- II. For a pregnant woman, with the exception that she qualifies as a separate economic unit (refer to procedure VI. D.), increase her family size by the number of children she expects to give birth to. If she is expecting one child, count her as two individuals; if she is expecting twins, count her as three individuals. The LA shall allow applicants to waive the increase in family size.
- III. Individuals residing in institutions (e.g., homes for battered women, drug treatment centers, intermediate care facilities for mentally retarded or mentally ill persons, half-way houses, etc.) that meet the conditions specified in [Policy CS: 06.0](#) are considered a separate economic unit. In this instance, the economic unit consists of the applicant and family members residing in the institution.
- IV. An infant/child placed through DFPS shall be considered a separate economic unit (a one-person economic unit).
- A. The income of the child shall be the payments made by DFPS or another outside_source for the care of the child. Note: If a child receives income, whether from a job or outside financial resource, it must be counted in the income determination.
 - B. Income reassessment during an active certification is not required for an infant/child who is later adopted.
- V. When determining economic unit size:

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- A. Do not include members who have been absent from the economic unit for more than six months, unless the member continues to exercise customary family responsibilities, i.e., contributes to the support of the economic unit.
 - B. You may include persons temporarily absent if the following circumstances exist:
 - 1. other members still consider the economic unit to be the principal residence of the absent member; and
 - 2. the absence does not exceed six months (except in the case of school or military service); and
 - 3. the absence is for a purpose such as school, training, employment, hospitalization, institutionalization, military service etc.; and
 - 4. the absent member continues to exercise customary family responsibilities, e.g., a parent continues providing support, physical care, planning, etc.
- VI. On an exception basis, a separate economic unit (SEU) may be identified within a dwelling, if the applicant indicates that he/she shall be counted as a separate group/economic unit.
- A. Exceptions shall be reviewed on a case by case basis. It is recommended that the Certifying Authority (CA) or WIC Certification Specialist (WCS) approve the SEU; however, LAs shall determine their own procedure on who may approve an SEU.
 - B. To qualify as an SEU, applicants shall meet the following criteria, which shows their independent source of income adequate to provide for their living expenses in their particular environment:
 - 1. The total monthly gross income of the SEU shall be equal to or greater than the amount listed on the Separate Economic Unit Screening Table in this policy and
 - 2. The SEU usually purchases and prepares food separately from the other persons who are not members of the SEU but reside in

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the same dwelling or intends to purchase and prepare food separately after certification.

- B. LA staff shall identify the SEU's household members by placing a checkmark in the SEU column on the Family Certification Form (WIC-35).
 - C. LA staff shall compare the SEU's monthly gross income to the SEU Screening Table in this policy to determine if the family qualifies as an SEU.
 - D. After determining SEU status, any unborn fetus(es) shall be counted as part of the household size when comparing household income to the WIC Income Guidelines in **Policy CS:12.0** and completing the WIC-35.
 - E. Do not certify the following as a Separate Economic Unit:
 - 1. minor children who live with their parents;
 - 2. a child under age 18 who lives with adult household members who serve as managing conservators; That is,
 - a. the household member(s) provides more than half of the child's total support; and
 - b. the family states that the child is under parent or guardian control.
 - 3. spouses: two people who are legally married, which includes two people who live together and represent themselves to the community as husband and wife.
- VII. The Certifying Authority's (CA) signature on the Supplemental Information/NVRA-WIC form constitutes approval of SEU eligibility because the CA must review the WIC-35 as part of his/her certification responsibilities.

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Separate Economic Unit Screening Table	
Family Size	Monthly Income
1	\$201
2	\$288
3	\$384
4	\$475
5	\$585
6	\$735
7	\$838
8	\$964
Each Additional Member	+ \$109

Based on Official USDA Food Plans: Cost of Food at Home. US Average-Thrift Plan, February 2015, individual groupings

Compare the total amount of income of the entire group considered in the economic unit to the Separate Economic Unit Screening Table. Use the WIC-35 form for all documentation.

- Is the total income of the group equal to or greater than the amount listed on the **Separate Economic Unit Screening Table** for family size?
- Does the group usually purchase and prepare food separately or intend to purchase and prepare food separately after certification?

If the answer to both of these questions is "**yes**," the group can qualify as a SEU. Mark the box for SEU on the WIC-35.

If the answer to either of these questions is "**no**," the group cannot qualify as a SEU. All persons living in the household and their income must be listed and screened for eligibility on the WIC-35.

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Policy No. CS:12.0

Texas WIC Income Guidelines

Purpose

To provide a uniform statewide level of income eligibility for participants in the WIC Program.

Authority

7 CFR Part 246.7; 25 TAC §31.22; 42 USC 1786

Policy

The Texas WIC Program shall use the income guidelines updated annually in the *Federal Register* by the United States Department of Agriculture under authority of 42 USC 1786.

Procedures

- I. To participate in WIC, an applicant's/participant's gross income shall not exceed 185% of the federal income guidelines as updated annually, unless the applicant/participant is found to be adjunctively income eligible for WIC.
- II. Local agencies shall implement the annual guidelines upon notification from the state agency.

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WIC INCOME GUIDELINES

Family Size	Weekly	Bi-Weekly	Twice Monthly	Monthly	Annual
1	419	838	908	1,815	21,775
2	567	1,134	1,228	2,456	29,471
3	715	1,430	1,549	3,098	37,167
4	863	1,726	1,870	3,739	44,863
5	1,011	2,022	2,190	4,380	52,559
6	1,159	2,318	2,511	5,022	60,255
7	1,307	2,614	2,832	5,663	67,951
8	1,455	2,910	3,152	6,304	75,647
9	1,603	3,206	3,473	6,946	83,343
10	1,751	3,502	3,794	7,587	91,039

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11	1,899	3,798	4,114	8228	98,735
12	2,047	4,094	4,435	8,870	106,431
13	2,195	4,390	4,756	9,511	114,127
14	2,343	4,686	5,076	10,152	121,823
15	2,491	4,982	5,397	10,794	129,519
16	2,639	5,278	5,718	11,435	137,215
EACH ADDITIONAL FAMILY MEMBER	+148	+296	+321	+642	+7,696

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Approved Foods

Purpose

To provide standards for the selection of approved foods for Texas WIC food packages.

Authority

7 CFR §246.10; 25 TAC §31.37

Policy

The State Agency is responsible for approving foods for the allowable foods list, the Texas WIC Authorized Product List (APL), the universal product code (UPC) database. Criteria for approving products include compliance with federal regulations, packaging, cost, cultural acceptability, and nutritive value.

- I. A product shall meet the federal regulations governing the WIC food package in order to be considered for approval by the Texas WIC Program.
- II. In addition to the criteria specified in this policy, Texas WIC reserves the right to restrict the number of brands and types of any product in order to contain the cost of food packages and minimize confusion for WIC participants. Texas WIC is not obligated to authorize every available food that meets federal requirements.
- III. The product form and marketing approach shall be consistent with the promotion of good nutrition and education.
- IV. Texas WIC will review the list of allowable foods to determine the need for adding or removing brands for the following products through an annual open enrollment process: cereal, tofu, soy milk, oatmeal, canned beans, yogurt, and whole wheat pasta. The approved brands of infant cereal and formula will be solicited through a competitive bid process. All other allowable foods will be added or removed throughout

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the year. A complete list of approved UPCs and brands will be posted at <http://www.dshs.state.tx.us/wichd/vo/flist.shtm>.

- A. If Texas WIC determines a need to change the criteria for allowable foods, manufacturers will be notified of the food specifications and the open enrollment period.
- B. A manufacturer may contact the Texas WIC State Office at any time during the year to have their contact information added to the mailing list.
- C. The allowable foods list will be provided to the United States Department of Agriculture (USDA) in the annual State Plan.

V. Allowable foods

- A. **Cow's milk** (fresh fluid, lactose-free, evaporated, and dry) shall meet the following requirements and specifications:
 - 1. Pasteurized and unflavored.
 - 2. Whole, low-fat, or non-fat milks shall conform to the FDA standard of identity (21 CFR 131.110).
 - 3. Cultured buttermilk shall conform to the FDA standard of identity (21 CFR 131.112).
 - 4. Whole milk shall be fortified with 400 IU of vitamin D per fluid quart of fluid milk (100 IU per cup).
 - 5. All low-fat (1/2% and 1%) or fat-free (non-fat or skim) milk including, cultured low-fat buttermilk, shall be fortified with at least 2000 IU of vitamin A (500 IU per cup) and 400 IU of vitamin D per fluid quart of milk (100 IU per cups).
 - 6. Kosher milk is allowed for participants of religious faiths requiring kosher dairy products.
 - 7. Container sizes for fresh fluid milk are gallons, half gallons, and quarts; cultured buttermilk is half gallon; lactose-free milk is half gallons; kosher milk is half gallon and gallon; evaporated milk is 12 oz. cans and dry milk in 9.6, 25.6 and 64 oz. boxes.
 - 8. Not allowed:
 - a. Flavored milk (e.g., chocolate milk),

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- b. High protein, calcium-fortified, DHA, omega-3 enhanced or organic,
 - c. Goat's milk,
 - d. Rice milk,
 - e. Acidophilus milk,
 - f. Evaporated filled milk, or
 - g. Sweetened condensed milk.
9. Authorized vendors are required to sell the declared traditionally least expensive brand of milk they have available that meets Texas WIC requirements and specifications, with the exception of lactose-free, kosher, dry and evaporated milk (refer to WIC Policy WV: 02.0).
- B. Yogurt (Cow's milk)** shall meet the following requirements and specifications:
- 1. Must be pasteurized and conform to FDA standard of identity for whole-fat (21 CFR 131.200), low-fat (21 CFR 131.203) or non-fat yogurt (21 CFR 131.206).
 - 2. Contain 33 grams or less of total sugars per 8 ounce (1 cup) serving.
 - 3. 32 oz. container
 - 4. Not allowed:
 - a. Yogurts with mixed-in ingredients such as granola, candy pieces, honey, nuts, and similar ingredients or greek yogurt.
 - b. Drinkable yogurts.
 - 5. Authorized vendors are required to sell any of the approved brands.
- C. Soy milk** (Soy-based beverage) shall meet the following requirements and specifications:
- 1. Fortified to contain the following nutrients levels per 8 oz. serving:
 - a. 8 grams protein
 - b. 276 milligrams calcium
 - c. 500 IU vitamin A
 - d. 100 IU vitamin D

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- e. 24 milligram magnesium
 - f. 222 milligram phosphorus
 - g. 349 milligram potassium
 - h. 0.44 milligram riboflavin
 - i. 1.1 microgram vitamin B12
 - 2. Half gallon container.
 - 3. Plain or vanilla flavor.
 - 4. Authorized vendors may sell any of the approved brands and types of soy milk.
- D. **Tofu** shall meet the following requirements and specifications:
- 1. Calcium-set with calcium salts (e.g., calcium sulfate).
 - 2. One pound (16 oz.) package.
 - 3. Refrigerated.
 - 4. Plain, without added sugars, fats, oils or salt (i.e., sodium.)
 - 5. Authorized vendors may sell any of the approved brands and types of tofu.
- E. **Cheese** shall meet the following requirements and specifications:
- 1. Conform to the FDA standard of identity (21 CFR Part 133).
 - 2. Domestic cheese made from 100 percent pasteurized milk.
 - 3. Approved types: processed American, Monterey Jack, Colby, Colby-Jack, natural Cheddar, Mozzarella (part-skim or whole), and Longhorn. Block or sliced form cheese allowed.
 - 4. One and two pound (16 oz. and 32 oz.) packages. Eight ounce (8 oz.) packages are approved only for exclusively breastfeeding women who receive the no refrigeration/no cooking facilities package and women who are exclusively breastfeeding multiple infants.
 - 5. Regular or lower sodium.
 - 6. Reduced-fat or low-fat.
 - 7. Kosher cheese is allowed for participants of religious faiths requiring kosher dairy products.
 - 8. Not allowed:
 - a. Shredded or individually wrapped slices of cheese.
 - b. Cheese foods, cheese food products, or cheese spreads.

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- c. Cheese from the deli.
 - d. Soy or goat cheese.
 - e. Imported cheese.
 - f. Smoked or flavored cheese or cheese with added ingredients such as caraway seeds or jalapeño peppers.
9. Authorized vendors are required to sell the declared traditionally least expensive brand by type that they have available and that meets Texas WIC requirements and specifications (refer to WIC Policy WV: 02.0).

F. **Breakfast Cereal** shall meet the following requirements and specifications:

- 1. Contain 28 milligrams or more of iron per 100 grams of dry cereal.
- 2. Contain 21.2 grams or less of sucrose and other sugars per 100 grams of dry cereal (6 grams or less per dry ounce).
- 3. At least half of the cereals authorized shall have whole grain as the primary ingredient by weight and meet the labeling requirements for making a health claim as a whole grain food with moderate fat content:
 - a. Contain a minimum of 51% whole grains (using dietary fiber as the indicator).
 - b. Meet the regulatory definitions for "low saturated fat" (<1 gram saturated fat per serving) and "low cholesterol" (≤20 milligrams cholesterol per serving).
 - c. Include quantitative trans fat labeling.
 - d. Contain ≤6.5 grams total fat per serving and ≤0.5 grams trans fat per serving.
 - e. The product form and marketing approach shall be consistent with the promotion of good nutrition.
- 4. WIC reserves the right to limit the package size(s) authorized for a brand. For example, a brand may be available in 12 oz., 18 oz., and 36 oz. sizes. WIC may authorize only the 18 and 36 oz. size.
- 5. WIC accepts cereals with additional ounces for free; for example, package sizes that are 18 oz. with additional ounces for free are

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accepted as an 18 oz. package (e.g., 18 oz. package offering 20% more in a 21.6 oz. package).

6. Gluten-free cereals may be approved for a special gluten-free food package.
7. To reduce the potential for confusion by retail vendors and participants, WIC reserves the right to deny approval of cereals that would otherwise qualify, but have similar package designs to cereals that do not qualify.
8. WIC reserves the right to determine the number and brands of cereal which shall include at least one cereal from each grain group. Grain groups are defined as corn, wheat, oat, rice and multi-grain.

G. Juice shall meet the following requirements and specifications:

1. Fruit juice must conform to FDA standard of identity (21 CFR part 146).
2. Vegetable juice must conform to FDA standard of identity (21 CFR part 156) and may be regular or low sodium.
3. Pasteurized.
4. 100 percent unsweetened fruit juices (no added sugar, sweeteners or artificial sweeteners). May be fresh or from concentrate.
5. Single strength juices contain a minimum of 30 milligrams of vitamin C per 100 milliliters (72 milligrams of Vitamin C per 8-fluid oz.); or frozen concentrated fruit juice, a minimum of 30 milligrams of vitamin C per 100 milliliters of reconstituted juice.
6. May have added calcium and vitamin D.
7. The percent daily value (DV) on the Nutrition Facts panel must be at least 120% for vitamin C for all juices except for 6-fluid oz. juices which must be at least 90%.
8. Container sizes:
 - a. Single strength fluid juice: 48 oz. and 64 oz. containers.
 - b. Frozen concentrate juice: 11.5 oz., 12 oz. and 16 oz.
 - c. Fluid juice in 5.5 to 6 oz. cans or 6.75 oz. juice packs are authorized for participants with no refrigeration.

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9. Juice labeled as one fruit juice type that is a blend of two or more juices is not allowed (e.g., juice labeled as "Grape Juice" that is a blend of apple and grape juice).
10. WIC reserves the right to limit the packaging of specific types of juice due to pricing or other considerations.
11. To reduce the potential for confusion by retail vendors and participants, WIC reserves the right to deny approval of juices that would otherwise qualify, but have similar package designs of juices that do not qualify. Fluid and frozen varieties of juice with the same brand name shall be evaluated separately.
12. Authorized vendors are required to sell the declared traditionally least expensive brand of juice by available type that meets Texas WIC requirements and specifications (refer to WIC Policy WV: 02.0).

H. **Eggs** shall meet the following requirements and specifications:

1. Fresh grade A or grade AA, large, medium, or small domestic hens' eggs.
2. Cartons of a dozen count.
3. Not allowed:
 - a. Extra large or jumbo eggs.
 - b. Fertile, brown, free-range, or cage-free.
 - c. Organic, specialty (e.g., designer eggs) or nutrient modified eggs (e.g., Omega-3 or Vitamin E enhanced).
 - d. Dried eggs mixes, pasteurized liquid whole eggs or hard boiled eggs.
4. Authorized vendors are required to sell any brand of eggs that meets Texas WIC requirements and specifications.

I. **Mature Legumes (Beans/Peas/Lentils)** shall meet the following requirements and specifications:

1. Dry beans
 - a. Approved types: pinto, black and navy beans, split green peas and lentils only;
 - b. 1 pound (16 oz.) package.
2. Not allowed:

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- a. Bulk dry beans, peas or lentils;
 - b. Mixed or seasoned dry beans, peas, or lentils.
 3. Authorized vendors are required to sell the declared traditionally least expensive brand of dry beans that meets Texas WIC requirements (refer to WIC Policy WV: 02.0).
 4. Canned beans shall meet the following requirements:
 - a. Black-eyed peas, Great Northern, pintos, black, kidney (red and cannellini) and fat-free refried beans (pinto or black);
 - b. Regular or low sodium;
 - c. 15 to 16 oz. cans.
 5. Not allowed:
 - a. Canned beans with added sugars, fats, oils, meat or sauces.
 - b. Canned soups with beans.
 6. Authorized vendors are required to sell approved brands and types that meet Texas WIC requirements and specifications.
- J. **Peanut Butter** shall meet the following requirements and specifications:
1. Must conform to the FDA standard of identity (21 CFR 164.150).
 2. 16 to 18 oz. container.
 3. May be salted or unsalted, creamy or crunchy.
 4. Not allowed:
 - a. Added ingredients such as jelly, candy pieces, honey, chocolate, marshmallows, or nutrient enhanced (e.g., omega-3).
 - b. Peanut butter spreads.
 - c. Reduced fat peanut butter.
 - d. Organic peanut butter.
 5. Authorized vendors are required to sell any brand that meets Texas WIC requirements and specifications.
- K. **Whole Wheat Bread** shall meet the following requirements and specifications:
1. Must conform to the FDA standard of identity (21 CFR 136.180).
Whole wheat flour and/or bromated whole wheat flour must be

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the only flour listed in the ingredient list (other flours are allowed in small amounts if they are optional ingredients).

2. One pound (16 oz.) packages.
3. Bread in 20 to 24 oz. is allowed for women who are exclusively breastfeeding multiple infants from the same pregnancy.
4. Not allowed:
 - a. Whole wheat and whole grain buns and rolls.
 - b. Low calorie, "lite" bread or sugar-free bread.
5. Authorized vendors are required to sell the declared traditionally least expensive whole wheat bread that meets Texas WIC requirements and specifications (refer to WIC Policy WV: 02.0). For 20 to 24 oz. loaves, authorized vendors are required to sell any of the approved brands.

L. Whole Wheat Tortillas shall meet the following requirements and specifications:

1. Whole wheat flour must be the only flour in the ingredient list (other flours are allowed in small amounts as optional ingredients).
2. 4 grams or less of fat per tortilla.
3. Shelf or refrigerated tortillas
4. One pound (16 oz.) packages.
5. Authorized vendors are required to sell the declared traditionally least expensive brand of tortillas (shelf, refrigerated or shelf and refrigerated) that meets Texas WIC requirements (refer to WIC Policy WV: 02.0).

M. Corn Tortillas shall meet the following requirements and specifications:

1. Soft corn tortillas (may be made with whole corn, corn masa, whole ground corn, corn masa flour, masa harina or white corn flour).
2. One pound (16 oz.) packages.
3. Authorized vendors are required to sell the declared traditionally least expensive brand of tortillas that meets Texas WIC requirements (refer to WIC Policy WV: 02.0).

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- N. **Brown Rice** shall meet the following requirements and specifications:
1. Plain brown rice without added sugars, fats, oils or sodium.
 2. One pound (16 oz.) package.
 3. Authorized vendors are required to sell the declared traditionally least expensive brown rice that meets Texas WIC requirements (refer to WIC Policy WV: 02.0).
- O. **Oatmeal** shall meet the following requirements and specifications:
1. Plain oatmeal without added sugars, fats, oils or salt (i.e., sodium.)
 2. One pound (16 oz.) container.
 3. Authorized vendors are required to sell any of the approved brands.
- P. **Whole Wheat Pasta** (Whole wheat macaroni product) shall meet the following requirements and specifications:
1. Must conform to FDA standard of identity for whole wheat macaroni products (21 CFR Part 139.138). Other shapes and sizes that meet the FDA standard of identity for whole wheat macaroni products may be approved.
 2. Whole wheat flour and/or whole wheat durum flour must be the only flours in the ingredient list.
 3. Must not contain added sugars, fats, oils or salt (i.e. sodium).
 4. One pound (16 oz.) package.
 5. Authorized vendors are required to sell any of the approved brands.
- Q. **Fruits and Vegetables** shall meet the following requirements and specifications:
1. Fresh and frozen fruits
 - a. Fresh conforms to FDA 21 CFR 101.95.
 - b. Any brand and variety of fruit including organic.
 - c. Whole or cut fruit.
 - d. Single or mixed fruit.

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- e. Frozen in 9 oz. package or larger.
- 2. Fresh and frozen vegetables
 - a. Fresh conforms to FDA 21 CFR 101.95.
 - b. Any brand and variety of vegetable including organic. Whole or cut vegetable.
 - c. Includes all fresh and frozen beans, peas and lentils (no exclusion on types).
 - d. Single or mixed vegetable or bean, pea or lentil. May be regular, low sodium and with or without herbs and spices.
 - e. Frozen in 9 oz. package or larger.
- 3. Not allowed:
 - a. Fruits that are sweetened (e.g., with added sugars, artificial sweeteners and syrups).
 - b. Vegetables with added sugars, fats, or oils.
 - c. Creamed or sauced vegetables.
 - d. Breaded vegetables.
 - e. Vegetable-grain (e.g., pasta or rice) mixtures.
 - f. Canned and dried fruit and vegetables.
 - g. Fruit-nut mixtures.
 - h. Fresh herbs and spices (herbs and spices are allowed in frozen) including, but not limited to: anise, basil, bay leaves, caraway, chervil, chives, cilantro, dill, fenugreek, horseradish, lemon grass, marjoram, mint, oregano, parsley, rosemary, sage, savory, tarragon, thyme and vanilla beans.
 - i. Edible blossoms and flowers e.g., squash blossoms (broccoli, cauliflower and artichokes are allowed).
 - j. Fruits and vegetables for purchase on salad bars, or with dressings or dip.
 - k. Peanuts and other nuts.
 - l. Ornamental and decorative fruits and vegetables, such as chili peppers and garlic on a string, decorative gourds or painted pumpkins.
 - m. Fruit baskets and party vegetable trays.
 - n. Baked goods, such as blueberry muffins.
 - o. Condiments, such as ketchup.
 - p. Pickled vegetables, olives and soups.

<p style="text-align: center;">Nutrition Services Department of State Health Services</p>

Effective April 1, 2015

Policy: No. FD:20.0

- R. **Chunk Light Tuna and Pink Salmon** (for exclusively breastfeeding women only) shall meet the following requirements and specifications:
1. Chunk light tuna shall conform to the FDA standard of identity (21 CFR 161.190).
 2. Pink salmon shall conform to the FDA standard of identity (21 CFR 161.170). Only pink salmon is approved, packed with or without skin and bones.
 3. Packed in water.
 4. 5 or 6 oz. cans.
 5. 3 oz. cans are approved only for exclusively breastfeeding participants with no refrigeration.
 6. Not allowed:
 - a. Albacore, yellowfin or tongol tuna.
 - b. Fillet, specialty or gourmet tuna.
 - c. Red salmon, fillet or premium boneless and skinless salmon.
 - d. Tuna or salmon packaged with other items such as crackers, relish or seasoning.
 - e. Packed in oil.
 - f. Packed in pouches.
 7. Authorized vendors are required to sell any brand that meets Texas WIC requirements and specifications.
- S. **Infant Cereal** shall meet the following requirements and specifications:
1. Contain a minimum of 45 milligrams of iron per 100 grams of dry cereal.
 2. Dehydrated flakes without added ingredients such as infant formula, milk, fruit or other non-cereal ingredients (e.g., DHA). Organic is not allowed.
 3. 8 oz. and/or 16 oz. container.
 4. WIC reserves the right to solicit through a competitive bid process rebates for infant cereals. Authorized vendors are required to sell the contract brand.

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- T. **Infant Food Fruits and Vegetables** shall meet the following requirements and specifications:
1. Single and mixed fruits and vegetables, commercial baby food.
 2. 4 oz. container.
 3. The fruit or vegetable must be listed as the first ingredient; however, potatoes cannot be the first ingredient.
 4. Conventional or organic is allowed.
 5. Not allowed:
 - a. Added sugars, starches or salt (i.e. sodium), cereal yogurt, or DHA,
 - b. Desserts and dinners, or
 - c. Baby food in pouches.
- U. **Infant Food Meats** (for exclusively breastfed infants only) shall meet the following requirements and specifications:
1. Meat or poultry, as a single major ingredient, with or without broth or gravy.
 2. 2.5 oz. container.
 3. Not allowed:
 - a. Added sugars, salt (i.e. sodium) or DHA,
 - b. Combination of multiple ingredients (e.g., meat and vegetable or fruit) or dinners (e.g., spaghetti and meatballs) or
 - c. Organic baby food meat.
- VI. WIC reserves the right to solicit rebates for any WIC foods through a competitive bid process.
- VII. This policy may not list all exclusions for each approved food due to continuous changes by manufacturers and introduction of new products in the market.