

**GEORGIA WIC-APPROVED FOOD LIST
CRITERIA TO EVALUATE AN ELIGIBLE FOOD ITEM**

Nutritional Quality

- 1) Cereal - Adult
 - a) Contains a minimum of 28 mg of iron per 100 gm of dry cereal
 - b) Contains not more than 21.1 grams of sucrose and other sugars per 100 grams of dry cereal (less than 6 grams of sucrose and other sugars per ounce).
 - c) At least one-half of the total number of approved cereals 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.”
 - d) Contains no artificial or non-nutritive sweeteners

- 2) Cereal - Infant
 - a) Contains a minimum of 45 mg of iron per 100 gm of dry cereal
 - b) Contains no added sugar, fruit, formula, or other non-cereal ingredients

- 3) Cow’s Milk and Goat’s Milk
 - a) Low fat, reduced fat, fat free must contain at least 400 IU Vitamin D per quart
 - b) Low fat, reduced fat, fat free must contain at least 2,000 IU Vitamin A per quart
 - c) Contains no added sugar or flavorings
 - d) No Buttermilk

- 4) Cheese
 - a) Domestic Block Cheese (pasteurized, processed American, Monterey Jack, Colby, Natural Cheddar, Mozzarella, Swiss, Combination)
 - b) Sliced Cheese (American, Cheddar, Swiss)
 - c) String Cheese (Mozzarella String Cheese)
 - d) Can be full fat, low fat, or fat free

- 5) Canned/ Dried Beans and Peas
 - a) Including, but not limited to: black, navy, kidney, garbanzo, soy, pinto, great northern, red, white, lima, broad, fava, cranberry, roman, refried, and mung beans; crowder, cow, split, black eyed and pigeon peas, chickpeas, and lentils
 - b) No added sugar, fat, oil, vegetables, fruits, or meat
 - c) No flavored beans/peas allowed
 - d) May be regular or low sodium

- 6) Peanut Butter
 - a) Can be creamy, crunchy, extra crunchy, natural, low-salt
 - b) No added jelly, honey, marshmallow, chocolate, vitamins, minerals, or extra nutrients

- 7) Juice
 - a) Ready to drink, frozen concentrate, or shelf stable concentrate
 - b) 100% fruit juice
 - c) 30 mg vitamin C per 100 ml of reconstituted juice, minimum.
 - d) Contains no added sugar
 - e) Calcium fortified juice allowed
 - f) No infant juices

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- 8) Eggs
 - a) Whole, large, grade A

- 9) Fish
 - a) Light tuna or Salmon
 - b) Water packed only
 - c) No albacore tuna

- 10) Fruit and vegetables
 - a) Fresh, frozen or canned (including organic)
 - b) Any variety of fresh whole or cut fruit without added sugar or artificial sweeteners
 - c) Any variety of fresh whole or cut vegetable, except white potatoes, without added sugars, seasonings, fats, or oils
 - d) Any variety of canned fruits, including applesauce; juice-pack or water-pack without added sugars, artificial sweeteners, fats, oils
 - e) Any variety of frozen fruits without added sugar, fats, oils
 - f) Any variety of canned or frozen vegetable, except white potatoes, without added seasonings, fats, oils (may be regular or low sodium)
 - g) Any type of frozen beans (immature or mature) without added sugar, fat, oil, or meat
 - h) No creamed or candied vegetables
 - i) Tomato sauce, tomato paste, and salsa without added sugar, fat, or oil

- 11) Fruits and vegetables- Infant
 - a) Any single ingredient without added sugar, starches, or salt
 - b) Combinations of single ingredients, as approved
 - c) Fruit or vegetable must be listed as first ingredient
 - d) Fresh bananas may include any variety of yellow bananas, including organic
 - e) Fresh bananas may not be red bananas or plantains

- 12) Whole Grains
 - a) 100% whole wheat bread or sandwich buns, brown rice, whole wheat or corn tortillas
 - b) Whole wheat flour must be the only flour listed for whole wheat tortillas and whole wheat bread

- 13) Soy milk
 - a) 276 mg calcium per cup
 - b) 8 grams protein per cup
 - c) 500 IU vitamin A per cup
 - d) 100 IU vitamin D per cup
 - e) 24 mg magnesium per cup
 - f) 222 mg phosphorous per cup
 - g) 349 mg potassium per cup
 - h) 0.44 mg riboflavin per cup
 - i) 1.1 mcg vitamin B12 per cup

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- 14) Tofu
 - a) Calcium-set
 - b) No added fats, sugars, oils, or sodium

- 15) Meat- Infant
 - a) Any variety of single ingredient meat or poultry with added broth or gravy

- 16) Yogurt (Under Consideration)
 - a) Must be made from cow's milk
 - b) Whole, low fat, or fat free
 - c) Plain or flavored
 - d) Less than 40 grams of sugar per cup
 - e) No accompanying mix-in ingredients
 - f) No drinkable yogurts

- 17) Whole Wheat Macaroni (Under Consideration)
 - a) No added sugars, fats, oils, or salt
 - b) Whole wheat flour and/or whole durum wheat flour must be the only flours listed in ingredient list
 - c) Rotini and penne are okay

Packaging

- 1) Food must be pre-packaged, no bins except for fresh fruits and vegetables

- 2) Cereal- Adult
 - a) No single serving containers
 - b) Adult cereal boxes or bags must be a minimum of 11 ounces, not to exceed 36 ounces
 - c) Combinations of box sizes allowed for adult cereal

- 3) Cereal- Infant
 - a) Infant cereal only in 8 ounce packages

- 4) Cow's Milk
 - a) Half gallon and one gallon size for liquid milk
 - b) Three quart boxes for powder milk
 - c) 8 ounce or half-pint box for ultra high temperature (UHT) milk
 - d) 96 ounce container only for reduced lactose milk

- 5) Goat's Milk
 - a) Quart size for liquid milk
 - b) 12 ounce cans for evaporated milk

- 6) Cheese
 - a) Brick, sliced, string cheese only, no shredded cheese
 - b) Cheese from the dairy case only, no deli cheese
 - c) Plain cheese only, no additions of products such as jalapeno peppers

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- d) 16 ounce package only

- 7) Canned/ Dried Beans and Peas
 - a) One pound bag of dried
 - b) 15-16 ounces of canned

- 8) Peanut Butter
 - a) 16 to 18 ounce container only

- 9) Juice
 - a) Containers must be easily and clearly identified as fortified with 30 mg of vitamin C per 100 ml of juice, except orange juice and grapefruit juice.
 - b) 48 ounce containers, 64 ounce containers, 12 ounce cans frozen concentrate, or 11.5-12 oz cans pourable concentrate.

- 10) Eggs
 - a) One dozen size carton only

- 11) Fish
 - a) 5 oz, 6 oz, 7.5 oz only for tuna
 - b) 5 oz, 6 oz, 7.5 oz or 14.75 oz only for salmon

- 12) Fruits and Vegetables- Infants
 - a) 4 oz jars, 7 oz twin packs , or 8 oz twin packs

- 13) Whole Grains
 - a) Must be 16 ounces

- 14) Soy Milk
 - a) Half gallons

- 15) Tofu
 - a) 14 to 16 ounce packages

- 16) Meats- Infants
 - a) 2.5 ounce jars

- 18) Yogurt (Under Consideration)

- 19) Whole Wheat Macaroni (Under Consideration)
 - a) 16 ounce package only