

**ARIZONA, INTER TRIBAL COUNCIL OF ARIZONA, INC. AND NAVAJO NATION  
WIC PROGRAMS FOOD SELECTION CRITERIA  
FOR FFY 2010**

**PHILOSOPHY STATEMENT**

The Arizona, Inter Tribal Council of Arizona, Inc. (ITCA) and Navajo Nation WIC Programs shall provide a reasonable selection of nutritious foods within each category and will consider the following factors: client nutritional needs, client cultural preferences, cost, and state and program-wide availability.

In addition to the criteria specified in this policy, WIC reserves the right to restrict the number of brands and types of any products. WIC is not obligated to authorize every available food that meets federal requirements.

**GENERAL CRITERIA**

Foods and their packaging shall be evaluated by the Food Selection Coordination Committee (FSCC) based on the following factors: nutritional considerations, cost, product distribution within the areas served by the Arizona, ITCA and Navajo Nation WIC Programs, participant acceptance and administrative feasibility.

**A. NUTRITIONAL CONSIDERATIONS:**

1. WIC foods shall meet all federal requirements specified in 7 C.F.R. §246.1 et seq. Refer to the following link:

<http://www.fns.usda.gov/wic/regspublished/wicfoodpkginterimrulepdf.pdf>

2. The allowed food products must be compatible with current nutrition and public health recommendations for maternal, infant and child health.
3. The food package shall offer a variety of types and brands of the allowed foods to ensure that all client dietary needs shall be considered. (i.e. high fiber cereals, low-fat milk, lactose-free milk, etc.).

**B. ACCEPTABILITY OF FOODS:**

Foods shall be selected that can be consumed by the majority of clients and shall consider cultural and special food needs of the clients.

1. Client preference analysis shall be conducted at least one year after implementation of any changes to the WIC Programs food list by each of the three WIC Programs in Arizona. The results will be compiled by each Program and reviewed at the quarterly Tri-State meeting held immediately following the compilation. Foods that show a high degree of acceptability shall be considered for the next WIC food authorization process.

2. Cultural food beliefs, preferences and practices shall be considered when evaluating a food item based upon participant characteristics, and responses to annual customer satisfaction surveys.
3. Environmental concerns and ease of preparation may also determine allowable forms and packaging of specific foods.

C. AVAILABILITY OF FOODS:

The selection of food products for the WIC Food Package shall be determined based on availability at the retail and wholesale level in urban and rural areas.

1. The food product shall be available from one of the five largest wholesale distributors for non-chain stores, in each of the three service areas (Arizona, ITCA and Navajo Nation). Exceptions may be allowed based on specific Program needs.
2. Change in formulations of an authorized food item may be reviewed at any time and the food item may be removed if it does not continue to meet the food selection requirements.
3. The food product, with the exception of formula, shall have been available for at least one year on store shelves before it is considered for addition to the WIC Food Package in an effort to effectively assess cost and future availability. However, due to the new changes in the food package regulations, the programs reserve the right to waive this requirement to ensure that appropriate food packages are implemented.

D. COST

1. The cost of food items shall be considered prior to authorization.
2. When there is an immediate (soon after being authorized) or a ten percent (10%) increase in the cost of an authorized food, it may be reviewed to assess the impact to the Program's budget and may be removed from the food list when the impact is relevant.
3. With the exception of the fruit and vegetable cash value vouchers, Arizona WIC, ITCA WIC, and Navajo Nation WIC have a "No Organic" policy.

E. ARIZONA WIC PROGRAMS SELECTION CRITERIA

Food Item	GUIDELINES
<b>Cereal</b>	<p>The package size shall not be smaller than 12 ounces for cold cereals and 11.8 ounces for hot cereals.</p> <p>The authorized cereals must include:</p> <ul style="list-style-type: none"> <li>• at least three types of grains (i.e. corn, rice, wheat, oat)</li> <li>• at least half of the cereals on the food list must 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”.</li> <li>• at least two hot cereals</li> <li>• one high fiber (<math>\geq 4</math> gm dietary fiber per ounce) cold cereal</li> <li>• one cereal that is fortified with 100% of the RDA for vitamins and minerals</li> <li>• three cereals containing low levels of phenylalanine.</li> </ul>
<b>Juice</b>	<p>Juice may be <b>single strength</b> or frozen concentrate.</p> <p><b>Fresh</b> and non-frozen concentrate juices are not allowed.</p> <p>Organic juice is not allowed.</p> <p>Allowable containers include plastic containers, cartons and cans only.</p> <p>Shelf-stable and refrigerated must be 64 oz. container size and include apple, orange, grape, grapefruit, pineapple and tomato.</p> <p>Frozen concentrate must be 11.5-12 oz. size and include apple, orange, grape, grapefruit, pineapple and blended flavors.</p> <p>Individual servings of juice are allowed only for clients that are homeless or have poor refrigeration.</p>
<b>Cheese</b>	<p>The package size must be 16 ounces or larger.</p> <p>Domestic cheese in blocks are allowed in the following varieties:</p> <ul style="list-style-type: none"> <li>• Cheddar (includes longhorn)</li> <li>• Colby (includes longhorn)</li> <li>• Monterey Jack</li> <li>• Mozzarella</li> <li>• Blended Cheese, including Colby Jack</li> </ul> <p>Mozzarella string cheese is allowed.</p> <p>Cheese sticks or cheese swirls are <b>not allowed</b>.</p>

Food Item	GUIDELINES
	<p>Shredded, cubed, random weight and deli counter cheeses are <b>not allowed</b>.</p> <p>Cheese with added flavors or ingredients such as, wine, peppers, onions or pepperoni is <b>not allowed</b>.</p> <p>Cheese food, cheese products, cheese spreads and imitation cheeses are <b>not allowed</b>.</p>
<b>Eggs</b>	<p>Small, Medium or Large white chicken eggs are allowed.</p> <p>Extra large, jumbo, brown eggs and egg substitutes are <b>not allowed</b>.</p> <p>Specialty eggs, including low cholesterol, DHA, organic, free range, cage free, nest and fertile eggs are <b>not allowed</b>.</p> <p>Eggs shall be packaged in cartons of a dozen.</p>
<b>Canned Fish</b>	<p>Chunk light water packed tuna and canned pink salmon is allowed.</p> <p>5 oz minimum can size for chunk light tuna. Oil packed tuna; solid white or albacore tuna and tuna lunch kits are <b>not allowed</b>.</p> <p>5 oz minimum can size plain pink salmon, no added ingredients. Canned red sockeye salmon is <b>not allowed</b>.</p> <p><b>Flavored or seasoned canned salmon and tuna is not allowed</b></p> <p>Pouches are not allowed.</p> <p>3.75 oz cans flavored, seasoned or plain sardines. Any type except Brisling and Norwegian Brisling.</p>
<b>Beans, Peas, and Lentils</b>	<p>The package size must be 16 ounces.</p> <p>Bulk dry beans are allowed.</p> <p>Any type or variety of dry, plain mature beans, peas or lentils is allowed.</p> <p>Flavored, seasoned or gourmet beans and bean soup mixes are <b>not allowed</b>.</p> <p>Immature varieties of legumes such as green beans, snap beans, yellow beans, and wax beans are <b>not allowed</b>.</p>
<b>Canned Beans</b>	<p>Up to 16 oz can size allowed.</p> <p>May not contain added sugars*, fats, oils or meat as purchased</p> <p>Canned may be regular or lower in sodium content</p> <p>*Note: Small amounts of sugar are added to some foods that are naturally</p>

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	<p>sugar-containing during the canning process to prevent stress resulting in membrane rupture (e.g., kidney beans). This small amount of added sugar is minimal and helps to maintain the quality and structure of the food. To encourage greater variety in food choices in the WIC food packages, canned legumes that contain a small amount of sugar for processing purposes, such as plain canned kidney beans, are allowed.</p> <p>Beans in brands and varieties not listed on the food list are <b>not allowed</b>.</p> <p>Pork and beans, baked beans, and refried beans are also <b>not allowed</b>.</p>
<b>Peanut Butter</b>	<p>The container size must be 16 to 18 ounces.</p> <p>Plain, smooth, or chunky types of peanut butter are allowed.</p> <p>Natural peanut butter is allowed.</p> <p>Peanut butter with added ingredients such as jelly, marshmallow, chocolate, or honey is <b>not allowed</b>.</p> <p>Peanut butter spreads and organic peanut butters are <b>not allowed</b>.</p> <p>Peanut butter is tubes are <b>not allowed</b>.</p>
<b>Milk</b>	<p>Fluid whole, reduced fat, low fat, skim or fat free cow's milk in gallon containers are allowed.</p> <p>Half gallon and quart containers of milk will be allowed only under special circumstances.</p> <p>Lactose free milks are allowed.</p> <p>Milk in the following identities is allowed: canned evaporated whole or skim milk; dry whole, non-fat or low fat milk; and calcium fortified milk.</p> <p>UHT milk is allowed for clients that are homeless or have poor refrigeration.</p> <p>Flavored milks are <b>not allowed</b>.</p> <p>Organic, raw, goat's, non-dairy, evaporated filled milk, buttermilk, acidophilus, sweetened condensed milk and half and half are <b>not allowed</b>.</p>
<b>Soy Based Beverage</b>	<p>Packaging sizing must be a minimum of 32 ounces (1 quart).</p> <p>Plain and Vanilla flavors are allowed.</p> <p>Chocolate flavor is <b>not allowed</b>.</p>
<b>Goat's Milk</b>	<p>AZ and Navajo Nation Only.</p> <p>Package size must be a minimum of 32 ounces (1 quart).</p> <p>Fluid low fat and whole goat's milk are allowed.</p>
<b>Tofu</b>	<p>Any texture calcium-set tofu without added fats, sugar, oils or sodium is</p>

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	allowed.
<b>Fresh Fruits and Vegetables</b>	<p>With the exclusion of white potatoes, any variety of fresh fruits and vegetables is allowed.</p> <p>Whole or cut fresh fruits and vegetables are allowed.</p> <p>Bagged vegetables, including lettuce are allowed.</p> <p>White potatoes; herbs and spices; edible blossoms such as squash blossoms; creamed or sauced vegetables; vegetable-grain mixtures; fruit-nut mixtures; breaded vegetables; fruits and vegetables for purchase on salad bars; salad kits; nuts; ornamental fruits and vegetables, such as chilies on a string; painted pumpkins; fruit baskets and party trays; and items such as blueberry muffins are <b>not allowed</b>.</p>
<b>Frozen Fruit</b>	<p>AZ and Navajo Nation Only.</p> <p>Any variety of plain frozen fruits without added sugars</p> <p>Any brand and type of container is allowable</p>
<b>Frozen Vegetables</b>	<p>AZ and Navajo Nation Only.</p> <p>Any variety of frozen vegetables except white potatoes (orange yams and sweet potatoes are allowed); without added sugars, fats, or oils.</p> <p>Any brand and type of container is allowable</p>
<b>Canned Fruit</b>	<p>AZ and Navajo Nation Only.</p> <p>Any variety of canned* fruits including applesauce, juice pack or water pack without added sugars, fats, oils, or salt (i.e. sodium)</p> <p>Any brand</p> <p>*Containers may be cans or other shelf-stable containers (i.e. jars, pouches).</p>
<b>Canned Vegetables</b>	<p>AZ and Navajo Nation Only.</p> <p>Any variety of canned* vegetables except white potatoes (orange yams and sweet potatoes are allowed); without added sugars**, fats, or oils. May be regular or lower in sodium</p> <p>**Note: Small amounts of sugar are added to some foods that are naturally sugar-containing during the canning process to prevent stress resulting in membrane rupture (i.e. sweet peas). This small amount of added sugar is minimal and helps to maintain the quality and structure of the food. To encourage greater variety in food choices in the WIC food packages, canned vegetables that contain a small amount of sugar for processing purposes, such as plain canned</p>

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	<p>sweet peas and corn, are allowed.</p> <p>Any brand</p> <p>*Containers may be cans or other shelf-stable containers (i.e. jars, pouches).</p>
<b>Whole Grains</b>	<p>Whole grains in 16 ounce packages are allowed.</p> <p>Whole Wheat Bread: Packaging must be labeled with 100% Whole Wheat.</p> <p>Brown Rice: Long grain or short grain brown rice is allowed. Instant brown rice and rice in plastic containers is <b>not allowed</b>.</p> <p>Corn Tortillas: Soft corn plain, yellow or white tortillas are allowed.</p> <p>Whole wheat flour tortillas: Whole wheat flour must be listed as the first ingredient on package by weight or 100% whole wheat must be printed on label.</p>
<b>Infant Jarred Foods</b>	<p>Stage 2 single variety or combination of plain fruits or vegetables in 3.5 or 4 oz containers.</p> <p>Any stage, 2.5 oz single ingredient infant meats with added broth or gravy are allowed. (Added salt and/or sugars are <b>not allowed</b>.)</p> <p>Organic jarred infant foods are <b>not allowed</b>.</p> <p>Desserts, dinners and food combinations are <b>not allowed</b>.</p>
<b>Infant Formula</b>	<p>Contract formulas are allowed.</p> <p>Non-contract and exempt formulas are authorized per each state agency's policies as defined in the Federal Regulations.</p>
<b>Infant Cereal</b>	<p>Only single grain cereals in 8 or 16 oz boxes are allowed.</p> <p>Organic cereals, high protein cereals and mixed cereals are <b>not allowed</b>.</p> <p>Cereals with added fruit, sugar, yogurt, formula or DHA/ARA are <b>not allowed</b>.</p> <p>Cereals in jars, cans or variety boxes are <b>not allowed</b>.</p>

F. ARIZONA WIC PROGRAMS' WIC FOOD AUTHORIZATION PROCEDURE

All foods must meet nutrient standards as defined by the United States Department of Agriculture (7 C.F.R. §246 et seq.).

The following process will be used for authorization of food products for the WIC program:

1. A food company or other entity, such as a local WIC clinic, shall submit a written request for authorization of a product by May 1<sup>st</sup> of the year prior to the beginning of the 3-year contract period. (For example, product information would need to be received by May 1, 2010 for the contract period beginning October 1, 2011.)
2. The food company representative shall furnish package flats or labels, information on package sizes and prices, and a summary of current distribution.
3. The food company's summary of current distribution shall be in writing and shall include, but is not limited to:
  - a. Identification of the wholesaler(s) carrying the product; and
  - b. An assessment of when the new product will replace the old product on store shelves (when there is a change in the product formulation).
4. The Food Selection Coordination Committee (FSCC) will be comprised of:
  - Up to four representatives from each of the WIC programs (Arizona, ITCA and Navajo Nation) to be selected by each program.
  - Two Vendor representatives to be selected by the President of the Arizona Food Marketing Alliance. Vendor representatives will only provide input on authorized foods.

The committee shall elect a chairperson. The chairperson shall oversee the authorization process for WIC foods.

5. The FSCC shall evaluate each food product based on the federal requirements and the Arizona, ITCA and Navajo Nation Food Selection Criteria.
6. The FSCC shall verify product availability and price information for all foods submitted that meet the federal and state requirements. This will be accomplished by completing site visits to at least 10% of each Program's Independent/Trading Post population of authorized Vendors and documenting the above-mentioned information. An Excel spreadsheet will be developed and sent to each authorized Vendor Chain Corporation requesting input and submission of their data on the products.
7. The FSCC shall review all data and recommendations and shall present their recommendations to the WIC Directors from the Arizona, ITCA and Navajo Nation in October of the year preceding the contract year.



8. The WIC Directors' (Arizona, ITCA and Navajo Nation) acceptance or denial of all or part of the recommendations will be final.
9. The WIC Directors will notify the food companies through a joint correspondence of acceptance or denial of the food products and the FSCC will disseminate information regarding upcoming changes to the authorized foods.
10. There shall be opportunities to review food products outside the established time frame. The FSCC shall determine when special reviews are necessary and make decisions as to how a limited process shall occur. Special circumstances that may require additional reviews include, but are not limited to:
  - Changes in federal regulations
  - Changes in product formulations that make the authorized product ineligible
  - Changes in product packaging that cause difficulties in product purchases
  - Changes in price that negatively impact one or more of the three WIC Programs' budget(s)
  - Changes in product availability due to unforeseen circumstances, i.e., natural disasters that negatively impact participant variety