

April 1, 2015 Food Package Updates

The revised Arizona WIC Programs Food List and Minimum Stock Criteria attached will be effective April 1, 2015. The following changes to the Food List have been made (see the Food List and Minimum Stock requirements for additional restrictions and quantities required):

Soy Milk: Refrigerated, ½ gallon Silk in original flavor only has been added to the Food List. Vendors are not required to stock soy milk. **Note:** If client has a check for soy milk, vendors must order soy milk for the client and have it within five calendar days.

Tofu: Tofu is now brand specific, the following brands of water-packed, any texture, calcium-set tofu in 16oz. size only were added to the approved Food List: Azumaya and House Foods. Vendors are not required to stock tofu. **Note:** If client has check for tofu, vendors must order tofu for the client and have it within five calendar days.

Dry beans: Bulk beans have been removed from the approved Food List, 16oz packaged dry beans are still WIC eligible.

Canned Beans: canned beans are no longer brand specific. The approved Food List now allows for any brand, any variety canned beans up to 16oz. in size. Canned beans can be plain, regular or low sodium.

Fruits and Vegetables: All fruits and vegetables will be WIC eligible for purchase with fruit and vegetable checks except as outlined in the Cannot Buy section of the Food List.

Bread: Nature's Own 100% Whole Wheat Bread, Oroweat 100% Whole Wheat Bread and Ozark Hearth 100% Whole Wheat Bread were added to the approved Food List.

100% Whole Wheat Pasta: DeLallo and Hodgson Mill 100% Whole Wheat Pasta were added to the approved Food List. It is required that vendors stock at least four 16oz packages of whole wheat pasta in any type/variety.

Yogurt: Any flavor yogurt in , Brown Cow, Dannon, La La, Mountain High, Yoplait, Essential Everyday, Food Club, Great Value, Kroger, Market Pantry, and Lucerne in 32oz containers has been added to the approved Food List. It is required that vendors stock at least three 32oz containers of non-fat or low-fat yogurt and at least one 32oz container of yogurt made with whole milk.

Cereal: General Mills Rice Chex, in sizes 14oz and larger will be added to the approved Food List. Any store/house brand of Crispy Rice or Toasted Oats has been removed for the approved Food List. The approved Food List now includes Toasted Oats cereal in the following brands; Best Yet, Essential Everyday,

First Street, Food Club, Great Value, Hy-Top, Kroger, Market Pantry, and Safeway Kitchens. The approved Food List now includes the following brands for Crispy Rice cereal; Best Yet, First Street, and Great Value.

Whole Wheat Flour Tortillas: whole wheat flour tortillas are now brand specific and include the following brands in a 16oz. package only: Carlita, Guerrero Tortillas de Harina Integral, IGA, La Banderita Fajita, Mission, and Sunrise Bakery.

Infant Fruits and Vegetables: Infant Fruits and Vegetables are now brand specific and include the following brands in Stage 2, 4oz. containers (can be single or double packs): Gerber, Beechnut, and Tippy Toes.

Infant Meats: Infant meats are now brand specific and include the following brands in any stage, 2.5oz. single ingredient infant meats: Gerber, Beechnut, and Tippy Toes.

ITCA will be hosting a webinar for vendors to introduce the upcoming switch to electronic WIC benefits. The webinar will be catered to vendors and will discuss how electronic WIC (e-WIC) works, the benefits of switching to e-WIC, and what to expect as a vendor when ITCA switches to e-WIC. Two webinars will be offered, a live webinar and a recorded webinar. During the live webinar, vendors are encouraged to ask questions. For vendors who are unable to attend the live webinar, a recording of the webinar will be available. More information about the e-WIC webinar will be coming soon.



If you have any questions or concerns regarding the upcoming Food List changes, contact Mallory Phelps by phone at (602) 258-4822 or by email at Mallory.Phelps@itcaonline.com.

Inter Tribal Council of Arizona, Inc. WIC Program

FY 2013-2015 Minimum Stock Criteria

Effective April 1, 2015-September 30, 2015

The Vendor shall have the WIC authorized food items in brands, quantities and varieties as specified in the table below. WIC authorized items shall be only those listed on the Arizona WIC Programs Food List. Vendor will adequately stock contracted infant formulas.

FOOD ITEM	BRAND/TYPE	QUANTITIES REQUIRED TO STOCK	SIZE	# OF VARIETIES	NOT ALLOWED
Milk	Store/house (declared) brand only of refrigerated milk	12 gallons and 3 half gallons	Gallon containers Half gallon containers	3 gallons of whole milk and 9 gallons and 3 half gallons of 1% or skim milk.	No chocolate milk, flavored milk, buttermilk, acidophilus milk, half and half, rice milk, raw milk, sweetened condensed milk, creamers, filled milk or organic milk.
Cheese	Store/house (declared) brand only plain domestic prepackaged Only these types: <ul style="list-style-type: none"> • Cheddar (includes longhorn) • Colby (includes longhorn) • Monterey Jack • Mozzarella, including string cheese Blended cheeses of the above are allowed (i.e.	4 pounds	1 pound	2 varieties	No diced, grated, shredded or sliced cheese, cheese from deli counter, random weight cheese, cheese with added peppers or ingredients, imported cheese, processed American cheese, processed cheese food, cheese product or cheese spread, cream cheese and no cheese sticks or swirls and no organic cheese. No packages less than 16 ounces.

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Yogurt	<p>Only these brands:</p> <ul style="list-style-type: none"> • Brown Cow • Dannon • Essential Everyday • Food Club • Great Value • Kroger • La La • Lucerne • Market Pantry • Mountain High • Yoplait 	4 containers	32 ounce containers	<p>2 flavors</p> <p>and</p> <p>1 container</p> <p>whole milk yogurt</p> <p>and</p> <p>3 containers</p> <p>low-fat or non-fat yogurt</p>	No yogurts with mix-ins such as granola, candy pieces, honey, nuts and similar ingredients. Nor yogurts that are Greek, organic or drinkable.
Eggs	Store/house (declared) brand only, fresh, raw, white chicken eggs	4 dozen	Medium or large in one dozen cartons	N/A	No specialty eggs, low cholesterol, DHA, organic, free range, cage free, nest and fertile, extra-large or jumbo size eggs, brown eggs, eggs in six pack cartons or egg substitutes.
Beans	Any brand and type of dry beans, peas or lentils in one pound packages.	4 pounds	16ounce package	2 varieties of beans, peas or lentils.	No green, yellow, or wax beans, fresh or frozen beans, refried beans, bean soup mixes with flavoring packets/spices, snap beans and no gourmet or organic beans. No bulk beans
Canned Beans	Any brand of :pinto, black, garbanzo, cannellini, white kidney, great northern, red kidney, black-eyed peas, navy, red, pink and lima	8cans	Up to 16 ounce cans	2 varieties and 1 must be pinto beans	No beans with added fat, oil, seasoning, spices or meat, no pork and beans, baked beans, chili beans or refried beans. No peas or lentils, Cajun, barbecue or ranch style beans. No sugar added except for sugar used to process beans, e.g. kidney beans.

Peanut Butter	Any brand of plain, smooth, chunky, natural, low sodium or low sugar peanut butter	2 jars	16 to 18 ounce jars	N/A	No peanut butter spread, peanut butter with added jams, jellies, chocolate, DHA, omega-3 or honey, peanut butter in tubes or organic peanut butter.
Canned Fish	Any brand of water packed chunk light tuna Any brand of water packed pink salmon Any brand and any type of sardines	6 cans of tuna and 6 cans of salmon and 8 cans of sardines	5ounce cans 5 ounce cans 3.75 ounce cans	N/A N/A N/A	Tuna: No solid white or Albacore tuna, tuna with soy protein added, oil packed tuna, prime fillet, lunch kit tuna mix, tuna packed in pouches, tuna with added ingredients, flavored or seasoned tuna. Salmon: No salmon with added ingredients, red salmon, salmon in pouches, flavored or seasoned salmon, Atlantic salmon or fillets. Sardines: No Brisling or Norwegian sardines.
Cereal	Only these brands for Cold Cereal: Toasted Oats: Best Yet, Clear Value, Essential Everyday, First Street, Food Club, Great Value, Hy-Top, IGA, Kroger, Safeway, Special Value, Valu Time Crispy Rice: Best Yet, Essential Everyday, First Street, Food Club, Great Value, Kroger and Safeway	12 boxes of cold cereal and 2 boxes of hot cereal	14 ounces or larger of cold cereal in bags or boxes and 11.8 ounces or larger of hot cereal in boxes	3 varieties of cold cereal and at least half must be whole grain (*) and 1 variety of hot cereal	Cold Cereal <ul style="list-style-type: none"> • Cold cereals less than 14 ounces • Variety packs • Frosted cereals except those listed as allowed • Organic Hot Cereal <ul style="list-style-type: none"> • Hot cereals less than 11.8 ounces • Added raisins, fruit or nuts • Variety packs • Organic

	<p>General Mills: *Total, Kix (plain), *Cheerios (plain and Multigrain), and Chex (Corn, Rice and *Wheat)</p> <p>Kellogg's: Corn Flakes, Special K Original, *All-Bran CompleteWheat Flakes, *Frosted Mini Wheats Original, and Rice Krispies</p> <p>Malt-O-Meal: *Frosted Mini Spooners and Crispy Rice</p> <p>Post: Great Grains Banana Nut Crunch, Honey Bunches of Oats (Honey Roasted, Almond, and *Vanilla Bunches), *Grape Nuts Original, Grape Nuts Flakes</p> <p>Quaker: Life (Original), *Oatmeal Squares (Brown Sugar and Cinnamon)</p> <p>Only these brands for hot cereal:</p> <p>Cream of Wheat: Instant Original Flavor individual packets</p> <p>Malt O' Meal: Original hot wheat cereal</p> <p>Quaker Instant Oatmeal: *Original individual packets</p> <p>(*) Indicates Whole Grain</p>				
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Juice	<p>Only these brands of 100% juice :</p> <p>64 oz. shelf stable juice:</p> <ul style="list-style-type: none"> • Seneca apple • Treetop apple • Welch’s grape and white grape • Langers apple, grape, white grape and pineapple • Western Family apple and grape • Shurfine apple and grape • Campbell’s tomato • Any brand orange or grapefruit <p>Only these brands of 100% juice:</p> <p>64 oz. refrigerated juice:</p> <ul style="list-style-type: none"> • Any brand orange <p>Only these brands of 100% juice:</p> <p>11.5-12 oz. frozen concentrate:</p> <ul style="list-style-type: none"> • Seneca apple • Dole pineapple • Dole pineapple-orange • Old Orchard apple, grape, and pineapple • Treetop apple • Welch’s grape and white grape • Langers apple • Western Family apple and grape • Shurfine apple • Any Brand orange and grapefruit 	<p>4 shelf stable or refrigerated</p> <p>and</p> <p>6 frozen</p>	<p>64 ounce containers</p> <p>and</p> <p>11.5-12 ounce frozen containers</p>	<p>Shelf stable or refrigerated: 3 varieties and 1 must be orange juice</p> <p>Frozen concentrate: 2 varieties</p>	<p>No added sugar or sweetener or organic juice.</p> <p>No Odwalla or Naked brands.</p>
Infant Formula	<p>Similac Advance</p>	<p>27 cans</p>	<p>12.4 ounce cans</p>	<p>N/A</p>	
	<p>Enfamil ProSobee</p>	<p>9 cans</p>	<p>12.9 ounce cans</p>	<p>N/A</p>	

Infant Cereal	Gerber or Beech Nut brands only, plain single grain without fruit	12 packages	8 ounce packages	2 varieties and 1 must be rice cereal	No infant cereal with added fruit, sugar, yogurt, formula or DHA/ARA, jars, cans or single serving cups, high protein, mixed cereals or organic infant cereal.
Infant Fruits and Vegetables	Only these brands for Stage 2, any single variety or combination of plain fruits or vegetables in 4 oz. containers: <ul style="list-style-type: none"> • Gerber • Beechnut • Mom's Natural Choice • Mom to Mom • Parent's Choice • Tippy Toes 	128 containers	4 ounce containers can be single containers, 2-packs or both.	4 varieties of fruits and 4 varieties of vegetables	No infant fruits and vegetables with added salt, sugar or starches, desserts, dinners and food combinations, added formula, cereal or DHA/ARA, smoothies or organic infant foods.
Infant Meats	Only these brands in, single ingredient infant meats with added broth or gravy: <ul style="list-style-type: none"> • Gerber • Beechnut • Mom's Natural Choice • Mom to Mom • Parent's Choice • Tippy Toes 	31	2.5 ounce containers	2 varieties	No infant food meats with added salt or sugar, dinners or food combinations, meat sticks or organic infant meats.
Whole Wheat Bread	Only these brands for 100% Whole Wheat Loaves of bread: <ul style="list-style-type: none"> • Any store brand labeled 100% Whole Wheat bread (including bakery) • Bimbo 100% Whole Wheat Bread • Roman Meal Sun Grain 100% Whole Wheat Bread • Sara Lee Classic 100% Whole Wheat Bread • Wonder 100% Whole Wheat Bread • Nature's Own 100% Whole Wheat Bread • Oroweat 100% Whole Wheat Bread 	6	16 ounces	Loaves only	<ul style="list-style-type: none"> • Gluten-free • Diet, light or low carb • Mini loaves • Pita or flat bread • English muffins • Sandwich thins or rounds • Bagels • Buns • Rolls • Organic

	<ul style="list-style-type: none"> Ozark Hearth 100% Whole Wheat Bread 				
Whole Wheat Pasta	<ul style="list-style-type: none"> DeLallo Hodgson Mill 	4 packages	16 ounce packages	Any variety/type (spaghetti, macaroni, etc.)	No pastas that list any flours other than whole wheat and / or whole durum wheat flour in the ingredients. No pastas with added sugars, fats, oils or salt.
Fresh fruit and vegetables	Any variety of fresh fruit.	15	Pounds	Fruits: 3 varieties of fresh fruit.	Fruit: No dried fruit, fruit-nut mixtures, fruit with dipping sauces, fruit for purchase on salad bars, ornamental fruits, fruit baskets, party trays, items such as blueberry muffins, fruit with added sugar, fat, oil or salt.
	Any variety of fresh vegetables.	15	Pounds	Vegetables: 5 varieties of fresh vegetables, not including potatoes.	Vegetables: No kits with dressings or dipping sauce, herbs and spices, edible blossoms such as squash blossoms, creamed or sauced vegetables, vegetable-grain mixtures, breaded vegetables, vegetables for purchase on salad bars, salad kits, ornamental vegetables, such as chilies on a string, painted pumpkins, party trays, vegetables with added sugar, fat, oil or salt.
Fresh Bananas	Any size fresh bananas	16 bananas	Any size	N/A	No plantains or cooking bananas.
Soy Milk	Pacific Ultra Soy 32 oz. shelf stable, original and vanilla only Or	None but if client has check for soy milk, vendor must order soy milk and have for the client within (5) five calendar days.	32 ounces shelf stable	Original and Vanilla	Any flavor other than original or vanilla. <ul style="list-style-type: none"> Soy milk with added DHA/ARA. Pacific Ultra Soy chocolate or organic. 8th Continent chocolate, light, fat-free, organic or complete vanilla.
	8 th continent, ½ gallon refrigerated, original and vanilla only Or		½ gallons	Original and Vanilla	

	Silk, ½ gallon, refrigerated, original only		½ gallons	Original only	
Tofu	Only these brands in 16 ounces, water packed any texture calcium-set tofu: <ul style="list-style-type: none"> • Azumaya • House Foods 	None but if client has check for tofu, vendor must order tofu and have for the client within (5) five calendar days.	16ounce package	N/A	No organic tofu. No tofu with added fats, sugar, oils or sodium.