



Inter Tribal Council of Arizona, Inc. WIC Program
Minimum Stock of WIC Foods
 Effective October 1, 2025



WIC food improves the health of people who participate in WIC. The amount of WIC food you stock matters. To make sure WIC shoppers can use their benefits at your store, we require you to keep WIC food and formula in stock. You must stock the WIC food and formula in the amounts below, at a minimum. We may sanction your store if you carry less than the required amounts.

Use the Food List to see what products are WIC approved. The Food List is on our website itcaonline.com/WIC. You can request a Food List booklet by email at WICVendor@itcaonline.com.

WIC Food (see brands in the Food List)	Type/ Description	Size(s)	Quantity/ variety	What Changed?
Milk	Whole milk	Gallons	3 gallons	No changes
	1% or Skim milk, or both	Gallons and Half-gallons	6 gallons and 3 Half-gallons	No changes
Cheese	Can be block, sliced, shredded	Can be 8oz. or 16oz., or both	A total of 64oz. and 2 types	No changes
Yogurt	Low-fat yogurt	Can be 24 oz. to 32 oz. containers, single serving size, or single serving yogurt packs	A total of 128oz. and 2 flavors	You no longer need to stock whole milk yogurt and nonfat yogurt although you still can. You are now required to stock at least 128 oz. of low-fat yogurt in 2 flavors.
Eggs	Chicken eggs Can be regular, organic, free range, cage free	12 count dozen Can be medium, large, extra- large, jumbo	4 dozen	No changes

WIC Food (see brands in the Food List)	Type/ Description	Size(s)	Quantity/ variety	What Changed?
Dry Beans, Peas, or Lentils	Any variety of bean, pea, lentil	16oz. packages	4 packages of any variety	No changes
Canned Beans	Any type of bean	15oz. to 16oz. cans	8 cans and 2 types	No changes
Peanut Butter	Any consistency Can be regular, natural, organic	14oz. to 18oz.	2 containers	A smaller size of peanut butter is WIC approved. The size range changed to 14 oz. to 18 oz. it used to be 16 oz. to 18 oz.
Canned Fish	Can be tuna, pink salmon, and sardines	Any size	A total of 60 oz. and 2 types of canned fish	No changes
Breakfast Cereal	Can be cold or hot cereal, or both	9oz. or larger	8 boxes or bags and 3 varieties, 1 variety must be a whole grain cereal	You no longer have to stock hot cereal but you still have to carry 3 varieties.
Juice	100% juice	64oz. container	4 containers	You are no longer required to carry frozen juice.
Whole Wheat Bread	100% whole wheat or 100% whole grain bread	Can be 16oz. to 24oz.	6 loaves	Any of size of bread is now WIC allowable. However, you are required to stock bread in either a 16 oz. or 24 oz. size, or both. The quantity increased from 4 to 6.

WIC Food (see brands in the Food List)	Type/ Description	Size(s)	Quantity/ variety	What Changed?
Whole Grains	Can be barley, brown or wild rice, buckwheat, bulgur, corn flour, oatmeal, quinoa, soft corn tortillas, sorghum, wheat berries, whole wheat flour tortillas, and whole wheat pasta	See the Food List for the allowable sizes of whole grain options	4 packages of any variety or combination of varieties	New whole grains and package sizes added.
Fresh Fruits and Vegetables	Fresh fruits and fresh vegetables	Any size	6 varieties total, 3 varieties must be vegetables and 2 varieties must be fruit, plus 1 variety of either a fruit or vegetable	Frozen and canned fruits and vegetables no longer count towards meeting the minimum stocking requirements. You must stock at least 6 varieties of fresh fruits and vegetables. 3 varieties must be vegetables and 2 varieties must be fruit, plus 1 variety of either
Infant Formula	Similac Advance, powder	12.4oz. cans	24 cans	Quantity reduced from 27 cans down to 24 cans
Infant Cereal	Any variety	8oz. containers	6 containers in any variety	You are no longer required to carry 2 varieties

WIC Food (see brands in the Food List)	Type/ Description	Size(s)	Quantity/ variety	What Changed?
Baby food Fruits and Vegetables	Pureed fruits and vegetables Can be stage 1 or stage 2, regular, natural, or organic	4oz. or 2oz. containers, or both Can be single jar or multi-pack	128 oz. total and 4 varieties, 1 variety must have a fruit and 1 variety must have a vegetable	The 2 oz. size of baby food now counts towards meeting the minimum stock requirements. You are still required to carry 4 varieties however you have more flexibility. Only 1 variety needs to have a fruit and only 1 variety needs to have a vegetable, you get to choose the other 2 varieties
Infant Meats	Can be any stage, regular, or organic	2.5oz. jar	16 jars in any variety	No changes

Having trouble selling WIC foods? You may be eligible to stock less than the required amount of one or more WIC foods. You can submit a request to stock less than the required amount of a WIC food item, or request to stop stocking a WIC food item. You need to meet both of these conditions:

- You had the food item(s) on the shelf for six months.
AND
- No WIC customers have purchased the WIC food item(s).

We will need proof of when the food item was ordered. A proof can be an invoice from your wholesaler or a store receipt with the purchase date. You may stock less than the required amount of the WIC food item(s) after we approve your request.