



FEED YOUR  
**FUTURE**  
SOUTH CAROLINA

# **FOOD PRODUCTS**

## SPECIFICATIONS



## South Carolina WIC Approved Food List Submission Process

### Selection Criteria:

Foods are selected based on: (1) USDA Federal Guidelines for WIC, (2) WIC participant acceptance, (3) cost, (4) container size, (5) availability, and (6) comparison of submitted products.

The maximum monthly allowances of WIC foods (for children and women and for infants in Food Packages I, II and III) affect which container sizes and physical forms of WIC foods state agencies may authorize for the program. State agencies are required to authorize container sizes that provide the full maximum monthly allowance of foods without exceeding the maximum.

Please note that food products must have been commercially available in South Carolina for a **minimum of one year** prior to eligibility consideration with no distribution, recall, or documented health problems.

See the [USDA requirements](#) to ensure your product meets guidelines. Food products must comply with the applicable local, state, and federal laws.

### Procedure:

Please read this document carefully for product specifications and submission procedures. Send submissions to <https://scdhec.gov/wicfoodsubmissions>. No other forms of submission (i.e., thumb drive or company's spreadsheet) will be accepted. SC WIC may request additional information as needed.

Manufacturers must notify the state when a product that is already listed on the approved product list (APL), no longer meets federal regulations, or is discontinued. Manufacturers are not required to resubmit a product every year that it is listed on the APL. See the [South Carolina WIC Program Authorized Product List \(APL\)](#) found on the [Info for WIC Vendors](#) page.

***Submission of a food product for consideration does not guarantee that the product submitted will appear on the SC WIC Approved Food List. The SC WIC Program reserves the right to change the SC WIC Approved Food List at any time.***

**Timeframe:**

- Submission deadline is March 1 of each year for the following fiscal year (Oct. 1 - Sept. 31). A notification will be sent to the manufacturers when the online submission portal is open.
- Food product review and evaluation is May of each year.
- All decisions concerning South Carolina WIC Approved Foods are implemented on October 1 each year.

**Notification:**

Companies must contact the SC WIC State Office immediately if the product is reformulated, has undergone a packaging or labeling change, or has been recalled. If WIC is not notified, the product will be eliminated from the program.

Manufacturers can review the updated APL on South Carolina's website to confirm approval of product(s) after October 1.

**South Carolina Department of Health and Environmental Control  
Women, Infant and Children (WIC)  
Approved Foods List  
Food Specifications**

**Milk:**

<b>Approved</b>	<b>Not Approved</b>
<ul style="list-style-type: none"> <li>• Pasteurized cow’s milk</li> <li>• Skim milk</li> <li>• 1% milk</li> <li>• 2% milk</li> <li>• Whole milk</li> <li>• Lactose-free milk</li> <li>• Ultra-high temperature (UHT) milk</li> <li>• Dry powdered milk</li> </ul>	<ul style="list-style-type: none"> <li>• Buttermilk</li> <li>• Goat’s milk</li> <li>• Almond milk</li> <li>• Sweetened condensed milk</li> <li>• Acidophilus milk</li> <li>• Filled milk</li> <li>• Organic</li> <li>• Evaporated milk</li> </ul>

- ❖ SIZE: gallons, half-gallon, and quarts; UHT milk is quarts only
- ❖ Fluid milk must conform to FDA Standard of Identity 21 CFR 131.110
- ❖ Chocolate flavored 1% Fat Free or Lactose Free only
- ❖ Must contain 100 International Units of vitamin D and 500 International Units of vitamin A per 8 oz. (400 IU and 2000 IU, respectively, per quart)

**Soy Milk:**

<b>Approved</b>	<b>Not Approved</b>
<ul style="list-style-type: none"> <li>• Half-gallon Only</li> <li>• Must be fortified to meet the following nutrient levels per cup:               <ul style="list-style-type: none"> <li>○ 276 mg Calcium</li> <li>○ 8 g Protein</li> <li>○ 500 IU Vitamin A</li> <li>○ 100 IU Vitamin D</li> <li>○ 24 mg Magnesium</li> <li>○ 222 mg Phosphorus</li> <li>○ 349 mg Potassium</li> <li>○ .44 mg Riboflavin</li> <li>○ 1.1 mcg Vitamin B12</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Organic</li> </ul>

- ❖ Size: Half-gallon only

## Tofu:

Approved	Not Approved
<ul style="list-style-type: none"><li>• 14 oz. - 16 oz. prepackaged</li><li>• Calcium-set prepared with calcium salts (e.g., calcium sulfate)</li><li>• May also contain other coagulants (i.e. magnesium chloride)</li><li>• Organic tofu</li></ul>	<ul style="list-style-type: none"><li>• Added fats, sugars, oils, or sodium (salt)</li><li>• Added DHA/ARA and/or Omega-3 fat</li><li>• Artificial sweeteners</li></ul>

## Cheese:

Approved	Not Approved
<ul style="list-style-type: none"><li>• 100% Pasteurized<ul style="list-style-type: none"><li>○ Whole, low-fat, reduced fat</li></ul></li><li>• 16 oz. and 8 oz. packaged block, sliced, shredded, string, cubes, crumbles, or individually wrapped snack cheese</li><li>• Low sodium</li><li>• Low cholesterol</li><li>• Any of the following types of cheese and blends of any of these cheeses:<ul style="list-style-type: none"><li>○ American</li><li>○ Cheddar</li><li>○ Colby</li><li>○ Monterey Jack</li><li>○ Mozzarella</li><li>○ Muenster</li><li>○ Provolone</li><li>○ Swiss</li><li>○ Brick</li></ul></li></ul>	<ul style="list-style-type: none"><li>• Cheese foods</li><li>• Cheese products</li><li>• Cheese spreads</li><li>• Cheese from deli departments</li><li>• Organic cheese</li><li>• Cracker cuts</li></ul>

❖ Must conform to FDA Standard of Identity 21 CFR part 133

## Eggs:

Approved	Not Approved
<ul style="list-style-type: none"><li>• Dozen package only</li><li>• Large size</li><li>• White or brown</li><li>• Grade A and Grade AA</li><li>• Cage-free</li><li>• Specialty eggs, such as low cholesterol, stress-free, free range, vitamin enriched, antibiotic-free, vegetarian-fed hen, no-growth-hormones</li><li>• Organic eggs</li><li>• Grain-fed</li></ul>	<ul style="list-style-type: none"><li>• Liquid, powdered, or hard-boiled eggs</li></ul>

## Yogurt:

Approved	Not Approved
<ul style="list-style-type: none"><li>• Pasteurized</li><li>• Sizes:<ul style="list-style-type: none"><li>○ 32 oz.</li><li>○ 2 oz.</li><li>○ One package of 8-4 oz. servings</li><li>○ Two package of 4-4 oz. servings</li></ul></li><li>• No more than 40 g of total sugar per 8 oz.</li><li>• Plain or flavored</li></ul>	<ul style="list-style-type: none"><li>• Drinkable yogurts</li><li>• Mix-in ingredients such as granola, candy pieces, nuts of similar ingredients</li></ul>

- ❖ Must conform to FDS Standard of Identity for whole-fat (21 CFR 131.200), low-fat (21 CFR 131.203), or nonfat (21 CFR 131.206)

## Brown Rice:

Approved	Not Approved
<ul style="list-style-type: none"><li>• 14-16 oz. package only</li><li>• Instant, quick, boil-in-bag, or regular cooking</li><li>• Whole grain must be the primary ingredient by weight</li></ul>	<ul style="list-style-type: none"><li>• White rice</li><li>• Organic</li></ul>

## Juice:

<b>Approved</b>	<b>Not Approved</b>
<ul style="list-style-type: none"><li>• 100% pasteurized unsweetened fruit and/or vegetable juice</li><li>• Must contain 30 mg of vitamin C per 100 ml of juice</li><li>• Vegetable juice may be regular or low sodium</li><li>• Calcium-fortified</li><li>• Sizes:<ul style="list-style-type: none"><li>• 11.5-12 oz. frozen concentrate</li><li>• 11.5-12 oz. shelf-stable concentrate</li><li>• 48 oz. containers</li><li>• 64 oz. containers</li></ul></li></ul>	<ul style="list-style-type: none"><li>• Added sugars</li><li>• Organic juice</li><li>• Fruit “drinks”</li><li>• “Infant or “baby” juice</li><li>• Juice “cocktails”</li><li>• Glass bottles</li><li>• Sport drinks (Gatorade, PowerAde)</li></ul>

- ❖ Must conform to FDA standard of identity as appropriate (21 CFR part 146) or vegetable juice must conform to FDA standard of identity as appropriate (21 CFR part 156).

## Breakfast Cereals:

<b>Approved</b>	<b>Not Approved</b>
<ul style="list-style-type: none"><li>• Must contain a minimum of 28 mg of iron per 100 g of dry cereal</li><li>• Must contain <math>\leq 21.2</math> g of sucrose and other sugars per 100 grams of dry cereal, no more than 6 g of sugar and other sugars per ounce of dry cereal</li><li>• Cooked cereals may be instant, quick, or regular cook</li><li>• Plain-flavored only</li><li>• 9.8 oz. - 36 oz.</li></ul> <p><b>For whole grain cereals:</b></p> <ul style="list-style-type: none"><li>• Whole wheat or whole grain must be primary ingredient by weight</li><li>• Must meet labeling requirements for making a health claim as a “whole grain foods with moderate fat content”</li><li>• Must contain a minimum of 51% whole grains</li><li>• Low saturated fat : <math>\leq 1</math> g</li><li>• Low cholesterol: <math>\leq 20</math> mg</li><li>• Contain <math>\leq 6.5</math>g total fat and <math>\leq 0.5</math> g trans fat</li></ul>	<ul style="list-style-type: none"><li>• Artificial or non-nutritive sweeteners</li></ul>

## Bread:

<b>Approved</b>	<b>Not Approved</b>
<ul style="list-style-type: none"><li>• 16 oz. package only</li><li>• 100% whole-grain and/or whole wheat bread</li><li>• Buns</li></ul> <p><b>Whole Wheat Bread</b></p> <ul style="list-style-type: none"><li>• “Whole wheat flour” and /or bromated whole wheat flour” must be the only flours listed in the ingredient list</li></ul> <p><b>Whole Grain Bread</b></p> <ul style="list-style-type: none"><li>• Whole wheat or whole grain must be primary ingredient by weight</li><li>• Must meet labeling requirements for making a health claim as a “whole grain foods with moderate fat content”</li><li>• Must contain a minimum of 51% whole grains</li><li>• Low saturated fat : <math>\leq 1</math> g</li><li>• Low cholesterol: <math>\leq 20</math> mg</li><li>• Contain <math>\leq 6.5</math>g total fat and <math>\leq 0.5</math> g trans fat</li></ul>	<ul style="list-style-type: none"><li>• Bagels and muffins</li><li>• Organic bread</li><li>• Bread with artificial sweeteners, DHA/ARA and/or Omega 3 fats</li></ul>

❖ Whole Wheat Bread: Must conform to FDA standard of Identity 21 CFR 136.180

❖ Whole Grain Bread: Must conform to FDA Standard of Identity 21 CFR 136.110



## Tortillas:

<p><b>Approved</b></p> <ul style="list-style-type: none"><li>• 16 oz. package only</li></ul> <p><b>Soft Corn Tortillas:</b></p> <ul style="list-style-type: none"><li>• Made from ground masa flour (corn flour) using traditional processing methods, e.g. whole corn, corn (masa), whole ground corn, corn masa flour, masa harina, and white corn flour</li></ul> <p><b>Whole Wheat Tortillas:</b></p> <ul style="list-style-type: none"><li>• “Whole Wheat Flour” must be the <b>ONLY</b> flour listed in the ingredient list</li></ul>	<p><b>Not Approved</b></p> <ul style="list-style-type: none"><li>• White or flour tortillas</li><li>• Organic</li></ul>
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## Whole Wheat Pasta:

<p><b>Approved</b></p> <ul style="list-style-type: none"><li>• 16 oz. package only</li><li>• “Whole Wheat Flour” and/or “Whole Durum Wheat Flour” must be the only flours listed in the ingredient list</li><li>• Different shapes</li></ul>	<p><b>Not Approved</b></p> <ul style="list-style-type: none"><li>• Added sugars, fats, oils, or salt (i.e., sodium)</li><li>• Organic</li><li>• Flavored</li></ul>
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❖ Must conform to FDA Standard of Identity 21 CFR 139.138

## Peanut Butter:

<p><b>Approved</b></p> <ul style="list-style-type: none"><li>• 16-18 oz. jar only</li><li>• Smooth, creamy, crunchy, chunky, extra chunky</li><li>• Regular, low sodium, reduced fat</li><li>• “Natural” or “All Natural”</li><li>• Omega-3 fats</li><li>• Organic</li></ul>	<p><b>Not Approved</b></p> <ul style="list-style-type: none"><li>• Contain added items (e.g. jelly, marshmallows, or similar)</li><li>• Peanut butter spread</li></ul>
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❖ Must conform to FDA Standard of Identity 21 CFR 164.150

### Mature Legumes (Dried Beans, Canned Beans, Peas, and Lentils):

Approved	Not Approved
<ul style="list-style-type: none"><li>• 16 oz. bag</li><li>• 15-16 oz. cans</li><li>• Any type of mature dry, plain, peas or lentils</li><li>• Single variety only</li><li>• Unflavored</li></ul>	<ul style="list-style-type: none"><li>• Mixtures or flavoring (added sugars, fats, oil, vegetables, fruits, or meats)</li><li>• Canned green beans, snap beans, yellow beans, wax beans or sweet peas</li></ul>

### Canned Tuna, Pink Salmon, and Mackerel:

Approved	Not Approved
<ul style="list-style-type: none"><li>• Sizes:<ul style="list-style-type: none"><li>○ 3.75 oz.</li><li>○ 5 oz.</li><li>○ 6 oz.</li><li>○ 7.5 oz.</li><li>○ 14.75 oz.</li></ul></li><li>• Water or oil-packed</li><li>• May include bones or skin</li><li>• Regular or lower in sodium content</li><li>• Mackerel (N. Atlantic, Chub Pacific or Jack Mackerel)</li></ul>	<ul style="list-style-type: none"><li>• White (albacore) tuna</li><li>• Red salmon</li><li>• Added sauces or flavorings</li><li>• Organic</li></ul>

❖ Light tuna must conform to FDA Standard of Identity 21 CFR 161.190

❖ Salmon(Pacific salmon) Must conform to FDA standard of Identity 21 CFR 161.170

### Infant Cereal:

Approved	Not Approved
<ul style="list-style-type: none"><li>• 8oz. or 16 oz.</li><li>• Contain a minimum of 45 mg of iron per 100 g per 100 grams of dry cereal</li><li>• Multi-grain, rice, oatmeal, whole wheat, barley, “oat and quinoa”</li><li>• Organic</li></ul>	<ul style="list-style-type: none"><li>• Added DHA, fruit or formula</li><li>• Jar cereal</li></ul>

### Infant Meats:

Approved	Not Approved
<ul style="list-style-type: none"><li>• 2.5 oz.</li><li>• Organic</li><li>• Meat or poultry, as a single major ingredient, with added broth or gravy</li></ul>	<ul style="list-style-type: none"><li>• Added sugars or salt</li><li>• Combinations (e.g. meat &amp; vegetables or fruit)</li><li>• Plastic containers or packs</li></ul>

### Infant Fruits and Vegetables:

Approved	Not Approved
<ul style="list-style-type: none"><li>• 3.5 oz.</li><li>• 4 oz.</li><li>• Twin packs that hold two 4 oz. containers</li><li>• Twin packs that hold two 2 oz. containers</li><li>• Any variety of single ingredient, fruits or vegetable must be listed as the first ingredient</li><li>• Combination of single ingredients (e.g. sweet potato and apple)</li><li>• Organic</li><li>• Pouches</li></ul>	<ul style="list-style-type: none"><li>• Added sugars, starches, or salt (e.g. sodium)</li><li>• Added DHA</li><li>• Infant foods containing white potato as the primary ingredient</li><li>• Dinners</li></ul>

## Cash-Value Benefit: Fruits and Vegetables

### Approved

#### **Fruits with no added sugar, fats, oils or salt:**

- Fresh fruit
- Frozen fruit
- Fruit, juice-packed or water packed in cans, glass or plastic containers
- Pre-cut, diced or sliced fruit
- Single serving packets
- Organic fruits
- Fruit pouches

#### **Vegetables with no added sugar, fats, oils:**

- Fresh vegetables
- Frozen mature legumes (beans, peas or lentils)
- Frozen vegetables
- Low-sodium vegetables
- Pre-cut, diced, sliced or shredded vegetables
- Canned tomato sauce or canned tomato paste
- Single serving packets
- Vegetables in cans, glass or plastic containers
- Organic vegetables
- Vegetable pouches

### Not Approved

- Breaded vegetables
- Ketchup or other condiments
- Dried fruits
- Dried vegetables
- Dry or canned mature legumes (beans, peas or lentils)
- Fruit and/or vegetables juices
- Fruit baskets
- Fruit leathers and fruit roll-ups
- Fruit or vegetable items or party trays
- Fruit or vegetable items on salad bars
- Fruits or vegetables mixed with sauces or foods other than other fruits and vegetables, fruits or vegetables with added corn syrup, high-fructose corn syrup, maltose, dextrose, sucrose, honey, and/or maple syrup
- Fruit packed in cans, glass or plastic containers with artificial sweeteners
- Herbs used for flavoring
- Infant fruits and vegetables
- Ornamental and decorative fruits and vegetables
- Pickled vegetables, olives
- Soups
- Salsa