



Using Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) Food Lists To Identify Grains for the Child and Adult Care Food Program

The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) provides lists of foods that can be purchased with WIC benefits. This list is called the WIC Authorized Foods List (WIC list) and includes specific brands and product names of foods. Each State has its own WIC list. In some States, it may be called the “Approved WIC Foods Shopping Guide” or a similar name.

You can use any State’s WIC list to choose yogurt and grain items that can be counted toward a reimbursable meal or snack in the Child and Adult Care Food Program (CACFP).



Whole Grains, Breakfast Cereals, Infant Cereals, and Yogurt on WIC Lists



Whole Grains

- All grain products, other than cereals, on WIC lists are treated as whole grains and can be used to meet the CACFP whole grain-rich requirement. This includes all bread, rice, pasta, oatmeal, barley, bulgur, and tortilla (corn and wheat) products.
- Not all ready-to-eat breakfast cereals on WIC lists are whole grain-rich. You will need to look for symbols or labels indicating which breakfast cereals are a whole grain.



Breakfast Cereals

- All cereals on WIC lists meet the CACFP added sugars limit of no more than 6 grams of added sugars per dry ounce.
- Not all cereals listed on WIC lists are whole grain-rich. If you intend to serve the cereal as a whole grain-rich food, make sure the WIC list indicates that the cereal is whole grain.
- You can serve enriched or fortified cereals listed on WIC lists as a grain item that is not whole grain-rich in the CACFP.



Infant Cereals

- All infant cereals listed on WIC lists meet CACFP requirements for iron-fortified infant cereal.



Yogurt

- All yogurt listed on WIC lists meet the CACFP added sugars limit of no more than 12 grams of added sugars per 6 ounces (2 grams of added sugars per ounce).



Non-Grain Foods on WIC Lists

- WIC lists cannot be used to determine if non-grain foods, except yogurt, can be served in the CACFP.
- Juice, milk, eggs, tofu, fruits, and vegetables on WIC lists **may not** always be creditable towards the CACFP meal pattern requirements. See the Food Buying Guide for more information about these food items fns.usda.gov/tn/fbg.
- Yogurts listed on WIC lists meet the CACFP added sugars limit.

How To Use the WIC List

You can find WIC lists by visiting the WIC website for the State WIC Program: fns.usda.gov/fns-contacts. You can use the WIC list for any State, not just your State.

1 Find the section of the WIC list that applies to the **infant cereal, breakfast cereal, yogurt, or whole-grain food**.

2 Check the WIC list to see if any brands are specified for the yogurt or grain you want to buy. If so, be sure to choose only the brands listed.

3 Check the WIC list to see if there are specific product names or types listed under the brands. If so, be sure to choose only the product names or types listed.

4 Disregard information about package size. You may purchase the same brand and product type in different amounts than what is listed on the WIC list. For example, you can buy a 48-ounce box of cereal instead of a 36-ounce box.

Sample WIC List

WHOLE GRAINS

CAN BUY

- **Whole Wheat Tortilla** products of the brands listed below in 8-24 oz packages:
 - **BiBi's Breads**
Whole Wheat Flour Tortillas
 - **Cocina de Cardi**
All product types
 - **Frenchie's**
100% Whole Wheat Tortillas and Soft Tacos
 - **Gimme Tortillas**
Whole Wheat Tortillas Fajita Style
 - **iWheat**
Whole Wheat Tortillas Fajita Style
 - **Pita's Bread**
Pita's Tortillas, 100% Whole Wheat
 - **Taste Tortillas**
100% Whole Wheat Tortillas
 - **Tulum Tortillas**
Whole Wheat and Whole Grain varieties

WHOLE GRAIN CEREALS

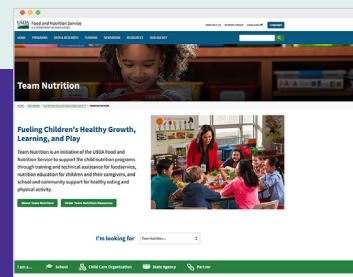
CAN BUY

Brands in 12-oz or 36-oz boxes or bags of cereal listed below

- **New Mornings**
Oatmeal Squares
- **New Mornings**
Bran Flakes
- **Blanche's**
Oatmeal Squares
- **Dayton Hill**
Puffed Wheat
- **Robertsons**
Bran Flakes

Keep in Mind

If you cannot find a grain product on the WIC list, please see our other training resources about serving grains in the CACFP at fns.usda.gov/teamnutrition.





Try It Out!

Use the information on this worksheet to answer the following questions.

1

Sonia wants to find yogurts that are creditable in the CACFP. Should she use her State's WIC list?

2

Simon sees Brand T Soft Corn Tortillas on his State's WIC list. He finds Brand Z Soft Corn Tortillas, which are not listed on his State's WIC list. Can he serve Brand Z Soft Corn Tortillas as part of a reimbursable meal?

3

Juan sees "Buy 16 ounces" next to Brand C Infant Cereal on his State's WIC list. His store only offers Brand C Infant Cereal in 24-ounce boxes. Can he buy the 24-ounce box and serve the cereal as part of a reimbursable infant meal?

4

Elena wants to serve a whole grain-rich breakfast cereal. Can she pick any cereal from her State's WIC list?



Answers

- 1** Yes, Sonia can use the WIC list to find yogurts that are creditable in the CACFP. WIC and CACFP have the same added sugars limits for yogurt. The WIC list can be used to find creditable yogurts for the CACFP.
- 2** The WIC list indicates a specific brand, Brand T, of tortilla. Simon cannot be sure that Brand Z Soft Corn Tortillas is creditable based on the WIC list that he has. Simon can serve Brand Z Soft Corn Tortillas as part of a reimbursable meal if he finds it listed on another State's WIC list or uses another method to determine if the tortilla is creditable in the CACFP.
- 3** Yes. When using the WIC list to choose creditable foods in the CACFP, you do not need to consider the size of the package.
- 4** No. Not all breakfast cereals listed on WIC lists are whole grain. Elena should select a breakfast cereal that is specifically marked or listed as whole grain on the WIC list. Whole grain cereals listed on WIC lists are considered whole grain-rich in the CACFP.

