



WIC FOOD PACKAGES

Eligible Canned Foods and Requirements^{1, 2}

Canned foods are among the many nutritious foods permitted by the U.S. Department of Agriculture as part of the WIC program, helping participants stretch their benefits while allowing them the opportunity to enjoy the nutrition and convenience of these versatile foods.

Fruits

- Any variety of canned fruit, including applesauce
- Packed in natural juice or water only
- No added sugars, fats, oil or salt (sodium)
- Must conform to FDA standard of identity at 21 CFR Part 145

Vegetables

- Any variety of canned vegetables (*except white potatoes*)
- No added sugar, fats or oils
- May be regular or lower sodium
- Minimal amount of added sugar is allowed for processing to help maintain the proper structure and quality of the food (e.g., *sweet peas, corn*)²
- Must conform to FDA standard of identity at 21 CFR 155
- Some forms of *tomatoes (e.g., stewed, tomato sauce, pizza sauce, spaghetti sauce, ketchup and salsa)* are not allowed as they typically contain added sugar, fats or oils³
- Not allowed: Soups, pickled vegetables, olives, creamed or sauced vegetables

Juice

- 100% unsweetened, pasteurized fruit or vegetable juice or juice blend
- Must contain a minimum of 30 mg of vitamin C per 100 mL
- Must be pasteurized
- Vegetable juice may be regular or lower sodium
- Fruit juice must conform to FDA standard of identity at 21 CFR Part 146

Beans

- Any type of mature beans, peas or lentils (e.g. *black, garbanzo, pinto*)
- No added sugar, fats, oils or meats
- May be regular or lower sodium
- Minimal amount of added sugar is allowed for processing to help maintain the proper structure and quality of the food (e.g. *kidney beans*)²
- Canned beans are allowed at 64 oz per 1 lb of dried; due to marketplace availability, variable can sizes are permitted that may not add up to the full 64 oz provision⁴
- Baked beans may be allowed for participants with limited cooking facilities
- Not allowed: Soups, immature varieties of legumes (e.g. *green beans, green peas, snap beans, wax beans*), or baked beans with meat (e.g. *beans and franks*)

Fish

- Light tuna (as defined by FDA in 21 CFR Part 161.190), salmon (as defined by FDA in 21 CFR Part 161.170), sardines, mackerel (*N. Atlantic Scomber scombrus* or *Chub Pacific Scomber japonicas*)
- May be packed in water or oil
- May include bones or skin
- May be regular or lower sodium
- State agencies must make at least two types of canned fish available

¹ Federal Register, Vol. 72, No. 234, Dec. 6, 2007; <http://www.fns.usda.gov/wic/regspublished/foodpackages-interimrule.htm>

² WIC Food Packages – Regulatory Requirements for WIC Eligible Foods, USDA FNS Website; <http://www.fns.usda.gov/wic/benefitsandservices/foodpkgregs.HTM>

³ Frequently Asked Questions WIC Authorized Food Shopping List Guide, March 2012); <http://www.cdph.ca.gov/programs/wicworks/WIC%20Foods/WIC-AuthorizedFoods-WICAuthorizedFoodListShoppingGuideFAQs.pdf>

⁴ WIC Food Packages Policy Options Study Final Report, USDA FNS, June 2011, report p. 32 (p. 50 in PDF); <http://www.fns.usda.gov/ora/menu/published/wic/FILES/WICFoodPackageOptions.pdf>