STATE OF MARYLAND
DHMH
Maryland Department of Health and Mental Hygiene
201 W. Preston Street • Baltimore, Maryland 21201
Martin O'Malley, Governor – Anthony G. Brown, Lt. Governor – Joshua M. Sharfstein, M.D., Secretary

IMPORTANT NOTICE

July 1, 2012

Dear WIC Vendor:

The Maryland WIC Program will implement a new WIC authorized foods list which will be effective on October 1, 2012. The 2012 Maryland WIC Authorized Foods List will reflect the following revisions:

- Participants will be required to purchase store brands, if available, for all food categories except cereal, infant formula and infant cereal, and soy beverages. **Note: If you do not carry a "store brand" or your store brand is out of stock, you must allow the national brand.**
- Any 100% whole wheat bread or roll is allowed, however, the package label must read ***"100% Whole Wheat."*** Whole grain breads will continue to be listed.
- 59 ounce sizes of juice are no longer allowed.
- Cereal box sizes are restricted to 18 ounces or larger.

These changes will result in several brands of foods that are currently WIC authorized to no longer be allowed. The 2012 WIC Authorized Foods List will be available in English and Spanish. The English version will have a blue cover and the Spanish will be yellow.

The Required Minimum Stock has also been revised and is attached. All WIC authorized vendors will receive a supply of the 2012 WIC Authorized Foods List. You will be required to honor both the 2011 WIC Authorized Foods List and the 2012 WIC Authorized Food List through December 31, 2012. Only the 2012 Authorized Foods List should be honored beginning January 1, 2013.

Please ensure that your stores are aware of the new authorized foods list and the revised minimum stocking requirements. If you have any questions, please contact James A. Butler at 410-767-5258, Siwon Lee at 410-767-5433, Tiasha Taylor at 410-767-3519, or Maura Shea at 410-767-5251. You may also reach us toll-free at 1-800-242-4WIC (4942).

Sincerely,

Jacqueline Marlette-Boras

Jacqueline Marlette-Boras, MHS, RD, LDN
Director
Maryland WIC Program

cc: WIC Local Agencies

Required Minimum Stock as of October 1, 2012

"WIC Pharmacy Only" stores are not required to carry the minimum stock and may only redeem WIC checks that provide infant formula unless the pharmacy is authorized as a "Food Store/Pharmacy" and carries the required minimum stock. All pharmacies and food store/pharmacies must be able to provide, within 48 hours of request (excluding weekends and holidays), any infant formula prescribed on a WIC check.

MILK

4 gallons fluid whole milk *and*
10 gallons fluid low fat (1%) or fat free (skim) milk

- **Store brand if available**
- Not allowed: 2% milk or buttermilk, chocolate or other flavor, organic, soy, rice, or goat milk, sweetened condensed.

CHEESE

6 pounds, 4 varieties

- **Store brand if available**
- Block or sliced
- Varieties: American, Cheddar, Monterey Jack, Mozzarella, or Swiss
- Low fat or reduced fat and low sodium OK
- Not allowed: Sizes less than 16 ounces, organic or imported, deli, string, or individually wrapped, cheese food, spread, or product, cream cheese, shredded, crumbled, or cubed, with flavors, nuts, peppers, or crackers.

EGGS

6 dozen

- **Store brand if available**
- White, medium or large only
- One dozen size only
- Not allowed: Organic, brown, fertile, or cage free, low-fat or low cholesterol, omega-3, pasteurized, or other specialty eggs.

DRIED AND CANNED BEANS

3 pounds, 1-pound size bag, dry type, 2 varieties *and*

12 cans, 14-16 ounce size, 3 varieties

- **Store brand if available**
- Varieties: kidney, navy, garbanzo, or lima
- Split peas, black eye peas, or lentils
- Dry, 16 ounce bag
- Canned, water pack 14 to 16 ounce can
- Not allowed: Organic, green or wax beans, sweet peas, soup, soup mixes, beans with flavor packets, beans with sauce, meat, fat, or oil.

PEANUT BUTTER

6 jars, 18 ounce size

- **Store brand if available**
- Plain, 16 to 18 ounce jar, Smooth, crunchy, extra crunchy, creamy, or honey roasted;
- Not allowed: Organic, natural, or reduced-fat, mixed with marshmallow, jelly, jam, honey, or chocolate;
- Fresh ground.

CANNED TUNA, SALMON, and SARDINES

30 ounces, 2 varieties

Store brand if available

Tuna (5 to 6 oz. cans); Salmon (5,6, or 7.5 oz. cans); Sardines (3.75 oz. can)

- Water pack only
- Not allowed: Albacore or white tuna, red salmon, fish with added flavor or sauce, pouch, bowl, or kit.

CEREAL (WOMEN and CHILDREN)

6 boxes, 2 varieties (corn, wheat, oats, rice) *and*

6 boxes whole grain, 2 varieties (wheat, oats), at least one hot cereal

- Box size ≥ 18 ounces for cold cereal and ≥ 11.8 ounces for hot cereal.
- Allowed cereals (whole grain cereals are italicized):
  - Kellogg's Rice Crispies, Kellogg's Special K, *Kellogg's All Bran Complete Wheat Flakes, Kellogg's Unfrosted Mini-Wheats, Kellogg's Frosted Mini-Wheats Bite Size, Kellogg's Frosted Mini-Wheats Bite Size Mixed Berry,* Kellogg's Corn Flakes
  - *General Mills Cheerios (Plain)*, General Mills Kix
  - *Post Grape Nuts, Post Grape Nuts Flakes*, Post Honey Bunches of Oats (Vanilla Bunches, Honey Roasted, Almond, Cinnamon Bunches. *Post Lightly Frosted Shredded Wheat, Post Honey Nut Shredded Wheat.*
  - *Quaker Cinnamon Oatmeal Squares, Quaker Oatmeal Squares with Brown Sugar, Quaker Life, Quaker Instant Oatmeal (Original Flavor)*, Quaker Instant Grits (Original Flavor).
  - Malt-O-Meal Oat Blenders with Honey, Malt-O-Meal Oat Blenders with Honey & Almonds, Malt-O-Meal Crispy Rice, Hot Wheat Cereal.
  - *B&G Foods Cream of Wheat, Whole Grain,* B&G Foods Cream of Wheat, Instant, 1 Minute, 2 ½ Minute, 10 Minute.
  - Farina Mills Hot Whit Cereal.

100% WHOLE WHEAT BREAD AND ROLLS, BROWN RICE, SOFT CORN TORTILLAS, and WHOLE WHEAT TORTILLAS

4 pounds, 2 varieties (100% Whole Wheat (or Whole Grain) Bread, Brown Rice, Soft Corn Tortillas, or Whole Wheat Tortillas)

- **Store brand if available**
- 100% whole wheat bread or rolls 15-16 ounce (1 pound)
- 16 ounce (1 pound) Brown Rice
- 16 ounce (1 pound) Soft Corn or Whole Wheat Tortillas
- Any 100% Whole Wheat Bread (must say 100% Whole Wheat on front label) ***or***
- Whole Grain Bread or Rolls (Brands and types shown here, only)

➢ Nature's Own 100% Whole Grain Wheat Sugar Free Bread, Schmidt Old Tyme 100% Whole Wheat Whole Grain Bread, Pepperidge Farms Very Thin Whole Wheat Bread, Acme 100% Whole Grain Bread, Sterns Whole Wheat Bread.

➢ Buena Vida Whole Grain Tortillas, Carlita Corn or 100% Whole Wheat Tortillas, Celia's Corn Tortillas, Chi Chi's White Corn or Whole Wheat Tortillas, Don Pancho White Corn or Whole Wheat Tortillas, La Burrita Yellow Corn Tortillas, La Banderita White Corn or Whole Wheat Tortillas, Mission Yellow Corn or Whole Wheat Tortillas, Ortega Whole Wheat Tortillas.

- Not allowed (bread): Raisin or other bread with fruit or nuts, Pita or bagel bread or English muffins, Organic or size less than 15 ounces
- Not allowed (tortillas): Fried corn tortillas, chips, tostadas, or taco shells, white flour tortillas or with any added flavors, Organic
- Not allowed (brown rice): Ready-to-serve or precooked in pouch, rice with added flavor, sauce, or vegetables, organic or sizes less than 16 ounces.

FRUIT AND VEGETABLE

$32 total value of vegetables and fruit, 2 varieties of vegetables AND of fruit

- Fresh (whole or cut), frozen, and canned allowed
- Prepackaged OK
- Low sodium and organic OK
- Plastic, metal, glass, paper, or foil containers OK
- Not allowed: White, red-skin, or gold potatoes, salad bar items, party platters, fruit baskets, herbs, nuts, peanuts, salad kits with nuts, croutons, or dressing, fruit or vegetables with dips, dried fruit, french fries, tater tots, or other white potatoes, WIC or other juice, soup, with potato, rice, or pasta, with breading, butter, sauces, fat, oil, or meat, with sugar, WIC beans, pork and beans, or baked beans, WIC or other juice, soup, with added white potato, meat, fat, oil, rice, or pasta, sugar-sweetened or in syrup, with artificial sweetener, pickled vegetables, relishes, catsup, cranberry sauce, pie filling.

100% FRUIT JUICE

9 cans, 11.5 – 12 ounce concentrate, frozen and/or shelf-stable, 2 varieties *and*

6 bottles or cartons, 64 ounce size, 2 varieties

- 100% juice, unsweetened. Brands and types shown here only.
- Brands, types allowed:

  Frozen Concentrate, 100% Unsweetened Juice:
  Orange, Grapefruit, – any brand
  Apple – Best Yet, Food Lion, Hannaford, My Essentials, Old Orchard, Seneca.
  Pineapple – Dole, Old Orchard.
  Grape – Best Yet, Old Orchard, Welch's.

  Plastic Bottle or carton, 64 ounce, 100% Unsweetened Juice:
  Orange , Grapefruit – any brand
  Pineapple – Best Yet, Food Lion, Hannaford, Shurfine.
  Apple – Best Yet, Food Lion, Giant Eagle, Hannaford, My Essentials, Old Orchard, Shop Rite, Valu Time, Wegmans.
  Grape – Best Yet, Food Lion, Giant, Giant Eagle, Harris Teeter, Juicy Juice, Old Orchard, Valu Time, Wegmans.
  Vegetable – Best Yet, Diane's Garden, Giant, Giant Valu, Hannaford, Harris Teeter, V8.
  Tomato – Campbell's, Food Lion, giant, Great Value, Hannaford, Harris Teeter, Market Pantry, Shursaving.

- Not allowed: Glass bottles, organic or fresh-squeezed, Fruit cocktail, punch, or drink.

Infant Foods:

INFANT FORMULA

MILK BASED INFANT FORMULA:	***SOY BASED INFANT FORMULA:***
Similac Advance with Iron	Enfamil Prosobee
24 cans powder, 12.4 ounce size cans **16 cans concentrate, 13 ounce size**	**6 cans powder, 12.9 ounce size** **18 cans concentrate, 13 ounce size**

- Not allowed: Organic.

INFANT CEREAL

6 boxes, 8 or 16 ounce size, dry, 2 varieties (one variety must be rice cereal)

Contract brand only (Gerber)

- Varieties: rice, barley, oatmeal, mixed, whole wheat
- Not allowed: With fruit, formula, DHA, or organic.

INFANT FRUITS and VEGETABLES

16 jars or plastic containers, 3.5 - 4.0 ounce size, 2 varieties fruit and 2 varieties vegetables

- **Store brand if available**
- Plain vegetables or combination of vegetables (example: carrots and yams)
- Plain fruit or combination of fruits (example: apples and bananas)
- Multi-packs OK **(a 2 pack = 2 containers)**
- Not allowed: Organic or with DHA, meat, yogurt, cereal, pasta, or rice, dinners, desserts, soups, stews, or diced, Less than 3.5 or greater than 4 ounce container.

INFANT MEATS

31 jars, 2.5 ounce size, 2 varieties

- **Store brand if available**
- Plain chicken, turkey, beef, lamb, veal, or ham
- Not allowed: Organic or with DHA, added vegetables, fruit, rice, cereal, or pasta, Dinners, meat sticks, stews, or soups.