

VM APPENDIX III: MINIMUM STOCK REQUIREMENTS

CATEGORY & DESCRIPTION	MINIMUM STOCK	PACKAGE SIZE & WEIGHT	BRAND & VARIETY	NOT ALLOWED	NOTES
Infant Foods					
Infant vegetables and Infant fruits	Forty-eight (48) jars total with: three (3) varieties of vegetables; and three (3) varieties of fruit	4 oz jar	Only brands and varieties listed on WIC Approved Food List	No white potatoes	
Infant meat	<u>AND</u> Sixteen (16) jars total with two (2) varieties	2.5 oz jar			
Eggs					
Medium and/or Large, white, Grade A or AA eggs	Six (6) dozen	1 dozen carton	All brands	Eggland's Best, cage free, organic, or brown eggs	Least expensive brand available at time of purchase
Beans/Peas					
Plain, unseasoned dry beans, peas or lentils	Six (6) - 1 lb packages	1 lb bag	All brands	Mixed or flavored beans	Canned only - Least expensive brand within chosen variety available at time of purchase
Canned beans/peas	<u>AND</u> Sixteen (16) cans total with three (3) varieties	14 – 16 oz cans	Only varieties listed on WIC Approved Food List	Baked, chili, mixed, or beans with added flavoring, fat, oil or meat	
Peanut Butter					
Peanut butter	Six (6) 16 - 18 oz jars	16 - 18 oz jar	JIF, Peter Pan or store brands only; creamy, crunchy, extra crunchy, natural and reduced- fat	“Plus”, peanut butter combinations, organic, whipped or Omega-3 added	

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Milk					
Vitamin D or A/D fortified milk	(1) Three (3) gallons whole milk <u>AND</u> Seven (7) gallons any combination of 1%, Skim, or Fat Free (2) Three (3) half-gallon whole milk <u>AND</u> Four (4) half gallon any combination of 1%, Skim, or Fat Free	Milk – 1 gallon, 1/2 gallon	Any brand or as noted on WIC check. Variety(ies) will be noted on WIC Check as fat-free, skim, non-fat, low-fat, light, or 1% reduced fat, 2%, or whole.	“Deluxe,” “Plus,” organic, flavored, sweetened-condensed, non-dairy, goat's milk, Copy Cow or Vitamite	Least expensive brand available at time of purchase for size of container Variety will be noted on WIC check

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Cheese					
Regular 100% cheese	Eight (8) lbs (minimum of three varieties)	14-16 oz packages only	Any brand of: American Cheddar Colby Colby-Jack Mozzarella	Cheese foods, cheese products, whips or spreads, shredded, grated, smoked, cubed, blended, imported or deli sliced	See WIC Approved Food List notes for types and amounts which can be issued
Cereal					
Cold and hot cereal	Thirty-six (36) boxes/bags total with at least 4 varieties of cold and 1 hot. Of the 36 total, at least 12 boxes must be whole grain cereal of sizes that can total 36 oz (See below for cereals that qualify as whole grain)	All sizes are acceptable, bag or box	Only brands and varieties listed on WIC Approved Food List		
<p>GM Cheerios Dulce de Leche, Plain and Multigrain; Chex Corn and Wheat; Dora the Explorer; Kix Berry, Honey and Plain; Kellogg's Frosted Mini Wheats Big Bite, Bite Size and Little Bites; Malt-O-Meal Mini Spooners (all varieties); Post Bran Flakes; Grape Nuts; Honey Bunches of Oats with Vanilla Clusters; Quaker Life Plain; Oatmeal Squares-Hint of Brown Sugar and Cinnamon; B & G Foods Cream of Wheat Whole Grain 2 ½ Minute, Quaker Instant Oatmeal – (original flavor-individual packets)</p>					

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Whole Grains					
Whole grain bread	Four (4) 16 oz loaves	16 oz loaf	Only brands and varieties listed on WIC Approved Food List in the Whole Grains Section		Brown rice may be instant, quick, boil-in-bag, or regular cooking
Brown rice	<u>AND</u>				
Whole grain tortillas	Four (4) - packages of any combination of brown rice, whole grain tortillas, oatmeal or whole wheat pasta (based on local demand)	14 - 16 oz bags or boxes			
Oatmeal		16 oz package			
Whole Wheat Pasta		16 oz container 16 oz container			
Juice					
100% juice	(1) Eight (8) - 11-12 oz frozen in at least two varieties <u>AND</u>	11-12 oz – frozen concentrate	Only brands and varieties listed on WIC Approved Food List	Cocktails, fruit or juice drink, ades, fruit/vegetable blends or blended juices other than those listed on the WIC Approved Food List	Least expensive brand by flavor available at time of purchase
	(2) Eight (8) – 46 – 48 oz single strength pourable cans or bottles in at least two varieties <u>AND</u>	46-48 oz single strength pourable can or bottle			
	(3) Eight (8) – 64 oz single strength pourable bottles or cartons in at least two varieties	64 oz single strength pourable bottle or carton			

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Fish					
<p>Chunk light tuna in water</p> <p>Pink salmon</p> <p>Sardines</p>	<p>Ten (10) cans - any combination of chunk light tuna in water, pink salmon or sardines</p>	<p>Any brand and any combination of fish types and can sizes not to exceed number of ounces listed on WIC Check</p>	<p>All brands – tuna</p> <p>All brands – pink salmon</p> <p>Beach Cliff, Port Clyde, Polar, La Preferida and Crown Price brands only – sardines (all flavors)</p>	<p>Albacore or smoked-flavored tuna, breast of tuna, tuna spread, tuna in oil, or low salt/low fat tuna, blueback salmon, red salmon, chum, flavored tuna or salmon. No pouches - can only.</p>	
Fresh Fruits and Vegetables					
<p>Any variety of fresh vegetables and fruits. Salad mixtures, vegetables, or fruits in bags or containers. * No potatoes except sweet potatoes and yams</p>	<p>Two (2) varieties of fresh fruit</p> <p><u>AND</u></p> <p>Two (2) varieties of fresh vegetables; total value of fresh stock to equal at least \$45 (see note)</p>		<p>All brands</p>	<p>White potatoes; items from a salad bar; party trays; fruit baskets; nuts; fruit/nut mixtures; decorated pumpkins; gourds; dried; herbs; spices; salad dressings; salad kits or salad mixtures containing salad dressing, croutons, etc.</p>	<p>Frozen vegetables and fruits can be stocked and value included to meet the total \$45.</p>

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Frozen Vegetables					
Any brand plain vegetable, plain vegetable mixtures without white potatoes	No minimum	Any size. Any package type (bag or box).	All brands, with or without salt	White potatoes or potato mix (except sweet potatoes or yams); French fries; tater tots; hash browns; veg. with sauces, seasoning, flavoring or breading; veg. mixed with pasta, rice or any other non-vegetable ingredient	
Frozen Fruits					
Any brand plain fruit or plain fruit mixtures with no added sugar	No minimum	Any size, any package type (bag, box, or tub)	All brands	Ingredients other than fruit (including sugar)	