Foods that are Authorized

I. Infant Formula.

a. WIC infant formula refers to iron-fortified formula which, other than water, does not require the addition of any ingredient. It is a complete food for an infant. Infant formula means a "food which purports to be or is represented for special dietary use solely as a food for infants by reason of its simulation of human milk. It must also be suitable as a complete or partial substitute for human milk." (P.L. 96-359, the Infant Formula Act of 1980, enacted September 26, 1980, and amended by the Drug Enforcement, Education, and Control Act of 1986.) The amount of formula issued is based on the USDA monthly method.

b. Infant formula is not an equal substitute for human milk and breastfeeding. Breastfeeding must be maintained or increased, supported and encouraged, unless medically contraindicated.

c. Standard formulas.
   i. Powdered formula—most common, least expensive form of formula.
   ii. Concentrate formula.
   iii. Ready-to-feed formula.

d. Primary contract formulas.
   i. Under the Child Nutrition Act of 1966, formula for all WIC Programs is selected via a competitive, sealed bidding process. Competitive bidding is defined as a process under which the State selects a single source offering the lowest price. The infant formula company who offers the lowest net wholesale cost or the highest rebate per unit of infant formula is awarded the contract. The formula company selected acts as the State's single source, providing all infant formula in the forms and types originally spelled out in the invitation for bids.
   ii. The Utah WIC Program presently has a rebate agreement to provide the milk-based contract formulas Similac Advance Early Shield, Similac Sensitive, Similac Sensitive for Spit-Up, Similac Total Comfort, and Similac Go & Grow-Milk Based. The soy-based contract formulas are Gerber Good Start Soy and Gerber Graduates Soy.
   iii. All infants in the Utah WIC Program who are on a standard formula shall receive a primary contract formula, unless a non-contract formula is medically warranted.
   iv. Similac Advance Early Shield is the standard for term babies who are not breastfed.

e. Low iron formula is not allowed in Food Package I and II. However, it can be allowed in Food Package III.

f. Non-contract infant formulas.
   i. Non-contract formulas include products designed for normal infant feeding. These products must contain at least 10 mg of iron per liter of formula at standard dilution. Standard dilution is 20 kcals per fluid ounce.
   ii. Non-contract formulas include products whose manufacturers do not have cost-containment contracts with the Utah WIC Program.
   iii. Enfamil Premium, Similac Soy Isomil, Good Start Gentle, Enfamil Prosobee and store brands (PBM Products, LLC) are examples of non-contract formulas.

g. Exempt formulas.
   i. Exempt formulas are formulas that are used in lieu of standard formulas to manage some of the medical conditions listed below:
      1. Prematurity
      2. Metabolic disorders
      3. Inborn-errors of metabolism
      4. Gastrointestinal disorders
      5. Malabsorption syndromes
      6. Protein allergies
      7. Failure-to-thrive (physician diagnosed)
      8. Asthma
      9. Organic heart disease
   ii. Refer to the “Product Guide” for in-depth detail regarding special formulas, as well as instructions regarding use and issuance/ordering.

h. Metabolic formulas are exempt formulas.
   i. Those formulas required to manage inborn-errors of metabolism such as phenylketonuria.
   ii. Refer to the “Product Guide” for metabolic formulas, as well as instructions regarding use and ordering.

i. Hydrolysates including Nutramigen Lipil, Pregestimil Lipil (Mead Johnson) and Alimentum (Abbott) are hypoallergenic formulas made for easy digestion and are less likely to cause allergic reactions than other types of formula.

j. WIC-eligible nutritionals represent certain enteral products that are specifically formulated to provide nutritional support for individuals with a qualifying condition, when the use of conventional foods is precluded, restricted or inadequate. Such WIC-eligible foods must serve the purpose of a food, meal or diet (may be nutritionally complete or incomplete) and

provide a source of calories and one or more nutrients; be designed for enteral digestion via an oral or tube feeding; and may not be a conventional food, drug flavoring or enzyme. Consult the "Product Guide" for in-depth detail regarding special medical/nutritional products and formulas and their use.

~~k. Non-contract infant formula issuance with medical diagnosis of intolerance.~~

~~i. When receiving a complete medical documentation from a participant for non-contract formula with the medical diagnosis of "Intolerance to formula", "Intolerance to Similac", "Infant feeding Intolerance" or "Intolerance" then the Screening and Infant Feeding Assessment Plan must be filled out by the CPA/RD. Following this process will ensure that appropriate feeding techniques are being used and the right formula is being issued.~~

~~ii. After the CPA/RD has collected information from the WIC participant, she/he will complete the Screening and Infant Assessment Plan and make an appropriate recommendation to either issue Non-contract Formula or Contract Formula.~~

~~iii. When the Screening and Infant Feeding Assessment Plan has been completed it should be faxed to the primary care provider. Issuing formula other than what the original FAFAF was written for cannot be done without signature and approval from the participant's primary care provider.~~

~~iv. If the CPA/RD does not receive an immediate response or cannot wait for a reply from the primary care provider, one month of non-contract formula (as indicated on the original FAFAF) may be issued. Once written confirmation with approval from the primary care provider to issue the contract formula is received by the clinic, the contract formula should be issued according to the primary care provider's recommendations at the participant's next visit. If at any time the WIC participant needs non-contract formula after changing to contract formula, then a new FAFAF would be required.~~

l. Non-contract formulas, exempt infant formulas, medical formula/foods must have complementary foods prescribed by the health care provider in order for complementary foods to be issued. This information must be obtained on the Utah WIC Program Formula and Food Authorization Form.

m. If complementary foods are not prescribed on the Formula and Food Authorization Form (medically unable to consume complementary foods) for a 6 through 11 month old infant in Food Package III, then the infant may receive any infant formulas/medical foods at the same maximum monthly allowance as infants ages 4 through 5 months if that formula amount is prescribed by the health care provider (exact ounces must be

indicated rather than checking Full WIC Formula Provision). The higher formula amount cannot be provided simply because the health care provider forgot to check complementary foods or because of simple preference for a higher amount of formula or not wanting complementary foods.

n. Low-iron formula.
   i. Only iron-fortified formula is authorized for healthy infants in the Utah WIC Program.
   ii. Exceptions.
      1. USDA recognizes the medical condition hemolytic anemia as necessitating the restriction of iron intake through the use of low-iron formula.
      2. See section regarding formula issuance and ordering policies.
      3. See the definition of Hemolytic anemia.

II. Eggs.

a. Medium or large, white only, are allowed.

b. Brown eggs, hard-boiled, deli, low in saturated fat or cholesterol-reduced, or any other specialty eggs are not allowed.

c. They must be the store brand/private label.

III. Cereal.

a. Cereal refers to any combination of the allowed cereals, hot or cold, adult or infant, listed on the Utah WIC Program Authorized Food List. The following substitution in Food Package III can be made if determined as appropriate by the health care provider per medical documentation:
32 dry ounces of infant cereal may be substituted for 36 ounces of breakfast cereal

b. Participants shall be educated on purchasing the amount of cereal printed on the WIC check. If participants decide to choose less than the amount printed on the WIC check, they may purchase less, but it must be their decision. Cold cereal box size may not be smaller than 12 oz.

c. The cereals may not have more than 21.2 grams of sucrose and other sugars per 100 grams of dry cereal (i.e.--6 grams per ounce).

d. Infant cereal refers to dry infant cereal without the addition of fruit or formula.

e. Infant cereal must have at least 45 mg of iron per 100 gm of dry cereal.

f. Adult cereal must have at least 28 mg of iron per 100 gm of dry cereal.

IV. Whole Wheat Bread and Other Whole Unprocessed Grains.

a. Whole wheat bread and/or whole grain bread must be offered. Whole wheat bread must meet the Standards of Identity for whole wheat bread.

b. Whole wheat bread refers to any of the allowed whole wheat bread products listed on the Utah WIC Program Authorized Food List.

c. Whole wheat bread refers to one pound packages that must contain whole wheat flour and/or bromated whole wheat flour as the only flours listed in the ingredient list.

d. Buns, rolls and white bread are not allowed.

e. Other whole unprocessed grains refers to brown rice, whole wheat tortillas, and soft corn tortillas that are listed on the Utah WIC Program Authorized Food List.

f. Whole wheat macaroni must meet the FDA Standard of Identity and have no added sugars, fats, oils or salt (i.e., sodium).

g. Brown rice may be instant-, quick-, or regular-cooking and may not contain added sugars, fats, oils, or salt.

h. Boil-in-bag and rice with added flavors or seasoning is not allowed.

i. Whole wheat and soft corn tortillas must have a whole grain as the primary ingredient by weight. Corn tortillas made from ground masa flour are allowed.

j. White flour, hard shells, and wraps are not allowed.

V. Juice

a. Canned fruit and vegetable juice must conform to the FDA Standards of Identity.

b. Juice refers to any of the allowed juices listed on the Utah WIC Program Authorized Food List.

c. Juice refers to 12 ounce frozen juice concentrate or 64 ounce container, single-flavor.

d. Juice may also refer to calcium-fortified juice, cranberry juice, or 5.5-6 oz shelf stable juice and may be issued with a special food letter for participants with special nutritional needs or lack of refrigeration.

e. The juice must be 100% juice and contain at least 30 mg of vitamin C per 100 ml of reconstituted juice.

f. Juices with added sugar or sweeteners are not allowed.

g. Refrigerated juices (except orange juice), cocktails, nectars, freshly squeezed, or any other fruit drink combinations are not allowed.

h. Tomato or vegetable juice in a 46-oz container may be issued to clients with medical conditions such as gestational diabetes and IDDM. 46-oz juice does not offer the maximum amount of juice for women in any food package category and so the client must be notified of this before the package may be issued. The Standard Special Food Letter must be issued with the checks.

i. Tomato juices with added sugar, fats, and oils are not authorized.

VI. Cow's Milk and Milk Alternatives.

a. Cow's milk and milk alternatives must conform to FDA standards of identity for whole, reduced fat, low fat or non-fat milks.

b. Vitamin A fortification is not required for whole milk.

c. If Vitamin A and Vitamin D are added, then these shall be present in each quart of product at no less than 2,000 IU and 400 IU, respectively.

d. Raw or unpasteurized are not allowed.

e. Fat reduced (2%) milk may be issued to 1-year-old children (12 months to 2 years of age) for whom overweight or obesity is a concern.

   i. The CPA will make the determination for the need for fat reduced milk based on an individual nutritional assessment and consultation with the child's health care provider if necessary.
   ii. The medical and/or nutritional reason should be documented by the CPA.
   iii. A medical prescription (FAFAF) is required for children in Food Package III.

f. Only milk products with no more than 1% milk fat are authorized for children at 2 years of age or older and women in Food Packages IV – VII.

    i. Reduced fat (2%) milk is authorized only for participants with certain conditions, including but not limited to, underweight and maternal weight loss during pregnancy.
    ii. The need for reduced fat (2%) milk for children ≥ 24 months of age and women will be determined as part of the careful nutrition assessment completed by the CPA.
    iii. The medical and/or nutritional reason should be documented by the CPA.

g. Whole milk products require medical documentation (FAFAF) for children at 2 years of age or older and women. In this situation, whole milk can only be issued in Food Package III and if the participant is also receiving a medical formula.

h. Cow's milk is the allowed milk listed on the Utah WIC Program Authorized Food List. All milk authorized by the Utah WIC Program must meet the FDA's standards of identity for milk.

i. Milk refers to the store brands/private labels of the following types of milks:
    i. Reduced fat (1%, 2%, skim).
    ii. Whole.
    iii. Milk alternatives.

j. Flavored, Skim Royale/Delight are not allowed.

k. It must be the store brand/private label.

l. Milk is not approved for infants.

m. Other allowable milks or milk alternatives include:
    i. Yogurt
    ii. Lactose-free milk.
    iii. Acidophilus cow's milk.
    iv. UHT milk.
    v. Evaporated milk.
    vi. Non fat dry (powdered) milk.
    vii. Meyenberg Goat's milk.
    viii. Buttermilk.
    ix. Soy based beverage.

n. Rice milk and other non-dairy substitutes are not allowed.

o. Yogurt

   i. One quart of yogurt can be issued as a substitute for milk for children and women in Food Packages III-VII (maximum monthly allowance). Yogurt can only be issued in the 32 oz container size or any combination of container sizes that equal 32 oz.
   ii. No more than 1 quart of yogurt is authorized per participant.
   iii. Yogurt must conform to the standard of identity for yogurt and may be plain or flavored.
   iv. Only lowfat and nonfat yogurts are authorized for children over 2 years of age and women.
   v. Whole fat yogurt is authorized only for children less than two years of age.

p. Lactose-free milk.
   i. Lactose-free milk may be authorized for:
      1. Women and children over one year of age.
      2. Only when its need has been determined with a medical diagnosis (can be self-reported).
      3. When it is documented in the participant's chart that there is a specific indication for use such as milk intolerance, chronic antibiotic therapy, etc.
   ii. Lactose-free milks are available in formulations of 50%, 70%, and 100% lactose reduction.
   iii. Lactose-free milks are available in reduced fat (1%, 2%, skim) and whole concentrations in quarts and half-gallons.

q. Acidophilus cow's milk.
   i. Acidophilus cow's milk is fermented milk that contains less lactose than unfermented milk.
   ii. It is indicated for children over the age of 2 and adults:
      1. Who may have lactose intolerance, but are not allergic to cow's milk protein.
      2. Who are on continuous antibiotic therapy.
   iii. The CPA must document the specific indication for use in the participant's file.

r. UHT milk.
   i. UHT milk refers to 2% or non-fat shelf milk that requires no refrigeration.
   ii. It is authorized only when it has been determined and documented that there is:
      1. A scarcity of refrigerated milk,
      2. Poor refrigeration facilities in the home, or
      3. Milk contamination emergency.

s. Evaporated milk.
    i. Evaporated milk—reduced fat or whole—is a canned cow's milk product that has been concentrated by removing half of the water.
    ii. It must be the store brand/private label.
    iii. It is not approved for infants.
    iv. It is approved for children and adults.

t. Non fat dry (powdered) milk.
    i. Non fat dry milk can be substituted at the rate of 1 pound per 5 quarts of fluid milk.
    ii. It must be the store brand/private label.

u. Meyenberg Goat's Milk.
    i. Meyenberg Goat's Milk refers to a form of goat's milk that has been fortified with folic acid and vitamin D to 25% of the RDA.
    ii. It is approved for children and adults.
    iii. It is not approved for infants.
    iv. Its use requires:
        1. A physician's diagnosis of cow's milk intolerance documented on Formula and Food Authorization Form
        2. CPA authorization.
    v. This must be documented in the participant's file.

v. Buttermilk
    i. Buttermilk is available as whole or reduced fat.
    ii. It must be the store brand/private label.

w. Soy based beverage.
    i. Soy based beverage may be authorized for:
        1. Children over one year of age and women.
        2. The CPA will determine and document the need for soy-based beverage as substitutes for milk.
            a. Such determination must be based on individual nutritional assessment, and consultation with the participant's health care provider, as appropriate.
            b. Such determination can be made for situations that include, but are not limited to, milk allergy, lactose intolerance, and vegan diets.
    ii. Participant needs to receive a Standard Special Food Letter.
    iii. The authorized brands of soy based beverage include:
        1. 8th Continent Original (red label).
        2. 8th Continent Vanilla (yellow label, no fat-free or light).
        3. Great Value Original Soymilk (red label, no organic).
        4. Pacific Natural Foods Ultra Soy Plain.
        5. Pacific Natural Foods Ultra Soy Vanilla.

6. Silk (Silk Soymilk Vanilla is not authorized).

VII. Cheese

a. Cheese refers to any of the allowed cheeses listed on the Utah WIC Program Authorized Food List.

b. Types of cheese allowed are medium, mild, or sharp cheddar, mozzarella, Monterey Jack, Colby, Colby-Jack, Longhorn, and Longhorn-Colby.

c. It must be domestic, bulk, and pasteurized only.

d. It must be the store brand/private label.

e. When purchasing cheese, participants should buy the store brand/private label of the type of cheese they would like (e.g., Cheddar, Mozzarella, Monterey Jack, or Colby, Colby-Jack, Longhorn, Longhorn-Colby). If more than one package of cheese is purchased, total weight cannot be more than the weight printed on the check.

f. Deli, sliced, specialty, cheese food/spread/product, shredded, string or reduced fat are not allowed.

g. Up to one pound of cheese may be substituted for milk for a participant. ~~when the CPA documents (i.e.—food package tailoring) that this is indicated for nutritional reasons~~. Up to one pound of cheese may be substituted for milk without the Formula and Food Authorization Form at an amount of 3 quarts of milk per one pound of cheese.

VIII. Peanut butter.

a. Peanut butter refers to unflavored, creamy, crunchy, or extra-crunchy; reduced fat or natural in 16 to 18-ounce containers only.

b. Honey or jelly additives, peanut spreads or organic products are not allowed. Peanut butter with added marshmallows, honey, jelly chocolate/or similar ingredients is not allowed.

c. It must be the store brand/private label.

d. Peanut butter may be issued every month at CPA discretion.

IX. Beans, Peas, and Lentils.

a. Beans, peas, and lentils refers to any dry beans, peas, or lentils in dry-packaged or canned forms, without added vegetables, fruits, meat,

sugars, fats, or oils, are the only allowed on the Utah WIC Program Authorized Food List.

b. It includes lentils, navy, kidney, white, black, red, pinto, Great Northern, baby lima, split peas, black-eye peas, garbanzo or refried beans.

c. Flavored, bean soup mix, large lima, mayocoba, mixed beans, chili, baked beans, beans with meat, canned green peas, snap beans, green beans, and wax beans are not allowed.

d. Mature legumes (dry beans and peas) may not contain added vegetables or fruits.

X. Fruits and Vegetables.

a. Fruits and vegetables refer to any fresh fruits and vegetables, including organic and fresh salsa without added sugar or oil, available for purchase through cash-value vouchers.

b. This group refers to any variety of fresh whole, pre-cut, or packaged fruits and vegetables without added sugars, fats, or oil.

c. Frozen, canned, dried, packages with dips or dressings, salad bars, party trays, herbs and spices, salsa with sugar are not allowed.

d. Mixed vegetables with noodles, nuts or sauce packets, and decorative flowers and blossoms are not allowed.

e. The following herbs, spices and miscellaneous items are not allowed: anise, dill, parsley, basil, fenugreek, rosemary, bay leaves, horseradish, sage, caraway, lemon, grass, savory, chervil, marjoram, tarragon, chives, mint, thyme, cilantro, oregano, vanilla bean, decorative pumpkins.

f. Ginger root, taro root, garlic, and coconuts are allowed.

g. Yams, sweet potatoes and white potatoes are allowed.

h. Mushrooms are scientifically classified as fungi and not fruits or vegetables, however, they are allowable for purchase with the USDA fruit and vegetable cash value voucher.

i. Cash Value Vouchers.
    i. Cash value vouchers are issued in the following forms:
        1. $8.00 in cash value vouchers for children ages 1 through 4.
        2. $11.00 in cash value vouchers for pregnant and partially breastfeeding women (up to 1 year postpartum) and

postpartum women (up to 6 months postpartum). $11.00 in cash value vouchers for fully breastfeeding women (up to 1 year postpartum).

3. $16.50 in cash value vouchers for women participants who are fully breastfeeding multiple infants.
4. $4.00 or $8.00 for infants 9 – 11 months (See Tailoring Food Packages section, page 7)

ii. The difference can be paid if the total for fruit and vegetable purchases is greater than the maximum amount of the cash value voucher.

XI. Fish.

a. Fish refers to 5-ounce canned only forms of chunk light tuna, pink salmon, or jack mackerel allowed on the Utah WIC Program Authorized Food List.

b. May be packed in water or oil and include bones or skin.

c. Solid white or chunk white Albacore tuna; Atlantic, red, blueback, or sockeye salmon; low sodium; gourmet; flavored/seasoned; and pouches are not allowed.

d. Only fully breastfeeding women may receive canned fish.

XII. Baby Food.

a. Baby food refers to any single or mixed baby food fruits and/or vegetables, or meats allowed on the Utah WIC Program Authorized Food List.

b. Baby food fruits or vegetables refer to any single or mixed variety of commercial infant food fruits and/or vegetables (e.g., peas and carrots, apples and squash) without added sugars, starches, or salt.

c. A fruit or vegetable must be listed as the primary (first) ingredient in WIC-eligible jarred infant foods.

d. Baby foods that meet the minimum requirements and specifications for an infant food product and include white potatoes as an ingredient, but not the primary ingredient, are allowed.

e. Baby food meat refers to any single variety of commercial infant food meat or poultry, as a single major ingredient, with added broth or gravy and without added sugars or salts.

f. Only fully-breastfed infants may receive baby food meats.

g. Textures for all infant foods may range from pureed through diced.

h. Vegetables and fruits mixed together, medleys, added DHA or cereals, custards, cobblers, and desserts are not allowed.

XIII. Special Foods.

a. Thickened juices.
   i. Thickened juices are formulated specifically for the management of swallowing disorders (i.e.-dysphagia). Thickened juices allow safer swallowing of liquids by minimizing the risk of choking and aspiration. They assist in preventing dehydration.
   ii. Thickened juices meet 100% of the Daily Value for vitamin C in 4 fluid ounce servings. Thickened cranberry juice is not approved as it is not 100% juice.
   iii. Thickened juice should be used only under medical supervision.
   iv. The Formula and Food Authorization form is required for use and issuance, and must be authorized by an RD.
   v. Must be ordered through the State Office. Consult the “Product Guide” for in-depth detail regarding ordering and issuance.
   vi. Thickening agents, such as Thick-It are not approved by USDA.

b. Calcium fortified juice.
   i. Is not routinely issued.
   ii. Must be authorized by a CPA.
   iii. Must have indication for use documented in the participant’s record.
   iv. Participant needs to receive a Standard Special Food Letter.

c. Reduced fat cheese.
   i. Is not routinely issued.
   ii. May be issued for nutritional reasons.
   iii. Must have indication for use documented in the participant’s record.
   iv. Participant must receive a Rare Exception Special Food Letter.

d. Other items are items that can be allowed with a special food letter but are not on the authorized food list. These:
   i. Are not routinely issued.
   ii. Must meet the nutritional requirements to be WIC eligible.
   iii. May be issued for medical/nutritional reasons if the item is not on the authorized food list but does meet the WIC specifications.
   iv. Must have indication for use documented in the participant’s record.
   v. A completed Rare Exception Special Food Letter must be faxed to and approved by the State prior to issuing.

XIV. Store brand/private label.

a. For cost saving reasons, participants are required to purchase the store brand/private label of milk, cheese, peanut butter, eggs, beans, peas, lentils, canned fish, brown rice, whole wheat pasta, juice, and cereal.

b. Definition of Store brand/private label:

   A store brand (also called a private label) must be purchased when indicated in the Utah Authorized WIC Foods booklet. Some examples of store brands/private labels include: Western Family, Kroger, Great Value, Albertsons/Essential Everyday, Market Pantry, WinCo, (Malt-O-Meal cereals are authorized under this definition). Other store brands/private labels may be available. If a store carries more than one store brand/private label then either product may be purchased regardless of price. If the store does not carry a store brand/private label for the WIC food item, then the cheapest brand can be purchased.

   When certain brands are specified in the Authorized WIC Foods booklet, only those brands listed may be purchased.

c. Exceptions to the store brand/private label policy must be for nutritional reasons and must be approved by the CPA. The participant should be given a Special Food Letter stating what specific item(s) can be purchased.

XV. Products Not Authorized for WIC.

a. Products used solely for the purpose of weight management in women, infants or children are not allowed. A high-calorie product may be appropriate for a participant who is debilitated due to special needs, disease, frequent illness, or medical therapy. Refer to the “Product Guide” for further detail and instruction regarding use.

b. Low-iron formula (except with rare medical conditions and approved by State RD).

c. Oral electrolyte solutions.

d. Formulas while under hospital care.

e. Parenteral nutritional products.

f. Foods with artificial sweeteners.

g. Raw or non-pasteurized milk.

h. Dairy products such as ~~yogurt~~, half & half, flavored milk and drinks, sweetened condensed milk, organic milk, eggnog, any other specialty milk beverages that have been highly fortified, engineered, or processed.

i. Rice milk or other non-dairy substitutes.

j. Milk for infants—cow's milk and goat's milk are not allowed for infants less than 1 year.

k. Cheese—Deli, sliced, specialty, cheese food/spread/product, shredded, string or reduced fat.

l. Hard-boiled, deli, low in fat or cholesterol, or any other "specialty" eggs.

m. Fruit drinks or cocktails, freshly squeezed, or any other "specialty" fruit drink combinations.

n. Reduced fat, honey or jelly additives, peanut spreads or organic products, or any other "specialty" peanut butters.

o. Bean soup mixes.

p. Solid white or chunk white Albacore, low-sodium, canola or gourmet tunas.

q. Canned or frozen or dried fruits and vegetables.

r. White bread, white flour tortillas or white rice.

s. Organic for all categories except fruits and vegetables purchased with Cash Value Vouchers

XVI. Special Food Letter/Rare Exception Special Food Letter.

a. The Standard Special Food Letter is to be used when the CPA/RD determines that the issuance of 5.5-6oz full strength juice, 46-oz tomato or vegetable juice, calcium-fortified juice, cranberry juice, General Mills Rice Chex, General Mills Corn Chex, or soy-based beverage is justified for the participant.

b. The Rare Exception Special Food Letter is to be used when the CPA/RD determines that the issuance of a WIC approved product not listed on the Standard Special Food Letter is justified for the participant. Rare Exception Special Food Letters must be approved by the State.

c. Required when a participant needs to purchase any food item that is not listed in the Utah WIC Program Authorized Food booklet.

d. Appropriate reasons for use of the special food letter include medical necessity, limited preparation skills or lack of refrigeration.

e. Must be presented to the vendor at the time of the item's purchase.

f. Gives the participant permission to purchase the food item(s) specified for 6 months from the date of issuance.

g. It also tells the vendor that the Utah WIC Program has authorized this special purchase.