

Minimum WIC Food Stock Requirements - Tier 1

Retail food vendors in counties with a population of 250,000 or more (at the time of this writing Anoka, Dakota, Hennepin and Ramsey counties) must have in stock and available for purchase the following WIC foods:

- A) **Infant Formula: Eighteen cans** of 12.4-ounce powdered Similac Advance
- B) **Infant Cereal: Forty-eight ounces** of WIC-allowed plain, dry, infant cereal (no added fruit, 8 and 16 ounce size only).
- C) **Milk: Fifteen gallons** of unsweetened, unflavored, WIC-allowed fluid **cow's milk** in gallon or half-gallon containers in any combination of at least two of the following varieties: skim or nonfat, 1%, or 2%.
- D) **Cheese: Six pounds** of WIC-allowed domestic **cheese** in packages of at least one-half pound (8 ounces) each, in any combination of at least **three varieties**.
- E) **Eggs: Six one dozen containers** of WIC-allowed fresh **eggs**, (large size only).
- F) **Dried Peas, Beans or Lentils: Four 16 ounce packages** of WIC-allowed dried beans, peas or lentils without any added ingredients.
- G) **Canned Beans: One hundred and ninety-two ounces** of WIC-allowed canned beans or legumes, in any combination of at least three varieties, (15 to 16 ounce size cans).
- H) **Peanut Butter: Four 16 to 18 ounce containers** of WIC-allowed peanut butter which does not contain any other food product such as jelly, jam, or chocolate.
- I) **Fresh Fruits and Vegetables: Thirty pounds** of WIC-allowed fresh fruits and vegetables in at least **seven varieties, two of which must be bananas and carrots**.
- J) **Canned Fish: Thirty ounces** of WIC-allowed canned fish (5 or 6 ounce size tuna packed in water, pink salmon can be 5 ounce, 6 ounce or 14.75 ounce size).
- K) **Juice:**
Eighteen containers of single flavor juice (no blends) in any combination of the following, as long as at least **six containers** are 100 percent **citrus juice** (orange or grapefruit):
 - (1) 11.5 to 12-ounce containers of WIC-allowed pure and unsweetened frozen or non-frozen concentrate 100 percent juice; or
 - (2) 64-ounce containers of WIC-allowed pure and unsweetened 100 percent.
- L) **Adult Whole Grain Cereal: Twelve boxes or bags (12 ounce or larger)** of **whole grain** WIC-allowed cereal in any combination of at least **six varieties**, (only **whole grain** cereal counted for minimum stock). **Check the WIC Food List for a list of whole grain cereals.**

- M) **Baby Food Fruits and Vegetables: Two hundred and fifty-six ounces** of WIC-allowed baby food fruits and vegetables in at least three varieties of baby food fruits and three varieties of baby food vegetables, (WIC allowed brands and 4 ounce size only). **Check the WIC Food List for the brands allowed.**
- N) **Whole Grains (Bread, Tortillas, Rice, Oatmeal): Five pounds** of WIC-allowed whole grains, of at least three of the following varieties: whole grain bread, whole grain tortillas, oatmeal, and brown rice. **Check the WIC Food List for the size and brands allowed for whole grain products**
- O) **Whole Wheat Pasta: Two pounds** of 16 ounce whole wheat pasta. **Check the WIC Food List for the brands allowed for whole wheat pasta.**
- P) **Yogurt: Two 32 ounce containers** of WIC allowed yogurt. **Check the WIC Food List for the brands allowed for yogurt.**
- Q) If a WIC customer requests **one of the following products**, the vendor must ensure that a sufficient quantity of the product is in stock and available for purchase at the vendor's location within one week of the WIC customer's request:
- 1) **An Infant Formula** approved by the Commissioner under part 4617.0171;
 - 2) **WIC-allowed Soy Beverage;**
 - 3) **WIC-allowed Tofu**
 - 4) **WIC-allowed Baby Food Meats;**
 - 5) **WIC-allowed Canned Fruits and Vegetables;**
 - 6) **WIC-allowed Frozen Fruits and Vegetables;**
 - 7) **Other WIC-allowed products authorized under the provisions of the Code of Federal Regulations, title 7, part 246, as amended.**