



Minimum Stock Requirements for WIC Foods, Tier 1 (stores located in Anoka, Dakota, Hennepin or Ramsey counties)

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WIC-allowed foods that count towards minimum stock can be found in the Minnesota WIC Shopping Guide, The My Minnesota WIC Food Finder app, or in the Minnesota WIC Approved Product List. Find them all here:

<https://www.health.state.mn.us/people/wic/vendor/index.html>

Minnesota WIC Minimum Food Stock, Tier 1

Fresh or Frozen Fruits and Vegetables	30 pounds of WIC-allowed fresh or frozen fruits and vegetables in at least seven varieties.
Baby Food Fruits and Vegetables	64 jars of WIC-allowed baby food fruits and vegetables, in 4-ounce size only, in at least six varieties.
Infant Cereal	48 ounces of WIC-allowed plain, dry, infant cereal with no added ingredients (8- and 16-ounce size only).
Infant Formula	18 cans of 12.5-ounce powdered Enfamil Infant.
Milk	15 gallons of unsweetened, unflavored, WIC-allowed fluid cow's milk in gallon or half-gallon containers of skim/nonfat or 1%.
Cheese	6 pounds of WIC-allowed block or shredded cheese in packages of 8- or 16-ounce sizes in any combination of at least three varieties. Cheese with added ingredients is not allowed.
Yogurt	2- 32-ounce containers of WIC allowed low-fat or non-fat yogurt.
Eggs	6- one-dozen containers of WIC-allowed fresh eggs in medium, large, extra-large or jumbo sizes. Cage-free and brown eggs are allowed. Free range and pasture raised not allowed.

MINIMUM STOCK REQUIREMENTS FOR WIC FOODS, TIER 1

Breakfast Cereal	12 boxes or bags (12 ounce or larger) of WIC-allowed cereal in any combination of at least six varieties.
Juice	18 containers of single flavor juice (no blends) in any combination of the following, with at least six containers WIC-allowed citrus juice : 11.5 to 12-ounce containers of WIC-allowed frozen juice; or 64-ounce containers of WIC-allowed refrigerated or shelf stable juice.
Whole Grains (Bread, Tortillas, Rice, Oatmeal, Pasta)	5 pounds of WIC-allowed whole grains, 16-ounce only, of at least three of the following varieties: whole grain bread, whole grain tortillas, oatmeal, brown rice and whole wheat pasta.
Peanut Butter	4- 16- to 18-ounce containers of WIC-allowed peanut butter which does not contain any other food product such as jelly, jam, or chocolate.
Canned Beans	192 ounces (9 cans) of WIC-allowed canned beans OR legumes, in any combination of at least three varieties, (15- to 16-ounce size cans).
Dried Peas, Beans or Lentils	4- 16-ounce packages of WIC-allowed dried beans, peas or lentils without any added ingredients.
Canned Fish	30 ounces of WIC-allowed canned light tuna packed in water or canned pink salmon packed in water, in 5oz containers or larger.

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 7 days of the WIC customer's request:

- An Infant Formula approved by the Commissioner under part 4617.0171;
- WIC-allowed Soy Beverage
- WIC-allowed Tofu
- WIC-allowed Baby Food Meats
- WIC-allowed Frozen Juice
- Other WIC-allowed products authorized under the provisions of the Code of Federal Regulations, title 7, part 246, as amended.

For more information: Minnesota Department of Health, WIC Program, PO Box 64975, St. Paul, MN 55164-0975

Ph: 651-201-4404 health.wicvendor@state.mn.us www.health.state.mn.us/wic 04/16/25

To obtain this information in a different format, call: 651-201-4404.

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