

601. Importance of Stocking Requirements:

This section is not applicable to DC WIC Pharmacies.

Minimum stocking requirements (MSR) ensure that a variety of WIC-approved foods are available for purchase at all times. WIC customers must purchase all of the food items listed on their check during one transaction, otherwise they will lose out on food items.

Vendors must meet the following MSRs for WIC-approved foods. DC WIC reserves the right to revise the list of WIC-approved foods and the MSRs, as needed. The State Agency will send updated product information, as needed. For an up-to-date listing of WIC-approved foods complete with approved brands, visit www.dcwic.org.

The following forms may be referenced for a condensed view of the MSR:

- 4a –Checklist for Medium and Large Vendors
- 4b –Checklist for Small Vendors

Vendors are informed of their vendor peer group placement (small, medium, or large) via the Vendor Agreement upon authorization. A vendor must meet the MSR per their peer group assignment. However, vendors are encouraged to stock items above the WIC MSR, and should not deny a WIC Customer from purchasing a WIC-approved item if it is not marked as such through the use of a shelf tag or other WIC-approved identifying marker.

Note – Items listed in **bold green font** indicate items and/or specifications that were added to the DC WIC Approved Foods List effective October 1, 2021.

602. Cereal:

Vendors:	Specifications:
<p>Small Vendors:</p> <ul style="list-style-type: none"> - At least 3 varieties of approved cold cereals - At least 1 variety of approved hot cereal - QTY: At least 72-oz total <ul style="list-style-type: none"> o Package sizes 8-oz to 36-oz 	<ul style="list-style-type: none"> • Any combination of sizes may be purchased for a total weight of less than or equal to the amount listed on the check <p>For example:</p> <p>If the prescribed amount is 36-oz, the following combinations of products would be allowed:</p> <ul style="list-style-type: none"> • Two 18-oz boxes = 36-oz • Two 10-oz boxes + one 16-oz box = 36-oz • Three 12-oz boxes = 36-oz
<p>Medium and Large Vendors:</p> <ul style="list-style-type: none"> - At least 8 varieties of approved cold cereals - At least 1 variety of approved hot cereal - QTY: 25 x 8-oz to 36-oz packages 	

603. Dry Beans and Peas:

Vendors:	Specifications:
<p>Small Vendors:</p> <ul style="list-style-type: none"> - At least 2 varieties of dry beans - QTY: 2 x 16-oz packages 	<ul style="list-style-type: none"> • Any brand and type of plain dry bean in a 16-oz package • Organic varieties allowed • Varieties such as black beans, black-eye peas, garbanzo beans, kidney beans, lima beans, pinto beans, navy beans, soybeans, split peas, lentils, great northern beans <p>NOT Allowed:</p> <ul style="list-style-type: none"> • Beans, soups, or soup mixes with flavor packets
<p>Medium + Large Vendors:</p> <ul style="list-style-type: none"> - At least 3 varieties of dry beans - QTY: 10 x 16-oz packages 	

604. Canned Beans:

Vendors:	Specifications:
Small Vendors: - At least 2 varieties of canned beans - QTY: 10 x 15-oz to 16-oz cans	<ul style="list-style-type: none"> • Any brand beans/lentils in a 15 to 16-oz can • Organics allowed • Varieties such those listed for dry beans • Refried beans with no added fat or sugar <p>NOT allowed:</p> <ul style="list-style-type: none"> • Added seasonings, sauce, meat, fat, or oil • Beans, soups, or soup mixes with flavor packets • Pork and beans, beans and franks, or baked beans • Canned green beans, green peas, snap beans, orange beans, wax beans
Medium + Large Vendors: - At least 2 varieties of canned beans - QTY: 10 x 15-oz to 16-oz cans	

605. Peanut Butter:

Vendors:	Specifications:
Small Vendors: - At least 2 varieties of peanut butter - QTY: 6 x 16-oz to 18-oz jars	<ul style="list-style-type: none"> • Any brand, Creamy, Crunchy or Chunky • 16 to 18-oz jars • Store brand organics allowed • “Natural” is allowed • Low-fat, reduced-fat, or reduced sodium <p>NOT allowed:</p> <ul style="list-style-type: none"> • Added jams, jelly, honey, marshmallow, chocolate, or omega-3 • Peanut “spread”
Medium + Large Vendors: - At least 2 varieties of peanut butter - QTY: 12 x 16-oz to 18-oz jars	

606. Cheese:

Vendors:	Specifications:
Small Vendors: - At least 2 varieties - QTY: 4-lb total of 8-oz and 16-oz packages	<ul style="list-style-type: none"> • Any brand allowed • Store brand organics allowed • 8-oz, 16-oz, 24-oz, and 32-oz packages • American, Cheddar, Colby, Monterey Jack, Mozzarella, Muenster, Provolone or Swiss, and blends of these • Blocks, cubes, shredded, or slices • Individually wrapped slices and string cheese • Kosher is allowed if meets criteria above <p>NOT allowed:</p> <ul style="list-style-type: none"> • Imported (cheese made outside the USA) • Cheese with flavors, nuts, peppers, or crackers • Cheese from the deli • Cream cheese, cheese spreads, processed cheese products such as Velveeta
Medium + Large Vendors: - At least 3 varieties - QTY: 15-lb total of 8-oz and 16-oz packages	

607. Canned Fish:

Vendors:	Specifications:
<p>Small Vendors:</p> <ul style="list-style-type: none"> • At least 2 varieties of canned fish • QTY: 30-oz total 	<ul style="list-style-type: none"> • All fish: <ul style="list-style-type: none"> ○ Any brand, packed in water or oil, may contain skin &/or bones ○ May have spices or flavors such as lemon, herb, mustard, tomato ○ Cans and pouches allowed • Chunk-light Tuna: in 2.5, 3, 5, 6, & 12-oz sizes • Pink Salmon: 3, 6, 7.5, & 14.75-oz sizes • Sardines: 3.75-oz sizes • Mackerel: 15-oz sizes <ul style="list-style-type: none"> ○ North Atlantic, chub (Pacific), or Jack mackerel <p>NOT allowed:</p> <ul style="list-style-type: none"> • Chunk white or solid white (Albacore), yellow fin or Tongol tuna • Easy peel sensations, lunch-to-go, tuna or salmon creations; w/ crackers, bowls, or kits • Red, sockeye, blue back, or smoked salmon • Salmon or tuna fillets • Kippered snacks or fish steaks
<p>Medium + Large Vendors:</p> <ul style="list-style-type: none"> • At least 3 varieties of canned fish • QTY: 60-oz total 	

608. Cow's Milk:

Vendors:	Specifications:
<p>Small Vendors:</p> <ul style="list-style-type: none"> • Cow's Milk QTY: 6 gallons total <ul style="list-style-type: none"> ○ 4 gallons low-fat (1%) / fat-free (skim) ○ 2 gallons whole milk • Lactose-free QTY: 6 gallons total <ul style="list-style-type: none"> ○ 4 gallons low-fat (1%) / fat-free (skim) ○ 2 gallons whole milk 	<ul style="list-style-type: none"> • Any brand • Organic store brands • Must be fortified with Vitamin D • % Fat and carton size of milk is listed on WIC check • Vendors are also encouraged to carry the following items, which participants may purchase when listed on the WIC check: <ul style="list-style-type: none"> ○ 2% Milk (quarts, half gallons, gallons) ○ Plain, unflavored kefir (quarts) ○ Meyenburg Goat's Milk (quarts, half gallons) <p>NOT allowed:</p> <ul style="list-style-type: none"> • Milk with added protein, sweetened condensed milk, or flavored milk • Almond milk, oat milk, rice milk, cashew milk, etc. • Raw milk
<p>Medium + Large Vendors:</p> <ul style="list-style-type: none"> • Cow's Milk QTY: 12 gallons total <ul style="list-style-type: none"> ○ 8 gallons low-fat (1%) / fat-free (skim) (at least 1 quart of (1%) / fat-free (skim)) ○ 4 gallons whole milk (at least 1 quart of whole milk) • Lactose-free QTY: 6 ½ gallons total <ul style="list-style-type: none"> ○ 4 gallons low-fat (1%) / fat-free (skim) ○ 2 gallons whole milk • Evaporated QTY: 8 x 12-oz cans • Powdered Milk (3-qt to 5-qt cartons) OR UHT Milk (8.4 fluid oz. cartons) QTY: 4 total 	



609. Soy Milk:

Vendors:	Specifications:
Small Vendors: <ul style="list-style-type: none"> At least 1 variety of approved brands Must stock half gallons QTY: 4 x 64-oz cartons 	Approved Brands: Refrigerated: <ul style="list-style-type: none"> 8th Continent Original – 64-oz 8th Continent Vanilla – 64-oz Silk Plain - 32-oz and 64-oz Great Value - 64-oz Shelf-Stable <ul style="list-style-type: none"> Pacific Foods Ultra Soy- 32-oz Silk Plain – 32 oz
Medium + Large Vendors: <ul style="list-style-type: none"> At least 2 varieties of approved brands Must stock half gallons AND quarts QTY: 7 x 64-oz cartons QTY: 7 x 32-oz cartons 	

610. Tofu:

Vendors:	Specifications:
Small Vendors: Not required, but encouraged	Approved Types: <ul style="list-style-type: none"> 14-oz and 16-oz packages Silken, lite firm, firm, extra firm, sprouted super firm Approved Brands: <ul style="list-style-type: none"> Azumaya House Foods Organic Nasoya Organic Nature’s Promise Organic (Giant) O Organics (Safeway) Simple Truth Organics (Harris Teeter)
Medium + Large Vendors: <ul style="list-style-type: none"> At least 1 variety QTY: at least 5 packages 	

611. Yogurt

Vendors:	Specifications:
Small Vendors: <ul style="list-style-type: none"> At least 2 varieties for low-fat/fat-free <ul style="list-style-type: none"> 1 option must be a multipack QTY: 128-oz total (The equivalent of 4 x 32-oz containers) At least 1 variety of whole milk yogurt QTY: 64-oz total 	<ul style="list-style-type: none"> Any brand of plain low-fat or fat-free yogurt, to include Greek style Any brand of plain whole milk yogurt, including Greek Organic store brands Approved brands for flavored items, and other Greek &/or organic items Approved multipacks % Fat will be listed on WIC check 32-oz containers and other approved sizes / multipacks NOT allowed: <ul style="list-style-type: none"> 2% milk yogurts Custard style, or drinkable yogurts Accompanying mix-in ingredients such as granola, honey, sprinkles, candy, or nuts
Medium + Large Vendors: <ul style="list-style-type: none"> At least 3 varieties for low-fat/fat-free <ul style="list-style-type: none"> 1 option must be a multipack QTY: 192-oz total (The equivalent of 6 x 32-oz packages) At least 1 variety of whole milk yogurt QTY: 96-oz total (The equivalent of 3 x 32-oz packages) 	

612. Eggs:

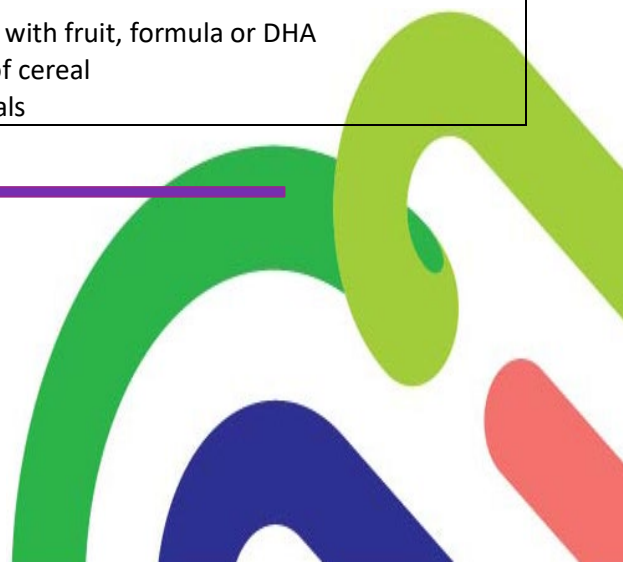
Vendors:	Specifications:
Small Vendors: - At least 1 variety - QTY: 3 x one-dozen cartons	<ul style="list-style-type: none"> • Any brand, any size, brown or white chicken eggs • Store brand organics allowed • Cage-free &/or free-range allowed • Dozens (12-ct) size only
Medium + Large Vendors: - At least 2 varieties - QTY: 12 x one-dozen cartons	NOT Allowed: <ul style="list-style-type: none"> • Specialty eggs such as Eggland’s Best, reduced cholesterol, or Omega-3 • Hard-boiled, liquid, or powdered eggs • Pasture raised

613. Juice:

Vendors:	Specifications:
Small Vendors: <ul style="list-style-type: none"> • Shelf Stable: 6 containers total <ul style="list-style-type: none"> ○ 48-oz: 1 variety, 3 containers ○ 64-oz: 1 variety, 2 containers • Frozen: 3 containers total <ul style="list-style-type: none"> ○ 11.5-12-oz: 1 variety, 3 containers 	<ul style="list-style-type: none"> • Approved brands • 100% juices only • Added calcium and pulp are allowed
Medium + Large Vendors: <ul style="list-style-type: none"> • Shelf Stable: 20 containers total <ul style="list-style-type: none"> ○ 48-oz: 2 varieties, 10 containers ○ 64-oz: 2 varieties, 10 containers • Frozen: 10 containers total <ul style="list-style-type: none"> ○ 11.5-12-oz: 2 varieties, 10 containers ○ 16-oz: 1 varieties, 5 containers 	NOT allowed: <ul style="list-style-type: none"> • Fresh squeezed • Refrigerated cartons or any glass bottles • Fruit cocktails, punch, ades, drinks, nectars, pouches, beverages, Hi-C, twisters, cider or coolers

614. Infant Cereal:

Vendors	Specifications
Small Vendors: <ul style="list-style-type: none"> • At least 2 varieties (1 must be rice) • QTY: 4 x 8-oz containers 	<ul style="list-style-type: none"> • Only dry, plain, unflavored cereal • 8-oz packages • Oatmeal, Rice, and/or Multigrain cereals allowed • Organics allowed
Medium + Large Vendors: <ul style="list-style-type: none"> • At least 3 varieties (rice, oatmeal, & multigrain) • QTY: 8 x 8-oz containers 	NOT allowed: <ul style="list-style-type: none"> • Cereal mixed with fruit, formula or DHA • Jars or cans of cereal • Toddler cereals

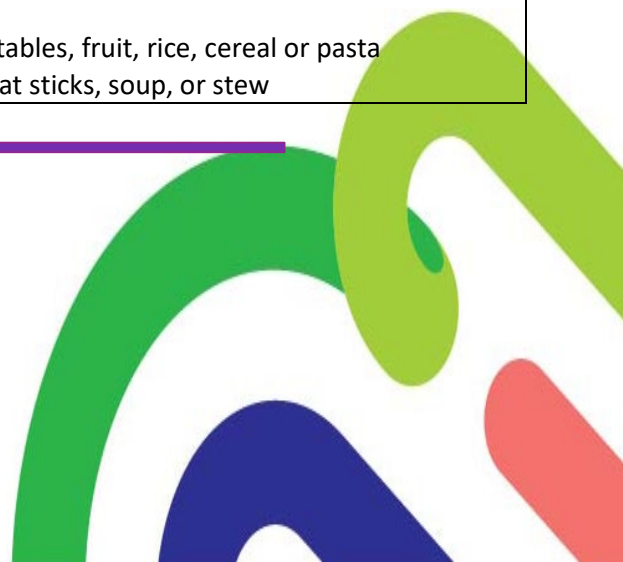


615. Infant formulas:

Vendors:	Specifications:
<p>Small Vendors: Similac Advance</p> <ul style="list-style-type: none"> • 12.4-oz powder cans: QTY 15 • 13-oz concentrate cans: QTY 24 • 32-oz RTU bottles: 6 <p>Similac Soy Isomil:</p> <ul style="list-style-type: none"> • 12.4-oz powder cans, QTY: 10 • 13-oz concentrate cans, QTY: 12 <p>Similac Sensitive:</p> <ul style="list-style-type: none"> • 12.5-oz powder cans. QTY: 10 	<p>Notes: Food vendors are not required to stock formula options other than those listed here. The name of the standard formula, form (powder, concentrate, or RTU), and package size will appear on the face of the check.</p> <p>Notes: Each non-pharmacy vendor is required to secure “out of stock” infant formula requested by a WIC customer within 24 hours. Attempts should be made to provide the products as soon as possible. Stores will be sanctioned if participants, after making repeated trips to the store, are unable to redeem checks for standard WIC formulas.</p> <p>Refer to the DC WIC Formula Guide for more information on DC WIC-approved formulas and medical foods, and find the current list of DC WIC Approved Formula Suppliers (from whom you may purchase your formula inventory) at www.dcwic.org or contact the State Agency.</p>
<p>Medium+ Large Vendors: Similac Advance:</p> <ul style="list-style-type: none"> • 12.4-oz powder cans, QTY: 18 • 13-oz concentrate cans, QTY 24 • 32-oz RTU bottles: 6 <p>Similac Soy Isomil:</p> <ul style="list-style-type: none"> • 12.4-oz powder cans, QTY: 12 • 13-oz concentrate cans, QTY 6 • 32-oz RTU bottles: 6 <p>Similac Sensitive</p> <ul style="list-style-type: none"> • 12.5-oz powder cans, QTY: 18 • 32-oz RTU bottle: 6 	

616. Infant Meats:

Vendors:	Specifications:
<p>Small Vendors:</p> <ul style="list-style-type: none"> • At least 2 varieties • QTY: 16 x 2.5-oz jars 	<ul style="list-style-type: none"> • Any Brand • 2.5-oz jars • Organics allowed • Single meat ingredient • Can be in gravy or broth <p>NOT allowed:</p> <ul style="list-style-type: none"> • Added DHA • Added vegetables, fruit, rice, cereal or pasta • Dinners, meat sticks, soup, or stew
<p>Medium + Large Vendors:</p> <ul style="list-style-type: none"> • At least 2 varieties • QTY: 16 x 2.5-oz jars 	



617. Infant Food Fruits and Vegetables:

Vendors	Specifications:
Small Vendors: <ul style="list-style-type: none"> Baby food fruits: at least 2 varieties QTY: 64-oz total (equivalent to 16 x 4-oz packages) Baby food vegetables: at least 2 varieties QTY: 64-oz total (equivalent to 16 x 4-oz packages) 	<ul style="list-style-type: none"> Any brand, any stage Organics and naturals allowed Jars and pouches allowed Texture may range from strained to diced Plain vegetables and fruits Single vegetable or single fruit ingredient Combinations of vegetables, fruits, or fruits and vegetables allowed Multi-packs up to a total of 128-oz allowed <p>NOT allowed:</p> <ul style="list-style-type: none"> Added DHA Toddler foods Added meat, rice, yogurt, pasta, or cereal including granola or oatmeal Added sugars, starches, or salt Dinners, desserts, soup, stew or mixtures
Medium + Large Vendors: <ul style="list-style-type: none"> Baby food fruits: at least 2 varieties QTY: 128-oz total (Equivalent to 32 x 4-oz packages) Baby food vegetables: at least 2 varieties QTY: 128-oz total (Equivalent to 32 x 4-oz packages) 	

618. 100% Whole Grains:

All whole grain items are in 16-oz (1 lb.) package sizes and may be substituted among each other.

Brown Rice and Barley – may be purchased in a 32-oz package if customer has 2 whole grain options on check	
Vendors	Specifications
Small Vendors: <ul style="list-style-type: none"> At least 1 variety QTY: 4 x 16-oz packages 	<ul style="list-style-type: none"> Any brand plain rice or barley Organics allowed May be regular, quick-cooking, or instant <p>NOT allowed:</p> <ul style="list-style-type: none"> Added seasonings, flavor, sauce, sugar, vegetables, fat, oil, or salt Precooked in pouch Mixes with any other type of rice
Medium + Large Vendors: <ul style="list-style-type: none"> At least 1 variety QTY: 8 x 16-oz packages 	

Whole Oats	
Vendors:	Specifications:
Small Vendors: <ul style="list-style-type: none"> Encouraged but not required 	<p>Approved Brands:</p> <ul style="list-style-type: none"> Mom’s Best Naturals <ul style="list-style-type: none"> Quick Whole Oats Old Fashion Oats <p>NOT allowed</p> <ul style="list-style-type: none"> Individual packets
Medium + Large Vendors: <ul style="list-style-type: none"> At least 1 variety of approved brands QTY: 4 x 16-oz packages 	



Whole Wheat Pasta	
Vendors:	
Small Vendors:	Medium + Large Vendors:
<ul style="list-style-type: none"> At least 1 variety of approved brands QTY: 4 x 16-oz packages 	<ul style="list-style-type: none"> At least 2 variety of approved brands QTY: 8 x 16-oz packages
Approved Brands:	
<ul style="list-style-type: none"> Barilla Whole Grain Bowl & Basket Essential Everyday Giant Brand Great Value (Walmart) Great Value Organics Harris Teeter Brand Harris Teeter Organics 	<ul style="list-style-type: none"> Nature’s Promise (Giant) Racconto Ronzoni Shop Rite Signature Select (Safeway) Simple Truth (Harris Teeter) Simple Truth Organics O Organics (Safeway)
Note: Any shape pasta from these brands is allowed, must be 100% Whole Wheat or Whole Grain.	Note: “Whole Wheat Flour” or “Whole Wheat Durum Flour” must be the only flours in the ingredients list.
NOT allowed:	
<ul style="list-style-type: none"> Added fats, oils, sugars, or salt 	<ul style="list-style-type: none"> Mixtures with meat, cheese, or added ingredients

Whole Grain Breads	
Vendors:	
Small Vendors:	Medium + Large Vendors:
<ul style="list-style-type: none"> At least 1 variety of approved brands QTY: 4 x 16-oz package 	<ul style="list-style-type: none"> At least 2 varieties of approved brands QTY: 8 x 16-oz packages
Approved Brands:	
<ul style="list-style-type: none"> Arnold <ul style="list-style-type: none"> 100% Whole Wheat Hamburger Buns 100% Whole Wheat Hotdog Buns 100% Whole Wheat Sandwich Buns Nature’s Harvest 100% Whole Wheat Bunny 100% Whole Wheat Essential Everyday 100% Whole Wheat Giant <ul style="list-style-type: none"> 100% Whole Wheat Stone Ground 100% Whole Wheat Harvest Pride 100% Whole Wheat Hauswald’s 100% Whole Wheat Bread Merita 100 % Whole Wheat Nature’s Own <ul style="list-style-type: none"> 100% Whole Wheat with Honey 100% Whole Wheat Sugar Free 100% Whole Grain 100% Whole Wheat 	<ul style="list-style-type: none"> Pepperidge Farm <ul style="list-style-type: none"> Stone Ground 100% Whole Wheat Very Thin 100% Whole Wheat Light Style 100% Whole Wheat Light Style Soft Wheat Bread Whole Grain Jewish Rye Seeded Roman Meal Sungrain 100% Whole Wheat Signature Select 100% Whole Wheat Shopper’s 100% Whole Wheat Bread Sara Lee Classic 100% Whole Wheat Bread Safeway Kitchens 100% Whole Wheat Schmidt Old Thyme <ul style="list-style-type: none"> 100% Whole Wheat Bread 100% Whole Wheat Hotdog Rolls 100% Whole Wheat Hamburger Rolls Weight Watcher’s 100% Whole Wheat Wonder Bread 100% Whole Wheat
NOT allowed:	
<ul style="list-style-type: none"> Multigrain Double fiber bread 	<ul style="list-style-type: none"> Contains cinnamon, nuts, raisins, or fruit

Tortillas	
Vendors:	
Small Vendors:	Medium + Large Vendors:
<ul style="list-style-type: none"> • At least 1 variety of approved brands • QTY: 4 x 16-oz package 	<ul style="list-style-type: none"> • At least 2 varieties of approved brands • QTY: 8 x 16-oz packages
Approved Brands:	
<ul style="list-style-type: none"> • Celia’s <ul style="list-style-type: none"> ○ Whole Wheat ○ Yellow Corn • Chi Chi’s - Whole Wheat Fajita • Everyday Essential <ul style="list-style-type: none"> ○ Soft White Corn ○ Whole Wheat • Giant <ul style="list-style-type: none"> ○ White Corn ○ Whole Wheat • Nature’s Promise <ul style="list-style-type: none"> ○ Whole Grain Wheat ○ Whole Grain Corn • Great Value - Whole Wheat Soft Tacos • Guerrero <ul style="list-style-type: none"> ○ White Corn ○ Whole Wheat 	<ul style="list-style-type: none"> • La Banderita <ul style="list-style-type: none"> ○ White Corn ○ Grande Corn ○ Whole Wheat Fajita • La Burrita - 8” Yellow Corn • Mi Casa - 100% Whole Wheat • Mission <ul style="list-style-type: none"> ○ Whole Wheat Tortillas ○ Whole Wheat Fajita ○ Whole Wheat Restaurant Style ○ 6” Yellow Corn • Signature Select – Whole Wheat Flour Soft Taco Style Tortillas • Ortega - Whole Wheat
NOT allowed:	
<ul style="list-style-type: none"> • White flour tortillas 	<ul style="list-style-type: none"> • Flavored tortillas (lime, sun-dried tomato) • Fried tortillas, tortilla chips, “hard shell” tortillas or taco shells



619. Vegetables and Fruits: to be purchased with Cash Value Checks (CVCs)

All Vendors:	
<ul style="list-style-type: none"> At least 2 varieties each for fresh, frozen, and canned fruits At least 2 varieties each for fresh, frozen, and canned vegetables 	
Small Vendors:	Medium and Large Vendors:
<ul style="list-style-type: none"> Fresh fruits and vegetables, QTY: 8-lb Frozen vegetables and fruits, QTY 8-lb Canned fruits and vegetables, QTY: 14 cans 	<ul style="list-style-type: none"> Fresh fruits and vegetables, QTY: 16-lb Frozen vegetables and fruits, QTY 16-lb Canned fruits and vegetables, QTY: 30 cans Dried fruits and vegetables, QTY: 3-lb

<p>Approved Fresh Vegetables and Fruit:</p> <ul style="list-style-type: none"> Plain vegetables and fruits Whole, cut, or loose Bagged or plastic package Any potato Organic 	<p>NOT allowed:</p> <ul style="list-style-type: none"> Salad bar items, party platters / trays, fruit baskets Salad kits with nuts, fruit, croutons, meat, dressing Fruit or vegetables with dips, butter, or sauces Decorative vegetables and fruits such as chili peppers or garlic on a string, gourds, painted pumpkins Spices, herbs, or edible blossoms of flowers Blueberry (or any) muffins, and other baked goods
<p>Approved Frozen Vegetables and Fruit:</p> <ul style="list-style-type: none"> Plain vegetables and fruits without added oils, fats, or sugars Any beans Bag or box Any brand or size Organic 	<p>NOT allowed:</p> <ul style="list-style-type: none"> Added sugar, fat, or artificial sweeteners Vegetables with meat, nuts, potatoes, rice, or pasta Vegetables with breading, fried, sauces, cream, cheese, seasoned, or teriyaki sauce Fruit bars, fruit popsicles, Italian ice, fruit blends, sorbets Sweet potato pancakes or sweet potato fries
<p>Approved Canned Vegetables and Fruit:</p> <ul style="list-style-type: none"> Plain varieties Any sodium level Immature beans such as green beans, green peas, snap beans, wax beans, succotash (lima beans and corn) Fruit packed in water, unsweetened fruit juice, unsweetened fruit juice concentrate Applesauce without added sugar Any brand or size Metal, glass, or plastic jar Organic 	<p>NOT allowed:</p> <ul style="list-style-type: none"> Fruit in syrup or with added sugars or artificial sweeteners Cranberry sauce, pie fillings Yams or sweet potatoes Spaghetti or pizza sauces Vegetables with meat, nuts, potatoes, rice, or pasta Soup, ketchup, relishes, olives, or other condiments Pickled (sauerkraut, 3 bean salad, sweet & sour cabbage), creamed vegetables (corn), marinated vegetables or vegetables in brine (olives) <u>Mature beans</u> such as those allowed in section 604
<p>Approved Dried Vegetables and Fruit:</p> <ul style="list-style-type: none"> Plain vegetables and fruit without added oils, fats, or sugars 	<p>NOT allowed:</p> <ul style="list-style-type: none"> Dried fruit or vegetables with added sugars, fats, or oils Fruit leathers or roll ups with added sugars, fats, or oils

Not allowed for fresh, frozen, canned, and dried vegetables and fruits:

Sugars - includes sugar, high fructose corn syrup, corn syrup, honey, maple syrup, syrup, molasses, dextrose, fructose, maltose, lactose, sucrose, sugar cane, sorbitol, mannitol, xylitol, cane syrup

Fats - includes oils (soybean, cottonseed, olive, canola, partially hydrogenated oils, etc.) butter, margarine

Artificial Sweeteners – includes sucralose, Splenda, NutraSweet, aspartame, acesulfame potassium, saccharin, stevia