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FEEDING THE FUTURE: THE WIC PROGRAM IN MICHIGAN

by

**Ellyn Ackerman
Fiscal Analyst**

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Ellen Jeffries, Director
Senate Fiscal Agency
P.O. Box 30036
Lansing, Michigan 48909-7536
Telephone (517) 373-2768
www.senate.michigan.gov/sfa

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INTRODUCTION

Along with Medicaid, Medicare, and Social Security, the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) is one of the most well-known Federal assistance programs. Targeted at low-income women who are currently pregnant or breastfeeding, and children who are younger than five years old, WIC is a supplemental nutrition program that provides a monthly "basket" of nutritious foods aimed at maximizing the physical and mental development of children. Like Medicaid, WIC is a Federal program that is administered by the State. However, while Medicaid is considered an "entitlement", WIC is funded through discretionary appropriations. Unlike entitlements, which set eligibility criteria and then provide funding to all who qualify regardless of total annual cost, discretionary appropriations consist of annual allocations that set the total level of funding and are governed by annual Federal appropriations acts.

This paper will provide a general overview of the WIC Nutrition Program as well as a comparison of Michigan's food basket to that of other states. Following a discussion of the program's background, the first section of the paper discusses national WIC eligibility requirements and benefits before focusing on what is included in Michigan's food basket. The second section covers how Michigan awards vendor contracts, sets the reimbursement rates for basket items, and reimburses approved vendors. The third portion of this paper is broken down into three subsections and compares the approved food basket for Michigan participants to that of other states. The final portion of the paper discusses the recent history of funding for WIC in Michigan. This portion is broken down into six subsections covering fiscal year (FY) 2011-12 through FY 2016-17.

BACKGROUND

As indicated by the name of the program, WIC was never meant to provide a complete diet for participants. Rather, the program focused on supplementing the foods that a family received through other food or welfare programs (such as food stamps), or that the family purchased¹. Thus, the law establishing WIC defined "supplemental foods" as any food that contained nutrients known to be lacking in the diets of populations at nutritional risk. This included foods with higher levels of protein, iron, calcium, vitamin A, and vitamin C². As a result of some concern that the WIC food basket no longer accurately reflected the food needs of the population participating in the program, a final rule was published on March 4, 2014, updating the food basket to align it with the dietary guidelines of the American Academy of Pediatrics, as well as current scientific and dietary standards³.

The WIC program was permanently established on October 7, 1975, but the roots of the program can be traced back to the 1969 White House Conference on Food, Nutrition, and Health⁴. This conference found that low-income women were more likely to have poor nutrition, resulting in adverse health outcomes for these women and their children. It was recommended that low-income women and preschool-aged children be a focus of future food programs⁵. As direct result, an amendment to the Child Nutrition Act of 1966 provided \$20.0 million to local health or welfare agencies as well as private nonprofit agencies serving local health or welfare needs "to enable such agencies to carry out a program under which supplemental foods will be made available to pregnant or lactating women and to infants determined by competent professionals to be nutritional risks because of inadequate nutrition and inadequate income"⁶. This was meant to be a two-year pilot program targeted at breastfeeding mothers and children up to age four.

After some setbacks, the first WIC site opened in Kentucky on January 15, 1974, with the program expanding to all but five states by the end of the year⁷. After the success of the pilot program, the

WIC program was permanently established by Public Law No. 94-105, Sec 17. Unlike the pilot program, eligibility was expanded to include children up to age five, and women up to six months postpartum who were not breastfeeding⁸. Additionally, the law permitted nutritional education to be an allowable administrative expense, and required that eligibility be limited to individuals with evidence of nutritional risk⁹.

Since the implementation of WIC, a few key pieces of legislation have modified the program to promote fiscal responsibility or encourage specific actions by participants. In 1989, statute was changed to require states to use cost-containment contracts for the purchase of infant formula¹⁰. States have continued cost-containment initiatives by negotiating rebates on other WIC food items, and limiting the types and package size of foods allowed by the state's WIC program. Money that is saved through such initiatives does not lapse to the Federal government, but rather allows the state to expand the number of eligible individuals to whom it provides WIC services¹¹. Also in 1989, the Farmers' Market Coupon Demonstration Project was established as a three-year pilot program in a select number of states, including Michigan¹². As a result of the success of the demonstration project, the pilot was renamed the WIC Farmers' Market Nutrition Program and has been a staple of the Michigan program ever since¹³. A more in-depth discussion of this program is included in the next section. The late 1980s and early 1990s saw a shift in focus from cost containment to the promotion of breastfeeding. The two main reforms resulting from this shift were the passage of the enhanced food basket for breastfeeding mothers not receiving infant formula in 1992, and the requirement that \$21¹⁴ per pregnant or breastfeeding woman be used to promote the benefits of breastfeeding^{15,16}.

WIC ELIGIBILITY AND BENEFITS

While the exact make-up of the food package is left up to the states, contingent upon Federal approval, WIC eligibility is set at the Federal level. In order to qualify for the WIC program, applicants must meet requirements in four separate categories. First, an applicant must be a resident of the state in which benefits are claimed¹⁷. The second category deals with income. Federal regulations specify that the maximum income standard set by the state agency must be greater than 100% of the Federal Poverty Level (FPL), but not less than 185% of FPL¹⁸. Currently, Michigan uses 185% of FPL as its maximum income eligible for the WIC program¹⁹. Additionally, participants in other Federal programs, such as the Supplemental Nutrition Assistance Program (SNAP), Medicaid, or Temporary Assistance for Needy Families (TANF), are automatically considered income eligible²⁰. Third, the applicant must fall into one of five demographic categories. Women in the WIC program must be pregnant (which includes women up to six weeks after giving birth), nonbreastfeeding up to six months after giving birth, or breastfeeding up to one year after giving birth²¹. The two child-related categories include infants up to one year of age, and children between the ages of one and four (until their fifth birthday). The category an applicant falls into also will dictate the food package for which he or she is eligible.

The final eligibility category requires that applicants be deemed to be at nutritional risk in order to receive WIC services. Nutritional risk is divided into five different categories: anthropometric, biochemical, clinical/health/medical, dietary, and other²². Anthropometric nutritional risk deals with an applicant's size, form, and functional capabilities. Thus, an applicant who was born prematurely, had a low birth weight, is an inappropriate weight for his or her height, or is in one of the lower percentiles for height would qualify as being at nutritional risk for anthropometric reasons. While anthropometric nutritional risk deals with the outward appearance of an applicant, biochemical nutritional risk refers to any nutritional anemias. The third category specifies pregnancy-induced conditions, loss of previous pregnancies, common obstetrical risks, substance abuse, and other health risks as indicators of clinical/health/medical-related nutritional risk. Most commonly, when people think of nutritional risk it is associated with the dietary category.

Lack of access to healthy food and inadequate consumption of healthy food are the most obvious indicators of nutritional risk. Finally, other conditions that indicate a level of nutritional risk necessary to qualify for the WIC program include homelessness and being the infant of a WIC-eligible mother²³.

The WIC program does specify a priority system to organize the order in which applicants will be served by the program, but due to increases in funding that began during the 1990s nearly everyone who is eligible for the program and has applied is being served²⁴. There are seven different priority levels, with the highest priority being pregnant and breastfeeding women, and children whose nutritional risk is classified as anthropometric or biological. The next two levels prioritize infants over children, and children over women, with preference given to those whose nutritional risk is anthropometric, biological, or medical in nature. The lowest two priority categories are postpartum women without exacerbating factors, and applicants whose nutritional risk is due to homelessness²⁵. Once a woman, infant, or child has been approved to receive WIC services, the expiration of his or her certification hinges on which eligibility category the applicant falls into. Pregnant women are certified for up to six weeks past their estimated delivery date. All other categories are certified for six months at a time, with the only exception being infants who are added before they reach six months of age. These infants are certified until their first birthday, at which time their parent or parents must reapply for WIC benefits²⁶.

Although Michigan uses only one type of food delivery system, there are, currently, three options from which states may choose. The most common delivery system, and the one Michigan uses, is through contracts with retail vendors, such as grocery stores. Participants receive an Electronic Benefits Transfer (EBT) card that may be used at participating retail locations in exchange for items included in their food package²⁷. When the EBT card is swiped at a participating vendor, the redeemed WIC food benefits are automatically reconciled against the food balance available for that participant. Before the widespread use of EBT cards, program participants had to visit their local WIC office every one to three months in order to receive checks or vouchers for basket items. The Federal government has required that all states implement EBT for WIC by October 1, 2020²⁸. Another option for states is to remove the retail location as the middleman and distribute food directly from a storage facility owned by the state or local WIC coordinating agency²⁹. While this allows the participants to visit one site each month for all of their WIC-related benefits, it does not allow the state to take advantage of already existing relationships that vendors have with food manufacturers. The final method of distribution allows states to directly deliver the food basket to a participant's home address. Vermont was the last to use the home delivery system, but now uses a retail delivery system instead³⁰. The main impetus behind the movement away from the storage facility and home delivery systems is that those systems are more costly for states to implement than the retail vendor delivery system.

Currently, the Federal government prescribes seven different food packages depending on the demographics of the applicant. For infants, there are three separate food packages, which vary by age and whether the child is fully formula-fed, partially breastfed, or fully breastfed. [Table 1](#) summarizes the Federal requirements for each infant food package³¹. Working within these general guidelines, the Michigan WIC program has further specified what products are, and are not, allowed as part of the food basket. Michigan does not permit the purchase of organic items through its WIC program except in the case of fruits and vegetables, whole wheat pastas, and soy beverages. A full copy of the Michigan WIC Food Guide can be found in [Appendix A](#) (which replicates the Food Guide published by the Michigan Department of Health and Human Services, effective July 11, 2016). Michigan limits infant cereals to eight- or 16-ounce boxes that do not contain fruit, formula, or supplements referred to as DHA and ARA³². There is not a brand limitation on infant cereal; however, for infant fruits and vegetables, and infant meats, parents may choose only from four specific brands. For infant fruits and vegetables, the product must be

in a four-ounce plastic or glass jar and consist of any single or mixed fruits and/or vegetables as long as there are no added sugars, salts, flours, starches, or DHA. Women who fully breastfeed their babies may begin supplementing with infant meats at six months old. Infant meats may be only in 2.5-ounce containers and only single meat varieties³³.

Table 1

Infant Food Package Requirements									
	Food Package I			Food Package II			Food Package III		
	Formula Fed	Partially Breastfed	Breastfed	Formula Fed	Partially Breastfed	Breastfed	Formula Fed	Partially Breastfed	Breastfed
WIC Formula^a	806 fl oz ^b 884 fl oz ^c	1 can powder ^e 364 fl oz ^f 442 fl oz ^g	--	624 fl oz ^d	312 fl oz ^d	--	806 fl oz ^b 884 fl oz ^c 624 fl oz ^d	1 can powder ^e 364 fl oz ^f 442 fl oz ^g 312 fl oz ^d	--
Infant Cereal	--	--	--	24 oz ^d	24 oz ^d	24 oz ^d	24 oz ^d	24 oz ^d	--
Baby Food, Fruits and Vegetables	--	--	--	128 oz ^d	128 oz ^d	256 oz ^d	128 oz ^d	128 oz ^d	--
Baby Food, Meat	--	--	--	--	--	77.5 oz ^d	--	--	--
a) All measures refer to reconstituted liquid concentrate. WIC formula means infant formula, exempt infant formula, or WIC-eligible nutritionals. b) 0-3 months c) 4-5 months d) 6-11 months e) 0 to 1 months f) 1 to 3 months g) 4-5 months									
Source: United States Department of Agriculture Food and Nutrition Service									

Once children reach their first birthday, if they are still eligible for WIC, they begin receiving food package IV. The remaining three food packages are for pregnant and postpartum women. It should be noted that Federal guidelines often allow substitutions of related goods from the core categories. [Table 2](#) summarizes the Federal requirements for each food package, while a full list of the rules governing food substitutions can be found in [Appendix B](#). For food package IV, Michigan requires that the juice come in a 64-ounce plastic container, be 100% juice, and have 120% of the recommended daily amount of vitamin C. Parents may choose between six name brands, or any store brand. While WIC-eligible women are limited to one name brand or any store brand for prepackaged juice, frozen and nonfrozen concentrates also are allowed³⁴. Under Federal regulations, combinations of single-strength and concentrated juices may be issued provided that the total volume does not exceed the maximum monthly allowance for single-strength juice. Milk is one of the categories in which substitutions of cheese, yogurt, and soy milk may be made. In general, WIC participants must choose from skim, 0.5%, or 1% unless it is specifically stated on the WIC shopping list that 2%, whole milk, or other milk products are allowed. These allowances are made after taking into account the participant's age, and any medical conditions or allergies³⁵. Yogurt is limited to nonfat or low-fat only, in any flavor, while cheese is limited to select types in one-pound packages. String cheese and American cheese slices are allowed as long as they are not individually wrapped. Breastfeeding mothers are the only group given a separate cheese allotment, although they still may substitute some of their milk for extra cheese³⁶. For some participants with lactose intolerances or allergies, the WIC shopping list will state that equivalent amounts of soy beverages, such as Silk™, Pacific Natural Foods™, or 8th Continent™, are allowed as milk substitutes³⁷.

Table 2

Children and Women Food Package Requirements				
	Food Package IV	Food Package V	Food Package VI	Food Package VII^a
	Children Ages 1-4 years	Expecting and Partially (Mostly) Breastfeeding^b	Postpartum^c	Fully Breastfeeding^b
Juice, single strength	128 fl oz	144 fl oz	96 fl oz	144 fl oz
Milk	16 qt	22 qt	16 qt	24 qt
Breakfast Cereal	36 oz	36 oz	36 oz	36 oz
Cheese	--	--	--	1 lb
Eggs	1 dozen	1 dozen	1 dozen	2 dozen
Fruits and Vegetables	\$8 in vouchers	\$11 in vouchers	\$11 in vouchers	\$11 in vouchers
Whole Wheat Bread	2 lb	1 lb	--	1 lb
Fish (canned)	--	--	--	30 oz
Legumes, Dry or Canned and/or Peanut Butter	1 lb (64 oz canned) or 18 oz	1 lb (64 oz canned) and 18 oz	1 lb (64 oz canned) or 18 oz	1 lb (64 oz canned) and 18 oz
a) Women fully breastfeeding multiple infants from the same pregnancy are prescribed 1.5 times the maximum allowances. b) Up to 1 year postpartum c) Up to 6 months postpartum				
Source: United States Department of Agriculture Food and Nutrition Service				

Michigan-allowed breakfast cereal includes both hot and cold cereal varieties and is limited by both brand and flavor. In general, participants may choose from bran flakes, corn flakes, corn squares, crispy rice, frosted shredded wheat, and toasted oat cereals³⁸. Similarly, the choice of eggs is fairly restricted. Participants must choose from Grade A or AA, medium or large white eggs³⁹. The options for fruits and vegetables are set up slightly differently than the rest of the food basket. Rather than specifying a consistent amount of the food item, the State gives participants vouchers that may be used in the place of money. This allows for greater variation in the fruits and vegetables that participants consume, and also permits them to take advantage of lower prices on in-season produce. The only limitation on produce is that it must be fresh, without any added sweeteners or fat⁴⁰. As with the milk category, the whole wheat bread category actually allows participants to choose from a selection of oatmeal, brown rice, whole wheat pastas, whole wheat bread, whole wheat buns, and tortillas. Everything except brown rice is limited by both flavor and brand. Rice may be any brand as long as it is plain brown rice, without added herbs, seasonings, or beans⁴¹.

When it comes to protein, only fully breastfeeding women are allowed a canned fish allotment, but all participants receive some form of legumes or peanut butter. Breastfeeding women may purchase any brand of chunk light tuna, or choose from Bumble Bee™ or Chicken of the Sea™ brands for pink salmon⁴². Women who are fully or partially breastfeeding receive an allotment of both legumes and peanut butter, while children and women who are not breastfeeding may use their allotment to choose either legumes or peanut butter. Beans, lentils, or peas may be either dry or canned. Canned beans may be any type excluding baked beans, chili beans, refried beans, green beans, snap beans, wax beans, yellow beans, green peas, or sweet peas⁴³. Recently, the restrictions concerning peanut butter were changed to allow all national brand peanut butter, such as JIF™, to be part of the WIC food basket. Currently, peanut butter purchased through the program must be in a 16- to 18-ounce jar, and may be smooth, creamy, crunchy, or extra crunchy. Reduced-fat peanut butters or peanut butters that have been fortified with DHA or Omega-3s are not allowed⁴⁴.

As mentioned in the previous section, the WIC Farmers' Market Nutrition Program, known as Project FRESH in Michigan, has been a part of the State's WIC benefits since its inception in 1989. According to the Michigan Department of Health and Human Services (MDHHS), the program's goals are twofold. Not only does it provide fresh, healthy fruits and vegetables to program participants, but it also promotes economic development by encouraging participants to buy local produce. Every year, the Project FRESH program runs from June 1 to October 31 at eligible farmers' markets, farms, and roadside stands⁴⁵. Each WIC participant, not including children younger than one year, is given a booklet of coupons totaling \$20 that may be used to purchase eligible fresh, unprepared fruits and vegetables, with a special emphasis on produce high in vitamin A, folic acid, and vitamin C⁴⁶. Currently, 36 states, four territories, and six Indian Tribal Organizations participate in the WIC Farmers' Market Nutrition Program⁴⁷.

In addition to providing supplemental food to participants, the WIC program is made up of three other components. Through the use of the administration grant, states must make nutrition education available to participants⁴⁸. While WIC clinics are required to provide nutrition education sessions, participation in the program is not contingent upon completion of these sessions. In order to encourage use of this program component, many states, including Michigan, now allow participants to complete online nutrition education modules⁴⁹. According to Federal regulations, nutrition education is shaped by two goals: "(1) Emphasize the relationship between nutrition, physical activity and health with special emphasis on the nutritional needs of pregnant, postpartum, and breastfeeding women, infants and children under five years of age, and raise awareness about the dangers of using drugs and other harmful substances during pregnancy and while breastfeeding, and (2) assist the individual who is at nutritional risk in improving health status and achieving a positive change in dietary and physical activity habits, and in the prevention of nutrition-related problems through optimal use of the supplemental foods and other nutritious foods. This is to be taught in the context of the ethnic, cultural and geographic preferences of the participants and with consideration for educational and environmental limitations experienced by the participants"⁵⁰.

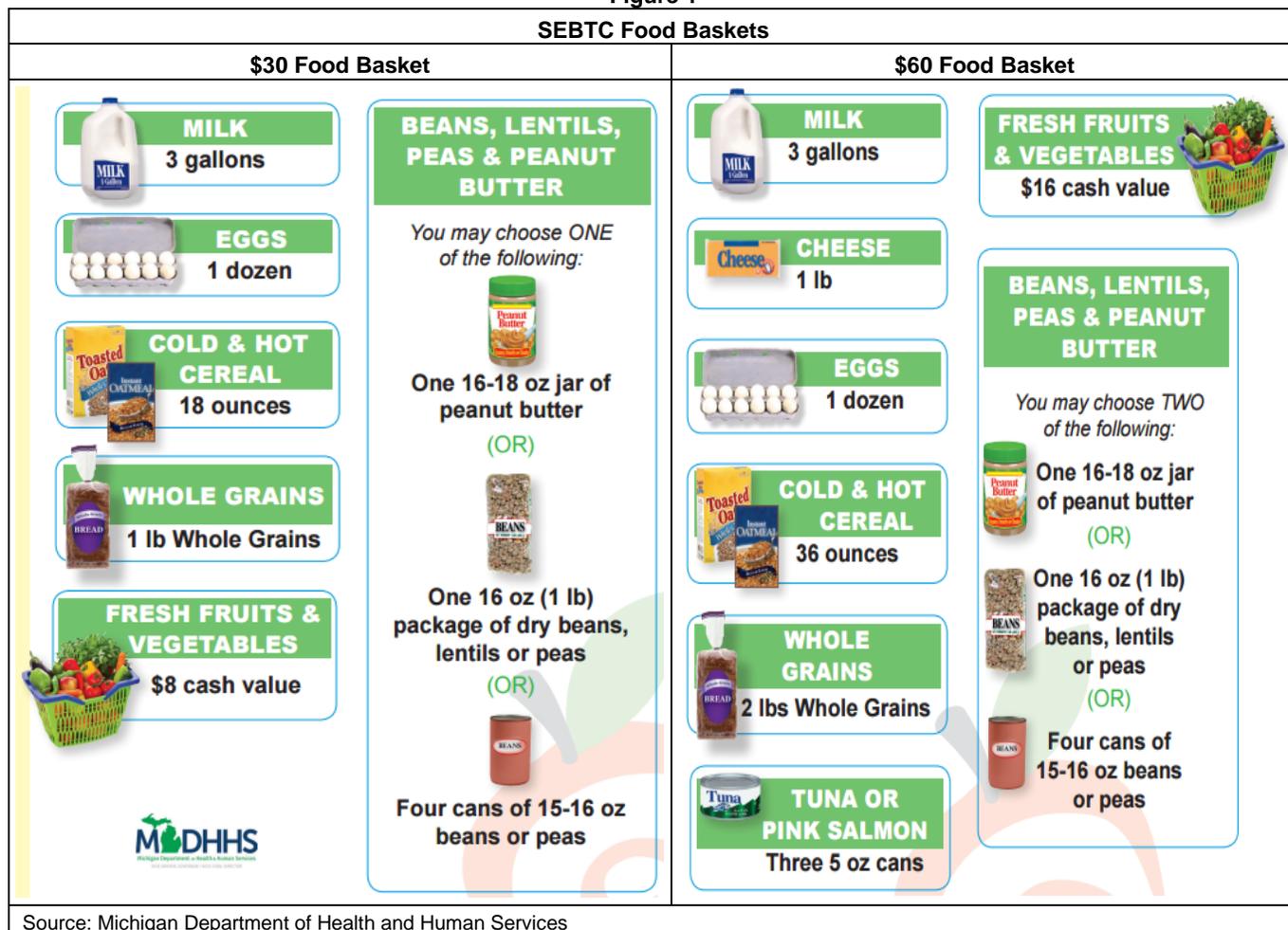
The third component of WIC benefits is referrals to other wellness and health services. All local WIC agencies are required to provide health care and social service referrals to participants. These services could include help applying for other state-run assistance programs, such as SNAP or Medicaid⁵¹. Since the issuance of a White House Executive Memorandum in December 2000, which found that immunization rates for low-income children often lag behind rates for their wealthier counterparts, immunizations have become a special focus of the WIC program. As part of the required WIC certification visits, parents are encouraged to provide their children's immunization records. If it is found that a child is behind on his or her immunization schedule, the WIC counselor may provide a referral for immunization services⁵².

The final component of WIC benefits is breastfeeding promotion and support. Since 1994, breastfeeding has received special focus from the WIC program, starting with the requirement that each state spend \$21, adjusted for inflation, per pregnant or breastfeeding participant on breastfeeding promotion⁵³. Compared to children who are also given infant formula, breastfed infants exhibit a lower risk of sickness, as well as childhood obesity⁵⁴. As part of the focus on breastfeeding, Michigan provides no-cost access to breastfeeding specialists and peer counselors⁵⁵.

For the past six years, the Michigan WIC program has received a grant from the United States Department of Agriculture to oversee the Summer EBT for Children (SEBTC) program. This program provides WIC-approved foods over the summer break to children who received free or reduced-price school lunches. Unlike the WIC program, the benefits do not expire during the three months of the program. In 2016, the benefits carried over until September 5⁵⁶. Children eligible to

participate in 2016 were those who received free or reduced-price lunch in Arenac, Alpena, Bay, Clare, Genesee, Gladwin, Grand Rapids, Houghton, Kentwood, Midland, and Tuscola intermediate school districts and in Detroit Public Schools. Children participating in the program receive either a \$30 food package or a \$60 food package, and a Bridge Card that can be used at WIC-authorized vendors, just like a regular WIC transaction⁵⁷. The rules governing what products are or are not allowed as part of the SEBTC food package mirror the rules governing the WIC program. Figure 1 shows the contents of the two SEBTC food baskets in 2016⁵⁸.

Figure 1



Source: Michigan Department of Health and Human Services

BASKET PRICE-SETTING AND VENDOR REIMBURSEMENT

In order to determine the number of WIC vendors to authorize, the Department of Health and Human Services looks at the participant population of the zip code area, whether the area is urban or rural, and the number of vendors currently authorized. For purposes of WIC vendor authorization, the MDHHS considers cities and townships with a participant population of 2,500 or more to be urban, while any areas not fitting into this criterion are classified as rural⁵⁹. For rural zip codes, the ratio used is one vendor for every 75 participants, while the ratio in urban zip codes is one vendor for every 175 participants⁶⁰. The number of vendors within a zip code is determined by the same ratio, or by the current number of vendor openings, whichever is greater. The Department may add vendors to a zip code at its discretion in response to unique circumstances⁶¹. Michigan is divided into three regions for the purpose of staggering contract cycles over a three-year period. In each region, during the appropriate year, the open application period is January 1

through February 15. However, stores may apply for a contract to be a WIC vendor at any time during the year. If the zip code in which the potential vendor applies has fewer vendors than the MDHHS has calculated as optimal, that applicant may be processed immediately. Once the Department has determined that the applicant fulfills the necessary qualifications, the store may receive a contract, even if it is not during the open application period for that region⁶². Vendors that apply outside of the open application period in zip codes that are saturated will be placed on a waiting list. The first year of the contract cycle applies to vendors located in zip codes in the southeastern portion of the State. During the second year of the cycle, vendors in the central portion of the State may apply or reapply. The final year of the cycle applies to vendors in the northern part of the State⁶³. While applications are automatically mailed to current vendors and stores that have been placed on the waiting list, the Department will mail applications to interested vendors upon receipt of a written request. Although a current WIC vendor does not automatically receive a renewal of its contract, the MDHHS does look at a vendor's history with the WIC program when considering contract reauthorization⁶⁴. Applications from interested vendors are considered only if there is an opening for a WIC vendor in the applicants' area. Finally, WIC vendor authorization is not automatically transferrable should a store be sold to a new owner⁶⁵. The new owner has 30 calendar days from the date ownership was transferred to submit a written request to the MDHHS in order to be eligible for WIC authorization under the "change of ownership" policy⁶⁶.

Once a vendor has been contracted to participate in the WIC program, there are some general guidelines it must follow. More specific rules and regulations are discussed later in this section, along with sanctions and termination of a store's contract. In order to participate in the program, the vendor must be licensed by the Michigan Department of Agriculture and Rural Development, as well as participate in SNAP⁶⁷. In order to maintain its WIC vendor certification, the vendor must redeem at least \$100 in WIC benefits per quarter, but never allow its total WIC sales to exceed 50% of the vendor's annual gross food sales⁶⁸. Finally, the vendor must attend at least one training session during its contract period and keep shopping receipts, or any other WIC-related receipts for a period of three years⁶⁹. Separate from the general vendor rules are the minimum stock requirements that vendors must follow. These rules include both type or brand minimum stock, and quantity minimum stock. Failure to meet minimum stock requirements during an on-site inventory audit will result in points being added to the vendor's record⁷⁰. As discussed later in this section, should the vendor reach a specific threshold of points, its contract may be terminated. Appendix C shows the minimum stock requirements currently in effect for the Michigan WIC program⁷¹.

In order to participate as a vendor in the WIC program, grocery stores must charge competitive prices to their customers and WIC participants. The Department uses a two-step process to determine what constitutes a competitive price. First, participating vendors must be divided into "peer groups". A vendor's peer group is evaluated using three categories⁷². Dividing vendors into peer groups helps to account for the bulk purchasing power of stores such as Meijer, compared to small, individually owned stores. The first thing the Department looks at is the physical size of the store. This can include such information as the number of cash registers⁷³. Second, the Department looks at the location of the store⁷⁴. Urban stores may face greater competition than rural stores, resulting in lower prices. Additionally, rural stores may find that their freight costs are higher than those of stores in urban hubs. The Department also looks at whether a store is in the northern or southern portion of the State. The final category that the Department looks at is the type of ownership. Stores may fall into the chain or independent category⁷⁵. Once stores have been sorted into peer groups, the WIC program can determine what it considers a competitive price for each WIC-eligible food item. Taking the most recent two months' worth of transactions, the MDHHS calculates an average price for each specific item using the UPC code within each peer group on the first of each month⁷⁶. Afterward, a percentage is added to the average price in

order to establish the maximum acceptable price for transactions over the course of that month. This is the highest price the Department is willing to reimburse for that food item. If the price a store charges exceeds the maximum allowable pricing, the sales receipt will denote this by printing an asterisk next to the food item⁷⁷. In this case, the Department will reimburse the store only the maximum allowable price. The store is not allowed to require WIC participants to make up the difference between the listed price and the reimbursement price. It should be noted that it is not a contract violation for stores to charge greater than the maximum price; however, the MDHHS does monitor stores that charge prices higher than the maximum price⁷⁸. Often, wholesale prices increase due to outside pressure on production costs or other processing inputs. While one store increasing prices would not have a large impact on the maximum allowable pricing, a widespread and consistent price increase among stores in a peer group will eventually result in an increase in the maximum allowable pricing. Due to the rolling two-month average, there may be a lag before vendors see an increase in their reimbursement price⁷⁹.

In general, vendors ring up food basket items the same way they ring up items for a non-WIC sale. After scanning the customer's EBT card and entering the WIC Purchase terminal, the vendor will be given the choice to perform a WIC Purchase, or a WIC Balance Inquiry⁸⁰. If "Balance Inquiry" is chosen, the point of service (POS) machine will print a receipt showing the participant's remaining WIC benefits, as well as the date on which they expire⁸¹. Choosing "WIC Purchase" enables cashiers to scan items as they do in a non-WIC transaction, except in the case of fresh fruits and vegetables⁸². Because a cash voucher system is used for those items, vendors must ring up all fresh fruits and vegetables using a specific PLU code. The cashier will enter the PLU code as 4469 before being prompted by the POS machine to enter the price of the produce, even if the fruits or vegetables have their own dedicated PLU code used in non-WIC transactions⁸³. As in other transactions, participants may use coupons or incentives on their purchase, subject to certain limits. The general rule of the WIC Incentive Policy is that incentives offered to participants may not exceed a value of \$2 except for the following: discounts such as store or manufacturers' coupons that are applied directly to the total amount being charged to the WIC program, bonus-sized items in which free ounces are added to the item by the manufacturer, loyalty programs or clubs that require documented membership, and buy-one-get-one-free (BOGO) offers on WIC-eligible food items⁸⁴. Despite these exceptions, the WIC program still closely scrutinizes any incentive that exceeds the \$2 limit. Incentives that are strictly prohibited are those in which the participant would receive cash or a cash equivalent, lottery tickets, alcohol, or tobacco. Additionally, BOGO deals are not allowed for infant formula⁸⁵. Failure to follow these rules may result in the vendor's receiving violation points.

Currently, the Michigan WIC program has a contract with Xerox State and Local Solutions (Xerox) to implement and deliver benefits to participants electronically. The contract requires Xerox to provide secure access to benefits for cardholders, protection against fraud, and reimbursement or settlement of WIC EBT transactions⁸⁶. Once a day, funds are settled directly to the vendor's designated bank account via an automated clearinghouse for all approved transactions. The Xerox host system has a cut-off time for transactions of 3:30 pm Eastern Standard Time, although a vendor may choose a different deadline for its transactions⁸⁷. This may result in a slight variation regarding when the vendor will receive payment for WIC transactions, but Xerox guarantees that all payments will be settled within two business days of the transaction. If a vendor chooses to keep the 3:30 pm cut-off time, any transaction made before that time will be included in the payment for all WIC EBT transactions for that business day. Transactions made after 3:30 pm will be included in the payment for WIC EBT transactions made during the next business day⁸⁸. The reimbursement amount should match the total WIC EBT transaction totals for the vendor for that business day. If the vendor has any bank account changes, or wishes to change the bank account to which the settlement is sent, the vendor must contact Xerox in order to ensure that payments can be made⁸⁹.

Violations of WIC administrative and procedural rules may result in sanctions, or termination of a WIC vendor's contract. Sanctions come in three categories: minor violations, which will result in points being added to the vendor's record; Department-determined violations; and federally determined violations⁹⁰. The first category of violation is the one in which vendors are given points for a relatively minor infraction. This may include having inadequate stock during a WIC audit (five points per food group up to a maximum of 15 points per visit), having no stock during a WIC audit (10 points per food group up to a maximum of 30 points per visit), requiring WIC participants to use WIC-only check-out lanes (five points), issuing "rain checks" for food benefits (10 points), or providing false information to a Department representative during an on-site visit (20 points)⁹¹. Upon the accumulation of 35 points during a contract period, the vendor may have its authorization terminated and be subject to a one-year disqualification period⁹². Departmental sanctions are for violations severe enough to warrant immediate termination of the vendor contract, without prior warning. While this list is not complete, such violations may include failure to attend required training, threatening and/or verbally abusing WIC clients, failure to maintain inventory records, or failure to purchase infant formula from licensed wholesalers, distributor, and retailers⁹³. In each of these examples, the sanction is termination and a one-year disqualification. Finally, sanctions in the third category are those that are federally mandated. Often, these sanctions require multiple incidents before imposition of the sanction. This may include such things as overcharging (termination and a three-year disqualification for three incidents); providing credit or non-food items in exchange for food instruments (termination and a three-year disqualification for two incidents); being convicted of trafficking in WIC EBT food instruments or selling firearms, ammunition, explosives, or controlled substances in exchange for WIC EBT food instruments (termination and permanent disqualification for one incident); or the sale of alcohol or tobacco in exchange for WIC EBT food instruments (termination and a three-year disqualification for one incident)⁹⁴.

WIC BASKETS IN OTHER STATES

Individual state WIC agencies have the authority to specify the packaging types, methods, and sizes, as well as the types and brands of foods included in the state's food basket contingent upon a series of minimum Federal requirements⁹⁵. A full list of these requirements and specifications for food basket items can be found in [Appendix D](#). The remainder of this section provides a comparison of the Michigan food basket to that of three other states. It should be noted that some of the differences may be attributed to how recently the state's food guide has been updated. Periodically, the Federal government will update its minimum requirements, but allow states a grace period to update their food guides and online information⁹⁶. An example of this, which will be addressed later, is that, currently, New York does not require its WIC-eligible juices to be 100% juice. However, the minimum requirements and specifications replicated in [Appendix D](#) show that the Federal government has mandated that all juices provided through the WIC program be 100% fruit juice. In New York's next iteration of its food guide, the provision pertaining to juice must be corrected in order to remain in compliance with Federal guidelines.

California⁹⁷

Unlike Michigan, California allows only 1% or nonfat milk to be bought in one-gallon sizes and does not allow the purchase of 0.5% or buttermilk. Some participants in both Michigan and California are allowed to purchase powdered dry milk, but California limits sizes to 9.6 ounces or 25.6 ounces, while Michigan allows 25.6 ounces, 32 ounces, and 64 ounces. Similarly, when it comes to cheese and eggs, California is more restrictive than Michigan. California egg choices are limited to large, white eggs, while Michigan participants may purchase medium or large eggs. California participants are limited to five block cheese choices compared to Michigan's eight

options. California, however, allows the purchase of individually wrapped mozzarella string cheese, while Michigan allows only American or string cheese sticks that are not individually wrapped. Both states allow participants to substitute a portion of their milk allotment for yogurt and permit a similar variety of brands, with adjustments being made only for region-specific brands. California allows only the purchase of plain, strawberry, or vanilla yogurt in 32-ounce tubs, while Michigan allows the purchase of any flavor in 32-ounce tubs, or four-ounce multipacks. For certain participants who are sensitive to dairy products, both California and Michigan allow the purchase of soymilk. California permits all of the same brands as Michigan plus WestSoy™, and uses similar sizing restrictions. Michigan does allow the purchase of original or vanilla-flavored soymilk, while California allows the purchase of original only. In addition, California allows a limited number of participants to purchase tofu, while Michigan does not allow the substitution of tofu for milk.

Regarding the protein portion of the food basket, California permits fully breastfeeding women to choose from chunk light tuna, pink salmon, mackerel, or sardines for their canned fish allotment. Not only does Michigan not allow the purchase of mackerel or sardines, the State is also more restrictive on permitted can sizes and brands. For peanut butter, the Michigan and California options are nearly identical, with the only difference being that California allows a wider variety of texture options. Neither state differentiates between generic and national brand peanut butter. The category with one of the larger differences between the states is legumes. Michigan does not differentiate between canned and dried, allowing the allotment to be used interchangeably between the two categories. In California, only certain participants may purchase canned beans. However, California does allow dry legumes to be purchased in 16-ounce packages or bulk, as well as allowing organic items. Michigan does not allow bulk purchase for any food item and the only organic products allowed are fruits, vegetables, whole wheat pastas, and soymilk.

Michigan's WIC basket is very specific concerning the whole grain portion of the package. For breads, buns, tortillas, whole wheat pastas, and oatmeal, Michigan specifies not only the brand that may be purchased, but also the type of food item (e.g., Bimbo™ 100% Whole Wheat bread) within that brand. California's approach is similar for tortillas and pastas, but much less restrictive for bread and oatmeal. In order for whole wheat bread to qualify as a part of California's food package, it must be 16 ounces and have "100% Whole Wheat" on the front label. This means that store bakery bread may be acceptable, something that Michigan prohibits. Possibly in reaction to local preferences, Michigan allows a wider variety of whole wheat pasta choices, while California has a significantly larger choice of tortillas. In addition to brown rice and oatmeal options, which Michigan also offers, California allows participants to purchase whole grain barley and bulgur. While both states list approved cold breakfast cereals by brand and flavor, Michigan has a larger variety of both national brands and store brands. California allows the purchase of store brand crisp rice cereals only, while Michigan allows the purchase of crisp rice, bran flakes, corn flakes, corn squares, frosted shredded wheat, and toasted oats cereal.

Michigan divides juice into two categories; children must choose from 64-ounce plastic juice options, while women may choose from 48-ounce plastic, 11.5- to 12-ounce frozen, or 11.5-ounce nonfrozen options. Additionally, Michigan requires that all juice in plastic containers contain 100% juice and 120% vitamin C. California does not separate juice between age group, and also offers a larger variety of name brand juices. California allows the cash vouchers for fruits and vegetables to be used for fresh, frozen, canned, or dried (fruit only) produce with the general rule of thumb being that any item without added fats, oils, or sugars is allowed. Michigan does not allow the purchase of frozen, canned, or dried fruits or vegetables. Cash vouchers may be used to purchase whole, cut, bagged, or packaged fresh produce only.

The infant food subsection of the food package is divided into three separate categories. Michigan allows participants to purchase any brand of infant cereal as long as it falls within six types (corn, rice, etc). California's program limits options to specific types by brand (e.g., Gerber™ Multi-Grain). However, California allows 17 brands of infant fruits and vegetables compared to Michigan's four allowable brands. California also permits food to be sold in 3.5-ounce containers along with the four-ounce containers Michigan requires. California also allows 11 brands of infant meats compared to Michigan's four. The last major difference in infant food allotments is that California allows the purchase of up to four fresh bananas. Michigan does not include a special category for bananas.

Indiana⁹⁸

The first main difference between Indiana and Michigan in the dairy-related categories is that Indiana does not allow substituting yogurt for a portion of the milk allotment. In addition, Indiana specifies the exact types and size of fluid milk that a participant is allowed. In Michigan, participants may choose whatever size combination works for them, up to their maximum allotment. Like Indiana, Michigan also has subsets of the participant population who receive dispensation to purchase specific types of milk but, if there are no instructions printed on the WIC check, participants may choose fat-free milk, low-fat milk, or buttermilk. Soy milk is available in both Indiana and Michigan, but Indiana allows participants to purchase only 8th Continent™ soymilk in the original flavor. The largest variation in choice between Indiana and Michigan occurs in the cheese category. Michigan allows only block cheese and a very restricted selection of sliced or string cheese. Indiana allows participants to purchase eight types of cheese in block, sliced, shredded, bagged, cubed, string, stick, or crumble form. Similarly, Indiana allows any size of white or brown eggs, while Michigan requires eggs be white and either medium or large.

For fully breastfeeding women, Indiana allows the purchase of light tuna, pink salmon, and sardines of any brand as long as they are packed in water, oil, or vegetable broth. Fish may be packed in cans or foil pouches in any size up to 30 ounces. This is different from Michigan's rules, which do not allow the purchase of sardines or anything in other than five-ounce cans. Finally, Michigan restricts pink salmon to either the Bumble Bee™ or Chicken of the Sea™ brands and requires that fish be packed in oil or water. When it comes to peanut butter, Indiana only allows the 18-ounce jar size in regular or crunchy textures. Michigan permits both a wider variety of jar sizes and textures although, unlike Indiana, Michigan does not allow the purchase of reduced-fat peanut butter. Both states restrict dry bean, pea, and lentil options to one-pound bags, but do not place any further restrictions on what may be purchased. Michigan is more restrictive in regard to allowances for canned beans, which must be of specific brands in 15- to 16-ounce cans. Indiana allows any combination of can sizes, not exceeding 64 ounces, and does not restrict by brand. Additionally, Indiana allows the purchase of fat-free refried beans, which Michigan does not.

In general, Indiana's whole grain options are much more limited than Michigan's. Indiana does not allow the purchase of buns, oatmeal, or whole wheat pasta to fulfill the whole grain allotment. Additionally, while both states restrict bread and tortilla purchases by both brand and flavor, Michigan allows 18 brands of bread and 13 brands of tortillas compared to Indiana's 10 brands of bread and seven brands of tortillas. The only difference in rice options between the two states is bag/box size. Indiana limits options to 16-ounce containers, while Michigan allows both 14- to 16-ounce containers and 28- to 32-ounce containers. When it comes to breakfast cereals, the national brand food options for Indiana and Michigan are very similar. Both states offer a variety of options from national brands in different flavors. The major difference is that Michigan allows the purchase of crisp rice, bran flakes, corn flakes, corn squares, frosted shredded wheat, and toasted oats store brand cereals, while Indiana does not list any allowable store brand cereals in its food guide. Michigan also allows the purchase of store brand instant oatmeal in individual

packets as part of the cereal allotment, while Indiana does not allow store brands. Aside from that, the hot cereal offerings for Michigan and Indiana are the same.

Like Michigan, Indiana divides its guidelines for juice purchases into two categories. Unlike Michigan, the sole source of juice for women in Indiana is juice concentrates. Apart from orange juice and grapefruit juice, Indiana restricts juice purchases to specific brands. Although Michigan does include some brand and flavor restrictions, guidelines do allow the purchase of any flavor of store brand juice. Regarding fruits and vegetables, the states have similar guidelines, although Indiana allows the purchase of frozen fruits and vegetables with the cash value vouchers. Other than the restriction on purchasing produce with added sugars, oils, or fats that the two states share, Indiana also does not allow the purchase of white potatoes.

In Indiana, any brand of infant fruits and vegetables, or infant meat is allowable for fulfillment of the monthly infant WIC allotment. Michigan WIC allows participants to choose between four brands only. Other than brand restrictions, Michigan and Indiana have identical regulations regarding infant fruits and vegetables. Indiana does restrict meat choices to turkey and broth, chicken and broth, beef and broth, and ham and broth, while Michigan requires only that the flavor be a single meat variety with broth or gravy. In terms of infant cereal, Michigan lists two box sizes as allowable, with Indiana limiting participants to an eight-ounce box. Indiana does allow the purchase of any type of grain or multigrain cereal, which Michigan does not.

New York⁹⁹

Similar to Indiana, New York specifies on the individual WIC check the fat content the participant is allowed to buy. Unlike Michigan, New York never allows the purchase of 2% milk and also requires that the participant buy either the largest container of milk available, or the size listed on the WIC check. Some participants in Michigan and New York are allowed to purchase powdered milk, although New York limits containers to 25.6 ounces, while Michigan allows that size as well as 32 ounces and 64 ounces. Both Michigan and New York include guidelines regarding allowable soy beverages for participants who are sensitive to regular milk. In addition to the options offered by Michigan, New York also offers WestSoy™ products, and the 128-ounce Silk™ multipack. Multipacks and any combination of sizes adding up to 32 ounces are allowed by New York for participants purchasing yogurt, as well. Although Michigan allows only 32-ounce tubs, four-packs, and eight-packs of yogurt, this State does allow any flavor of yogurt as long as it is nonfat or low-fat, does not have artificial sweeteners, and is not considered Greek yogurt. New York allows Greek yogurt, but does not permit any flavors other than plain. The two states' only difference regarding cheese choices is that New York allows the purchase of any size block of cheese up to the number of ounces on the check, while Michigan requires participants to buy cheese in one-pound blocks. New York and Michigan have identical regulations surrounding egg sizes; however, New York allows the purchase of brown eggs, which Michigan does not. For all dairy products, New York specifies that kosher options are available if printed on the participant's WIC check. Along with these kosher options, New York allows participants to purchase 14- to 16-ounce packages of specific brands of tofu. Although Michigan does not specifically provide kosher options, it is still possible to purchase kosher foods within the guidelines of the State's WIC program.

New York is another state that allows fully breastfeeding women to fulfill their canned fish allotment by purchasing sardines. As stated before, Michigan limits purchases to light tuna and pink salmon. New York does not include any brand restrictions for canned fish and allows multiple-size can options. Michigan restricts pink salmon to two brands and requires fish to be in five-ounce cans. Container restrictions are the same for peanut butter in both states, but compared to Michigan, New York allows a larger number of textures as well as the option to buy reduced-fat

peanut butter. New York also permits a larger choice of brands when it comes to dried beans, peas, and lentils. Apart from Michigan's brand restrictions, the states have the same regulations for the purchase of legumes by WIC participants.

Both Michigan and New York allow participants to purchase bread, tortillas, brown rice, and whole wheat pasta to fulfill the whole grain allotment. Unlike Michigan, New York has not included oatmeal as a separate whole grain option. Oatmeal may be purchased only with the cereal benefit. There is not a large difference between the bread and tortilla options in the two states, although Michigan does allow a slightly larger variety of rolls and buns. The differences between allowed brands for tortillas and bread can be attributed to availability and preference of each state. While wheat pasta in Michigan is limited to 14 brands, New York allows any brand as long as it does not have added sugars, fats, oils, or salt. The guidelines for brown rice are identical in Michigan and New York, while the cold breakfast cereal options for the states are very similar. Both allow participants to purchase six kinds of cereal as long as they are store brand. While New York allows any store brand, Michigan does limit participants to 13 generic, or store, brands. Additionally, national or specialty brand cereals differ according to the preferences of the state. For hot cereal, New York does not allow participants to purchase any store brand cereals. Rather, they may choose only from select Cream of Wheat™, Maypo™, and Quaker™ products. Michigan allows both store brands and other national brand products. Store brand hot cereals must come in individual packets, however.

The most notable difference between the cash voucher system for fruits and vegetables between the New York and Michigan WIC programs is that some participants in New York are allowed to use their cash vouchers to purchase canned or frozen fruits and vegetables. For both states, the rule of thumb is that fruits and vegetables may not have any added spices, sugars, fats, oils, salts, or cream. New York does not divide its juice options into a category for women and a category for children. For frozen juice, New York adds pineapple to the list of juices that Michigan allows to be purchased from any brand. Additionally, New York allows participants to buy 16-ounce containers of frozen juice concentrate, which Michigan does not allow. The main differences between the states' options for 64-ounce containers of juice are that New York does not require that the juices be 100% juice, and does not allow participants to purchase grape juice unless it is included in a juice blend or is in an 11.5- to 12-ounce concentrate container. Finally, Michigan allows 48-ounce containers of juice, while New York limits plastic containers to 64 ounces.

For infant cereal, New York has restricted options to plain oatmeal, rice, whole wheat, or multigrain Gerber™ brand cereals. Michigan allows all of those varieties of cereal as well as corn and mixed grain. Additionally, Michigan allows participants to purchase any brand as long as it does not include extra ingredients, fruit, formula, or added protein. New York limits meat, fruit, and vegetable baby food to two brands compared to Michigan's four. As part of the prepackaged fruit and vegetable baby food allotment, New York allows some participants to receive fresh bananas. Michigan does not include fresh bananas as a separate option for participants. Rather, participants must use a portion of their cash vouchers to purchase bananas.

RECENT FUNDING HISTORY

Before the funding history of the WIC program is examined by year, a closer look at the funding mechanism for WIC is necessary. The WIC program is actually made up of two separate grants. The first is the U.S. Department of Agriculture's Food and Nutrition Services grant, which is the funding used to cover the cost of the various food packages for participants. The second grant, the U.S. Department of Agriculture's Nutrition Services and Administration grant, covers the cost of determining eligibility, providing nutrition education, paying staff salaries, providing service referrals, and administering the WIC program¹⁰⁰.

In addition to the required funding for breastfeeding promotion discussed in a previous section, at least one-sixth of the Nutrition Services and Administration grant must be used to provide nutrition education services¹⁰¹.

The remainder of this section looks at the funding levels in Michigan, as broken down into individual fiscal years. It should be noted that, in each reference to a Gross appropriation amount, the appropriation includes no General Fund/General Purpose revenue. The appropriations consist of Federal revenue and Private funding.

FY 2011-12

The initial fiscal year (FY) 2011-12 budget recommendation by the Governor increased the WIC Program Administration and Special Projects line item appropriation by \$227,800 Gross to a total Gross appropriation of \$13,825,200. The WIC Program Local Agreements and Food Costs line item saw an appropriation increase of \$375,300 Gross due to the receipt of the WIC Technical Standardization Grant, bringing the appropriation up to \$254,200,800 Gross¹⁰². Much more controversially, the Executive budget recommended rolling all 165 line items in the entire budget into six line items. Both the Senate and House of Representatives concurred with the changes to the level of funding; however, the line item roll-ups were rejected. During conference committee discussions, the WIC Program Administration and Special Projects line item was increased by \$2,303,400 Gross, bringing the appropriation level to \$15,900,800 Gross. The WIC Program Local Agreements and Food Costs line item was reduced by \$375,300 Gross to a total Gross appropriation of \$253,825,500. These changes were made at the request of the State Budget Office to align the WIC Technical Standardization Grant to the correct line, as well as recognize the receipt of additional available Federal funding.

Of the two existing boilerplate sections from FY 2010-11, the Executive budget recommended removing Section 1151, which allowed the Department of Community Health (now part of the MDHHS) to work with local agencies to define local annual contributions for Project FRESH in order to draw down Federal matching funds, as well as Section 1153, which required the Department to ensure that individuals living in rural communities had sufficient access to WIC programs. The House concurred with both recommendations, while the Senate chose to keep Section 1153. Ultimately, the conference committee removed Section 1151, and retained a revised version of Section 1153 that no longer required the Department to report on its efforts to comply with that section.

In March 2012, the Governor signed Public Act 64 of 2012, which provided supplemental appropriations to address an increase in costs for other post-employment benefits (OPEB) resulting from the State's decision to switch from having the State Employee's Retirement System (SERS) pay for OPEB on a cash basis to prefunding the SERS OPEB¹⁰³. The result was a \$281,000 Gross increase to the WIC Program Administration and Special Projects line item appropriation. Additionally, a book-closing legislative transfer increased Private authorization in the WIC Program Local Agreements and Food Costs line by \$513,300 to account for additional private revenue available from infant formula manufacturer rebates resulting from the contract with formula manufacturers that began in FY 2011-12.

FY 2012-13

The Executive budget for FY 2012-13 proposed an appropriation level of \$16,294,500 Gross for the WIC Program Administration and Special Projects line item, and \$253,825,500 Gross for the WIC Program Local Agreements and Food Costs line item. The net increase of \$393,700 Gross in the WIC Program Administration and Special Projects line was the result of two main factors.

The \$281,000 Gross that was included in FY 2011-12 to prefund the SERS OPEB was also included as a base adjustment in the FY 2012-13 budget. The remaining net increase of \$112,700 Gross was the result of technical economic adjustments. The Senate and the House concurred with this level of funding.

Section 1153 was removed from the boilerplate section of the budget bill, leaving no boilerplate language pertaining directly to the WIC program.

During the course of FY 2012-13, the House and Senate passed one transfer package affecting the WIC Program Local Agreements and Food Costs line item. Legislative Transfer Request 2013-13 increased Private authorization by \$6,185,900 to account for additional private revenue available from infant formula manufacturer rebates from the FY 2011-12 contract renegotiation mentioned above.

FY 2013-14

In his proposed budget, Governor Snyder recommended a net appropriation increase of \$1,538,100 Gross in the WIC Program Administration and Special Costs line, bring the level of funding up to \$17,832,600 Gross. Of this increase, \$145,900 can be attributed to technical economic adjustments. The remaining \$1,392,200 was composed of an increase of \$2,677,500 in funds resulting from a new Federal grant to cover summer EBT purchases for children, and a decrease of \$1,285,300 Gross resulting from the end of a Federal WIC EBT grant and the end of a WIC infrastructure grant. Additionally, the Governor recommended an increase of \$2,459,500 Gross for the WIC Program Local Agreements and Food Costs line item, bringing the appropriated amount up to \$256,285,000 Gross. The change in this line resulted from an increase in the rebates the State receives from its purchase of infant formula. Both the Senate and the House concurred with this level of funding.

There were no new WIC-related boilerplate sections added to the budget for FY 2013-14.

FY 2014-15

In his initial budget recommendation for FY 2014-15, Governor Snyder proposed a net increase in funding of \$90,600 Gross to the WIC Program Administration and Special Projects line item. This increase was completely composed of technical economic adjustments. Funding for the WIC Program Local Agreements and Food Costs line item remained at \$256,285,000 Gross while the WIC Program Administration and Special Projects line item increased to \$17,923,200 Gross. Both the Senate and the House concurred with this level of funding.

The conference committee also included a new boilerplate section related to the prohibition on the inclusion of national, or name brand, peanut butter as part of the food packages. Section 1151 required the Department to report on the number of complaints received regarding access to generic peanut butter by county, as well as required a report on savings gained from implementing the generic peanut butter purchasing requirement within the WIC program. The motivation behind this boilerplate report stemmed from worries that participants living in rural areas, or those living in poor urban areas, would not have access to grocery stores that stocked generic brands of peanut butter. The report, released in January 2015, reported zero complaints relating to the availability of generic brand peanut butter, and estimated savings from the use of generic peanut butter of \$915,225¹⁰⁴.

FY 2015-16

The Executive budget for FY 2015-16 proposed a Gross appropriation level of \$274,190,900 for the Women, Infants, and Children Food and Nutrition Program appropriation unit. This was split with \$17,905,900 allocated to the WIC Program Administration and Special Projects line item and \$256,285,000 to the WIC Program Local Agreements and Food Costs line item. The net decrease of \$17,300 in the WIC Program Administration and Special Projects line resulted from technical economic adjustments related to employee costs. Both the Senate and the House concurred with this level of funding.

While the Governor's initial budget did not include boilerplate Section 1151, and the Senate budget left the language the same as in the previous fiscal year, the House and ultimately the conference committee agreed on revised language. The revision of this section required the WIC program to encourage participants to choose the lowest-price product available at the time of purchase, and required all products to satisfy nutritional requirements of the Federal program. During the merger of the Department of Community Health and the Department of Human Services, Section 1151 was moved to Section 1340.

FY 2016-17

The Governor's budget for FY 2016-17 included the recommendation that the Women, Infants, and Children Food and Nutrition Program appropriation unit be dissolved, and that the relevant WIC line items be moved into the Family, Maternal, and Child Health appropriation unit. Additionally, the Governor's budget proposed a net increase to the WIC Program Administration and Special Projects line item and no change to the WIC Program Local Agreements and Food Costs line item. The increase in funding of \$108,500 Gross is entirely composed of technical economic adjustments to support staff costs for 45 full-time equated employees plus the removal of the five-year deferred sick leave payments¹⁰⁵. This brings total funding for the WIC Program Administration and Special Projects line item to \$18,014,400 Gross and the total funding for the WIC Program Local Agreements and Food Costs line remains at \$256,285,000 Gross. Both the Senate and the House concurred with this level of funding as well as the move of the lines.

The initial FY 2016-17 budget includes the use of WIC funds in the One-Time appropriation unit as well as a revision of one existing section of boilerplate concerning the WIC program. In response to the ongoing Flint Declaration of Emergency, one-time funding was included to address the evolving needs of the city. Of the nearly \$5.6 million of Federal funding appropriated, \$27,700 will use WIC grant funds to address the expected increase in WIC screenings and increase in demand for nutrition education programs. The boilerplate section, Section 1340, was rewritten to require that the Department include national brand peanut butter in the basket of approved WIC items. A new food guide was put into effect on July 11, 2016, and reflects the removal of the "store brand only" requirement. [Table 3](#) summarizes WIC appropriations over this six-year time period.

Table 3

Initial Fiscal Year WIC Appropriations						
Fund Source	Fiscal Year					
	2011-12	2012-13	2013-14	2014-15	2015-16	2016-17
FTEs	45.0	45.0	45.0	45.0	45.0	45.0
Federal	\$211,112,500	\$211,501,600	\$213,039,700	\$213,130,300	\$213,113,000	\$213,221,500
Private	\$58,613,800	\$58,618,400	\$61,077,900	\$61,077,900	\$61,077,900	\$61,077,900
Gross	\$269,726,300	\$270,120,000	\$274,117,600	\$274,208,200	\$274,190,900	\$274,299,400

Source: Michigan Senate Fiscal Agency

CONCLUSION

According to the Michigan Department of Health and Human Services, during 2014 and 2015, 34.1% of pregnant women in Michigan enrolled in the WIC program during their first trimester¹⁰⁶. Additionally, 52.5% of babies born during the same period were enrolled in WIC¹⁰⁷. This indicates that the WIC program plays a significant role in providing a strong nutritional base to children within the State. As such, it is important to understand the structure of the program in order for the State to make the best use of its resources. This paper has attempted to provide an in-depth examination of the inner workings of the WIC program in Michigan as well as insight into how the program is handled in other states. As the State continues to face the trade-off between servicing a larger number of participants and decreasing the number of restrictions on eligible food items, the WIC program will continue to be a potentially controversial topic, despite the fact that the program receives no State funding. The Senate Fiscal Agency will be following future developments related to the program, in particular the progress of any legislative or budgetary adjustments.

ENDNOTES

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- ¹ U.S. General Accounting Office. "Need to Foster Optimal Use of Resources in the Special Supplemental Food Program for Women, Infants, and Children (WIC)". GAO/RCED-85-105 (1985). Web. 7-26-2016. Retrieved from: <http://www.gao.gov/assets/150/143564.pdf>.
- ² Public Law No: 94-105. Sec. 17.
- ³ "Background: Revisions to the WIC Food Package". Retrieved from: <http://www.fns.usda.gov/wic/background-revisions-wic-food-package>.
- ⁴ Oliveira, Victor et al. "The WIC Program: Background, Trends, and Issues". *Food Assistance and Nutrition Research Report Number 27* (2002): 1–40. *PMC*. Web. 25 July 2016. Retrieved from: http://www.ers.usda.gov/media/327957/fanrr27_1_.pdf.
- ⁵ White House Conference on Food, Nutrition and Health, 1970.
- ⁶ Public Law No: 92-433. Sec. 17.
- ⁷ Oliveira, op. cit.
- ⁸ Public Law No: 94-105. Sec. 17.
- ⁹ "Nutritional risk" was not defined in statute until 1978.
- ¹⁰ Public Law No: 101-147.
- ¹¹ U.S. General Accounting Office. Resources, Community, and Economic Development Division. Food Assistance: A Variety of Practices May Lower the Costs of WIC. GAO/RCED-97-225 (1997). Web. 7-27-2016. Retrieved from: <http://www.gao.gov/assets/230/224656.pdf>.
- ¹² Public Law No: 100-435.
- ¹³ "Project FRESH-Farmer's Market Nutrition Program". Retrieved from: http://www.michigan.gov/mdhhs/0,5885,7-339-71547_4910_4921---,00.html.
- ¹⁴ This figure is adjusted for inflation.
- ¹⁵ Oliveira, op. cit.
- ¹⁶ Public Law No: 103-448.
- ¹⁷ "WIC Eligibility Requirements". Retrieved from: <http://www.fns.usda.gov/wic/wic-eligibility-requirements>.
- ¹⁸ Using figures for 2016, 185% of the FPL would be an annual income of \$21,978 for a family of one, up to an annual income of \$75,647 for a family of eight.
- ¹⁹ "WIC Eligibility Requirements", op. cit.
- ²⁰ States also have the option to consider applicants automatically eligible if they participate in state-run programs that use income guidelines equal to the one governing the WIC program.
- ²¹ "WIC Eligibility Requirements", op. cit.
- ²² Institute of Medicine (US) Committee on Dietary Risk Assessment in the WIC Program. Dietary Risk Assessment in the WIC Program. Washington (DC): National Academies Press (US); 2002. 1, Introduction. Retrieved from: <http://www.ncbi.nlm.nih.gov/books/NBK220557/>.
- ²³ Ibid.
- ²⁴ Oliveira, op. cit.
- ²⁵ "Certification of participants". 7 CFR Subpart C, 246.7.
- ²⁶ "Frequently Asked Questions About WIC". Retrieved from: http://www.michigan.gov/mdhhs/0,5885,7-339-71547_4910_4922-13973--,00.html.
- ²⁷ Oliveira, op. cit.
- ²⁸ "The Special Supplemental Nutrition Program for Women, Infants and Children (WIC Program)". United States Department of Agriculture. Retrieved from: <http://www.fns.usda.gov/sites/default/files/wic/WIC-Fact-Sheet.pdf>.
- ²⁹ Oliveira, op. cit.
- ³⁰ O'Gorman, Jason. "WIC program undergoing change." *Times Argus* [Montpelier] 04 October 2015: *Times Argus*. Web. 9 August 2016.
- ³¹ "WIC Food Packages-Maximum Monthly Allowances". Retrieved from: <http://www.fns.usda.gov/wic/wic-food-packages-maximum-monthly-allowances>.
- ³² DHA and ARA are compounds found in breastmilk that have been linked to the development of the visual and central nervous system.
- ³³ Michigan Department of Health and Human Services. "Michigan WIC Food Guide - Healthy Habits Healthy Families". Retrieved from: http://www.michigan.gov/documents/mdch/Food_Guide_FINAL_English_437204_7.pdf.
- ³⁴ Ibid.
- ³⁵ Ibid.
- ³⁶ 7 CFR 246.10.
- ³⁷ Michigan Department of Health and Human Services, op. cit.
- ³⁸ Ibid.
- ³⁹ Ibid.
- ⁴⁰ Ibid.
- ⁴¹ Ibid.
- ⁴² Ibid.

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- ⁴³ Ibid.
- ⁴⁴ Ibid.
- ⁴⁵ According to the MDHHS, 1,767 Michigan farmers, 201 roadside stands, and 146 Michigan farmers' markets were authorized Project FRESH vendors in FY 2014-15.
- ⁴⁶ "Project FRESH-Farmer's Market Nutrition Program". Retrieved from: http://www.michigan.gov/mdhhs/0,5885,7-339-71547_4910_4921---,00.html.
- ⁴⁷ United States Department of Agriculture - Food and Nutrition Service. "Farmer's Market Nutrition Program (FMNP): Overview". Retrieved from: <http://www.fns.usda.gov/fmnp/overview>.
- ⁴⁸ Oliveira, op. cit.
- ⁴⁹ United States Department of Agriculture - Food and Nutrition Service. "WIC Program Nutrition Education Guidance". Retrieved from: https://wicworks.fns.usda.gov/wicworks/Learning_Center/ntredguidance.pdf.
- ⁵⁰ 7 CFR 246.11(b).
- ⁵¹ Broad Leib and Simon. "Mississippi WIC for the 21st Century". Harvard Law School Mississippi Delta Project (2011). Web. 15 August 2016. Retrieved from: <http://www.chipi.org/wp-content/uploads/2013/12/WIC-FINAL.pdf>.
- ⁵² United States Department of Agriculture - Food and Nutrition Service. "Immunization Screening and Referral in WIC". Retrieved from: <http://www.fns.usda.gov/wic/immunization-screening-and-referral-wic>.
- ⁵³ Oliveira, op. cit.
- ⁵⁴ Michigan Department of Health and Human Services. "Michigan WIC Food Guide - Healthy Habits Healthy Families", op. cit.
- ⁵⁵ Ibid.
- ⁵⁶ Summer EBT for Children. "Reminder!". Retrieved from: http://www.sebtc-mi.com/cms/wp-content/uploads/2016/07/Family-Reminder-Letter-30_v4.pdf.
- ⁵⁷ Michigan WIC. "Vendor News for Store Owners, Managers, and Cashiers". Volume 25, Issue 2. June 2016.
- ⁵⁸ Summer EBT for Children, op. cit.
- ⁵⁹ Michigan Department of Health and Human Services. "Part One-Vendor Relations". Retrieved from: http://www.michigan.gov/documents/mdch/VM_Appendix_A_Vendor_Authorization_402354_7.pdf.
- ⁶⁰ Ibid.
- ⁶¹ Ibid.
- ⁶² Ibid.
- ⁶³ Ibid.
- ⁶⁴ Ibid.
- ⁶⁵ Michigan WIC, op. cit.
- ⁶⁶ Ibid.
- ⁶⁷ Michigan Department of Health and Human Services. "Welcome to the Inaugural WIC Vendor Conference." WIC Vendor Conference. Radisson Downtown, Lansing, MI. 11 August 2016. Welcome address.
- ⁶⁸ Ibid.
- ⁶⁹ Ibid.
- ⁷⁰ Michigan Department of Health and Human Services. "WIC Vendor Sanction Policy". Handout. Michigan Department of Health and Human Services. Lansing, MI. May 2016. Print.
- ⁷¹ Michigan WIC Program. "WIC Vendor Minimum Stock Requirements." Retrieved from: http://www.michigan.gov/documents/mdhhs/Minimum_Stock_Requirements_7-11-16_528693_7.pdf.
- ⁷² Michigan Department of Health and Human Services. "Welcome to the Inaugural WIC Vendor Conference." Op. cit.
- ⁷³ MDCH/WIC Operations. "Competitive Pricing: Asterisks (*) on WIC-EBT Receipts." Handout. Michigan Department of Health and Human Services. Lansing, MI. n.d. Print.
- ⁷⁴ Ibid.
- ⁷⁵ Ibid.
- ⁷⁶ Michigan Department of Health and Human Services. "Welcome to the Inaugural WIC Vendor Conference", op. cit.
- ⁷⁷ MDCH/WIC Operations, op. cit.
- ⁷⁸ Michigan Department of Health and Human Services. "Welcome to the Inaugural WIC Vendor Conference", op. cit.
- ⁷⁹ Ibid.
- ⁸⁰ ACS State and Local Solutions. "Michigan WIC EBT Vendor Manual." Manual. Michigan Department of Health and Human Services. Lansing, MI. n.d. Print.
- ⁸¹ ACS. "Cash Value Benefit - CVB Instructions for WIC EBT Stand Beside Point of Sale Terminals". Handout. Michigan Department of Health and Human Services. Lansing, MI. August 2010. Print.
- ⁸² Ibid.
- ⁸³ ACS State and Local Solutions, op. cit.
- ⁸⁴ Michigan WIC. "Vendor News for Store Owners, Managers, and Cashiers". Volume 25, Issue 2. June 2016.
- ⁸⁵ Department of Community Health. "Incentives Policy Clarification." Letter to WIC Vendors. 19 Mar. 2014. MS. Lansing, Michigan.
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- ⁸⁷ Ibid.
- ⁸⁸ Ibid.

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- ⁸⁹ Ibid.
- ⁹⁰ Michigan Department of Health and Human Services. "WIC Vendor Sanction Policy", op. cit.
- ⁹¹ Ibid.
- ⁹² Ibid.
- ⁹³ Ibid.
- ⁹⁴ Ibid.
- ⁹⁵ United States Department of Agriculture. "Special Supplemental Nutrition Program for Women, Infants and Children (WIC) - Food Package Policy and Guidance". Handout. Michigan Department of Health and Human Services. Lansing, MI. March 2016. Print.
- ⁹⁶ Ibid.
- ⁹⁷ California Department of Public Health. "WIC Authorized Food List: Shopping Guide". Retrieved from: <http://www.cdph.ca.gov/programs/wicworks/WIC%20Foods/WICAuthorizedFoodListShoppingGuide-3-28-2016.pdf>.
- ⁹⁸ Indiana State Department of Health. "Indiana WIC Program Booklet: Information for Participants". Retrieved from: http://www.in.gov/isdh/files/2012_Food_Card_English.pdf.
- ⁹⁹ New York State Department of Health. "WIC Acceptable Foods Card". Retrieved from: <http://www.health.ny.gov/publications/4099.pdf>.
- ¹⁰⁰ Broad Leib and Simon, op. cit.
- ¹⁰¹ Oliveira, op. cit.
- ¹⁰² The purpose of the WIC Technical Standardization grants was to support software development for technical area standardization and to conduct feasibility studies that support WIC technology goals.
- ¹⁰³ Summers, Kathryn. "FY 2011-2012 Supplemental: S.B. 683". Retrieved from: <http://www.legislature.mi.gov/documents/2011-2012/billanalysis/Senate/pdf/2011-SFA-0683-N.pdf>.
- ¹⁰⁴ Michigan Department of Community Health. "Generic Peanut Butter Saving in the WIC Program". Retrieved from: http://www.michigan.gov/documents/mdch/1151_01_1_15_477993_7.pdf.
- ¹⁰⁵ The FY 2016-17 budget recognizes that obligations associated with employees who opted into the 2010 early retirement program with sick leave payments deferred over five years have been satisfied.
- ¹⁰⁶ Michigan Department of Health and Human Services. "An Average Day in the Michigan WIC Program". Handout. Michigan Department of Health and Human Services. Lansing, MI. n.d. Print.
- ¹⁰⁷ Ibid.

Online Nutrition Education

Do it anytime, anywhere from your computer, tablet or smart phone!



How to get started:

1. Go to wichealth.org
2. Create an account and set up your profile
3. Choose a lesson from one of the 5 categories
4. Complete the lesson
5. Fill out the survey
6. Remember your login & PIN for next time

Examples of lessons available:

- Eat Well – Spend Less!
- Preparing for a Healthy Pregnancy
- Starting Your Infant on Solid Foods
- Make Meals & Snacks Simple
- Secrets For Feeding Picky Eaters



wichealth problems?

Try clicking the blue "Help" tab on the top left of any page to submit a message. All questions are answered within 24 hours.

This counts as your nutrition education!

2

Fresh Fruits & Vegetables

* Choose lower priced foods

Organic allowed

- Your WIC Shopping List shows your cash value benefit amount (\$\$\$)
- If your fruit and vegetable purchase total is more than your benefit amount, you can pay the difference

ALLOWED

- Any variety fresh fruit or vegetable without added sweetener or fat
- May be whole, cut, bagged or packaged

* NOT ALLOWED

- Pre-cut fruits and vegetables with added preservatives (for example: sliced apples with ascorbic acid)
- Ornamental or decorative fruits or vegetables such as chili peppers or garlic on a string, gourds or painted pumpkins
- Salad kits with dressing or other added food items
- Herbs, spices, edible blossoms or flowers
- Fruit or vegetable party trays/platters
- Fruits or vegetables from salad bars
- Fruit and nut mixtures
- Fruit baskets



Eat fruits and vegetables and your kids will too. They learn from watching you.

- **Share the adventure.** Shop together and let your child choose.
- **Fix them together.** Teach your child to tear lettuce or add vegetable toppings to pizza.
- **Eat together.** Enjoy new fruits and vegetables at meals and snacks.
- **Take it with you.** Show your child how fruit is a great snack to eat at the park or in the shopping mall. Put apples, oranges or bananas in your bag for quick snacks.

3

Whole Grains

Your choices for whole grains are: brown rice, oatmeal, whole wheat or corn tortillas, pasta, whole wheat or whole grain breads and buns.

For every 1 LB of whole grain listed on your Shopping List, you can buy...

- 1 loaf bread, **or**
- 1 package buns, **or**
- 1 package tortillas, **or**
- 1 package pasta, **or**
- 1 container oatmeal, **or**
- 1 bag/box brown rice (14-16 oz)

Whole grain options with this symbol are gluten free.



Oatmeal

* Choose lower priced foods

No organic allowed

16 oz container = 1 LB



These oatmeals are a whole grain choice, **NOT** a cereal choice.

Brown Rice

* Choose lower priced foods

No organic allowed

16 oz bag = 1 LB

- 14-16 oz bag/box = 1 LB
- 28-32 oz bag/box = 2 LB



ALLOWED

- Plain, dry brown rice without added herbs, seasonings or beans
- Regular, instant and boil-in-bag type
- Any brand

* NOT ALLOWED

- White rice, frozen brown rice
- Flavored rice, wild rice, rice mixes
- Bulk, tubs, microwavable pouches
- Specialty brands, like Lundberg

4

Whole Wheat Pasta

* Choose lower priced foods

Organic allowed

16 oz package = 1 LB

ALLOWED

- Whole Wheat/Whole Grain ONLY
- Any shape such as elbows, penne, rotini, spaghetti and spirals



* NOT ALLOWED

- Pasta with added sugar, fats, oils or salts
- Pasta made from rice, quinoa, flax, corn or vegetables

• These brands and types: **ONLY**



5

FRUITS & VEGETABLES

WHOLE GRAINS

Breads

★ Choose lower priced foods **No organic allowed**

16 oz loaf = 1 LB

• These brands and types ONLY



Aunt Millie's
Healthy Goodness Whole Grain White
Aunt Millie's
Swirl Whole Grain Raisin with Cinnamon
Aunt Millie's
Swirl Whole Grain Cinnamon, No Raisins
Aunt Millie's
Healthy Goodness 100% Whole Wheat



Bimbe
100% Whole Wheat
Bunny
100% Whole Wheat
Family Choice
100% Whole Wheat
Hearth Oven Bakers
100% Whole Wheat



Kruger
100% Whole Wheat
Meijer
Whole Grain White
Meijer
100% Whole Wheat
Nickles
Country Style 100% Whole Wheat



Our Family
100% Whole Wheat
Pepperidge Farm
Jewish Rye Whole Grain Rye Seeded
Pepperidge Farm
Light Style Soft Wheat
Pepperidge Farm
Stone Ground 100% Whole Wheat

6



Pepperidge Farm
Swirl 100% Whole Wheat Cinnamon with Raisins
Pepperidge Farm
Very Thin Sliced Soft 100% Whole Wheat
Roman Meal Sungrain
100% Whole Wheat
Sara Lee
100% Whole Wheat



Shurfresh
100% Whole Wheat
Soft and Good
100% Whole Wheat
Spartan
100% Whole Wheat
Spartan
Whole Grain White



Sterns
Kosher 100% Whole Wheat
Sunbeam
100% Whole Wheat
Village Hearth
100% Whole Wheat

Buns

★ Choose lower priced foods **No organic allowed**

16 oz package = 1 LB

• These brands and types ONLY



Brownberry
100% Whole Wheat Hamburger Rolls
Brownberry
100% Whole Wheat Hot Dog Rolls
Healthy Life
100% Whole Wheat Sandwich Buns
Healthy Life
100% Whole Wheat Hot Dog Buns



Hearth Oven Bakers
100% Whole Wheat Hamburger Buns
Hearth Oven Bakers
100% Whole Wheat Hot Dog Buns

7

Tortillas

★ Choose lower priced foods **No organic allowed**

16 oz package = 1 LB

• These brands and types ONLY



Chi Chi's
Whole Wheat Fajita Style 8 count
Don Mancos
White Corn 18 count
Great Value
Whole Wheat Flour 10 count



Hacienda
Corn Maiz 18 count
Hacienda
Whole Wheat Flour 12 count
Kruger
Whole Wheat Soft Taco Size 10 count



La Banderita
Whole Wheat Fajita 16 count
La Banderita
Whole Wheat Soft Taco 10 count
La Banderita
Corn 18 count



La Banderita
Corn 14 count
Meijer
Soft Taco Whole Wheat 8 count
Mission
Yellow Corn Extra Thin 24 count

8



Mission
Whole Wheat 10 count
Mission
Whole Wheat Fajita Style 16 count
Ortega
Whole Wheat 10 count



Shurfine
White Corn 18 count
Shurfine
Whole Wheat Fajita Style 8 count
Spartan
Whole Wheat Fajita Style 8 count



The Saver
Whole Wheat 10 count
Tortillas Tita
Corn 18 count
Tortillas Tita
Enchilada Style Corn 18 count



Give yourself and those you love the goodness of whole grains.

Make at least half of the grains you eat whole grains. WIC whole grains, such as bread, tortillas and pasta can help you maintain a healthy weight and are good for your overall health.

9

Cold Cereals

* Choose lower priced foods No organic allowed

All WIC cereals provide a good source of iron

† Cereals with this symbol provide 100% of the Recommended Dietary Allowance for folic acid

‡ Cereals with this symbol are made with whole grains and are a good source of fiber

§ Cereals with this symbol are gluten free

• These brands and flavors ONLY

General Mills



Cheerios Multi Grain 16 oz or larger
 Cheerios Plain 16 oz or larger
 Chex Corn 12 oz or larger
 Chex Rice 12 oz or larger

Kellogg's



Chex Wheat 12 oz or larger
 Dora the Explorer 16 oz or larger
 Kix Plain 16 oz or larger
 Corn Flakes Plain 16 oz or larger



Mini-Wheats Frosted Original 16 oz or larger
 Mini-Wheats Unfrosted 16 oz or larger
 Rice Krispies 16 oz or larger
 Special K Original 16 oz or larger

Malt-O-Meal



Crispy Rice 16 oz or larger
 Mini Spooners Blueberry 16 oz or larger
 Mini Spooners Frosted 16 oz or larger



Mini Spooners Strawberry Cream 16 oz or larger
 Oat Blenders Honey 16 oz or larger
 Oat Blenders Honey & Almond 16 oz or larger

Post



Bran Flakes 16 oz or larger
 Great Grains Banana Nut Crunch 12 oz or larger
 Honey Bunches of Oats Almonds 16 oz or larger
 Honey Bunches of Oats Cinnamon Bunches 16 oz or larger

Quaker



Honey Bunches of Oats Honey Roasted 16 oz or larger
 Honey Bunches of Oats Whole Grain Honey Crunch 16 oz or larger
 Honey Bunches of Oats Whole Grain Vanilla Bunches 16 oz or larger
 Life Original 16 oz or larger

Continued on next page →

Cold Cereals

* Choose lower priced foods No organic allowed

Quaker (continued)



Oatmeal Squares Brown Sugar 12 oz or larger
 Oatmeal Squares Cinnamon 12 oz or larger
 Oatmeal Squares Golden Maple 12 oz or larger
 Oatmeal Squares Honey Nut 12 oz or larger

Store Brands:

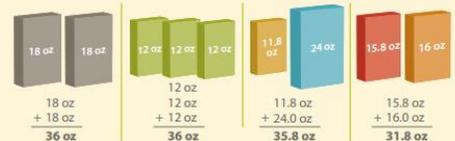
- Centrella
- Essential Everyday
- Great Value
- Hy-Top
- IGA
- Kiggins
- Kroger
- Meijer
- Nature's Crunch
- Our Family
- Parade
- ShurFine
- Spartan



bran flakes
 Bran Flakes
 corn flakes
 Corn Flakes
 corn squares
 Corn Squares, Biscuits, Bits (like Corn Chex)
 crispy rice
 Crispy Rice
 frosted shredded wheat
 Frosted Shredded Wheat
 toasted oats
 Toasted Oats Plain and Multigrain

Ways to buy up to 36 oz of hot and cold cereals

You may combine cereals up to a total of 36 ounces per month.



Hot Cereals

* Choose lower priced foods No organic allowed

All WIC cereals provide a good source of iron

† Cereals with this symbol provide 100% of the Recommended Dietary Allowance for folic acid

‡ Cereals with this symbol are made with whole grains and are a good source of fiber

§ Cereals with this symbol are gluten free

• These brands and flavors ONLY



COCO Wheats 11 oz or larger
 Cream of Rice Original Instant Individual Packets 11 oz or larger
 Cream of Wheat Original & Whole Grain Instant Individual Packets ONLY 11 oz or larger
 Malt-O-Meal Original & Chocolate Flavor 11 oz or larger



Mayo Instant Oatmeal ONLY 11 oz or larger
 Quaker Instant Grits Original & Butter Flavor Individual Packets ONLY 11 oz or larger
 Quaker Instant Oatmeal Original Flavor Individual Packets ONLY 11 oz or larger
 Store Brand Instant Oatmeal Regular Flavor Individual Packets ONLY: America's Choice, Essential Everyday, Great Value, Hy-Top, IGA, Kroger, Meijer, Our Family, Parade, Roundy's, ShurFine, Spartan 11 oz or larger



Breakfast Starts the Day Strong!

Eating breakfast gives you and your child energy. Without breakfast, you and your child may feel hungry, making it hard to focus and learn.

Let them help you plan breakfast and set the table!

Breastfeeding

Every Ounce Counts

Breastfeeding is convenient!
Always ready, no bottles or mixing required.

Exclusively breastfeeding mothers and their babies receive extra food benefits.

Moms have the right to breastfeed their children anytime, anywhere.
It is the law in Michigan.

Miracle Park, Southfield

Tridge, Midland



Marquette Harbor Lighthouse, Marquette

Mackinac Bridge, St. Ignace

What WIC Clients Say About Breastfeeding...

"As a new mom, I was scared and had lots of questions, but talking to a peer counselor made me feel confident about breastfeeding."

"It was a way to be closer to my daughter when I went back to work."

"My partner supported me by getting the baby ready and making me comfortable."

14

Breastmilk has more of what baby needs



Michigan WIC has Breastfeeding Specialists and Peer Counselors to provide breastfeeding support at no cost. WIC can help with any of your questions or concerns.

15

BREASTFEEDING

Infant Cereals

* Choose lower priced foods

No organic allowed

• 8 oz or 16 oz box/container

ALLOWED

- Any brand
- Dry infant cereal WITHOUT fruit, formula or DHA/ARA
- CHOOSE ONLY: corn, mixed grain, multigrain, oatmeal, rice, whole wheat



Infant Fruits & Vegetables

* Choose lower priced foods

No organic allowed

• For infants 6 thru 11 months ONLY

4 oz glass jar →



4 oz 2-pack plastic tubs →



ALLOWED

- Beech-Nut Classics, Beech-Nut Naturals, Gerber, Meijer Baby, Tippy Toes
- 4 oz glass jars or plastic tubs ONLY (multipacks allowed)
- Any variety single fruit or vegetable (example: apple sauce or sweet peas)
- Any variety mixed fruits and/or vegetables (example: apples and bananas, mixed vegetables, sweet potatoes and apples)

* NOT ALLOWED

- Added meat, sugar, salt or DHA
- Dinners
- Yogurt blends
- Added cereal, flour, starches
- Desserts (for example, juice & fruit blends, pudding or cobbler)
- Squeeze pouches

16

Infant Meats

* Choose lower priced foods

No organic allowed

• ONLY for breastfeeding infants 6 thru 11 months who are NOT receiving formula from WIC



ALLOWED

- 2.5 oz containers ONLY
- Single meat varieties ONLY, with broth or gravy

* NOT ALLOWED

- Added sugar or salt
- Added fruit, vegetables, rice or pasta (for example: dinners, casseroles, soups or stews)
- Meat sticks



Be sure your infant is ready to eat foods.

To eat foods, your infant must be able to:

- Sit and hold her head steady
- Show he wants food by opening his mouth
- Show she doesn't want food by closing her mouth or turning her head

17

INFANT FOODS

Bean & Peanut Butter Choices:

If your Shopping List shows:

1 JAR 16-18OZPNUTBTR, LB DRY, 15-16OZCN BEAN

you can buy...



OR



OR



Beans, Lentils & Peas

* Choose lower priced foods

No organic allowed

ALLOWED DRY

- 16 oz (1 LB) package
- Any type



* NOT ALLOWED DRY

- Barzi beans
- Dry beans with seasoning packets

ALLOWED CANNED

- 15-16 oz can
- Any type
- Brands – Bush's, Centrella, Essential Everyday, Goya, Great Value, Halstead Acres, Hy-Top, IGA, Joan of Arc, Kroger, La Preferida, Lucky, Meijer, Ortega, Our Family, Progresso, ShurFine, Spartan, ValuTime, Wylwood
- Low sodium of any allowed brand



* NOT ALLOWED CANNED

- Beans with added fat, oil, meat
- Baked beans
- Pork and beans
- Chili beans
- Refried beans
- Green beans
- Snap beans
- Wax beans
- Yellow beans
- Green peas
- Sweet peas

18

Peanut Butter

* Choose lower priced foods

No organic allowed

ALLOWED

- 16-18 oz jar
- Smooth, creamy, crunchy, extra crunchy



* NOT ALLOWED

- Specialty brands, like Arrow Head Mills, Fifty50
- Peanut butter mixed with jelly, marshmallow, honey, chocolate or other flavorings
- Reduced fat peanut butter
- Peanut spread
- Peanut butter with DHA or Omega 3



Your kids learn from watching you enjoy healthy foods.

Teach how foods help them learn, grow and be strong.

- Fresh fruits and vegetables help them fight sickness and stay fit.
- Whole grains give them energy to grow and learn.
- Milk makes their bones and teeth strong.
- Beans and peanut butter give them healthy blood and strong muscles.

Canned Fish

* Choose lower priced foods

No organic allowed



Any Brand
Chunk light tuna
in water or oil
5 oz can



Bumble Bee
Pink Salmon
5 oz can



Chicken of the Sea
Pink Salmon
5 oz can

* NOT ALLOWED

- Albacore tuna
- Low sodium tuna or salmon
- Foil packages or pouches
- Lunch packs, lunch kits
- Chunk white tuna
- Tuna with seasoning
- Prime or smoked salmon fillets

19

Milk

* Choose lower priced foods

No organic allowed

ALLOWED

- Fat free milk (skim)
- Low fat milk (1/2%, 1%)
- Buttermilk

ALLOWED

- Only if on your WIC Shopping List
- Reduced fat milk (2%)
 - Whole milk
 - Powdered milk (nonfat dry) 25.6 oz, 32 oz, 64 oz
 - Evaporated milk (skim, 2%, whole)
 - Lactose free milk (skim, 1%, 2%, whole)

* NOT ALLOWED

- Chocolate or flavored milk
- Evaporated filled
- Nut or grain milk (like almond or rice)
- Guernsey
- Value added (Kid's Milk, Fit Milk, Over the Moon)
- Vitamite
- Glass bottles
- Unhomogenized

If your Shopping List shows 'QT or Equiv,' use this guide.



1 quart = 32 oz



3 quarts = 96 oz



2 quarts = half gallon (64 oz)



4 quarts = 1 gallon (128 oz)



Did you know? Skim, 1% or 2% milk has the same amount of Vitamin D, calcium and protein as whole milk. Just less fat and fewer calories!

20

Yogurt

* Choose lower priced foods

No organic allowed

- 32 oz tubs
- 4 oz 4-pack (16 oz total)
- 4 oz 8-pack (32 oz total)

ALLOWED

- Nonfat or lowfat ONLY
- Plain or any flavor



* NOT ALLOWED

- Whole milk yogurt
- Yogurts with mix-in items such as candy, granola or nuts
- Greek yogurt
- Artificial sweeteners, often labeled "light" (for example: aspartame, sucralose or saccharine)
- Yogurt in bottles (drinkable), tubes or pouches
- Activia



21

Cheese

* Choose lower priced foods **No organic allowed**

- See your WIC Shopping List for allowed maximum cheese price
- 16 oz (1 LB) **ONLY**
- U.S. made prepackaged cheese
- Low sodium and low fat cheese of any allowed type



- ALLOWED**
- Cheddar
 - Colby
 - Colby Jack (Cojack)
 - Monterey Jack
 - Mozzarella
 - Muenster
 - Provolone
 - Swiss
- Without individual wrapping:
- American
 - String

- * NOT ALLOWED**
- Imported cheese
 - Sliced cheese, except American
 - Individually wrapped cheese slices (singles), sticks or strings
 - Cheese foods (for example: Velveeta)
 - Cheese products, whips or spreads
 - Shredded, grated, cubed, crumbles, shapes or curds
 - Smoked cheese or raw milk cheese
 - Variety wheels or variety packs
 - Cracker Backers or Stackers
 - Cheese with pimento, peppers, seeds, meat, etc.
 - Soy, farmer or goat cheese
 - Fresh mozzarella

Eggs

* Choose lower priced foods **No organic allowed**

- 1 dozen
- ALLOWED**
- Grade A or AA
 - Medium or large
 - White **ONLY**



- * NOT ALLOWED**
- Extra large or jumbo
 - Free range, cage free, low cholesterol, Omega 3 or pasteurized
 - Egglard's Best

Soy Beverage

* Choose lower priced foods **Organic allowed**

ALLOWED only if your WIC Shopping List message is: **'QT or Equiv Soy Beverage'**

- 1 quart = 32 oz | 2 quarts = 64 oz
- These brands and flavors **ONLY**



Juices for Children

* Choose lower priced foods **No organic allowed**

64 oz PLASTIC

100% Juice & 120% Vitamin C

• Added calcium allowed



Tips for choosing a WIC juice

- Is it one of the fruit or vegetable juices listed on these pages?
- Is it a **48 or 64 oz** container, or an **11.5 to 12 oz** concentrate?
- Is it **100%** juice?
- Does it have at least **120%** Vitamin C?

Nutrition Facts	
Contains 100% Juice Serving Size 8 fl oz (240mL) Servings Per Container 8	
Amount Per Serving	Fat Cal. 0
Calories 120	
	% Daily Value*
Total Fat 0g	0%
Cholesterol 0g	0%
Sodium 25mg	1%
Potassium 260mg	8%
Total Carb 29g	10%
Sugars 27g	
Protein 0	0%
Vitamin A	0%
Vitamin C	120%
Calcium	0%
Iron	2%

This 100% juice example has 120% Vitamin C; this item is allowed.

Juices for Women

* Choose lower priced foods **No organic allowed**

48 oz PLASTIC

100% Juice & 120% Vitamin C

• Added calcium allowed



Health Bite

Juice: good or bad?

Small amounts of WIC juice are a good source of Vitamin C.

Be sure to eat plenty of fresh fruits and vegetables to get more fiber in your diet.

Frozen - 11.5 oz and 12 oz



Non-Frozen - 11.5 oz



WIC Shopping Tips

- Take your MI-WIC Shopping List with you.
- If you have already used some food benefits, print a balance inquiry at the store to see what you can purchase today.
- Make sure the foods you buy with your WIC Bridge Card are WIC authorized.
- Make sure the foods you buy are on your MI-WIC Shopping List.
- Product availability can vary by store. Not all items can be found in all areas of the state.
- If your fruit and vegetable purchase total is more than your benefit amount, you can pay the difference.
- Coupons and store promotions may be used with your WIC Bridge Card.
- Choosing lower priced foods helps reduce costs and serve more WIC clients.

About your MI WIC Bridge Card

- See your Michigan WIC Cardholder Training Brochure for important information.
- For problems, questions, or balance inquiries, call **1-888-678-8914** or visit www.ebt.acs-inc.com.
- WIC foods cannot be purchased before the Starting Date or after midnight Eastern Standard Time on the Expiration Date of your WIC benefit period.



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WIC Fraud is Serious

**DON'T
FALL FOR THE TRAP**



**BUYING, SELLING, OR TRADING
WIC FOODS IS ILLEGAL!**

If you buy, sell, or trade WIC foods, it could result in prosecution and/or disqualification from participating in the WIC Program.

1-800-CALL-WIC

wicfraudinvestigations@michigan.gov



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WIC Food Basket Item Substitution Regulations (7 CFR 246.10)

- 1) Powder and ready-to-feed formula may be substituted at rates that provide comparable nutritive value.
- 2) Whole milk is the standard milk for issuance to 1-year-old children (12 through 23 months). Fat-reduced milks may be issued to 1-year-old children as determined appropriate by the health care provider per medical documentation. Low-fat (1%) or nonfat milks are the standard milks for issuance for children \geq 24 months of age and women. Whole milk or reduced fat (2%) milk may be substituted for low-fat (1%) or nonfat milk for children \geq 24 months of age and women as determined appropriate by the health care provider per medical documentation.
- 3) Evaporated milk may be substituted at the rate of 16 fluid ounces of evaporated milk per 32 fluid ounces of fluid milk or a 1:2 fluid ounce substitution ratio. Dry milk may be substituted at an equal reconstituted rate to fluid milk.
- 4) For children and women, cheese may be substituted for milk at the rate of 1 pound of cheese per 3 quarts of milk. For children and women in the pregnant, partially breastfeeding and postpartum food packages, no more than 1 pound of cheese may be substituted. For women in the fully breastfeeding food package, no more than 2 pounds of cheese may be substituted for milk. State agencies do not have the option to issue additional amounts of cheese beyond these maximums even with medical documentation. (No more than a total of 4 quarts of milk may be substituted for a combination of cheese, yogurt or tofu for children and women in the pregnant, partially breastfeeding and postpartum food packages. No more than a total of 6 quarts of milk may be substituted for a combination of cheese, yogurt or tofu for women in the fully breastfeeding food package.)
- 5) For children 24 months of age and women, yogurt may be substituted for fluid milk at the rate of 1 quart of yogurt per 1 quart of milk; a maximum of 1 quart of milk can be substituted. Additional amounts of yogurt are not authorized. Whole yogurt is the standard yogurt for issuance to 1-year old children (12 through 23 months). Low-fat or nonfat yogurt may be issued to 1-year-old children (12 months to 23 months) as determined appropriate by the health care provider per medical documentation. Low-fat or nonfat yogurts are the standard yogurt for issuance to children \geq 24 months of age and women. Whole yogurt may be substituted for low-fat or nonfat yogurt for children \geq 24 months of age and women as determined appropriate by the health care provider per medical documentation. (No more than a total of 4 quarts of milk may be substituted for a combination of cheese, yogurt or tofu for children and women in the pregnant, partially breastfeeding and postpartum food packages. No more than a total of 6 quarts of milk may be substituted for a combination of cheese, yogurt or tofu for women in the fully breastfeeding food package.)
- 6) For children, soy-based beverage and tofu may be substituted for milk as determined appropriate by the health care provider per medical documentation. Soy-based beverage may be substituted for milk on a quart for quart basis up to the total maximum allowance of milk. Tofu may be substituted for milk for children at the rate of 1 pound of tofu per 1 quart of milk. (No more than a total of 4 quarts of milk may be substituted for a combination of cheese, yogurt or tofu for children.) Additional amounts of tofu may be substituted, up to the maximum allowance for fluid milk for children, as determined appropriate by the health care provider per medical documentation.
- 7) For women, soy-based beverage may be substituted for milk on a quart for quart basis up to the total maximum monthly allowance of milk. Tofu may be substituted for milk at the rate of 1 pound of tofu per 1 quart of milk. (No more than a total of 4 quarts of milk may be substituted for a combination of cheese, yogurt or tofu for women in the pregnant, partially breastfeeding and postpartum food packages. No more than a total of 6 quarts of milk may be substituted

for a combination of cheese, yogurt or tofu for women in the fully breastfeeding food package.) Additional amounts of tofu may be substituted, up to the maximum allowances for fluid milk, as determined appropriate by the health care provider per medical documentation.

- 8) 32 dry ounces of infant cereal may be substituted for 36 ounces of breakfast cereal as determined appropriate by the health care provider per medical documentation.
- 9) At least one half of the total number of breakfast cereals on the State agency's authorized food list must have whole grain as the primary ingredient and meet labeling requirements for making a health claim as a "whole grain food with moderate fat content" as defined in Table 4 of paragraph (e)(12) of 7 CFR 246.10.
- 10) Both fresh fruits and fresh vegetables must be authorized by State agencies. Processed fruits and vegetables, i.e., canned (shelf-stable), frozen, and/or dried fruits and vegetables may also be authorized to offer a wider variety and choice for participants. State agencies may choose to authorize one or more of the following processed fruits and vegetables: canned fruit, canned vegetables, frozen fruit, frozen vegetables, dried fruit, and/or dried vegetables. The cash-value voucher may be redeemed for any eligible fruit and vegetable (refer to Table 4 of paragraph (e)(12) of 7 CFR 246.10 and its footnotes). Except as authorized in paragraph (b)(1)(i) of 7 CFR 246.10, State agencies may not selectively choose which fruits and vegetables are available to participants. For example, if a State agency chooses to offer dried fruits, it must authorize all WIC-eligible dried fruits.
- 11) Children and women whose special dietary needs require the use of pureed foods may receive commercial jarred infant food fruits and vegetables in lieu of the cash-value voucher. Children may receive 128 oz. of commercial jarred infant food fruits and vegetables and women may receive 160 oz. of commercial jarred infant food fruits and vegetables in lieu of the cash-value voucher. Infant food fruits and vegetables may be substituted for the cash-value voucher as determined appropriate by the health care provider per medical documentation.
- 12) The monthly value of the fruit/vegetable cash-value vouchers will be adjusted annually for inflation as described in 7 CFR 246.16(j).
- 13) Whole wheat and/or whole grain bread must be authorized. State agencies have the option to also authorize brown rice, bulgur, oatmeal, whole-grain barley, whole wheat macaroni products, or soft corn or whole wheat tortillas on an equal weight basis.
- 14) Canned legumes may be substituted for dry legumes at the rate of 64 oz. (e.g., four 16-oz cans) of canned beans for 1 pound dry beans. In Food Packages V and VII, both beans and peanut butter must be provided. However, when individually tailoring Food Packages V or VII for nutritional reasons (e.g., food allergy, underweight, participant preference), State agencies have the option to authorize the following substitutions: 1 pound dry and 64 oz. canned beans/peas (and no peanut butter); or 2 pounds dry or 128 oz. canned beans/peas (and no peanut butter); or 36 oz. peanut butter (and no beans).

Minimum Stock Requirements

MICHIGAN WIC PROGRAM
 Lewis Cass Building, 320 S. Walnut St., Lansing, MI 48913 Telephone: (517) 335-8937
WIC VENDOR MINIMUM STOCK REQUIREMENTS
EFFECTIVE 7-11-2016

See the Michigan WIC Food Guide to determine the specific WIC allowed brands, types and sizes.
 Only those items listed on the most recent Michigan WIC Food Guide will be counted toward the mandatory minimum stock requirements listed below.

A WIC VENDOR MUST HAVE, AT A MINIMUM, THE FOLLOWING FOOD ITEMS IN STOCK AT ALL TIMES:

CATEGORY	TYPE OR BRAND	QUANTITY
INFANT FORMULA	12.5 oz. can powder Enfamil Infant AND/OR 12.4 oz. can powder Enfamil Gentlease. 13 oz. concentrate Enfamil Infant must be made available upon request.	12 Cans Total of Powder
INFANT FRUITS AND INFANT VEGETABLES	4 oz. glass jar AND/OR 4 oz. 2-pack plastic tub only. WIC approved brands are Beech-Nut, Gerber, Meijer Baby or Tippy Toes. -Any variety single fruit or vegetable (ex. apple sauce, sweet peas); -Any variety mixed fruits and/or vegetables (ex. apples & bananas, mixed vegetables). -Fruits and vegetables mixed in the same container DO NOT count toward the minimum stock requirements. (For example, apples and sweet potatoes mixed together do not count for minimum stock purposes) Not Allowed: Organic; added meat, sugar, salt or DHA; dinners; desserts; yogurt blends, added cereal, flour or starches; squeeze pouches.	72 Units Total At least one variety of single or mixed fruit AND one variety of single or mixed vegetable
INFANT CEREAL	Any brand 8 oz. box/container, dry infant cereal without fruit, formula or DHA/ARA.	6 Boxes/Containers
FRESH FRUITS & VEGETABLES	Any combination of fresh fruits and vegetables except those listed in the WIC Food Guide as not allowed. Must carry at least 2 varieties of fresh fruits AND 2 varieties of fresh vegetables. - Minimum stock requirements are measured as the total amount of all fresh fruits and vegetables on hand. - Varieties of fruit within the same family count as one variety. For example: green and red grapes count only as grapes. - For minimum stock purposes, white potatoes DO NOT count towards the minimum stock requirements. Yams and sweet potatoes DO count towards the minimum stock requirements. Lemons and limes count only as one variety. Not Allowed: Pre-cut fruits and vegetables with added preservatives (ex. sliced apples with ascorbic acid); fruit baskets; fruit or vegetable party trays; herbs or spices.	\$25 Retail Value OR 10 Pounds Vendors that prefer to only meet the 10 pound requirement must make equipment available to weigh fruits and vegetables.
MILK	Any brand of Whole, Low Fat (1%, ½%) or Fat Free (skim). Not Allowed: Chocolate or flavored milk, glass bottles, organic milk, Vitamite, Guernsey or value added milk.	4 Gallons Whole Milk AND 8 Gallons Low Fat or Fat Free Milk
CHEESE	Any brand U.S. made real cheese in the types listed in the WIC Food Guide. Must be pre-packaged in 16 oz. size only. No other sizes allowed. Must be labeled with type of cheese, weight and price. Not Allowed: Individually wrapped slices (singles), sticks or strings; sliced cheese except American. See WIC Food Guide for other types of cheese that are not allowed.	5 Pounds
EGGS	Any brand medium or large white eggs only. Grade A or AA.	5 Dozen
CEREAL	At least 6 brands in approved sizes only. At least 3 of the 6 brands must be whole grain. See WIC Food Guide for allowed brands and sizes of cereal, including those that are whole grain.	12 Boxes
BREAD	Any combination of 16 oz. loaves of whole grain bread and/or 16 oz. packages of tortillas. See WIC Food Guide for allowed brands of bread and tortillas.	6 Loaves and/or Packages
JUICE	At least 2 flavors in 64 oz. bottles AND 2 flavors in 48 oz. bottles and/or 11.5 – 12 oz. concentrate. See WIC Food Guide for allowed brands, flavors and sizes.	10 Bottles 64 oz AND 5 Bottles 48 oz and/or 11.5-12 oz conc.
PEANUT BUTTER	Any brand (smooth, creamy, crunchy, extra crunchy) 16-18 oz. jar only. No specialty brands.	4 Jars

Vendors are strongly encouraged to stock as many varieties of WIC approved foods as possible. If possible, please make the following items available upon request: Infant meat, tuna, pink salmon, brown rice, whole wheat/whole grain pasta, 15-16 oz. canned beans, dry beans, lentils, or peas, soy beverage, lactose free milk, evaporated milk, non-fat dry milk, 2% reduced fat milk, low fat and nonfat yogurt.
 DCH-0208 Rev. 6/16 Authority: P.A. 368 of 1978

Source: Michigan Department of Health and Human Services

WIC Minimum Requirements and Specifications for Supplemental Foods (7 CFR 246.10)

Table 4

Minimum Requirements and Specifications for Supplemental Foods		
Categories	Foods	Minimum Requirements and Specifications
WIC Formula ¹	Infant Formula	<p>All authorized infant formulas must:</p> <p>(1) meet the definition for an infant formula in section 201(z) of the Federal Food, Drug, and Cosmetic Act (21 U.S.C. 321(z)) and meet the requirements for an infant formula under section 412 of the Federal Food, Drug and Cosmetic Act, as amended (21 U.S.C. 350a) and the regulations at 21 CFR Parts 106 and 107;</p> <p>(2) Be designed for enteral digestion via an oral or tube feeding;</p> <p>(3) Provide at least 10 mg iron per liter (at least 1.8 mg iron/100 kilocalories) at standard dilution;</p> <p>(4) Provide at least 67 kilocalories per 100 milliliters (approximately 20 kilocalories per fluid ounce) at standard dilution.</p> <p>(5) Not require the addition of any ingredients other than water prior to being served in a liquid state.</p>
	Exempt Infant Formula	<p>All authorized exempt infant formula must:</p> <p>(1) Meet the definition and requirements for an exempt infant formula under section 412(h) of the Federal Food, Drug, and Cosmetic Act as amended (21 U.S.C. 350a(h)) and the regulations at 21 CFR Parts 106 and 107; and</p> <p>2) Be designed for enteral digestion via an oral or tube feeding.</p>
	WIC-Eligible Medical Foods	<p>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 medical 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. WIC-eligible medical foods include many, but not all, products that meet the definition of medical food in Section 5(b)(3) of the Orphan Drug Act (21 U.S.C. 360ee(b)(3)).</p>
Milk and Milk Alternatives	Cow's Milk	<p>Must conform to FDA standard of identity for whole, reduced fat, low-fat, or non-fat milks (21 CFR 131.110). Must be pasteurized and contain at least 400 IU of vitamin D per quart (100 IU per cup) and 2000 IU of vitamin A per quart (500 IU per cup).</p> <p>May be flavored or unflavored. May be fluid, shelf stable, evaporated (21 CFR 131.130), or dried (i.e., powder) (21 CFR 131.147).²</p> <p>Cultured Milks. Must conform to FDA standard of identity for cultured milk (21 CFR 131.112— cultured buttermilk, kefir cultured milk, acidophilus cultured milk).</p>
	Goat Milk	<p>Must conform to FDA standard of identity for whole, reduced fat, low-fat, or non-fat milks (21 CFR Part 131). Must be pasteurized and contain at least 400 IU of vitamin D per quart (100 IU per cup) and 2000 IU of vitamin A per quart (500 IU per cup) following FDA fortification standards (21 CFR Part 131). May be flavored or unflavored. May be fluid, shelf-stable, evaporated (21 CFR 131.130), or dried (i.e., powdered) (21 CFR 131.147).²</p>

Minimum Requirements and Specifications for Supplemental Foods		
Categories	Foods	Minimum Requirements and Specifications
	Cheese	Domestic cheese made from 100 percent pasteurized milk. Must conform to FDA standard of identity (21 CFR Part 133); Monterey Jack, Colby, natural Cheddar, Swiss, Brick, Muenster, Provolone, part skim or whole Mozzarella, pasteurized processed American, or blends of any of these cheeses are authorized. Cheeses that are labeled low, free, reduced, less or light in the nutrients of sodium, fat or cholesterol are WIC-eligible. ³
	Tofu	Calcium-set tofu prepared with only calcium salts (e.g., calcium sulfate). May not contain added fats, sugars, oils, or sodium.
	Soy-Based Beverage	Must be fortified to meet the following nutrient levels: 276 mg calcium per cup, 8 g protein per cup, 500 IU vitamin A per cup, 100 IU vitamin D per cup, 24 mg magnesium per cup, 222 mg phosphorus per cup, 349 mg potassium per cup, 0.44 mg riboflavin per cup, and 1.1 mcg vitamin B12 per cup, in accordance with fortification guidelines issued by FDA.
Juice	Juice	Must be pasteurized 100% unsweetened fruit juice. Must conform to FDA standard of identity (21 CFR Part 146) or vegetable juice must conform to FDA standard of identity (21 CFR Part 156) and contain at least 30 mg of vitamin C per 100 mL of juice. With the exception of 100 percent citrus juices, State agencies must verify the vitamin C content of all State-approved juices. Juices that are fortified with other nutrients may be allowed at the State agency's option. Juice may be fresh, from concentrate, frozen, canned, or shelf stable. Vegetable juice may be regular or lower in sodium. ³
Eggs	Eggs	Fresh shell domestic hens' eggs or dried eggs mix (must conform to FDA standard of identity in 21 CFR 160.105) or pasteurized liquid whole eggs (must conform to FDA standard of identity in 21 CFR 160.115). Hard boiled eggs, where readily available for purchase in small quantities, may be provided for homeless participants.
Breakfast Cereal	Breakfast Cereals	Breakfast cereals as defined by FDA in 21 CFR 170.3(n)(4) for ready-to-eat and instant and regular hot cereals. Must contain a minimum of 28 mg iron per 100 g dry cereal. Must contain ≤ 21.2 g sucrose and other sugars per 100 g dry cereal (≤ 6 g per dry oz). At least half of the cereals authorized on a State agency's food list must have whole grain as the primary ingredient by weight AND meet labeling requirements for making a health claim as a "whole grain food with moderate fat content". ⁴ (1) Contain a minimum of 51% whole grains (using dietary fiber as the indicator); (2) Meet the regulatory definitions for "low saturated fat" at 21 CFR 101.62 (≤ 1 g saturated fat per RACC) and "low cholesterol" (≤ 20 mg cholesterol per RACC);

Minimum Requirements and Specifications for Supplemental Foods		
Categories	Foods	Minimum Requirements and Specifications
		(3) Bear quantitative trans-fat labeling; and (4) Contain ≤ 6.5 g total fat per RACC and ≤ 0.5 g trans-fat per RACC.
Fruits and Vegetables	Fruits and Vegetables	Any variety of fresh whole or cut fruit without added sugars. ⁵ Any variety of fresh whole or cut vegetable, except white potatoes, without added sugars, fats, or oils (orange yams and sweet potatoes are allowed). ⁵ Any variety of canned fruits (must conform to FDA standard of identity (21 CFR Part 145); including applesauce, juice pack or water pack without added sugars, fats, oils, or salt (i.e. sodium). Any variety of frozen fruits without added sugars. ^{6,7} Any variety of canned or frozen vegetables (must conform to FDA standard of identity (21 CFR Part 155)) except white potatoes (orange yams and sweet potatoes are allowed); without added sugars, fats, or oils. May be regular or lower in sodium. ^{3,6,7} Any type of dried fruits or dried vegetable without added sugars, fats, oils, or salt (i.e., sodium). ⁵
Whole Wheat Bread/Whole Grains Bread/Other Whole Unprocessed Grains	Whole Wheat Bread/Whole Grains Bread/Other Whole Unprocessed Grains	<u>Bread</u> Whole wheat bread must conform to FDA standard of identity (21 CFR 136.180). (Includes whole wheat buns and rolls.) AND Whole wheat must be the primary ingredient by weight in all whole wheat bread products. Whole grain bread must meet labeling requirements for making a health claim as a “whole grain food with moderate fat content”: (1) contain a minimum of 51% whole grains (using dietary fiber as the indicator); (2) meet the regulatory definitions for “low saturated fat” at 21 CFR 101.62 (≤ 1 g saturated fat per RACC) and “low cholesterol” (≤ 20 mg cholesterol per RACC); (3) bear quantitative trans-fat labeling; and (4) Contain ≤ 6.5 g total fat per RACC and ≤ 0.5 g trans-fat per RACC. ⁴ AND Whole grain must be the primary ingredient by weight in all whole grain bread products. <u>Other Whole Unprocessed Grains</u> Brown rice, bulgur (cracked wheat), oatmeal, and whole-grain barley without added sugars, fats, oils, or salt (i.e., sodium). May be instant-, quick-, or regular-cooking. Soft corn or whole wheat tortillas may be allowed at the State agency’s option. Whole grain must be the primary ingredient by weight.
Canned Fish⁶	Canned Fish	<u>Canned only</u> Light tuna (must conform to FDA standard of identity (21 CFR 161.190));

Minimum Requirements and Specifications for Supplemental Foods		
Categories	Foods	Minimum Requirements and Specifications
		<p>Salmon (must conform to FDA standard of identity (21 CFR 161.170));</p> <p><u>Sardines; Mackerel (N. Atlantic <i>Scomber scombrus</i>, or Chub Pacific <i>Scomber japonicus</i>);</u></p> <p>May be packed in water or oil. Pack may include bones or skin. May be regular or lower in sodium content.³</p>
Mature Legumes	Mature Legumes	<p><u>Any type of mature dry beans, peas, or lentils in dry-packaged or canned forms</u>⁶</p> <p>Examples include but are not limited to black beans (“turtle beans”), blackeye peas (cowpeas of the blackeye variety, “cow beans”), garbanzo beans (chickpeas), great northern beans, kidney beans, lima beans (“butter beans”), navy beans, pinto beans, soybeans, split peas, and lentils. All categories exclude soups.</p> <p>May not contain added sugars, fats, oils or meat as purchased. Canned legumes may be regular or lower in sodium content.^{3,8}</p> <p>Baked beans may be provided for participants with limited cooking facilities.⁸</p>
Peanut Butter	Peanut Butter	<p>Peanut butter and reduced fat peanut butter (must conform to FDA Standard of Identity (21 CFR 164.150)); creamy or chunky, regular or reduced fat, salted or unsalted forms are allowed.³</p>
Infant Foods	Cereal	<p>Infant cereal must contain a minimum of 45 mg of iron per 100 g of dry cereal.⁹</p>
	Fruits and Vegetables	<p>Any variety of single ingredient commercial infant food fruit without added sugars, starches, or salt (i.e., sodium). Texture may range from strained through diced.¹⁰</p>
	Vegetables	<p>Any variety of single ingredient commercial infant food vegetables without added sugars, starches, or salt (i.e., sodium). Texture may range from strained through diced.¹¹</p>
	Meat	<p>Any variety of commercial infant food meat or poultry, as a single major ingredient, with added broth or gravy. Added sugars or salt (i.e. sodium) are not allowed. Texture may range from pureed through diced.¹²</p>
Source: United States Department of Agriculture Food and Nutrition Service		

ENDNOTES FOR APPENDIX D

¹ The following are not considered a WIC eligible medical food: Formulas used solely for the purpose of enhancing nutrient intake, managing body weight, addressing picky eaters or used for a condition other than a qualifying condition (e.g., vitamin pills, weight control products, etc.); medicines or drugs, as defined by the Food, Drug and Cosmetic Act (21 U.S.C. 350a) as amended; enzymes, herbs, or botanicals; oral rehydration fluids or electrolyte solutions; flavoring or thickening agents; and feeding utensils or devices (e.g., feeding tubes, bags, pumps) designed to administer a WIC-eligible formula.

² All authorized milks must confirm to FDA, DHHS standards of identity for milks as defined by 21 CFR Part 131 and meet WIC's requirements for vitamin fortification as stated above. Additional authorized milks include, but are not limited to: calcium-fortified, lactose-reduced and lactose-free, acidified, and UHT pasteurized milks. Other milks are permitted at the State agency's discretion provided that the State agency determines that the milk meets the minimum requirements for authorized milk

³ Any of the following lower sodium forms are allowable:

Sodium-free—less than 5 mg sodium per serving;

Very low sodium—35 mg sodium or less per serving or, if the serving is 30 g or less or 2 tablespoons or less, 35 mg sodium or less per 50 g of the food;

Low-sodium—140 mg sodium or less per serving or, if the serving is 30 g or less or 2 tablespoons or less, 140 mg sodium or less per 50 g of the food;

Light in sodium—at least 50 percent less sodium per serving than average reference amount for same food with no sodium reduction;

Lightly salted—at least 50 percent less sodium per serving than reference amount (If the food is not “low in sodium,” the statement “not a low-sodium food” must appear on the same panel as the Nutrition Facts panel.); and Reduced or less sodium—at least 25 percent less sodium per serving than reference food.

⁴ Food and Drug Administration (FDA), Health Claim Notification for Whole Grain Foods with Moderate Fat Content at <http://www.cfsan.fda.gov/~dms/flgrain2.html>

⁵ Herbs or spices; edible blossoms and flowers, e.g., squash blossoms (broccoli, cauliflower and artichokes are allowed); creamed or sauced vegetables; vegetable-grain (pasta or rice) mixtures; fruit-nut mixtures; breaded vegetables; fruits and vegetables for purchase on salad bars; peanuts; ornamental and decorative fruits and vegetables such as chili peppers on a string; garlic on a string; gourds; painted pumpkins; fruit baskets and party vegetable trays; and items such as blueberry muffins and other baked goods are not authorized. Mature legumes (dry beans and peas) and juices are provided as separate food WIC categories and are not authorized under the fruit and vegetable category.

⁶ “Canned” refers to processed food items in cans or other shelf-stable containers, e.g., jars, pouches.

⁷ Excludes white potatoes; catsup or other condiments; pickled vegetables, olives; soups; juices; and fruit leathers and fruit roll-ups.

⁸ The following canned mature legumes are not authorized: soups; immature varieties of legumes, such as those used in canned green peas, green beans, snap beans, orange beans, and wax beans; baked beans with meat; e.g., beans and franks; and beans containing added sugars (with the exception of baked beans), fats, meat, or oils.

⁹ Infant cereals containing infant formula, milk, fruit, or other non-cereal ingredients are not allowed.

¹⁰ Mixtures with cereal or infant food desserts (e.g., peach cobbler) are not authorized; however, combinations of single ingredients (e.g., apple-banana) are allowed.

¹¹ Combinations of single ingredients (e.g., peas and carrots) are allowed.

¹² No infant food combinations (e.g., meat and vegetables) or dinners (e.g., spaghetti and meatballs) are allowed.