

Cascades Staff Tool

Food Prescription Subcategories and Substitutions

This table shows which subcategories/substitutions are included in standard food packages and which must be added by the WIC counselor.

Food Category	Subcategory or Substitute	Included in “All WIC” Default Package	Needs to Be Added by Counselor
Juice	64 oz bottle	X	
	\$3 CVB		X
Milk – Fat Reduced	Low-fat/non-fat cow milk options include: <ul style="list-style-type: none"> Lactose-free Acidophilus, buttermilk, kefir Evaporated and powdered 	X	
	Soy Milk	X	
	Goat milk (low-fat)	X	
	Yogurt, Cheese, and Tofu		X
	Milk types requiring MDF or nutrition assessment		X
Milk – Whole	Whole cow milk options include: <ul style="list-style-type: none"> Lactose-free Acidophilus*, buttermilk, kefir Evaporated and powdered 	X	
	Goat milk options include: <ul style="list-style-type: none"> Fluid Evaporated and powdered Kefir 	X	
	Soy Milk, Yogurt, Cheese, Tofu		X
	Milk types requiring MDF or nutrition assessment		X
Breakfast Cereal	Hot and cold cereals	X	
Eggs	Eggs	X	
	Dried Beans		X
	Canned Beans		X
	Peanut Butter		X
	Tofu		X
Fruits and Vegetables	Fresh, frozen, and canned fruits and vegetables	X	
	Fresh herbs	X	
Whole Grains	Brown rice, oatmeal, soft corn tortillas	X	
	Whole wheat tortillas, pasta, bread, and buns	X	
Fish	Canned tuna/salmon/sardines	X	
Legumes	Dried beans or canned beans	X	
	Peanut butter	X	
Infant Formula	All standard and exempt formulas		X
Infant Cereal	Infant Cereal	X	
Infant Fruits and Vegetables	Infant F/V – 128 oz	X	
	Infant F/V – 64 oz + \$11 CVB		X
	No Infant F/V + \$22 CVB		X
WIC Eligible Nutritionals	PediaSure		X
	PediaSure with Fiber		X

oz – ounce; CVB – Cash Value Benefit; MDF – Medical Documentation Form; F/V – fruits and vegetables; APL – authorized product list.

*There are currently no whole cow milk acidophilus products on the APL, but participants are encouraged to submit products they would like added.

Use the [WIC Shopping Guide](#) to find specific approved items in each category/subcategory.