

## Cascades Staff Tool

### Food Prescription Subcategories and Substitutions

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

Food Category	Subcategory or Substitute	Included in “All WIC” Default Package	Needs to Be Added by Counselor	
<b>Juice</b>	<b>12 oz frozen or 46/48 oz liquid</b> (adults)	<b>X</b>		
	<b>64 oz bottles</b> (children)	<b>X</b>		
<b>Milk – Fat Reduced</b>	<b>Low-fat/non-fat cow milk options include:</b> <ul style="list-style-type: none"> <li>• <b>Lactose-free</b></li> <li>• <b>Acidophilus, buttermilk, kefir</b></li> <li>• <b>Evaporated and powdered</b></li> </ul>	<b>X</b>		
	<b>Soy Milk</b>	<b>X</b>		
	<b>Goat milk (low-fat)</b>	<b>X</b>		
	Yogurt		X	
	Tofu		X	
	Milk types on MDF (ex. whole milk for 2-4 year old)			X
<b>Milk – Whole</b>	<b>Whole cow milk options include:</b> <ul style="list-style-type: none"> <li>• <b>Lactose-free</b></li> <li>• <b>Acidophilus*, buttermilk, kefir*</b></li> <li>• <b>Evaporated and powdered</b></li> </ul>	<b>X</b>		
	<b>Goat milk options include:</b> <ul style="list-style-type: none"> <li>• <b>Fluid</b></li> <li>• <b>Evaporated and powdered</b></li> <li>• <b>Kefir</b></li> </ul>	<b>X</b>		
	Soy milk		X	
	Yogurt		X	
	Tofu		X	
	Milk types on MDF (ex. 2% milk for a 1 year old)			X
	<b>Breakfast Cereal</b>	<b>Hot and cold cereals</b>	<b>X</b>	
<b>Cheese</b>	<b>Cheese</b>	<b>X</b>		
	Tofu		X	
<b>Eggs</b>	<b>Eggs</b>	<b>X</b>		
<b>Fruits and Vegetables</b>	<b>Fresh, frozen, and canned fruits and vegetables</b>	<b>X</b>		
	<b>Fresh herbs</b>	<b>X</b>		
<b>Whole Grains</b>	<b>Brown rice, oatmeal, soft corn tortillas</b>	<b>X</b>		
	<b>Whole wheat tortillas, pasta, bread, and buns</b>	<b>X</b>		
<b>Fish</b>	<b>Canned tuna/salmon/sardines</b>	<b>X</b>		
<b>Legumes</b>	<b>Dried beans or canned beans</b>	<b>X</b>		
	<b>Peanut butter</b>	<b>X</b>		
<b>Infant Formula</b>	All standard and exempt formulas		X	
<b>WIC Eligible Nutritional</b>	PediaSure		X	
	PediaSure with Fiber		X	

oz – ounce; MDF – Medical Documentation Form; APL – approved product list

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

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



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