



Cascades Staff Tool

Food Prescription Subcategories



A standard food prescription includes the following subcategories (these foods don't need to be substituted):

Category	Subcategory - All WIC*
Fruit and Vegetable – Cash Value Benefits	Allows both fresh, frozen, and canned fruit and vegetables.
Whole Wheat Bread and Whole Grain Options	Allows 100% whole wheat bread and other whole grain options.
Eggs	Allows all egg options.
Peanut Butter/Beans	Allows all peanut butter and bean options (canned or dried beans).
Milk – Fat Reduced or Milk – Whole	Allows all low-fat/nonfat cow milk forms including lactose free, acidophilus, buttermilk, kefir, evaporated, dry, and powdered. It also includes soy beverage (Women and children 2-5) and low-fat fluid goat milk . or Allows all whole cow and goat milk forms including lactose free, acidophilus, buttermilk, evaporated, dry, and powdered. (1year olds; and others with a Medical Documentation form).
Cheese	Allows all types of cheese. This doesn't include tofu.
Cereal	Allows all cereal options, hot or cold.
Juice	All options 12 oz. frozen or 46/48 oz. liquid (Women). or All options – 64 oz. (Children).

*See the WIC Shopping Guide to know what specific items are WIC approved for each subcategory. This tool shows you what in general is included within each "All WIC" subcategory.

Food you need to change the Subcategory for (substitute):

- Tofu
- Yogurt
- Formulas and PediaSure (to specify the type of formula)
- Milk types specified on the Medical Documentation form (for example 2% milk for 1 -2 year olds)



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