

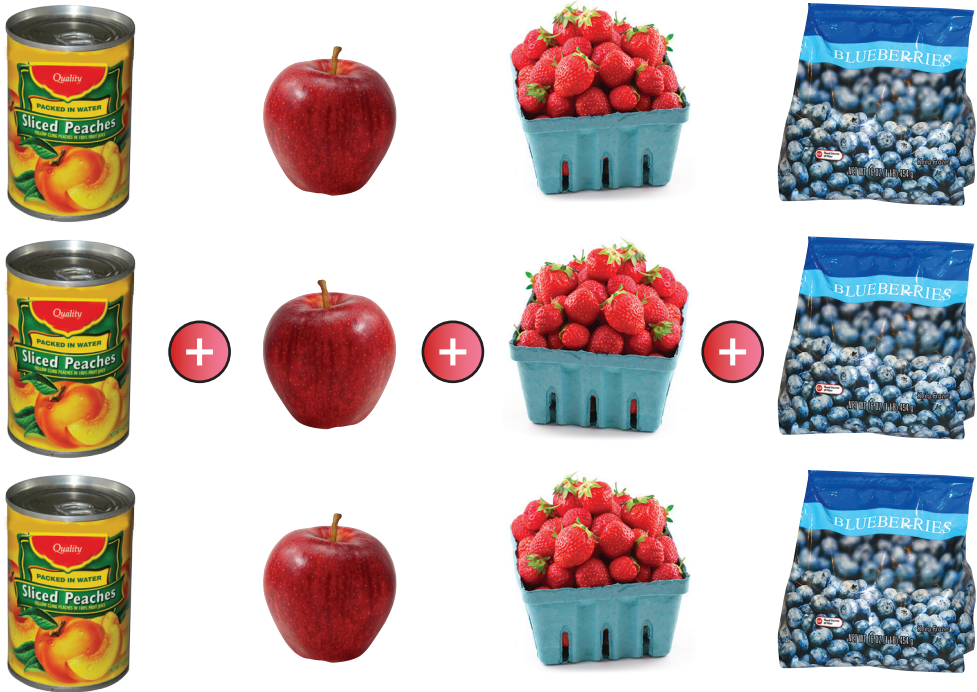
North Carolina Healthy Food Retail

DESIGNATION CRITERIA


Small food stores are eligible for the North Carolina Healthy Food Retail Designation when they meet the criteria outlined in this document.

To apply for the designation, go to surveymonkey.com/r/NCHealthyFoodRetail.







FRUITS				
Required Minimum Quantity	4 different fruits, 3 count minimum for each fruit, offered on a continuous basis			
Acceptable Products	Fresh, frozen or canned fruits packed in water or packed in 100% juice, no added sugars Excludes limes and lemons			
Example	 <div> <div>3 cans of peaches packed in water</div> <div>3 fresh apples</div> <div>3 pints fresh strawberries</div> <div>3 packages frozen blueberries</div> </div>			

VEGETABLES



Required Minimum Quantity	4 different vegetables, 3 count minimum for each vegetable, offered on a continuous basis
Acceptable Products	Fresh, frozen or canned vegetables, lower sodium or no sodium added Excludes garlic, herbs and condiments
Example	 <p>3 sweet potatoes 3 packages frozen spinach 3 cans no salt added green beans 3 fresh tomatoes</p>

WHOLE GRAINS

Required Minimum Quantity	2 different whole grain products (maximum of 1 cereal product), 3 count minimum, offered on a continuous basis
Acceptable Products	100% whole grain product (e.g., 100% whole wheat bread, cereal on NC WIC Program Authorized Product List , whole wheat pasta, whole wheat tortillas, brown rice)
Example	 <p>3 loaves 100% whole wheat bread 3 packages 100% whole wheat tortillas</p>

PROTEIN			
Required Minimum Quantity	1 package or can of beans, 3 count minimum, offered on a continuous basis	+	1 package of nuts, 3 count minimum, offered on a continuous basis
Acceptable Products	No sodium added dried beans or no sodium added/ lower sodium canned beans		Nuts, lower sodium/no sodium added and no sugar added Other type of protein including: <ul style="list-style-type: none"> • Eggs (dozen-sized cartons) • Lean cuts of beef and pork, fish or poultry, excluding deli meat • Lower sodium canned fish • Sunflower or pumpkin seeds
Example	 <p>3 packages dried beans</p>	 <p>3 packages nuts</p>	 <p>3 dozen eggs</p>

Healthy Food Sold Here 

DAIRY OR DAIRY SUBSTITUTES	
Required Minimum Quantity	1 milk, 3 count minimum, offered on a continuous basis
Acceptable Products	Skim, 1%, or 2% cow's milk or soy milk, no added sugars Quart containers or larger
Example	 <p>3 gallons milk</p>
WATER	
Required Minimum Quantity	3 count minimum, offered on a continuous basis
Acceptable Products	Plain bottled water
Example	 <p>3 bottles water</p>

Please see **North Carolina Healthy Food Retail Designation FAQs** for further clarification.