#### Minimally Processed Foods

Minimally Processed Foods are products containing no artificial ingredient or added color and is only minimally processed. Minimal processing means that the product was processed in a manner that does not fundamentally alter the product. Allowable and unallowable examples include:

#### Grains

Allowable - Grain products such as quinoa, rice, pasta, and other grains in ground form (ie: flour)

Unallowable Premade
combination foods
that contain grain
products (ie: pizza,
pre-made macaroni
and cheese,
burritos, breaded
products) or baked
goods (breads,
muffins, rolls,
tortillas, crackers)

# Fruits and Vegetables

Allowable - Fresh, frozen, canned, dried, juiced, chopped, diced, crushed, shredded, sliced, sauced, dehydrated

Unallowable - Value added products that contain a fruit and/or vegetable as a main ingredient (ie: salsa, pesto, pasta sauce, pickles) or preformed/shaped products that fundamentally alters the food (ie: fruit snacks, chips, smoothies, flashed fried and frozen potato products, drinks that contain F/V juice)

## Dairy

Allowable - Cheese (ie: sliced, cubed, sticks, shredded), flavored/unflavored yogurt, cottage cheese

Unallowable Premade
combination foods
that contain dairy
products as a main
ingredient (ie: pizza,
lasagna, burritos) or
other foods as
defined by the Food
Buying Guide that
contain dairy
products as a main
ingredient (ie:
buttter, cheese
sauce, cream cheese)

## Meat/Meat Alternates

Allowable - Flesh meats (ie: chicken, beef, pork, fish) or meat alternates (eggs, beans, legumes, lentils, nuts). Forms may be fresh, frozen, quartered, crumbled, chopped, shredded, sliced, diced, dehydrated, or pureed.

Unallowable Premade combination
foods that contain
M/MA products (ie:
pizza, omelets, egg
patties, burritos,
soups/stews or
preformed/shaped
products that
fundamentally alters
the food (ie:
precooked and frozen
meat products, meat
products that contain
fillers or additives)

### Fluid Milk

Allowable - Fat-free or low-fat, flavored or unflavored, pasteurized lactose-free, Ultra High Temperature milk

Unallowable - Milk in any other form than fluid (ie: powdered, dry, condensed, evaporated) or beverage products that contain fluid milk as a main ingredient (ie: smoothies, cold brew coffee, frozen drinks)

Source: USDA MARO's Minimally Processed Examples Document