



# South Carolina DEPARTMENT OF AGRICULTURE

Hugh E. Weathers, Commissioner

## LOCAL FOOD PURCHASE ASSISTANCE PROGRAM MINIMALLY PROCESSED VS. HEAVILY PROCESSED GOODS (USDA DEFINITION)

### WHAT FOODS ARE CONSIDERED “UNPROCESSED OR MINIMALLY PROCESSED”?

Examples of allowable food products include fruits and vegetables (including 100% juices); grain products such as pastas and rice; meats (whole, pieces, or food items such as ground meats); meat alternates such as beans or legumes, and fluid milk and other dairy foods such as cheese and yogurt. Foods in a wide variety of minimal processing states (e.g., whole, cut, pureed, etc.) and/or forms (e.g., fresh, frozen, canned, dried, etc.) are also allowable.

Foods that are generally understood to be significantly processed or prepared are unallowable. A product is considered processed if it lacks whole ingredients and mainly contains flavoring, coloring, and or other additives. Examples of unallowable products would include baked goods such as breads, muffins, or crackers; prepackaged sandwiches or meals; other prepared and/or pre-cooked items that come ready-to-eat or that require no further preparation beyond heating (e.g., chicken nuggets, fish sticks, pre-made pizzas, etc.).

Here are some further examples:

MINIMALLY PROCESSED PRODUCTS	NON-MINIMALLY PROCESSED PRODUCTS
Fruit purees or juices	Jams/jellies/preservatives
Dairy products such as yogurt or cheese	Butter, ice cream
Grain products including rice, grits, cornmeal, flour, etc.	Breads, crackers, baked goods, pre-made doughs
Chopped collards, diced onions, sliced squash, etc.	Chow Chow, Kimchi, and other pickled veggies, cooked vegetables
Whole cut meats, processed meats including sausage	Precooked meats
	Other misc. items include sauces, rubs, prepared meals, sweetened beverages, etc.

### NOTICE

For the purposes of the Local Food Purchase Assistance Program, SCDA will not reimburse product purchases that do not meet the USDA definition of minimally processed foods outlined above.