# New Food List

## Baby Food

**Allowed:****
- 8 oz or 16 containers of the following brands:
  - Beech-Nut
  - Earth’s Best Organic
  - Gerber

**Types:****
- Barley
- Millet/Quinoa
- Multigrain
- Oatmeal
- Rice
- Whole Wheat

**Not Allowed:****
- Baby cereal with added formula, milk, fruit, or other ingredients

Participants are encouraged to purchase the least expensive brand available.

## Infant Fruits & Vegetables

**Allowed:****
- 2 oz or 4 oz container single or multipack of or 2 packs of
- 2 oz not fit 4 oz
- Conventional or Organic
- Jars, pouches, and plastic tubs
- Any stage of infant fruit or vegetable and/or blends of fruits and/or vegetables

**Containers of infant fruit and/or vegetable package must say “Infant” or “Baby” in the following brands:
- Beech-Nut
- Earth’s Best Organic
- Gerber

**Types:****
- Conventional or Organic
- Beef
- Chicken
- Turkey
- Ham

**Not Allowed:****
- Dinners, slices meats or meat sticks
- Baby food combinations or dinners (for example, spaghetti and meatball or meat and vegetables)

## Infant Meats

**Allowed:****
- 2 oz containers single or multipack of the following brands:
  - Beech-Nut
  - Earth’s Best Organic

**Types:****
- Conventional or Organic
- Beef
- Chicken
- Turkey
- Ham

**Not Allowed:****
- Dinners, slices meats or meat sticks
- Baby food combinations or dinners (for example, spaghetti and meatball or meat and vegetables)

## Infant Formula

**Brand, type, & size listed on benefit.

## Breast Milk

Complete nutrition for your baby.

## Helpful Hints:
- Any combination to reach gallon
- Additional milk, such as Nurani, may be purchased based on the fat listed on benefit. For example, “skim or 1% milk” may be used to purchase 1% Nurani.

## Milk, Soy Beverage, Cheese, Tofu, Yogurt

### Milk

**Allowed:****
- Gallons, half gallons or quarts
- Fat content listed on benefit:
  - 1% or skim
  - 2% or 1/2%
- Whole

**Not Allowed:****
- Pints
- Flavored, organic or raw milk
- Milk not from cows
- Milk in glass bottles

**Allowed:****
- Any mix of allowed container sizes to reach the amount listed on the benefit

### Lactose Free Milk

**Allowed:****
- Half gallons, 3/4 gallons or quarts
- Fat content listed on benefit:
  - Lactose Free 1% or skim
  - Lactose Free 2%
  - Lactose Free Whole

**Not Allowed:****
- Pints

### Soy Beverage

**Allowed if listed on the benefit:****
- Half gallons or quarts
  - 8th Continent Soy Milk, Original, refrigerated half gallon
  - Great Value Soy Milk, Original, refrigerated half gallon
  - Pacific Ultra Soy, Original, shelf stable quart
  - Silk Original Soy Milk, refrigerated half gallon or shelf stable quart
  - West Soy, Organic Plus, shelf stable quart

### Cheese

**Allowed:****
- 8 oz, 16 oz, 24 oz, and 32 oz packages
- Block, shredded, sliced, sticks, crumbles, bulk or cubes
- Regular, reduced-fat, 2%, or fat-free
- The following flavors (may be single flavor or blended):
  - American
  - Cheddar
  - Colby Jack
  - Monterey Jack
  - Mozzarella
  - Muenster
  - Provolone
  - Swiss
  - String cheese

**Not Allowed:****
- Packages smaller than 8 oz, 16 oz, 24 oz, and 32 oz
- Cheese sliced at the deli counter
- Cheese wraps, spread or cheese with seasoning
- Organic cheese or imported
- Sliced cheese labeled “cheese product” or “cheese food”

Participants are encouraged to purchase the least expensive brand available.

### Tofu

**Allowed:****
- 8 oz or 14 to 16 oz packages

**Allowed:****
- Conventional or organic
- Cubed, blocks, slices, vacuum packed or unpasteurized
- Of the following brands:
  - Ayam
  - Hilo Organic
  - House Foods
  - Nasoya Organic
  - Nature’s Promise
  - O Organics

**Not Allowed:****
- Flavored or baked

### Yogurt

**Allowed:****
- 32 oz container (quart)
- Fat content listed on benefit:
  - Whole milk yogurt
  - 2% or 1/2% or 1%
  - Skim yogurt

**Allowed:****
- Greek or regular
- Organic or regular
- Plain or flavored
- Of the following brands:
  - Ayland
  - Best Yet
  - Brown Cow
  - Mountain High
  - Organic
  - Plain Greek
  - Whole

**Not Allowed:****
- Any size other than a 32 oz container
  - Individual cups, single serve or multipacks
  - Soy, coconut or almond milk yogurts or kefir

**Not Allowed:****
- Any size other than a 32 oz container
- Individual cups, single serve or multipacks
- Soy, coconut or almond milk yogurts or kefir
### Bread, Rice, Oatmeal, Pasta, Tortillas

**Oatmeal**
- **Allowed:**
  - 16 oz packages
  - Bob’s Red Mill Extra Thick Rolled Oats
  - Bob’s Red Mill Instant Rolled Oats
  - Bob’s Red Mill Quick Cooking Rolled Oats
  - McCann’s Quick and Easy Steel Cut Irish Oatmeal
  - McCann’s Quick Cooking Irish Oatmeal
  - Mom’s Best Quick Oats
  - Mom’s Best Old Fashioned Oats

**Brown Rice**
- **Allowed:**
  - 14 to 16 oz and 28 to 32 oz packages
  - Any brand of regular quick or instant brown rice
  - Regular or Organic store-brand Brown Rice
  - Boil in Bag Brown Rice

**Tortillas**
- **Allowed:**
  - 16 oz package of soft shell
  - Chi’s Whole Wheat Tortillas
  - Don Pancho Whole Wheat Tortillas
  - Food Club/Sharffen Whole Wheat Tortillas
  - Hamaford Whole Wheat Tortillas
  - Henderson Corn Tortillas
  - Henderson Whole Wheat Tortillas
  - La Bandera 100% Whole Wheat Tortillas
  - Mission Whole Wheat Tortillas
  - Mission Yellow Corn Tortillas
  - Ortega Whole Wheat Tortillas
  - Signature Select Whole Wheat Tortillas
  - Tia Rosa 100% Whole Wheat Tortillas
  - Tio Santi 100% Whole Wheat Tortillas

### Bread
- **Allowed The Size Listed On Benefit:**
  - 16 oz Bread

**Whole Wheat Pasta**
- **Allowed:**
  - 16 oz packages
  - Any shape 100% whole wheat pasta of these brands:
    - Barilla
    - Colavita
    - Food Club/Sharffen
    - Full Circle
    - Great Value
    - Hodgson Mills
    - Nature’s Place/Nature’s Promise
    - O Organics
    - Ronzoni
    - Signature Kitchen
    - Signature Select

**If a WIC approved bread is not available when choosing your Whole Grain Item, consider purchasing WIC approved whole wheat pasta, oatmeal, tortillas or brown rice.

### Beans, Peas, Lentils, Eggs, PB, Fish

**Dried Beans, Peas, Lentils**
- **Allowed:**
  - 16 to 32 oz packages
  - Any type of dried beans, peas or lentils
  - Regular or organic store-brand beans (Full Circle Organic, Great Value Organic, Nature’s Place/Nature’s Promise, O Organics)

**Not Allowed:**
- Other organic beans
- Beans with added sugars, fats, oils, meats, fruits or vegetables
- Soup mixes

**Canned Beans**
- **Allowed:**
  - 16 to 18 oz cans only
  - Any type of plain canned beans, including fat-free refried beans
  - Regular or organic store-brand, low sodium or no salt added
  - Organic store-brand beans (Full Circle Organic, Great Value Organic, Nature’s Place/Nature’s Promise, O Organics)

**Not Allowed:**
- Other organic beans
- Green or wax beans or green peas – you can buy these with a fruit and vegetable benefit
- Baked beans, pork and beans
- Beans with added sugars, fats, oils, meats, fruit or vegetables

**Eggs**
- **Allowed:**
  - A full dozen of any size
  - Brown or white shells
  - Regular or organic
  - Cage-free

**Not Allowed:**
- Free-range, or free-running
- Low cholesterol

**Peanut Butter**
- **Allowed:**
  - 16 to 18 oz containers
  - Any brand of smooth, creamy, chunky or crunchy

**Not Allowed:**
- Organic
- Reduced-fat
- Peanut butter with added sweeteners or flavors such as honey, marshmallow, jelly, or chocolate
- Peanut butter with flavored or palm oil
- Packet or squeezeable containers
- Peanut butter spreads

**Canned Fish**
- **Allowed:**
  - 5/7 to 15 oz containers of chunk light tuna, pink salmon or sardines packed in water
  - Roasted or cans (including multipacks)
  - May contain vegetable broth
  - Regular, low sodium or no salt added

**Not Allowed:**
- Albacore, solid white or yellowfin tuna
- Any type of salmon other than pink
- Fish packed in oil, or smoked, seasoned or flavored
- Kippered fish

Participants are encouraged to purchase the least expensive brand available.
### Fruits and Vegetables

**Fresh**
- Allowed:
  - Any type or variety
  - Conventional or Organic
  - Bagged fruits and vegetables
  - Cut fruit and vegetables (without dip)
  - Garlic (not on a string)

- Not allowed:
  - Pickled vegetables or olives
  - Items from the salad bar
  - Party trays or fruit baskets
  - Decorative or dried fruit or vegetables and pickled pumpkins
  - Herbs and spices like basil, parsley or chives

**Canned**
- Allowed:
  - Any package size, brand or mixture
  - Conventional or Organic
  - May be in pouches, metal cans, or glass or plastic jars
  - Fruit must be packed in water or 100% fruit juice, without salt
  - Vegetables may have salt, sea salt, reduced salt, no salt or sodium

- Not allowed:
  - Pie filling
  - Pickled, marinated or in cheese sauce
  - Home-canned vegetables
  - Sauces – pizza, pasta, spaghetti, or marinara
  - Tomatoes with flavoring like garlic or basil
  - Cream style corn or olives
  - Cranberry sauce, soup, ketchup or salsa
  - Fruits or vegetables with added sugars, artificial sweeteners, fats, oils, herbs or spices
  - Fruits in gel, gelatin or syrup

**Frozen**
- Allowed:
  - Any package size, brand or mixture
  - Conventional or Organic

- Not allowed:
  - Vegetables with added cheese, sauce, pasta, rice, nuts, breading, or oil
  - Fruits or vegetables with added sugars, artificial sweeteners, flavoring, herbs or spices
  - French fries, tater tots or twice-baked potatoes
  - Sorbet or fruit bars

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**Juice**

**Bottled 100% Juice**
- Allowed:
  - 64 oz bottles

**NOT ALLOWED:**
- Juice drinks with added sugar, juice cocktails, or organic

**Food Club/Shurfine**
- Apple, Cranberry Grape, Grape, Grapefruit, Orange, Pineapple, Tomato, Vegetable, White Grape

**Great Value**
- Apple, Cranberry Blend, Cranberry Grape, Cranberry Pomegranate Grape, Tomato, Vegetable, White Grape

**Hannaford**
- Apple, Berry, Cranberry Grape, Cranberry Raspberry, Fruit Punch, Grape, Vegetable, (Low Sodium), White Grape, White Grapefruit

**Hy-top**
- Apple, Grape

**Iga**
- Apple, Grape, Grapefruit, Tomato, Vegetable, White Grape

**Juicy Juice**
- Any flavor

**Langers**
- Apple, Any flavor 100% juice

**Market Basket**
- Apple, Grape, White Grape

**Mott’s**
- Apple, Cherry, Apple Mango, Apple White Grape

**Old Orchard**
- Acai Pomegranate, Apple, Apple Cranberry, Berry Blend, Black Cherry Cranberry, Blueberry Pomegranate, Cherry Pomegranate, Cranberry Pomegranate, Grape, Kiwi Strawberry, Orange, Orange Tangerine, Peach Mango, Red Raspberry, Strawberry Watermelon, Tart Cherry, White Grape, Wild Cherry

**Signature Kitchen/Signature Select**
- Apple, Cranberry Blend, Cranberry Grape, Cranberry Raspberry, Grape, Grapefruit, Orange, Pineapple, Tomato, Vegetable, White Grapefruit, White Grape

**Tipton Groves**
- Apple, Grape

**V8**
- Original Vegetable, Original Vegetable (Low Sodium), Spicy Hot Vegetable

**Welch’s**
- Black Cherry Concord Grape, Grape, Red Grape, Super Berry, Tropical Trio, White Grape, White Grape Cherry, White Grape Peach, White Grape Raspberry

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**Frozen 100% Juice Concentrate**
- Allowed:
  - 11.5 to 12 oz containers

**NOT ALLOWED:**
- Juice drinks with added sugar, juice cocktails, or organic

**Food Club/Shurfine**
- Apple, Grape

**Dole**
- All flavors of 100% juice

**Great Value**
- Apple, Grape

**Hannaford**
- Apple, Grape

**Hy-top**
- Apple, Grape

**Iga**
- Apple, Grape

**Langers**
- Apple, Grape

**Market Basket**
- Apple, Grape

**Signature Kitchen/Signature Select**
- Apple, Grape

**Tipton Groves**
- Apple, Grape

**Welch’s**
- (Yellow Top Only)
  - All flavors of 100% juice

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**Liquid 100% Juice Concentrate**
- Allowed:
  - 11.5 to 12 oz containers

**NOT ALLOWED:**
- Juice drinks with added sugar or juice cocktails

**Welch’s**
- (Yellow Top Only)
  - All flavors of 100% juice
### Cereal Selection

#### National Brands

**Allowed:** 12 oz or larger containers

#### General Mills

- Berry Berry Krispies
- Blueberry Chex Puffs
- Corn Chex
- Fiber One Honey Clusters
- Kix
- Multi-grain Cheerios
- Rice Chex
- Whole Grain Total!
- Wheaties

#### Post

- Grape Nuts Flakes
- Grape Nuts Original
- Great Grains Banana Nut Crunch
- Honey Bunches of Oats Honey Roasted
- Honey Bunches of Oats Honey and Maple Brown Sugar
- Honey Bunches of Oats with Almonds
- Honey Bunches of Oats with Cinnamon

#### Kellogg's

- All-Bran Complete Wheat Flakes
- Crispix
- Frosted Mini-Wheats Little Bites
- Frosted Mini-Wheats Original
- Frosted Mini-Wheats Mixed Berry Filled
- Frosted Mini-Wheats Touch of Fruit Raspberry
- Rice Krispies
- Special K Banana
- Special K Original
- Special K Protein Honey Almond Ancient Grains
- Special K Protein Original Multigrain Touch of Cinnamon

#### Quaker

- Quaker Life Original
- Quaker Oatmeal Squares Hint of Brown Sugar
- Quaker Oatmeal Squares Hint of Cinnamon

#### Malt-O-Meal

- Blueberry Mini Spooners
- Crispy Rice
- Frosted Mini Spooners
- Strawberry Cream Mini Spooners

#### Cartoon

- Participants are encouraged to purchase the least expensive brand available.

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**Ways to Buy 36 oz of Cereal**

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**Cereal Selection continued from previous page.**

### Best Yet:

- Blueberry Frosted Shredded Wheat
- Bran Flakes
- Corn Flakes
- Crispy Rice
- Honey Oats and Flakes
- Honey Oats and Flakes with Almonds
- Toasted Oats

### Food Club/Shurfine:

- Blueberry Frosted Shredded Wheat
- Bran Flakes
- Corn Flakes
- Crispy Rice
- Honey and Cinnamon Clusters
- Honey and Cinnamon with Almonds
- Multigrain Toasted Oats
- Rice Squares
- Toasted Oats
- Wheat Squares

### Kiggins:

- Blueberry Frosted Shredded Wheat
- Bran Flakes
- Corn Flakes
- Crispy Rice
- Rollin' Oats

### Market Basket:

- Bran Flakes
- Corn Flakes
- Crispy Rice
- Frosted Shredded Wheat
- Oats and More with Almonds
- Oats and More with Honey
- Tastee

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### Hannaford:

- Blueberry Frosted Shredded Wheat
- Bran Flakes
- Corn Flakes
- Crispy Rice
- Honey and Cinnamon Clusters
- Oats and More with Almonds
- Toasted Oats
- Toasted Rice Cereal

### Signature Kitchens:

- Bran Flakes
- Corn Flakes
- Corn Pockets
- Crispy Rice
- Frosted Shredded Wheat
- Honey
- Nutty Nuggests
- Oats and More with Almonds
- Rice Pockets
- Toasted Oats

Participants are encouraged to purchase the least expensive brand available.

### IGA:

- Blueberry Frosted Shredded Wheat
- Bran Flakes
- Corn Flakes
- Crispy Rice
- Honey Oats and Flakes
- Honey Oats and Flakes with Almonds
- Toasted Oats

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This institution is an equal opportunity provider

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