

WIC New Food List

BABY FOOD

BABY CEREAL

ALLOWED:

- 8 oz or 16 oz containers of the following brands:
 - Beech-Nut (Original, Organic)
 - Earth's Best Organic
 - Gerber (Original, Organic)

TYPES:

- Barley
- Millet Quinoa
- Multigrain
- Oatmeal
- Rice
- Whole Wheat

NOT ALLOWED:

- Baby cereal with added formula, milk, fruit, or other ingredients

APPROVED BRANDS:



INFANT FRUITS & VEGETABLES

ALLOWED:

- 2 oz or 4 oz container single or multipack or 2 packs of 2 oz net wt 4 oz:
 - Conventional or Organic
 - Jars, pouches, and plastic tubs
 - Any stage of infant fruit or vegetable 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 (Classics, Naturals, Organic)
- Earth's Best Organic
- Gerber (Natural, Original, Organic)
- Happy Baby Organic
- Nature's Promise
- Once Upon A Farm
- O Organics
- Parent's Choice
- Plum Organics

NOT ALLOWED:

- "Toddler" foods
- Fruits or vegetables mixed with meat, pasta, rice, cereal, yogurt, spices, or seeds

APPROVED BRANDS:



INFANT MEATS

ALLOWED:

- 2.5 oz containers single or multipack of the following brands:
 - Beech-Nut
 - Earth's Best Organic
 - Gerber

TYPES:

- Conventional or Organic
- Beef
- Chicken
- Turkey
- Ham

NOT ALLOWED:

- Dinners, diced meats or meat sticks
- Baby food combinations or dinners (for example, spaghetti and meatballs or meat and vegetables)

APPROVED BRANDS:



INFANT FORMULA

Brand, type & size listed on benefit.

BREAST MILK

Complete nutrition for your baby.



Participants are encouraged to purchase the least expensive brand available.

MILK, SOY BEVERAGE, CHEESE, TOFU, YOGURT

Helpful Hints:

- Any combination to reach gallon
- Acidophilus milk, such as Nutrish, may be purchased based on the fat listed on benefit. For example, "skim or 1% milk" may be used to purchase 1% Nutrish



MILK

ALLOWED:

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



QUART
(0.25) gallons



HALF GALLON
(0.50) gallons



ONE GALLON
(1.00) gallons

SHELF STABLE MILK

ALLOWED:

- Powdered Nonfat Dry Milk in 9.6 oz or 25.6 oz containers
- UHT - Ultra High-Temperature Pasteurized Milk in half gallons or quarts with fat content listed on 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 Soymilk, Original, refrigerated half gallon
 - Great Value Soymilk, Original, refrigerated half gallon
 - Pacific Ultra Soy, Original, shelf stable quart
 - Silk Original Soymilk, 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, balls 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:

- Package sizes other than 8 oz, 16 oz, 24 oz, and 32 oz
- Cheese sliced at the deli counter
- Dips, whips, spreads 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, silken, vacuum packed or sprouted
- Of the following brands:
 - Azumaya
 - Heiwa 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 1/2 % or 1% or skim Yogurt

ALLOWED:

- Greek or regular
- Organic or regular
- Plain or flavored of the following brands:
 - Axelrod
 - Best Yet
 - Brown Cow
 - Cabot
 - Chobani
 - Coburn Farms
 - Dannon
 - Food Club/Shurfine
 - Full Circle
 - Great Value
 - Greek Gods
 - Green Mountain Creamery
 - Hannaford
 - LaLa Yogurt
 - Lucerne
 - Maple Hill Organic
 - Market Basket
 - Mountain
 - High Nature's Place/Nature's Promise
 - O Organics
 - Open Nature
 - Stonyfield Organic
 - Two Good
 - Wallaby
 - Yoplait



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

Participants are encouraged to purchase the least expensive brand available.

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
- McCann's Steel Cut Irish Oatmeal
- Mom's Best Quick Oats
- Mom's Best Old Fashioned Oats

NOT ALLOWED:

- Individual/ single-serve packets
- Flavored
- Organic oatmeal



TORTILLAS

ALLOWED:

- 16 oz package of soft shell
- Chi Chi's White Corn Tortillas
- Chi Chi's Whole Wheat Tortillas
- Don Pancho Whole Wheat Tortillas
- Food Club/ Shurfine Whole Wheat Tortillas
- Hannaford Whole Wheat Tortillas
- Herdez Corn Tortillas
- Herdez Whole Wheat Tortillas
- La Banderita 100% Whole Wheat Tortillas
- Market Basket Whole Wheat Tortillas
- Mayan Farm Whole Wheat Tortillas
- Mission Whole Wheat Tortillas
- Mission Yellow Corn Tortillas
- Ortega Whole Wheat Tortillas
- Santa Fe White or Yellow Corn Tortillas
- Santa Fe Whole Wheat Tortillas
- Signature Select Whole Wheat Tortillas
- Tia Rosa 100% Whole Wheat Tortillas
- Tio Santi 100% Whole Wheat Tortillas



WHOLE WHEAT PASTA

ALLOWED:

- 16 oz packages
- Any shape 100% whole wheat pasta of these brands:
 - Barilla
 - Colavita
 - Food Club/ Shurfine
 - Full Circle
 - Great Value
 - Hodgson Mills
 - Nature's Place/ Nature's Promise
 - O Organics
 - Racconto
 - Ronzoni
 - Signature Kitchen/ Signature Select



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
- Basmati Brown, Jasmine Brown or Boil in Bag Brown Rice

NOT ALLOWED:

- White, seasoned, wild mixes
- Other organic rice
- Frozen, single-serve or ready to serve packets



BREAD

ALLOWED THE SIZE LISTED ON BENEFIT:

16 oz Bread



Arnold Stoneground 100% Whole Wheat Bread



Best Yet 100% Whole Wheat Bread



Bimbo 100% Whole Wheat Bread



Hannaford 100% Whole Wheat Bread



Market Basket 100% Whole Wheat Bread



Nature's Own Life Sugar Free 100% Whole Grain Bread



Nature's Own 100% Whole Wheat Bread with Honey



Pepperidge Farm 100% Whole Wheat Bread



Pepperidge Farm Whole Grain Cinnamon Bread



Pepperidge Farm Light Style 100% Whole Wheat Bread



Pepperidge Farm Very Thin 100% Whole Wheat Bread



Sara Lee 100% Whole Wheat Bread



Signature Kitchens/ Signature Select 100% Whole Wheat Bread



Signature Kitchens/ Signature Select No Salt Added Whole Wheat Bread



Sunbeam 100% Whole Wheat Bread



Wonder 100% Whole Wheat Bread

24 oz Bread



Arnold Whole Grain 100% Whole Wheat Bread



Country Kitchen 100% Whole Wheat Bread



Freihofer's Hearty 100% Whole Wheat Bread

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.

NOT ALLOWED:

- Buns, rolls, bagels or English muffins
- Deli or bakery breads
- Organic or white bread



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



4 cans = 1 container

CANNED BEANS

ALLOWED:

- 15 to 16 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 or soup mix
- 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

CANNED FISH

ALLOWED:

- 3.75 to 15 oz containers of chunk light tuna, pink salmon or sardines packed in water
- Pouches or cans (including multipacks)
- May contain vegetable broth
- Regular, low sodium or no salt added

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 flaxseed or palm oil
- Packets or squeezable containers
- Peanut butter spreads



Participants are encouraged to purchase the least expensive brand available.

NOT ALLOWED:

- Albacore, solid white or yellow fin tuna
- Any type of salmon other than pink
- Fish packed in oil, or smoked, seasoned or flavored
- Kipperd fish



FRUITS AND VEGETABLES



Participants are encouraged to purchase the least expensive brand available.



Benefit will say 'Fresh only' or 'Fresh, Frozen or Canned'

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 painted 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

JUICE

WIC cannot pay the 5-cent bottle deposit. WIC participants must pay the deposit for each bottle of juice.

BOTTLED 100% JUICE

ALLOWED:
64 oz bottles

NOT ALLOWED:

- Juice drinks with added sugar, juice cocktails, or organic



FROZEN 100% JUICE CONCENTRATE

ALLOWED:
11.5 to 12 oz containers

NOT ALLOWED:

- Juice drinks with added sugar, juice cocktails, or organic

Participants are encouraged to purchase the least expensive brand available.

LIQUID 100% JUICE CONCENTRATE

ALLOWED:
11.5 to 12 oz containers

NOT ALLOWED:

- Juice drinks with added sugar or juice cocktails



ANY BRAND:
• Grapefruit
• Orange



BEST YET:
• Apple
• Grape



DOLE:
• All flavors of 100% juice



FOOD CLUB/
SHURFINE:
• Apple
• Grape



GREAT VALUE:
• Apple
• Grape



HANNAFORD:
• Apple
• Grape



HY-TOP:
• Apple
• Grape



IGA:
• Apple
• Grape



LANGERS:
• Apple



MARKET BASKET:
• Apple



OLD ORCHARD:
(GREEN TOP ONLY)
• All flavors of 100% juice



SENECA:
• Apple
• Grape



SIGNATURE KITCHEN/
SIGNATURE SELECT:
• Apple



TIPTON GROVE:
• Apple



WELCH'S:
(YELLOW PULL TAB ONLY)
• All flavors of 100% juice



WELCH'S:
(YELLOW TOP ONLY)
• All flavors



CEREAL

NATIONAL BRANDS

ALLOWED:
12 oz or larger containers

GENERAL MILLS:



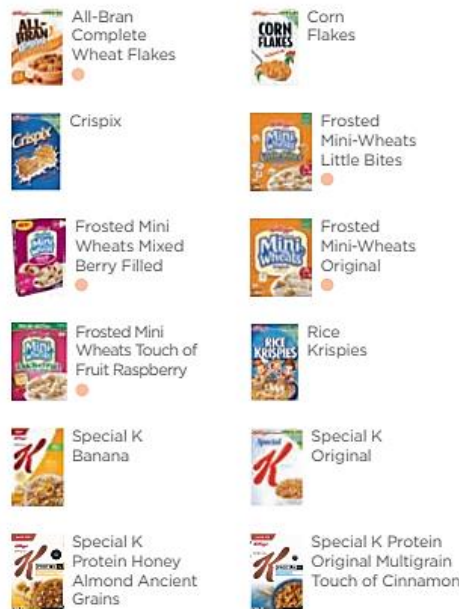
POST:



HOT CEREALS:



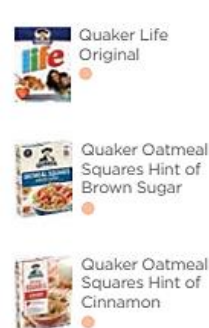
KELLOGG'S:



MALT-O-MEAL:



QUAKER:



Participants are encouraged to purchase the least expensive brand available.

WAYS TO BUY 36 OZ OF CEREAL

18 oz	18 oz	12 oz	12 oz	12 oz	15 oz	21 oz	12 oz	24 oz
Totals 36 oz		Totals 36 oz			Totals 36 oz		Totals 36 oz	

KEY: ● WHOLE GRAIN

Cereal selection continued on next page.

CEREAL

Cereal selection continued from previous page.

STORE BRANDS

ALLOWED:
12 oz or larger containers



KIGGINS:

- Bite Size Frosted Shredded Wheat ●
- Bran Flakes ●
- Corn Flakes ●
- Crispy Rice ●
- Rollin' Oats ●



FOOD CLUB/ SHURFINE:

- Bite Size Frosted Shredded Wheat ●
- Bran Flakes ●
- Corn Flakes ●
- Corn Squares ●
- Crisp Rice ●
- Honey and Oat Clusters ●
- Honey and Oats with Almonds ●
- Multigrain Toasted Oats ●
- Rice Squares ●
- Toasted Oats ●
- Wheat Squares ●



MARKET BASKET:

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



GREAT VALUE:

- Bran Flakes ●
- Corn Flakes ●
- Crisp Rice ●
- Crunchy Nuggets ●
- Frosted Shredded Wheat ●
- Multigrain O's ●
- O's ●



SIGNATURE KITCHENS/ SIGNATURE SELECT:

- Bran Flakes ●
- Corn Flakes ●
- Corn Pockets ●
- Crispy Rice ●
- Frosted Shredded Wheat ●
- Live It Up! ●
- Nutty Nuggets ●
- Oats and More with Almonds ●
- Oats and More with Honey ●
- Rice Pockets ●
- Toasted Oats ●



HANNAFORD:

- Bite Size Frosted Shredded Wheat ●
- Bite Size Strawberry Frosted Shredded Wheat ●
- Corn Flakes ●
- Crispy Hexagons ●
- Crispy Rice ●
- Easy Living Oat Squares ●
- Multigrain Tasteeos ●
- Oats and More with Almonds ●
- Oats and More with Honey ●
- Tasteeos ●
- Toasted Corn Cereal ●
- Toasted Rice Cereal ●



IGA:

- Bite Size Frosted Shredded Wheat ●
- Bran Flakes ●
- Corn Flakes ●
- Crispy Rice ●
- Corn Squares ●
- Crispy Corn and Rice ●
- Nutty Nuggets ●
- Rice Squares ●
- Tasteeos ●

KEY: ● WHOLE GRAIN

