

**WIC approved Foods List Effective January 2015**  
**Only the following list of foods may be purchased with WIC vouchers**

Food Item	Brand or Type		Container / Package size	Not allowed
FRUITS and VEGETABLES	Any variety of fresh whole or cut fruit without added sugars  Any variety of fresh whole or cut vegetable without added sugars, fats, and oils  Applesauce – unsweetened only or “no added sugar”  Any variety of canned fruits, including applesauce; juice-pack or water pack without added sugars, artificial sweeteners, fats, oils, or salt  Any variety of canned vegetable without added fats, or oils (low sodium allowed)  Any variety of frozen fruits without added sugar  Any variety of frozen vegetable (including plain frozen beans / peas / legumes) without added sugars, meats, fats, or oils  Organic allowed for fresh, frozen, and canned fruits and vegetables  Tomato paste, tomato sauce, and salsa without added sugar, fat, or oil			<ul style="list-style-type: none"> <li>• <b>Potato</b> - except for yam and sweet potato</li> <li>• Any variety of <b>fresh</b>, canned or frozen vegetable with added seasonings, fats, oils, or white potatoes</li> <li>• Herbs or spices</li> <li>• Edible blossoms/flowers</li> <li>• Fruit leathers</li> <li>• Fruit roll-ups</li> <li>• Catsup or other condiments</li> <li>• Pickled vegetables and olives</li> <li>• Soups</li> <li>• Mixtures containing white potato</li> <li>• Creamed or sauced vegetables</li> <li>• Breaded vegetables</li> <li>• Peanuts</li> <li>• Canned or dried legumes (mature beans or peas)</li> <li>• Juice</li> <li>• Vegetable-grain mixtures (e.g., with rice, noodles, or pasta)</li> <li>• Purchases from salad bars</li> <li>• Fruit baskets or party trays</li> <li>• Any dried fruit or vegetable</li> <li>• Regular applesauce</li> <li>• Fruits packed in syrup</li> <li>• Fruits with artificial sweeteners</li> </ul>
PEANUT BUTTER	Any brand Creamy, Crunchy, Extra Crunchy, Natural, or Low-salt		16 to 18 oz Jar	<ul style="list-style-type: none"> <li>• Organic</li> <li>• Reduced fat or peanut butter spreads</li> <li>• Added marshmallow, chocolate, honey, or jelly</li> <li>• Added vitamins/minerals</li> <li>• <b>Added omega 3</b></li> <li>• Any other size or quantity</li> </ul>
BEANS / PEAS / LENTILS	Dried	Any variety of plain, mature dry beans, peas or lentils	1 lb packages	<ul style="list-style-type: none"> <li>• Flavored beans or peas</li> <li>• Any other size or quantity</li> </ul>
	Canned	Any variety of plain, mature beans, peas, or lentils, <b>including refried beans, low sodium allowed</b>	15 to 16 oz can	<ul style="list-style-type: none"> <li>• <b>Organic</b></li> <li>• Any with added sugar, fat, oil, or meat</li> <li>• Soups</li> <li>• Baked beans</li> <li>• Immature varieties of legumes such as green peas, or snap beans/<b>green beans</b></li> </ul>

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<b>MILK</b> <b>Least Expensive Brand of type selected/ allowed</b> <span style="background-color: yellow;">(size and type as listed on voucher)</span>	Fat free/Skim, Low-fat (1%), Reduced Fat (2%), Whole milk		One gallon Half gallon	<ul style="list-style-type: none"> <li>Organic</li> <li>Flavored milk</li> <li>Buttermilk</li> <li>Rice milk</li> <li><span style="background-color: yellow;">Almond milk</span></li> <li>Raw milk (non-pasteurized)</li> <li>No dried whole milk (Nido)</li> <li>No filled evaporated</li> </ul>
	Lactose free milk, Acidophilus, Acidophilus and Bifidum Fat free/skim, low fat (1%), Reduced Fat (2%), Whole milk		One gallon Half gallon 96 oz (3 quart)	
	UHT- Ultra High Temperature Milk		8 oz or half-pint box	
	Nonfat dry milk		Makes 3 quarts	
	Evaporated milk		12 oz cans	
<b>GOAT MILK</b> <span style="background-color: yellow;">(size and type as listed on voucher)</span>	Meyenberg	Low fat <span style="background-color: yellow;">Whole</span>	1 quart	<ul style="list-style-type: none"> <li>Any other brand</li> <li>Any other size or quantity</li> </ul>
	Meyenberg Evaporated	<span style="background-color: yellow;">Whole</span>	12 ounces	
<b>SOY MILK</b>	8 <sup>th</sup> Continent	Original Vanilla	Half gallon	<ul style="list-style-type: none"> <li>Light</li> <li>Other Flavors</li> </ul>
	Silk	Original		
	<span style="background-color: yellow;">Great Value</span>	<span style="background-color: yellow;">Original</span>		
<b>CHEESE</b> <b>Least Expensive Brand of type selected/ allowed</b>	Slices (Wrapped or unwrapped)	American Swiss Cheddar	16 oz package (regular, low-fat, reduced-fat, fat-free allowed)	<ul style="list-style-type: none"> <li>Organic</li> <li>Cheese products/spreads</li> <li>Flavored cheese</li> <li>Cheese food</li> <li>Shredded/cubed/shaped/strips</li> <li>Crumbles</li> <li>Delicatessen (deli) cheese</li> <li>Cheese with added ingredients</li> <li>Imported/waxed</li> <li>Any other size or quantity</li> </ul>
	Block	American Cheddar Colby Monterey Jack Mozzarella Swiss (combination allowed i.e. Colby/Jack)		
	String	Mozzarella		
<b>TOFU</b> Calcium set	Nasoya	Silken Extra Firm <span style="background-color: yellow;">Firm</span>	14 to 16 oz package	<ul style="list-style-type: none"> <li>Non-calcium set</li> <li>Any other size, <span style="background-color: yellow;">type</span>, or quantity</li> </ul>
<b>EGGS</b>	<b>Least Expensive Brand</b>		1 dozen carton Grade A Large	<ul style="list-style-type: none"> <li>Organic</li> <li>Low cholesterol</li> <li>Added Omega 3, DHA, or ARA</li> <li>No brown eggs</li> </ul>
<b>FISH</b> <b>Least Expensive of type selected</b>	Tuna – water packed		5 oz can	<ul style="list-style-type: none"> <li>Organic</li> <li>Packed in oil</li> <li>No albacore</li> <li>Added flavorings</li> <li>Pouches</li> <li>Individual serving containers</li> <li>Fresh or frozen</li> <li>Any other size or quantity</li> </ul>
	Pink Salmon		6 oz can <span style="background-color: yellow;">7.5 oz can</span> 14.75 oz can ( <span style="background-color: yellow;">salmon only</span> )	

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100% ORANGE AND GRAPEFRUIT JUICE  Least Expensive Brand of type selected/allowed	(Calcium fortified allowed)	Orange	64 oz Ready to Serve (refrigerated)	<ul style="list-style-type: none"> <li>• Organic</li> <li>• Juice drink</li> <li>• Infant juice</li> <li>• Juice with sugar added</li> <li>• Sports drink</li> <li>• Refrigerated juice other than orange</li> <li>• V-8 Splash</li> <li>• Vegetable juice</li> <li>• Pineapple juice</li> </ul>
		Orange  Grapefruit	48 oz Ready to Serve Containers	
			64 oz Ready to Serve Containers  12 oz frozen concentrate	
100% JUICE BLENDS	Juicy Juice All Flavors		48 oz Ready to Serve Containers  64 oz Ready to Serve Containers	
100% APPLE JUICE	Apple and Eve, Juicy Juice, Lucky Leaf, Seneca		48 oz Ready to Serve Containers	
	Always Save, Apple and Eve, Apple and Eve Sesame Street, Best Choice, Food Lion, Great Value, Juicy Juice, Kroger, Lucky Leaf, Mott's, Seneca, Publix		64 oz Ready to Serve Containers	
	Welch's		11.5 oz Non-frozen pourable concentrate	
	Always Save, Best Choice, Great Value, Hytop, Kroger, My Essentials, Old Orchard, Seneca		12 oz frozen concentrate	
100% GRAPE JUICE	Juicy Juice		48 oz Ready to Serve Containers	
	Always Save, Best Choice, Food Lion, Great Value, Juicy Juice, Kroger, Publix		64 oz Ready to Serve Containers	
	Welch's		11.5 oz Non-frozen pourable concentrate	
	Great Value, Kroger, Old Orchard, Welch's		11.5 to 12 oz frozen concentrate	
100% WHITE GRAPE JUICE	Apple and Eve Sesame Street, Best Choice, Food Lion, Great Value, Juicy Juice, Kroger, Publix		64 oz Ready to Serve Containers	
	Old Orchard, Welch's		11.5 to 12 oz frozen concentrate	
100% TOMATO JUICE	Best Choice, Campbell, Campbell Low Sodium, Food Lion, Great Value		64 oz Ready to Serve Containers	

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COLD CEREAL *Whole Grain	General Mills	<ul style="list-style-type: none"> <li>Cheerios*</li> <li>Multi-Grain Cheerios*</li> <li>Dulce de Leche Cheerios*</li> <li>Kix*</li> <li>Berry Berry Kix*</li> <li>Honey Kix*</li> <li>Corn Chex</li> <li>Rice Chex</li> <li>Go Diego Go! TM</li> <li>Dora the Explorer TM</li> </ul>	11 to 36 oz	<ul style="list-style-type: none"> <li>Other package sizes</li> <li>Other flavors</li> <li>Any other type, brand, or variety</li> </ul>
	Kellogg's	<ul style="list-style-type: none"> <li>Frosted Mini-Wheats Original*</li> <li>Rice Krispies</li> <li>Gluten Free Rice Krispies*</li> <li>Special K Multi Grain</li> <li>Special K Original</li> <li>Crispix</li> <li>Corn flakes</li> <li>Scooby-Doo!*</li> <li>All-Bran Complete Wheat Flakes*</li> </ul>		
	Post	<ul style="list-style-type: none"> <li>Grape Nuts Flakes*</li> <li>Honey Bunches of Oats with Almonds</li> <li>Honey Bunches of Oats Honey Roasted</li> <li>Honey Bunches of Oats with Vanilla Bunches*</li> <li>Alpha Bits*</li> <li>Great Grains Banana Nut Crunch*</li> </ul>		
	Malt-O-Meal	<ul style="list-style-type: none"> <li>Frosted Mini Spooners*</li> <li>Oat Blenders with Honey and Almonds</li> <li>Blueberry Mini Spooners*</li> <li>Strawberry Cream Mini Spooners*</li> <li>Crispy Rice</li> </ul>		
	HOT CEREAL *Whole Grain	B & G		
Quaker		<ul style="list-style-type: none"> <li>Instant Oatmeal Original*</li> <li>Instant Grits Original</li> </ul>		
WHOLE GRAIN TORTILLA	Whole wheat	<ul style="list-style-type: none"> <li>Guerrero</li> <li>Kroger</li> <li>MiCasa</li> <li>Mission</li> <li>Ortega</li> </ul>	16 oz package	<ul style="list-style-type: none"> <li>All other types</li> <li>Any other size or quantity</li> </ul>
	Corn	<ul style="list-style-type: none"> <li>Chi Chi's</li> <li>Guerrero</li> <li>Herdez</li> <li>La Banderita</li> <li>Mission</li> </ul>		

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WHOLE WHEAT BREAD	<span style="background-color: yellow;">Healthy Life</span> <span style="background-color: yellow;">100% Whole Wheat Whole Grain Bread</span> <span style="background-color: yellow;">100% Whole Grain Wheat Flaxseed Bread</span>		16 oz package Loaf Bread	<ul style="list-style-type: none"> <li>Hot dog rolls/buns</li> <li>Any other size or quantity</li> </ul>
	Nature's Own 100% Whole Wheat with Honey			
	Roman Meal Sun Grain 100% Whole Wheat			
	Sara Lee Classic 100% Whole Wheat			
	100% Whole Wheat	<span style="background-color: yellow;">Best Choice</span> Bimbo <span style="background-color: yellow;">Food Lion</span> Kroger Wonder		
<span style="background-color: yellow;">Healthy Life Soft Style</span>	<span style="background-color: yellow;">100% Whole Wheat Sandwich Buns</span>	16 oz package		
BROWN RICE	Any brand		16 oz	<ul style="list-style-type: none"> <li>White rice</li> <li>Flavored rice</li> <li>Any other size or quantity</li> </ul>
INFANT FORMULA	The WIC voucher lists the brand, size, and form (powder, concentrate, or ready to use) that you must buy		As listed on voucher	<ul style="list-style-type: none"> <li>Organic</li> <li>Formula not listed on the voucher</li> </ul>
INFANT MEATS	Gerber 2 <sup>nd</sup> Foods, Beech Nut Classics Stage 1	Meat with broth Meat with gravy	2.5 oz containers	<ul style="list-style-type: none"> <li>Organic</li> <li>Meat and vegetable mixtures</li> <li>Meat and pasta mixtures</li> <li>Any other size or quantity</li> </ul>
INFANT CEREAL	Beech Nut	Rice Oatmeal Multigrain	Dry cereal in 8 oz containers	<ul style="list-style-type: none"> <li>Organic</li> <li>Baby cereal in jars</li> <li>Cereal with fruit added</li> <li>Cereal with formula added</li> <li>DHA ARA</li> <li>Any other size or quantity</li> </ul>
	Gerber	Rice Oatmeal Multigrain Whole Wheat		
	<span style="background-color: yellow;">Kroger Comforts</span>	<span style="background-color: yellow;">Rice Oatmeal</span>		
	<span style="background-color: yellow;">Parent's Choice</span>	<span style="background-color: yellow;">Oatmeal</span>		

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INFANT FRUIT & VEGETABLES	Gerber 2 <sup>nd</sup> Foods	ANY Single Ingredient Apple Blueberry Apple Strawberry Banana	4 oz jars	<ul style="list-style-type: none"> <li>• Organic</li> <li>• Sweet potato casserole</li> <li>• No diced</li> <li>• Any other size or quantity</li> <li>• No desserts</li> <li>• <b>No pouches</b></li> <li>• Any other combinations</li> <li>• <b>No red bananas or plantains with banana option on infant food voucher</b></li> </ul>
		ANY Single Ingredient Apple Cherry Apple Blueberry Apple Strawberry Banana Pear Pineapple Prunes with Apples Apricot with Mixed Fruits Banana with Mixed Berries <b>Bananas with Apples &amp; Pears</b> Banana Orange Medley Banana Plum Grapes <b>Apple Peach Squash</b> <b>Banana Carrot Mango</b> <b>Pear Zucchini Corn</b> Sweet Potatoes & Corn Mixed Vegetable Garden Vegetable	2 x 3.5 oz twin packs Or <b>2 x 4 oz twin packs (available in 2015)</b>	
	Beech Nut <b>Classics</b> Stage 2 Foods	ANY Single Ingredient Apricot Pear & Apple Pear & Raspberry Apple & Cherry Chiquita Banana & Strawberry Pear & Pineapple <b>Banana &amp; Mixed Berry</b> Apple & Blueberry Apple & Banana Apple, Mango & Kiwi Apple, Pear & Banana Corn and Sweet Potato Garden Vegetables Mixed Vegetables	4 oz jars	

**Revised December 2014**

- Added Meyenberg whole goat milk in liquid, evaporated forms
- Added Great Value soy milk
- Removed Super Firm (cubed) tofu
- Added Firm block of tofu
- Removed all pineapple and vegetable juices
- Changed *least expensive brand* juices to orange and grapefruit only
- Listed all other approved juices by flavor (grape, white grape, apple, tomato, blends)
- Updated approved brands of juices
- Added four new types of whole grain breads
- Removed Sara Lee Soft and Smooth 100% Whole Wheat Bread, all Pepperidge Farm breads/buns, Merita 100% Whole Wheat Bread, Cobblestone Mill 100% Whole Wheat Bread
- Added one new whole wheat tortilla and two new corn tortilla brands
- Removed Chi Chi's and La Banderita whole wheat tortillas
- Added 12 new cereals
- Removed Frosted Mini Wheats- Touch of Fruit, Frosted Mini Wheats- Little Bites, Grape Nuts, Life, Oatmeal Squares Brown Sugar, Oatmeal Squares Cinnamon, Oat Blenders with Honey, Wheat Chex
- Added 7.5 oz can of fish
- Changed 14.75 oz can of fish approval for salmon only
- Added Parent's Choice and Kroger brands for infant cereals
- Added five infant fruit and vegetable combination flavors
- Added new Gerber baby food size (8 oz twin pack)
- Added tomato sauce, salsa, and tomato paste to produce voucher