

GEORGIA WIC PROGRAM

Your Recipe for Choosing Healthy Foods



EFFECTIVE DECEMBER 1, 2013

WIC APPROVED FOODS LIST

Whole Grains

Whole grains include 100% whole wheat bread and sandwich buns/rolls, whole grain tortillas, and brown rice.

Whole Wheat Bread

- No other size or quantity
- No honey wheat or whole grain white
- No hot dog rolls/buns

100% WHOLE WHEAT LOAVES

16 ounce



■ BIMBO



■ COBBLESTONE MILL



■ KROGER



■ MERITA



■ SARA LEE
■ Classic



■ SARA LEE
■ Soft and Smooth



■ NATURE'S OWN
■ 100% Whole Wheat With Honey



■ PEPPERIDGE FARM
■ Very Thin



■ PEPPERIDGE FARM
■ Stone Ground



■ ROMAN MEAL
■ Sun Grain



■ WONDER

100% WHOLE WHEAT SANDWICH BUNS

16 ounce

- PEPPERIDGE FARMS
- Soft 7 Grain



Whole Grain Tortillas

- No other size or quantity
- No other types

16 ounce

- CHI-CHI'S
- Whole wheat
- Corn



- KROGER
- Whole wheat

- LA BANDERITA
- Whole wheat
- Corn



- MI CASA
- Whole wheat



- MISSION
- Whole wheat
- Corn



- ORTEGA
- Whole wheat



Brown Rice

- No other size or quantity
- No white or flavored rice

- ANY BRAND
- 16 ounce



Beans/Peas/Lentils

DRIED

- No other size or quantity
- No flavored beans or peas

- ANY BRAND
- Any variety
- Plain, mature beans, peas, or lentils
- 1 pound



CANNED

- No added sugar, fat, oil, or meat
- No soups or baked beans
- No immature varieties of legumes such as green peas or snap beans

- ANY BRAND
- Any variety
- Plain, mature beans, peas, or lentils
- 15-16 ounces



Soy Products

SOY MILK

- No light or other flavors

- SILK
- Original
- 1/2 gallon



- 8TH CONTINENT
- Original
- Vanilla
- 1/2 gallon



TOFU

- No other size, quantity, or non-calcium set

- NASOYA
- Silken
- Extra Firm 14-16 ounces
- Super Firm cubed 8 ounces



Peanut Butter

- No other size or quantity
- No organic or reduced fat
- No honey or peanut butter spreads
- No added marshmallow, chocolate, jelly, or vitamin/minerals

- ANY BRAND
- Creamy
- Crunchy
- Extra crunchy
- Natural
- Low-salt

16-18 ounces



WIC APPROVED FOODS LIST

100% Juice

Vitamin C fortified, Calcium fortified allowed

- No organic or sugar added
- No V-8 Splash or vegetable juice cocktail
- No infant juice, juice drinks, or sports drink
- No cartons of juice other than orange

Ready Serve Juice



▪ **LEAST EXPENSIVE BRAND**
(of these types)

- Orange
 - Pineapple
 - Grapefruit
 - Tomato 100% juice
 - Vegetable 100% juice
- 64 ounce
5.5-6 ounce (when listed on voucher)



- **NESTLE JUICY JUICE**
 - All flavors including Apple, Grape, and White Grape
- 64 ounce and 48 ounce

- **WELCH'S**
 - Apple
 - Grape
 - White Grape
- 64 ounce



REFRIGERATED CARTONS

- **LEAST EXPENSIVE BRAND**
 - Orange juice only
- 64 ounce refrigerated carton



Juice Concentrates

NON-FROZEN POURABLE

- **NESTLE JUICY JUICE**
 - All flavors (including apple, grape and white grape)
- 11.5 ounces



- **WELCH'S**
 - Apple
 - Grape
 - White Grape
- 11.5 ounces



FROZEN CONCENTRATES

- **LEAST EXPENSIVE BRAND** (of these types)
 - Orange
 - Pineapple
 - Grapefruit
- 11.5-12 ounces



- **OLD ORCHARD**
 - Apple
 - Grape
 - White Grape
- 12 ounces



- **WELCH'S**
 - Apple
 - Grape
 - White Grape
- 11.5 ounces



Fruits & Vegetables

- No potato except for yam and sweet potato
- No variety of canned or frozen vegetable or mixture containing white potato, added sugars, fats, oils, or artificial sweeteners
- No creamed, sauced, or breaded vegetables
- No juice
- No herbs or spices
- No edible blossoms/flowers
- No dried fruit or vegetable, fruit leathers or roll-ups
- No sweetened applesauce
- No catsup, salsa, or other condiments
- No soups
- No pickled vegetables or olives
- No peanuts or dried legumes (mature beans or peas)
- No vegetable-grain mixtures such as rice, noodles, or pasta
- No fruit baskets, party trays, purchases from salad bars, or fruits packed in syrup

FROZEN

Any brand or variety (including plain frozen beans/peas/legumes) with no added sugars
See WIC voucher for dollar amounts



CANNED

Any brand or variety including unsweetened applesauce
See WIC voucher for dollar amounts

FRESH FRUITS & VEGETABLES

Any brand/variety of fruit or vegetable, including organic, without added sugars, fats, and oils
See WIC voucher for dollar amounts



SAMPLE COSTS OF ITEMS PRICED BY THE POUND

Price per pound	1 pound	1 1/2 pound	2 pounds	2 1/2 pounds	3 pounds	3 1/2 pound	4 pounds
\$ 0.49	\$ 0.49	\$ 0.74	\$ 0.98	\$ 1.23	\$ 1.47	\$ 1.72	\$ 1.96
\$ 0.59	\$ 0.59	\$ 0.89	\$ 1.18	\$ 1.48	\$ 1.77	\$ 2.07	\$ 2.36
\$ 0.69	\$ 0.69	\$ 1.04	\$ 1.38	\$ 1.73	\$ 2.07	\$ 2.42	\$ 2.76
\$ 0.79	\$ 0.79	\$ 1.19	\$ 1.58	\$ 1.98	\$ 2.37	\$ 2.77	\$ 3.16
\$ 0.89	\$ 0.89	\$ 1.34	\$ 1.78	\$ 2.23	\$ 2.67	\$ 3.12	\$ 3.56
\$ 0.99	\$ 0.99	\$ 1.49	\$ 1.98	\$ 2.48	\$ 2.97	\$ 3.47	\$ 3.96
\$ 1.09	\$ 1.09	\$ 1.64	\$ 2.18	\$ 2.73	\$ 3.27	\$ 3.82	\$ 4.36
\$ 1.19	\$ 1.19	\$ 1.79	\$ 2.38	\$ 2.98	\$ 3.57	\$ 4.17	\$ 4.76
\$ 1.29	\$ 1.29	\$ 1.94	\$ 2.58	\$ 3.23	\$ 3.87	\$ 4.52	\$ 5.16
\$ 1.39	\$ 1.39	\$ 2.09	\$ 2.78	\$ 3.48	\$ 4.17	\$ 4.87	\$ 5.56
\$ 1.49	\$ 1.49	\$ 2.24	\$ 2.98	\$ 3.73	\$ 4.47	\$ 5.22	\$ 5.96
\$ 1.59	\$ 1.59	\$ 2.39	\$ 3.18	\$ 3.98	\$ 4.77	\$ 5.57	\$ 6.36
\$ 1.69	\$ 1.69	\$ 2.54	\$ 3.38	\$ 4.23	\$ 5.07	\$ 5.92	\$ 6.76
\$ 1.79	\$ 1.79	\$ 2.69	\$ 3.58	\$ 4.48	\$ 5.37	\$ 6.27	\$ 7.16
\$ 1.89	\$ 1.89	\$ 2.84	\$ 3.78	\$ 4.73	\$ 5.67	\$ 6.62	\$ 7.56
\$ 1.99	\$ 1.99	\$ 2.99	\$ 3.98	\$ 4.98	\$ 5.97	\$ 6.97	\$ 7.96
\$ 2.09	\$ 2.09	\$ 3.14	\$ 4.18	\$ 5.23	\$ 6.27	\$ 7.32	\$ 8.36
\$ 2.19	\$ 2.19	\$ 3.29	\$ 4.38	\$ 5.48	\$ 6.57	\$ 7.67	\$ 8.76
\$ 2.29	\$ 2.29	\$ 3.44	\$ 4.58	\$ 5.73	\$ 6.87	\$ 8.02	\$ 9.16
\$ 2.39	\$ 2.39	\$ 3.59	\$ 4.78	\$ 5.98	\$ 7.17	\$ 8.37	\$ 9.56
\$ 2.49	\$ 2.49	\$ 3.74	\$ 4.98	\$ 6.23	\$ 7.47	\$ 8.72	\$ 9.96

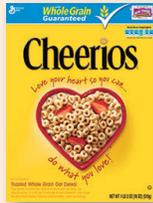
WIC APPROVED FOODS LIST

Cereal

11–36 ounces

▪ No other package sizes ▪ No other type, brand or variety other than the ones listed ▪ No flavored grits

GENERAL MILLS



▪ Cheerios*



▪ Multi Grain Cheerios*



▪ Kix*



▪ Wheat Chex*



▪ Corn Chex



▪ Rice Chex

KELLOGG'S



• Original*



▪ Frosted Mini-Wheats
• Touch of Fruit*



• Little Bite*



▪ Crispix



▪ Rice Krispies
• Regular



▪ Special K



▪ Corn Flakes

MALT-O-MEAL



▪ Frosted Mini Spooners*



▪ Strawberry Cream
Mini Spooners



▪ Crispy Rice



▪ Oat Blenders with Honey



▪ Oat Blenders with Honey
and Almonds

POST



▪ Grape-nuts*



▪ Grape-nuts Flakes*



▪ Banana Nut Crunch*



• Almond



▪ Honey Bunches of Oats
• Honey Roasted



Vanilla Bunches*

QUAKER



▪ Life Original*
*whole grain cereals



• Brown Sugar*
▪ Oatmeal Squares



• Cinnamon*
▪ Oatmeal Squares



▪ Instant Oatmeal*



▪ Instant Grits Original

B & G



▪ Cream of Wheat-Instant

WIC APPROVED FOODS LIST

Eggs

- No organic, low cholesterol, or brown
- No added Omega 3, DHA, or ARA
- LEAST EXPENSIVE**
- GRADE A LARGE
- 1 dozen



Milk

- No organic or flavored milk
- No buttermilk or rice milk
- No raw milk (non-pasteurized)
- No dried whole milk (Nido)
- No filled evaporated

- LEAST EXPENSIVE BRAND** (of these types)
- Fat free/skim
- Reduced fat 2%
- Low fat 1%
- Whole milk (when listed on voucher)

1 gallon, 1/2 gallon (when listed on voucher)



- LEAST EXPENSIVE BRAND** (of these types)
- [fat free/skim, low fat 1%, reduced fat 2%, whole milk (when listed on voucher)]

- Lactose free
- Acidophilus and bifidum
- Acidophilus

1 gallon, 1/2 gallon, 96 ounce (3 quart)

LEAST EXPENSIVE BRAND

- Dry powdered milk
- Evaporated milk
- Ultra high temperature milk (UHT) (when listed on voucher)



Makes 3 quarts



12 ounces



8 ounce or 1/2 pint box

MEYENBERG GOAT MILK

- Low fat



1 quart

Cheese

- No other size or quantity
- No organic, flavored, or added ingredients
- No cheese food, products, or spreads
- No imported, waxed, or delicatessen cheese
- No shredded, cubed, shaped, strips, or crumbles

LEAST EXPENSIVE

- SLICES (regular, low-fat, reduced-fat, fat-free, wrapped or unwrapped)

- American
- Swiss
- Cheddar
- 16 ounce



LEAST EXPENSIVE

- BLOCK (regular, low-fat, reduced-fat, fat-free)

- American
- Cheddar
- Colby
- Monterey Jack
- Mozzarella
- Swiss
- Combination (such as Colby/Jack)
- 16 ounce



LEAST EXPENSIVE

- STRING (whole milk or skim milk)
- Mozzarella
- 16 ounce



Fish

- No other size or quantity
- No organic
- No albacore
- No oil packed
- No added flavors
- No Pouches or individual serving containers
- No fresh or frozen

LEAST EXPENSIVE BRAND

- Tuna packed in water

LEAST EXPENSIVE BRAND

- Pink salmon

5 ounce, 6 ounce, and 14.75 ounce cans



Infant Foods

INFANT FORMULA

- No organic
- Only formula listed on the voucher

WIC voucher lists the brand, size, and form (powder, concentrate, or ready to use) to purchase

DRY CEREAL

- No other size or quantity
- No organic
- No added fruit, formula, or DHA/ARA
- No baby cereal in jars

BEECH NUT

- Rice
- Oatmeal
- Multigrain
- 8 ounces



GERBER

- Rice
- Oatmeal
- Barley
- MultiGrain
- Whole Wheat
- 8 ounces



FRUIT & VEGETABLES

- No other size or quantity
- No diced
- No organic
- No dessert
- No guava, papaya, sweet potato casserole
- No other combinations

GERBER 2ND FOODS

- Any single ingredient
- Apple & Cherries
- Apple Strawberry Banana
- Pear Pineapple
- Prunes with Apples
- Apricot with Mixed Fruits
- Banana with Mixed Berries
- Apple Blueberry
- Banana Orange Medley
- Banana Plum Grapes
- Sweet Potato Corn
- Mixed Vegetable
- Garden Vegetable
- 4 ounce jars
- 7 ounce twin packs

BEECH NUT STAGE 2 and STAGE 2 1/2

- Any single ingredient
- Apricots with Pears & Apples
- Pears & Raspberries
- Apples & Cherries
- Banana & Strawberries
- Pears & Pineapple
- Apples & Blueberries
- Apples & Bananas
- Apples, Mango & Kiwi
- Apples, Pears & Bananas
- Pears & Green beans
- Corn and Sweet Potato
- Country Garden Vegetables
- Mixed Vegetables
- Pears and Carrots
- 4 ounces



INFANT MEATS

for exclusively breast fed infants

- No other size or quantity
- No organic
- No meat and vegetable, or meat and pasta mixtures

BEECH NUT

- STAGE 1
- Meat with broth
- 2.5 ounces



GERBER

- 2ND FOODS
- Meat with gravy
- 2.5 ounces

WIC APPROVED FOODS LIST

WIC Tips

- Separate WIC foods from the other foods you are buying.
- Before the cashier begins to ring up your purchase, tell them that you are using WIC vouchers.
- You can not return any WIC foods for cash, credit, exchange, or for a "rain check."
- You may use coupons and participate in buy one get one free specials.
- If a grocery store does not have all the foods listed on your voucher, keep your voucher and go to another WIC approved store, or return to your store at a later date.
- Talk to the store manager if you have a complaint about the store or a store employee. Call the State WIC Office if you are still not satisfied.
- Comments about the Georgia WIC program can be made at www.wic.ga.gov. Go to the public comment survey page.

DO NOT CASH UNLESS THE FACE OF THIS DOCUMENT HAS A COLORED BACKGROUND AND A FOIL LOGO.

DIST/UNIT/CLINIC	WIC ID NO.	C	P	PARTICIPANT	VOUCHER NO.	ISSUED BY
03 4 107	107 034 685 1 1			SAMPLE WIC	03958937	MTM
GEORGIA WIC PROGRAM PAY TO THE ORDER OF ANY AUTHORIZED GEORGIA WIC VENDOR FOR THESE ITEMS/QUANTITIES ONLY - WIC APPROVED FOODS ONLY - NO SUBSTITUTIONS				NOT NEGOTIABLE WITHOUT WIC VENDOR STAMP HERE		FIRST DAY TO USE 01/25/2014 LAST DAY TO USE 02/25/2014
VENDOR MUST DEPOSIT WITHIN 60 DAYS OF FIRST DAY TO USE						
PAY EXACTLY						
DOLLARS CENTS						
CPA FPC C21 FPC C21 VC W05 4 MILK: 1 gallon low-fat (fat-free, 1%, 2%) No whole milk. Least expensive brand.						
EGGS: 1 dozen						
CEREAL: No more than 36 oz						

First day to use: The WIC voucher cannot be used before this date.

Last day to use: The WIC voucher cannot be used after this date.

Pay exactly: The cashier writes in the exact price for the WIC foods, before the WIC participant signs the voucher.

Amounts and types of foods to be purchased: The WIC customer or store employee may not substitute any other food or formula for the items listed on the front of the voucher. If you have a problem with your voucher, contact your local WIC clinic.

If you go over the dollar amount listed on your fruit and vegetable voucher: You may pay the difference.

DO NOT CASH UNLESS THE FACE OF THIS DOCUMENT HAS A COLORED BACKGROUND AND A FOIL LOGO.

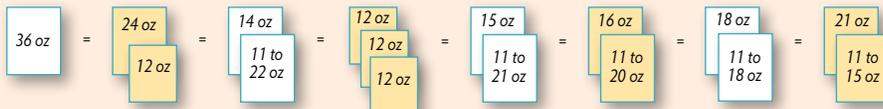
DIST/UNIT/CLINIC	WIC ID NO.	C	P	PARTICIPANT	VOUCHER NO.	ISSUED BY
03 4 107	107 034 685 1 1			SAMPLE WIC	03958936	MTM
GEORGIA WIC PROGRAM PAY TO THE ORDER OF ANY AUTHORIZED GEORGIA WIC VENDOR FOR THESE ITEMS/QUANTITIES ONLY - WIC APPROVED FOODS ONLY - NO SUBSTITUTIONS				NOT NEGOTIABLE WITHOUT WIC VENDOR STAMP HERE		FIRST DAY TO USE 01/25/2014 LAST DAY TO USE 02/25/2014
VENDOR MUST DEPOSIT WITHIN 60 DAYS OF FIRST DAY TO USE						
PAY EXACTLY						
DOLLARS CENTS						
CPA FPC C21 FPC C21 VC P03 9 PRODUCE: \$6 for fresh, frozen, or canned fruit and vegetables No potatoes - except for sweet potatoes or yams. No products with added sugar, seasonings, fat, or oils. No creamed vegetables. No stewed tomatoes.						

Participant/Guardian/Proxy signature: Signature must match one of the signatures on the front of the WIC ID Card.

WAYS TO COMBINE ITEMS

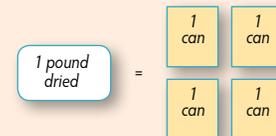
36 OUNCES OF CEREAL

Choose a combination that does not go over 36 ounces



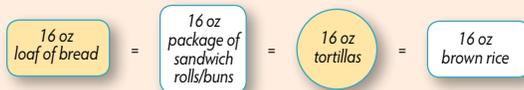
1 POUND OF BEANS

Choose 1 pound of dried beans or 4 cans



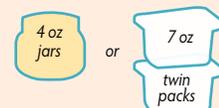
WHOLE GRAINS

Choose any 2 whole grain packages in any combination



BABY FOOD

Choose fruit and/or vegetable (Stage 2, Stage 2 1/2, or 2nd Foods)



16 (sixteen) 4 ounce jars or 9 (nine) 7 ounce twin packs

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Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)
 1-800-228-9173 www.wic.ga.gov



12-2013

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