

WIC approved Foods List Effective December 1, 2013
Only the following list of foods may be purchased with WIC vouchers

Food Item	Brand or Type		Container / Package size	Not allowed
MILK Least Expensive Brand of type selected/ allowed	Fat free/Skim, Low-fat (1%), Reduced Fat (2%) Whole Milk – (when listed on voucher)		One gallon half gallon (when listed on voucher)	<ul style="list-style-type: none"> Organic Flavored milk Buttermilk Rice milk Raw milk (non-pasteurized) No dried whole milk (Nido) No filled evaporated
	Lactose free milk, Acidophilus, Acidophilus and Bifidum (Fat free/skim, low fat (1%), Reduced Fat (2%)) Whole milk – (when listed on voucher)		One gallon half gallon 96 oz (3 quart)	
	UHT- Ultra High Temperature Milk (when listed on voucher)		8 oz. or half-pint box	
	Nonfat dry milk		Makes 3 quarts	
	Evaporated milk		12 oz cans	
	Meyenberg Goat Milk	Low fat (when listed on voucher)	1 quart	
SOY MILK	8 th Continent	Original Vanilla	half gallon	<ul style="list-style-type: none"> Light Other Flavors
	Silk	Original		
CHEESE Least Expensive Brand of type selected/ allowed	Slices (Wrapped or unwrapped)	American Swiss Cheddar	16 oz package (regular, low-fat, reduced-fat, fat-free allowed)	<ul style="list-style-type: none"> Organic Cheese products/spreads Flavored cheese Cheese food Shredded/cubed/shaped/strips Crumbles Delicatessen (deli) cheese Cheese with added ingredients Imported/waxed Any other size or quantity
	Block	American Cheddar Colby Monterey Jack Mozzarella Swiss (combination allowed i.e. Colby/Jack)		
	String	Mozzarella		
TOFU – calcium set	Nasoya	Silken Extra Firm Super Firm (cubed)	8 oz 14-16 oz	<ul style="list-style-type: none"> Non-calcium set Any other size or quantity
EGGS	Least Expensive Brand		1 dozen carton Grade A Large	<ul style="list-style-type: none"> Organic Low cholesterol Added Omega 3, DHA, or ARA No brown eggs
PEANUT BUTTER	Any brand Creamy, Crunchy, Extra Crunchy, Natural, or Low-salt		16-18 oz Jar	<ul style="list-style-type: none"> Organic Reduced fat or peanut butter spreads Marshmallow added Chocolate added Honey spread Jelly added Any other size or quantity Added vitamins/minerals
BEANS / PEAS / LENTILS	Dried	Any variety of plain, mature dry beans, peas or lentils	1 lb packages	<ul style="list-style-type: none"> Flavored beans or peas Any other size or quantity

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BEANS / PEAS / LENTILS	Canned	Any variety of plain, mature beans, peas, or lentils	15-16 oz can	<ul style="list-style-type: none"> Any with added sugar, fat, oil, or meat Soups Baked beans Immature varieties of legumes such as green peas, or snap beans
JUICE 100% Juice Vitamin C fortified Calcium fortified allowed	Least Expensive Brand	Orange	64 oz Ready to Serve (refrigerated cartons)	<ul style="list-style-type: none"> Organic Juice drink Infant juice Juice with sugar added Sports drink Cartons of juice other than orange V-8 Splash Vegetable juice cocktail
		Orange	64 oz Ready to Serve	
		Pineapple		
		Grapefruit		
	Nestle Juicy Juice	100% Tomato	5.5-6 oz ready to serve	
		100% Vegetable Juice	48 oz Ready to Serve Containers	
Welch's	Apple Grape White Grape	64 oz Ready to Serve Containers 11.5 oz Non-frozen pourable concentrate		
Old Orchard Welch's	Apple Grape White Grape	11.5 - 12 oz frozen		
WHOLE GRAIN-BREAD	Roman Meal Sun Grain 100% Whole Wheat		16 oz package Loaf Bread	<ul style="list-style-type: none"> Honey wheat Hot dog rolls/buns Any other size or quantity Whole grain white
	Sara Lee Classic 100% Whole Wheat Soft and Smooth 100% Whole Wheat			
	Nature's Own 100% Whole Wheat with Honey			
	Pepperidge Farm 100% Whole Wheat very thin sliced			
	Pepperidge Farm Stone Ground 100% Whole Wheat			
	Merita	100% Whole Wheat		
	Bimbo			
	Cobblestone Mill			
	Wonder			
	Kroger			
100% Whole wheat sandwich rolls/buns	Pepperidge Farms – Soft 7 Grain	16 oz package		

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WHOLE GRAIN TORTILLA	Whole wheat Chi Chi's Kroger La Banderita Mi Casa Mission Ortega	16 oz	<ul style="list-style-type: none"> All other types Any other size or quantity
	Corn Chi Chi's La Banderita Mission		
BROWN RICE	Any brand	16 oz	<ul style="list-style-type: none"> White rice Flavored rice Any other size or quantity
CEREAL – *Whole Grain	General Mills <ul style="list-style-type: none"> *Cheerios *Multi-Grain Cheerios *Wheat Chex *Kix Corn Chex Rice Chex 	11 – 36 oz	<ul style="list-style-type: none"> Other package sizes Any type, brand, or variety of cereal other than the ones listed Flavored grits
	Kellogg's <ul style="list-style-type: none"> *Frosted Mini-Wheats Original *Frosted Mini Wheats Touch of Fruit *Frosted Mini-Wheats Little Bite Rice Krispies (Regular) Special K Crispix Corn flakes 		
	Post <ul style="list-style-type: none"> *Grape-nuts *Grape-nut Flakes *Banana Nut Crunch Honey Bunches of Oats-Almond Honey Bunches of Oats-Honey Roasted *Honey Bunches of Oats - Vanilla Bunches 		
	Quaker <ul style="list-style-type: none"> *Life - original *Oatmeal Squares - brown sugar *Oatmeal Squares - cinnamon *Oatmeal - instant Instant Grits - original 		
	Malt-O-Meal <ul style="list-style-type: none"> *Frosted Mini-Spooners Oat Blenders with Honey Oat Blenders with Honey and Almonds *Strawberry Cream Mini Spooners Crispy Rice 		
	B & G <ul style="list-style-type: none"> Cream of wheat – instant 		

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FISH Least Expensive of type selected	Tuna – water packed		5 oz can 6 oz can or 14.75 oz can	<ul style="list-style-type: none"> Organic Packed in oil No albacore Added flavorings Pouches Individual serving containers Any other size or quantity Fresh or frozen
	Pink Salmon			
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"> Organic Formula not listed on the voucher
INFANT CEREAL	Brands: Beech Nut or Gerber Type: Rice, Oatmeal, Barley, Mixed, Whole Wheat		Dry cereal in 8 oz containers	<ul style="list-style-type: none"> Organic Baby cereal in jars Cereal with fruit added Cereal with formula added DHA ARA Any other size or quantity
INFANT FRUIT & VEGETABLES	Gerber 2 nd Foods	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 oz jars 2 x 3.5 oz twin packs	<ul style="list-style-type: none"> Organic Guava Papaya Sweet potato casserole No diced Any other size or quantity No desserts Any other combinations
	Beech Nut Stage 2 Foods Stage 2 1/2	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 Peas and Carrots	4 oz jars	
INFANT MEATS	Gerber 2 nd Foods Beech Nut Stage 1	Meat with broth Meat with gravy	2.5 oz containers	<ul style="list-style-type: none"> Organic Meat and vegetable mixtures Meat and pasta mixtures Any other size or quantity

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FRUITS and VEGETABLES	<p>Any variety of fresh whole or cut fruit without added sugars</p> <p>Any variety of fresh whole or cut vegetable without added sugars, fats, and oils</p> <p>Applesauce – unsweetened only or “no added sugar”</p> <p>Any variety of canned fruits, including applesauce; juice-pack or water pack without added sugars, artificial sweeteners, fats, oils, or salt</p> <p>Any variety of canned vegetable without added sugars, fats, oils</p> <p>Any variety of frozen fruits without added sugar</p> <p>Any variety of frozen vegetable (including plain frozen beans / peas / legumes) without added sugars, meats, fats, or oils</p> <p align="center">Organic Allowed</p>		<ul style="list-style-type: none"> • Potato - except for yam and sweet potato • Any variety of canned or frozen vegetable with added sugars, fats, oils, or white potatoes • Herbs or spices • Edible blossoms/flowers • Fruit leathers • Fruit roll-ups • Catsup, salsa, or other condiments • Pickled vegetables and olives • Soups • Mixtures containing white potato • Creamed or sauced vegetables • Breaded vegetables • Peanuts • Canned or dried legumes (mature beans or peas) • Juice • Vegetable-grain mixtures (e.g., with rice, noodles, or pasta) • Purchases from salad bars • Fruit baskets or party trays • Any dried fruit or vegetable • Regular applesauce • Fruits packed in syrup • Fruits with artificial sweeteners

Revised 11-11-2011

Remove Discontinued Product Juicy Juice Harvest Surprise and Nature’s Goodness 2 Infant meat.
 Added “Whole grain white” to the not allowed section of Whole Grain-Bread.

Revised 1-12-2012

Updated Beech Nut Stage 2 Foods – 2 changes
 “Apricots with Peaches & Apples” revised to read “Apricots with Pears & Apples”
 “Pears & Bananas” revised to read “Apples, Pears & Bananas”

Revised 12-1-13

Remove House Tofu
 Made Kix whole grain
 Remove Nature’s Own Buns
 Revised Bun package Size to “16 oz package”
 Remove Gluten-free Rice Krispies
 Updated Frosted Mini Wheat Name
 Updated Oat Blender Name
 Remove Multi-Bran Chex
 Add Silk Soy Milk
 Changed allowed canned bean package size
 Changed allowed canned fish package size
 Goat Milk (Removed Evaporated and Whole milk in the quart) The product did not meet Vit. A nutritional requirements.
 Juice “Ready to Serve”: Removed 46 - 48 oz range from all juice options. Only 48 oz is approved.