



**WIC approved Foods List Effective December 1, 2011**  
**Only the following list of foods may be purchased with WIC vouchers**

Food Item	Brand or Type		Container / Package size	Not allowed
<b>MILK</b>  <b>Least Expensive Brand of type selected/ allowed</b>	Fat free/Skim, Low-fat (1%), Reduced Fat (2%)		One gallon half gallon (when listed on voucher)	<ul style="list-style-type: none"> <li>Organic</li> <li>Flavored milk</li> <li>Buttermilk</li> <li>Rice milk</li> <li>Raw milk (non-pasteurized)</li> <li>No dried whole milk (Nido)</li> <li><span style="background-color: yellow;">No filled evaporated</span></li> </ul>
	Whole Milk – (when listed on voucher)			
	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 <span style="background-color: yellow;">96 oz (3 quart)</span>	
	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 Whole Milk (when listed on voucher)		
Evaporated -whole milk		12 oz. can		
<b>SOY MILK</b>	8 <sup>th</sup> Continent	Original <span style="background-color: yellow;">Vanilla</span>	half gallon	<ul style="list-style-type: none"> <li>Light</li> <li><span style="background-color: yellow;">Other</span> Flavors</li> </ul>
<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 – calcium set</b>	Nasoya	Silken <span style="background-color: yellow;">Extra Firm</span> Super Firm (cubed)	8 oz <span style="background-color: yellow;">14-16 oz</span>	<ul style="list-style-type: none"> <li>Non-calcium set</li> <li>Any other size or quantity</li> </ul>
	<span style="background-color: yellow;">House Foods</span>	<span style="background-color: yellow;">Regular Firm</span> <span style="background-color: yellow;">Extra Firm</span>		
<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>PEANUT BUTTER</b>	Any brand Creamy, Crunchy, Extra Crunchy, Natural, or Low-salt		16-18 oz Jar	<ul style="list-style-type: none"> <li>Organic</li> <li>Reduced fat or peanut butter spreads</li> <li>Marshmallow added</li> <li>Chocolate added</li> <li>Honey spread</li> <li>Jelly added</li> <li>Any other size or quantity</li> </ul>
<b>BEANS / PEAS / LENTILS</b>	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>



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BEANS / PEAS / LENTILS	Canned	Any variety of plain, mature beans, peas, or lentils	14-16 oz can	<ul style="list-style-type: none"> <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</li> </ul>
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"> <li>Organic</li> <li>Juice drink</li> <li>Infant juice</li> <li>Juice with sugar added</li> <li>Sports drink</li> <li>Cartons of juice other than orange</li> <li>V-8 Splash</li> <li>Vegetable juice cocktail</li> </ul>
		Orange	46-48 oz Ready to Serve	
		Pineapple	64 oz Ready to Serve	
		Grapefruit	12 oz Frozen concentrate	
	100% Tomato	5.5-6 oz ready to serve		
	100% Vegetable Juice			
Nestle Juicy Juice	All Flavors (including apple, grape and white grape)	46-48 oz Ready to Serve Containers 64 oz Ready to Serve Containers		
Welch's	Apple Grape White Grape	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"> <li>Honey wheat</li> <li>Hot dog rolls/buns</li> <li>Any other size or quantity</li> <li>Whole grain white</li> </ul>
	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	Nature's Own Pepperidge Farms – Soft 7 Grain	14-16 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"> <li>All other types</li> <li>Any other size or quantity</li> </ul>
	Corn Chi Chi's La Banderita Mission		
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>
CEREAL – *Whole Grain	General Mills <ul style="list-style-type: none"> <li>*Cheerios</li> <li>*Multi-Grain Cheerios</li> <li>*Wheat Chex</li> <li>Kix</li> <li>Corn Chex</li> <li>Rice Chex</li> <li>Multi-Bran Chex</li> </ul>	11 – 36 oz	<ul style="list-style-type: none"> <li>Other package sizes</li> <li>Any type, brand, or variety of cereal other than the ones listed</li> <li>Flavored grits</li> </ul>
	Kellogg's <ul style="list-style-type: none"> <li>*Frosted Mini-Wheats Bite-Sized</li> <li>*Frosted Mini Wheats Touch of Fruit</li> <li>*Frosted Mini-Wheats Little Bite</li> <li>Rice Krispies (Regular &amp; Gluten Free)</li> <li>Special K</li> <li>Crispix</li> <li>Corn flakes</li> </ul>		
	Post <ul style="list-style-type: none"> <li>*Grape-nuts</li> <li>*Grape-nut Flakes</li> <li>*Banana Nut Crunch</li> <li>Honey Bunches of Oats-Almond</li> <li>Honey Bunches of Oats-Honey Roasted</li> <li>*Honey Bunches of Oats - Vanilla Bunches</li> </ul>		
	Quaker <ul style="list-style-type: none"> <li>*Life - original</li> <li>*Oatmeal Squares - brown sugar</li> <li>*Oatmeal Squares - cinnamon</li> <li>*Oatmeal - instant</li> <li>Instant Grits - original</li> </ul>		
	Malt-O-Meal <ul style="list-style-type: none"> <li>*Frosted Mini-Spooners</li> <li>Honey and Oat Blenders</li> <li>Honey and Oat Blenders with Almonds</li> <li>*Strawberry Cream Mini Spooners</li> <li>Crispy Rice</li> </ul>		
	B & G <ul style="list-style-type: none"> <li>Cream of wheat – instant</li> </ul>		



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FISH Least Expensive of type selected	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>Any other size or quantity</li> <li>Fresh or frozen</li> </ul>
	Pink Salmon		7.5 oz can or 14.75 oz can	
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 CEREAL	Brands: Beech Nut or Gerber Type: Rice, Oatmeal, Barley, Mixed, <b>Whole Wheat</b>		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>
INFANT FRUIT & VEGETABLES	Gerber 2 <sup>nd</sup> Foods	Single ingredient <b>Apple &amp; Cherries</b> <b>Apple Strawberry Banana</b> <b>Pear Pineapple</b> <b>Prunes with Apples</b> <b>Apricot with Mixed Fruits</b> <b>Banana with Mixed Berries</b> <b>Apple Blueberry</b> <b>Banana Orange Medley</b> <b>Banana Plum Grapes</b> <b>Sweet Potato Corn</b> <b>Mixed Vegetable</b> <b>Garden Vegetable</b>	4 oz jars  <b>2 x 3.5 oz twin packs</b>	<ul style="list-style-type: none"> <li>Organic</li> <li>Guava</li> <li>Papaya</li> <li>Sweet potato casserole</li> <li>No diced</li> <li>Any other size or quantity</li> <li><b>No desserts</b></li> <li><b>Any other combinations</b></li> </ul>
	Beech Nut Stage 2 Foods <b>Stage 2 1/2</b>	Single ingredient <b>Apricots with Pears &amp; Apples</b> <b>Pears &amp; Raspberries</b> <b>Apples &amp; Cherries</b> <b>Banana &amp; Strawberries</b> <b>Pears &amp; Pineapple</b> <b>Apples &amp; Blueberries</b> <b>Apples &amp; Bananas</b> <b>Apples, Mango &amp; Kiwi</b> <b>Apples, Pears &amp; Bananas</b> <b>Pears &amp; Green beans</b> <b>Corn and Sweet Potato</b> <b>Country Garden Vegetables</b> <b>Mixed Vegetables</b> <b>Peas and Carrots</b>	4 oz jars	
INFANT MEATS	Gerber 2 <sup>nd</sup> Foods Beech Nut 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>



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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" style="background-color: yellow;"><b>Organic Allowed</b></p>		<ul style="list-style-type: none"> <li>• <b>Potato</b> - except for yam and sweet potato</li> <li>• Any variety of canned or frozen vegetable with added sugars, 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, salsa, 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>

**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”