

GEORGIA
WIC PROGRAM

Your Recipe for Choosing Healthy Foods



EFFECTIVE JANUARY 2016

WIC APPROVED FOODS LIST

Fruits & Vegetables



- No variety of fresh, canned, or frozen vegetable or mixture containing seasonings, fats, or oils
- 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 catsup, or other condiments
- No soups
- No pickled vegetables or olives
 - No vegetable-grain mixtures such as rice, noodles, or pasta
- No fruit baskets, party trays, or purchases from salad bars
- No fruits with added sugar, packed in syrups, or with artificial sweeteners

FRESH FRUITS & VEGETABLES

(Including organic)

Any brand/variety of fruit or vegetable, whole or cut, without added sugars, fats, and oils.

See WIC voucher for dollar amounts



FROZEN FRUITS

(Including organic)

Any brand/variety of fruits without added sugar



FROZEN VEGETABLES

(Including organic)

Any brand/variety of vegetables (and plain frozen beans/peas/legumes) with no added sugars, meats, fats, or oils

See WIC voucher for dollar amounts

CANNED FRUITS

(Including organic)

Any variety (including unsweetened applesauce) juice or water packed, without added sugars, artificial sweeteners, fats, oils, or salt



CANNED VEGETABLES

(Including organic)

Any variety (including low-sodium) without added fats, or oils



See WIC voucher for dollar amounts

Cheese

- 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
- No other size or quantity

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



- American
- Swiss
- Cheddar

16 ounce

- **LEAST EXPENSIVE STRING** (whole milk or skim milk)



- Mozzarella

16 ounce

- **LEAST EXPENSIVE BLOCK** (regular, low-fat, reduced-fat, fat-free)

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

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

16 ounce



Milk

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

LEAST EXPENSIVE BRAND

(size and type as listed on voucher)

- Fat free/skim
- Reduced fat 2%
- Low fat 1%
- Whole milk

1 gallon, 1/2 gallon



LEAST EXPENSIVE BRAND

(size and type as listed on voucher)

[fat free/skim, low fat 1%, reduced fat 2%, whole milk]

- Lactose free
- Acidophilus
- Acidophilus and bifidum

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

LEAST EXPENSIVE BRAND

(size and type as listed on voucher)

- Dry powdered milk
- Evaporated milk
- Ultra high temperature milk (UHT)



Makes 3 quarts



12 ounces



8 ounce or 1/2 pint box

MEYENBERG GOAT MILK

(size and type as listed on voucher)

- No other brand
- No other size or quantity

- Low fat
- Whole
- Evaporated



1 quart



12 ounces

Soy Products

SOYMILK

- No light or other flavors

1/2 gallon

- 8TH CONTINENT
- SILK
- GREAT VALUE

- Original
- Vanilla

- Original

- Original



TOFU

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

- NASOYA
- Silk
- Firm
- Extra Firm

- 14-16 ounces



Eggs

- No organic, low cholesterol, or brown
- No added Omega 3, DHA, or ARA

LEAST EXPENSIVE

- GRADE A LARGE

1 dozen

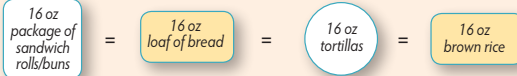


WIC APPROVED FOODS LIST

Whole Grains

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

WHOLE GRAIN CHOICES



Whole wheat Bread

- No hot dog rolls/buns
- No other size, type, or quantity

100% WHOLE WHEAT LOAVES

16 ounce



▪ **BEST CHOICE**



▪ **BIMBO**



▪ **FOOD LION**



▪ **HEALTHY LIFE**
▪ Whole Grain



▪ **HEALTHY LIFE**
▪ Whole Grain Flaxseed



▪ **KROGER**



▪ **NATURE'S OWN**
▪ 100% Whole Wheat With Honey



▪ **ROMAN MEAL**
▪ Sun Grain



▪ **SARA LEE**



▪ **WONDER**

100% WHOLE WHEAT SANDWICH BUNS

16 ounce

- Healthy Life
- Soft Style



Brown Rice

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

- **ANY BRAND**
16 ounce



Whole Grain Tortillas

- No other types
- No other size or quantity

16 ounce

- **CHI-CHI'S**
▪ Corn



- **GUERRERO**
▪ Whole wheat
▪ Corn



- **HERDEZ**
▪ Corn



- **KROGER**
▪ Whole wheat



- **LA BANDERITA**
▪ Corn



- **MI CASA**
▪ Whole wheat



- **ORTEGA**
▪ Whole wheat



- **MISSION**
▪ Whole wheat
▪ Corn



Peanut Butter

- No organic or reduced fat
- No peanut butter spreads
- No added honey, marshmallow, chocolate, jelly, vitamin/minerals, or omega 3
- No other size or quantity

- **ANY BRAND**

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

16-18 ounces



Beans/Peas/Lentils

DRIED

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

- **ANY BRAND**

- Any variety
- Plain, mature beans, peas, or lentils

1 pound



CANNED

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

- **ANY BRAND**

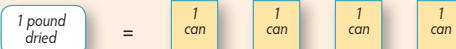
- Any variety
- Plain, mature beans, peas, or lentils (including refried beans, and low sodium)

15-16 ounces



PACKAGE OPTIONS

Choose 1 pound of dried beans or 4 cans



WIC APPROVED FOODS LIST

100% Juice

Women's vouchers: 48 ounce containers OR juice concentrates
Children's vouchers: 64 ounce containers

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

Juice Concentrates

NON-FROZEN POURABLE

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

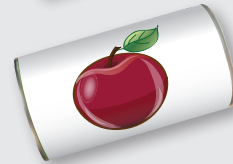


FROZEN CONCENTRATES

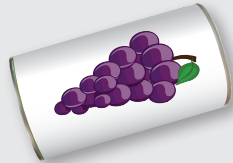
- **LEAST EXPENSIVE BRAND**
(Calcium fortified allowed)
- Orange
- Grapefruit
- 12 ounces



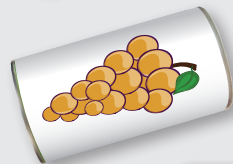
- **100% APPLE**
(only these brands)
- Always Save
- Best Choice
- Great Value
- Hytop
- Kroger
- My Essentials
- Old Orchard
- Seneca
- 12 ounces



- **100% GRAPE**
(only these brands)
- Great Value
- Kroger
- Old Orchard
- Welch's
- 11.5 to 12 ounces



- **100% WHITE GRAPE**
(only these brands)
- Old Orchard
- Welch's
- 11.5 to 12 ounces



Ready Serve Juice



- **LEAST EXPENSIVE BRAND**
(Calcium fortified allowed)

- 48 and 64 ounce
- Orange
- Grapefruit

NESTLE JUICY JUICE

- 48 ounce and 64 ounce
- All flavors including Apple, Grape, and White Grape



- **APPLE JUICE**
(only these brands)

- 48 ounce
- Apple and Eve
- Juicy Juice
- Lucky Leaf
- Seneca

- 64 ounce
- Always Save
- Apple and Eve
- Apple and Eve Sesame Street
- Best Choice
- Food Lion
- Great Value
- Hytop

- IGA
- Juicy Juice
- Kroger
- Lucky Leaf
- Mott's
- Seneca
- Publix

- **WHITE GRAPE JUICE**
(only these brands)

- 64 ounce
- Apple and Eve
- Sesame Street
- Best Choice
- Food Lion
- Great Value
- Hytop
- IGA



- Juicy Juice
- Kroger
- Publix

- **GRAPE JUICE**
(only these brands)

- 48 ounce
- Juicy Juice
- 64 ounce
- Always Save
- Best Choice
- Food Lion
- Great Value
- Hytop
- IGA



- Juicy Juice
- Kroger
- Publix

- **TOMATO JUICE**
(only these brands)

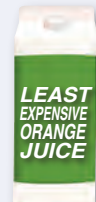
- 64 ounce
- Best Choice
- Campbell's
- Regular
- Low Sodium
- Food Lion
- Great Value
- Hytop



REFRIGERATED CARTONS

(Calcium fortified allowed)

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



Fish

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

- **LEAST EXPENSIVE BRAND**
- Tuna packed in water
- 5, 6, and 7.5 ounce cans



- **LEAST EXPENSIVE BRAND**
- Pink salmon
- 5, 6, 7.5, and 14.75 ounce cans



WAYS TO COMBINE FISH

Choose a combination that does not go over 30 ounces

six 5 oz cans	five 6 oz cans	four 7.5 oz cans	two 14.75 oz cans
5 oz 5 oz	6 oz 6 oz	7.5 oz 7.5 oz	14.75 oz 14.75 oz
5 oz 5 oz	6 oz	7.5 oz 7.5 oz	
5 oz 5 oz	6 oz 6 oz	7.5 oz 7.5 oz	

WIC APPROVED FOODS LIST

Cereal

■ No other package sizes ■ No other type, brand, flavor, or variety other than the ones listed

GENERAL MILLS

- Cheerios
 - Regular*
 - Multi Grain*
 - Corn Chex
 - Rice Chex
 - Kix*
 - Regular*
 - Berry Berry*
 - Honey*
 - Dora the Explorer
 - Go Diego Go!
- 11–36 ounces



KELLOGG'S

- Frosted Mini-Wheats Original*
 - Crispix
 - Corn Flakes
 - Rice Krispies
 - Regular
 - Gluten Free*
 - Special K Original
 - All Bran Complete Wheat Flakes*
- 11–36 ounces



MALT-O-MEAL

- Mini Spooners
 - Frosted*
 - Strawberry Cream*
 - Blueberry*
 - Crispy Rice
 - Oat Blenders with Honey and Almonds
- 11–36 ounces



POST

- Grape-nuts Flakes*
 - Great Grains
 - Banana Nut Crunch*
 - Alpha Bits*
 - Honey Bunches of Oats
 - Almond
 - Honey Roasted
 - Vanilla Bunches*
- 11–36 ounces



QUAKER

- Instant Oatmeal
 - Original*
 - Instant Grits
 - Original
- 11–36 ounces



B & G

- Cream of Wheat
 - Instant, Original
 - Flavor Only
 - Whole Grain*
- 11–36 ounces



WAYS TO COMBINE 36 OUNCES OF CEREAL

Choose a combination that does not go over 36 ounces

$$36 \text{ oz} = 24 \text{ oz} = 14 \text{ oz} = 12 \text{ oz} = 15 \text{ oz} = 16 \text{ oz} = 18 \text{ oz} = 21 \text{ oz}$$

$$= 12 \text{ oz} = 11 \text{ to } 22 \text{ oz} = 12 \text{ oz} = 11 \text{ to } 21 \text{ oz} = 11 \text{ to } 20 \text{ oz} = 11 \text{ to } 18 \text{ oz} = 11 \text{ to } 15 \text{ oz}$$

*whole grain cereals

WIC APPROVED FOODS LIST

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

INFANT MEATS for exclusively breast fed infants

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

▪ BEECH NUT STAGE 1

- Meat with broth
- 2.5 ounces



▪ GERBER 2ND FOODS

- Meat with gravy
- 2.5 ounces



DRY CEREAL

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

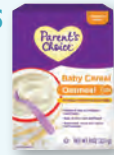
▪ BEECH NUT

- Rice
 - Oatmeal
 - Multigrain
- 8 ounces



▪ PARENTS CHOICE

- Oatmeal
- 8 ounces



▪ GERBER

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



▪ KROGER COMFORTS

- Rice
 - Oatmeal
- 8 ounces



FRUITS & VEGETABLES

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

▪ BEECH NUT NATURALS STAGE 1

- Just Honeycrisp Apple
 - Bananas
 - Just Sweet Potatoes
 - Just Carrots
 - Just Bartlett Pears
 - Just Butternut Squash
 - Just Sugar Snap Peas
 - Just Green Beans
- 4 ounce jars



▪ BEECH NUT NATURALS STAGE 3

- Just Sweet Potato, Squash & Peas
 - Carrot, Broccoli & Strawberry
 - Just Apple & Aronia Berry
 - Just Apple & Zucchini
 - Just Carrot, Sweet Corn & Garbanzo Bean
 - Just Apple, Berry & Black Bean
 - Just Apple & Red Bean
- 4 ounce jars

▪ BEECH NUT NATURALS STAGE 2

- Just Sweet Corn & Green Beans
- Just Pear & Blueberry
- Banana, Orange & Pineapple
- Just Raspberry, Apple & Beets
- Just Apple & Blackberry
- Beets, Pear & Pomegranate
- Just Apple & Kiwi
- Just Pear, Raspberry & Asparagus
- Banana, Blueberry & Green Beans
- Just Pineapple, Pear & Avocado
- Just Pear & Black Cherry
- Just Peas, Green Beans & Asparagus
- Apple & Pumpkin
- Just Guava, Pear & Strawberry
- Just Mango, Apple & Avocado
- Just Corn, Squash & Apple
- Just Raspberry & Carrots
- Just Carrot, Corn & Pumpkin
- Just Spinach, Zucchini & Peas
- Just Apple & Kale

- Just Pineapple, Kale, Apple & Carrot
 - Just Sweet Corn, Kale & Spinach
 - Just Mango, Kiwi & Papaya
 - Apple, Squash & Zucchini
 - Just Apple & Strawberry
 - Corn, Pear & Pineapple
 - Sweet Potato, Orange & Pineapple
- 4 ounce jars

▪ BEECH NUT CLASSICS STAGE 2

- Any single ingredient
 - Apricot Pear & Apple
 - Pear & Raspberry
 - Apple & Cherry
 - Chiquita Banana & Strawberry
 - Pear & Pineapple
 - Banana & Mixed Berry
 - Apple & Blueberry
 - Apple & Banana
 - Apple, Mango & Kiwi
 - Apple, Pear & Banana
 - Corn and Sweet Potato
 - Garden Vegetables
 - Mixed Vegetables
- 4 ounce jars



▪ GERBER 2ND FOODS

- Any single ingredient
- Apple Cherry
- Apple Blueberry
- Apple Strawberry Banana
- Pear Pineapple
- Prunes with Apples
- Apricot with Mixed Fruits
- Banana with Mixed Berries
- Bananas with Apples & Pears
- Banana Orange Medley
- Banana Plum Grapes
- Apple Peach Squash

- Banana Carrot Mango
 - Pear Zucchini Corn
 - Sweet Potatoes & Corn
 - Mixed Vegetable
 - Garden Vegetable
- 8 ounce twin packs



01-2016

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 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
10 0 294	001 028 420	6	2	SMYLE	48166223	CSC
GEORGIA WIC PROGRAM PAY TO THE ORDER OF ANY AUTHORIZED GEORGIA WIC VENDOR FOR THESE ITEMS/QUANTITIES ONLY - WIC APPROVED FOODS ONLY - NO SUBSTITUTIONS						
CPA FPC W05 FPC W05 VC W02 MILK: 1 gallon low-fat (fat-free, 1%) No whole or 2% milk. Least expensive brand.				NOT NEGOTIABLE WITHOUT WIC VENDOR STAMP HERE FIRST DAY TO USE 02/09/2015 LAST DAY TO USE 03/11/2015 VENDOR MUST DEPOSIT WITHIN 60 DAYS OF FIRST DAY TO USE PAY EXACTLY DOLLARS CENTS		
WHOLE GRAIN: Pick 1: 16 oz loaf of bread; 16 oz pkg brown rice; 16 oz pkg tortillas; 16 oz pkg buns						
BEANS: 1 lb dried OR 4 cans (15 to 16 oz)				PARTICIPANT/GUARDIAN/PROXY SIGNATURE		

BUYING, SELLING, OR OTHERWISE MISUSING WIC BENEFITS IS A CRIME. TO REPORT SUSPECTED ABUSE, CALL 800-424-9121 OR VISIT WWW.USDA.GOV/OIG/HOTLINE.NTM. rev. 1-2014

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.

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.

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

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
08 1 009	009 648 321	3	1	SMYLE	53805794	TSB
GEORGIA WIC PROGRAM PAY TO THE ORDER OF ANY AUTHORIZED GEORGIA WIC VENDOR FOR THESE ITEMS/QUANTITIES ONLY - WIC APPROVED FOODS ONLY - NO SUBSTITUTIONS						
CPA FPC C21 FPC C21 VC P01 PRODUCE: \$8 for fresh, frozen, or canned fruit and vegetables				NOT NEGOTIABLE WITHOUT WIC VENDOR STAMP HERE FIRST DAY TO USE 02/09/2015 LAST DAY TO USE 03/11/2015 VENDOR MUST DEPOSIT WITHIN 60 DAYS OF FIRST DAY TO USE PAY EXACTLY DOLLARS CENTS		
No products with added sugar, seasonings, fat, or oils. No creamed or candied vegetables.						
PARTICIPANT/GUARDIAN/PROXY SIGNATURE				rev. 1-2014		

BUYING, SELLING, OR OTHERWISE MISUSING WIC BENEFITS IS A CRIME. TO REPORT SUSPECTED ABUSE, CALL 800-424-9121 OR VISIT WWW.USDA.GOV/OIG/HOTLINE.NTM. rev. 1-2014

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

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

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov. This institution is an equal opportunity provider.



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