

# GEORGIA WIC PROGRAM

Your Recipe for Choosing Healthy Foods



EFFECTIVE APRIL 2015

# 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 BLOCK

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



## 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

- Original
- Vanilla

#### GREAT VALUE

- Original



### TOFU

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

#### NASOYA

- Silken
- 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

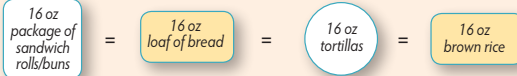


# WIC APPROVED FOODS LIST

## 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

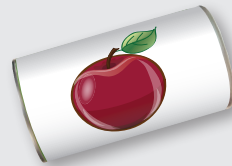


### FROZEN CONCENTRATES

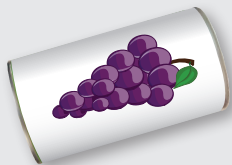
- **LEAST EXPENSIVE BRAND**  
(Calcium fortified allowed)
- Orange
- Grapefruit
- 12 ounces



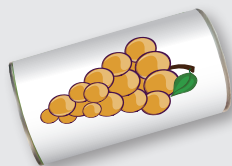
- **100% APPLE**  
(only these brands)
- Always Save
- Best Choice
- Great Value
- Hytop
- Kroger
- My Essentials
- Old Orchard
- Seneca
- 12 ounces



- **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

- **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



- **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

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

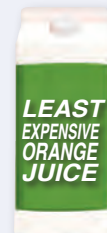
- 64 ounce
- Best Choice
- Campbells
- Regular
- Low Sodium
- Food Lion
- Great Value
- Hytop



- **REFRIGERATED CARTONS**  
(Calcium fortified allowed)

- **LEAST EXPENSIVE BRAND**

- 64 ounce refrigerated carton
- Orange juice only



# 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



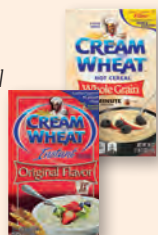
### QUAKER

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



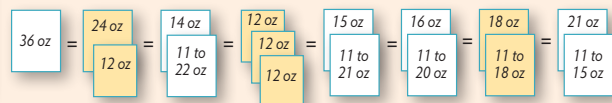
### B & G

- 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



\*whole grain cereals

# WIC APPROVED FOODS LIST

## Infant Foods

### INFANT FORMULA

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



- No organic
- Only formula listed on the voucher

### 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



#### ■ GERBER

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



#### ■ KROGER COMFORTS

- Rice
  - Oatmeal
- 8 ounces



#### ■ PARENTS CHOICE

- Oatmeal
- 8 ounces



### 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



### FRUIT & VEGETABLES

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

#### ■ GERBER 2ND FOODS

- Any single ingredient
  - Apple Blueberry
  - Apple Strawberry Banana
- 4 ounce jars

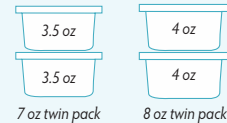


- Any single ingredient
  - Apple Cherry
  - Apple Blueberry
  - Apple Strawberry Banana
  - Pear Pineapple
  - Prunes with Apples
  - Apricot with Mixed Fruits
  - Bananas with Mixed Berries
  - Bananas with Apples & Pears
  - Banana Orange Medley
  - Banana Plum Grapes
  - Apple Peach Squash
  - Banana Carrot Mango
  - Pear Zucchini Corn
  - Sweet Potatoes & Corn
  - Mixed Vegetable
  - Garden Vegetable
- 7 and 8 ounce twin packs



#### TWIN PACK SIZES

For Gerber 2nd Foods fruits and/or vegetables



#### ■ 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



## 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



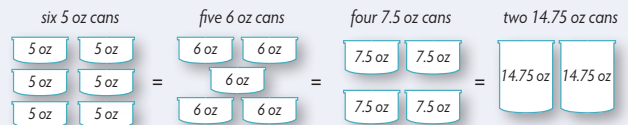
#### ■ LEAST EXPENSIVE BRAND

- 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





# 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](http://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
10 0 294	001 028 420	6	2	SAMPLE	48166223	CSC
United Community Bank 0611196942072112382 <b>GEORGIA WIC PROGRAM</b> 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 <b>02/09/2015</b> LAST DAY TO USE <b>03/11/2015</b>
CPA FPC W05 FPC W05 VC W02 MILK: 1 gallon low-fat (fat-free, 1%) No whole or 2% milk. Least expensive brand.				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				PARTICIPANT/GUARDIAN/PROXY SIGNATURE		
BEANS: 1 lb dried OR 4 cans (15 to 16 oz)				BUYING, SELLING, OR OTHERWISE MISUSING WIC BENEFITS IS A CRIME. TO REPORT SUSPECTED ABUSE, CALL 800-424-9121 OR VISIT <a href="http://WWW.USDA.GOV/OIG/HOTLINE.NTM">WWW.USDA.GOV/OIG/HOTLINE.NTM</a> .		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	003 648 321	3	1	SAMPLE	53805794	TSB
United Community Bank 0611196942072112382 <b>GEORGIA WIC PROGRAM</b> 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 <b>02/09/2015</b> LAST DAY TO USE <b>03/11/2015</b>
CPA FPC C21 FPC C21 VC P01 PRODUCE: \$8 for fresh, frozen, or canned fruit and vegetables				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		
BUYING, SELLING, OR OTHERWISE MISUSING WIC BENEFITS IS A CRIME. TO REPORT SUSPECTED ABUSE, CALL 800-424-9121 OR VISIT <a href="http://WWW.USDA.GOV/OIG/HOTLINE.NTM">WWW.USDA.GOV/OIG/HOTLINE.NTM</a> .				PARTICIPANT/GUARDIAN/PROXY SIGNATURE		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.

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