

WIC approved Foods List Effective April 2015 Only the following list of foods may be purchased with WIC vouchers



Food Item	Brand or Type		Container / Package size	Not allowed
FRUITS and VEGETABLES	Any variety of fresh whole or cut fruit without added sugars Any variety of fresh whole or cut vegetable without added sugars, fats, and oils Applesauce – unsweetened only or "no added sugar" Any variety of canned fruits, including applesauce; juice-pack or water pack without added sugars, artificial sweeteners, fats, oils, or salt Any variety of canned vegetable without added fats, or oils (low sodium allowed) Any variety of frozen fruits without added sugar Any variety of frozen vegetable (including plain frozen beans / peas / legumes) without added sugars, meats, fats, or oils Organic allowed for fresh, frozen, and canned fruits and vegetables Tomato paste, tomato sauce, and salsa without			 Any variety of fresh, canned or frozen vegetable with added seasonings, fats, oils Herbs or spices Edible blossoms/flowers Fruit leathers Fruit roll-ups Catsup or other condiments Pickled vegetables and olives Soups 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 with artificial sweeteners
PEANUT BUTTER	Any brand Creamy, Crunchy, Extra Crunchy, Natural, or Low-salt		16 to 18 oz Jar	 Organic Reduced fat or peanut butter spreads Added marshmallow, chocolate, honey, or jelly Added vitamins/minerals Added omega 3 Any other size or quantity
	Dried	Any variety of plain, mature dry beans, peas or lentils	1 lb packages	Flavored beans or peasAny other size or quantity
BEANS / PEAS / LENTILS	Canned	Any variety of plain, mature beans, peas, or lentils, including refried beans, low sodium allowed	15 to 16 oz can	 Organic Any with added sugar, fat, oil, or meat Soups Baked beans Immature varieties of legumes such as green peas, or snap beans/green beans

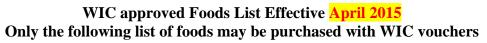


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MILK Least Expensive Brand of type selected/ allowed (size and type as listed on voucher)	Fat free/Skim, Low-fat (1%), Reduced Fat (2%), Whole milk Lactose free milk, Acidophilus, Acidophilus and Bifidum Fat free/skim, low fat (1%), Reduced Fat (2%), Whole milk UHT- Ultra High Temperature Milk Nonfat dry milk Evaporated milk		One gallon Half gallon One gallon Half gallon 96 oz (3 quart) 8 oz or half-pint box Makes 3 quarts 12 oz cans	 Organic Flavored milk Buttermilk Rice milk Almond milk Raw milk (non-pasteurized) No dried whole milk (Nido) No filled evaporated
GOAT MILK (size and type as listed on	Meyenberg Meyenberg	Low fat Whole Whole	1 quart	Any other brandAny other size or quantity
soy MILK	Evaporated 8 th Continent Silk Great Value	Original Vanilla Original Original	Half gallon	Light Other Flavors
CHEESE Least Expensive Brand of type selected/ allowed	Slices (Wrapped or unwrapped) Block String	American Swiss Cheddar American Cheddar Colby Monterey Jack Mozzarella Swiss (combination allowed i.e. Colby/Jack) Mozzarella	16 oz package (regular, low-fat, reduced-fat, fat-free allowed)	 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
TOFU Calcium set	Nasoya	Silken Extra Firm <mark>Firm</mark>	14 to 16 oz package	Non-calcium setAny other size, type, or quantity
EGGS	Least Expensive Brand		1 dozen carton Grade A Large	 Organic Low cholesterol Added Omega 3, DHA, or ARA No brown eggs
FISH Least Expensive of type selected	Tuna – water packed Pink Salmon		5 oz can 6 oz can 7.5 oz can 5 oz can 6 oz can 7.5 oz can 14.75 oz can	 Organic Packed in oil No albacore Added flavorings Pouches Individual serving containers Fresh or frozen Any other size or quantity

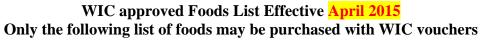






Food Item	Brand or Type		Container / Package size	Not allowed	
100% ORANGE AND GRAPEFRUIT JUICE		Orange	64 oz Ready to Serve (refrigerated)		
	(Calcium fortified		48 oz Ready to Serve Containers		
Least Expensive	allowed)	Orange Grapefruit	64 oz Ready to Serve Containers		
Brand of type selected/allowed			12 oz frozen concentrate		
100% JUICE	Juicy Juice All Flavors		48 oz Ready to Serve Containers		
BLENDS			64 oz Ready to Serve Containers		
	Apple and Eve, Juicy Juice, Lucky Leaf, Seneca		48 oz Ready to Serve Containers	Organic Juice drink	
100% APPLE JUICE	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		64 oz Ready to Serve Containers	 Infant juice Juice with sugar added Sports drink Refrigerated juice other than orange V-8 Splash 	
	Welch's		11.5 oz Non-frozen pourable concentrate		
		noice, Great Value, Hytop, als, Old Orchard, Seneca	12 oz frozen concentrate	Vegetable juicePineapple juice	
	Juicy Juice		48 oz Ready to Serve Containers		
100%	Always Save, Best Choice, Food Lion, Great Value, Hytop, IGA, Juicy Juice, Kroger, Publix		64 oz Ready to Serve Containers		
GRAPE JUICE	Welch's		11.5 oz Non-frozen pourable concentrate		
	Great Value, Kroger, Old Orchard, Welch's		11.5 to 12 oz frozen concentrate		
100% WHITE GRAPE	Apple and Eve Sesame Street, Best Choice, Food Lion, Great Value, Hytop, IGA, Juicy Juice, Kroger, Publix		64 oz Ready to Serve Containers		
JUICE	Old Orchard, Welch's		11.5 to 12 oz frozen concentrate		
100% TOMATO JUICE	Best Choice, Campbell, Campbell Low Sodium, Food Lion, Great Value, Hytop		64 oz Ready to Serve Containers		

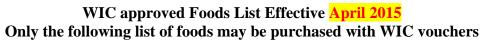






Food Item	Brand or Type		Container / Package size	Not allowed
HOT CEREAL *Whole Grain	• Kix* • Berry I • Honey • Corn C • Rice C • Go Die • Dora th Kellogg's • Frostec • Rice K • Gluten • Special • Crispix • Corn fl • All-Bra Post • Grape • Honey Almon • Honey Roaste • Honey Bunche • Alpha • Great C Malt-O- Meal • Oat Ble Almon • Bluebe • Strawb • Crispy B & G • Cream flavor • Whole Quaker	Grain Cheerios* Gerry Kix* Kix* hex hex nex go Go! TM ne Explorer TM Mini-Wheats Original* rispies Free Rice Krispies* K Original akes ne Complete Wheat Flakes* Nuts Flakes* Bunches of Oats with ds Bunches of Oats Honey l Bunches of Oats with Vanilla ss* Grains Banana Nut Crunch* Enders with Honey and ds cry Mini Spooners* erry Cream Mini Spooners*	11 to 36 oz	 Other package sizes Other flavors Any other type, brand, or variety
WHOLE GRAIN TORTILLA	Whole wheat Whole wheat Whole wheat Wicasa Mission Ortega		16	All other types
	Corn	Chi Chi's <mark>Guerrero</mark> <mark>Herdez</mark> La Banderita Mission	16 oz package	Any other size or quantity







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WHOLE	Healthy Life 100% Whole Wheat Whole Grain Bread 100% Whole Grain Wheat Flaxseed Bread Nature's Own 100% Whole Wheat with Honey Roman Meal Sun Grain 100% Whole Wheat		16 oz package Loaf Bread		
WHEAT BREAD	100% Whole Wheat	Best Choice Bimbo Food Lion Kroger Wonder Sara Lee	Dicad	Hot dog rolls/bunsAny other size or quantity	
	Healthy Life Soft Style	100% Whole Wheat Sandwich Buns	16 oz package		
BROWN RICE	An	y brand	16 oz	White riceFlavored riceAny other size or quantity	
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	Organic Formula not listed on the voucher	
INFANT MEATS	Gerber 2 nd Foods, Beech Nut Classics Stage 1	Meat with broth Meat with gravy	2.5 oz containers	 Organic Meat and vegetable mixtures Meat and pasta mixtures Any other size or quantity 	
	Beech Nut	Rice Oatmeal Multigrain		Organic	
INFANT CEREAL	Gerber	Rice Oatmeal Multigrain Whole Wheat	Dry cereal in 8 oz containers	 Baby cereal in jars Cereal with fruit added Cereal with formula added DHA ARA 	
	Kroger Comforts Rice Oatmeal			Any other size or quantity	
	Parent's Choice Oatmeal				



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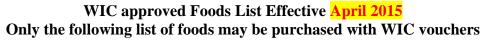
Food Item	Brand or Type		Container / Package size	Not allowed
	Gerber 2 nd Foods	ANY Single Ingredient Apple Blueberry Apple Strawberry Banana	4 oz jars	
INFANT FRUIT & VEGETABLES	rooms	ANY Single Ingredient Apple Cherry Apple Blueberry Apple Strawberry Banana Pear Pineapple Prunes with Apples Apricot 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	2 x 3.5 oz twin packs Or 2 x 4 oz twin packs (available in 2015)	 Organic Sweet potato casserole No diced Any other size or quantity No desserts No pouches Any other combinations No red bananas or plantains
	Beech Nut Classics Stage 2 Foods	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 oz jars	with banana option on infant food voucher

Revised January 2015

- Added Meyenberg whole goat milk in liquid, evaporated forms
- 2. Added Great Value soy milk
- 3. Removed Super Firm (cubed) tofu
- 4. Added Firm block of tofu
- 5. Removed all pineapple and vegetable juices
- Changed least expensive brand juices to orange and grapefruit only
- Listed all other approved juices by flavor (grape, white grape, apple, tomato, blends)
- 8. Updated approved brands of juices
- 9. Added four new types of whole grain breads
- 10. Removed Sara Lee Soft and Smooth 100% Whole Wheat Bread, all Pepperidge Farm breads/buns, Merita 100% Whole Wheat Bread, Cobblestone Mill 100% Whole Wheat Bread
- 11. Added one new whole wheat tortilla and two new corn tortilla brands
- 12. Removed Chi Chi's and La Banderita whole wheat tortillas

- 13. Added 12 new cereals
- 14. Removed Frosted Mini Wheats- Touch of Fruit, Frosted Mini Wheats- Little Bites, Grape Nuts, Life, Oatmeal Squares Brown Sugar, Oatmeal Squares Cinnamon, Oat Blenders with Honey, Wheat Chex
- 15. Added 7.5 oz can of fish
- 16. Changed 14.75 oz can of fish approval for salmon only
- 17. Added Parent's Choice and Kroger brands for infant cereals
- 18. Added five infant fruit and vegetable combination flavors
- 19. Added new Gerber baby food size (8 oz twin pack)
- Added tomato sauce, salsa, and tomato paste to produce voucher







Revised April 2015

- 1. Removed white potato restrictions
- Removed Special K Multi-Grain, Scooby Doo, Dulce De Leche Cheerios
- Specified Cream of Wheat Instant to allow Original flavor only
- 4. Added IGA and Hytop apple juice, grape juice, and white grape juice in 64 oz containers
- 5. Added Hytop tomoato juice in 64 oz container