

GEORGIA

WIC PROGRAM

Your Recipe for Choosing Healthy Foods



EFFECTIVE AUGUST 2021

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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 crumbles
- No other size or quantity



ANY BRAND (Kosher allowed)

BLOCK, CUBED, SLICES, SHREDED, STRING, or STICK [regular, low-fat, reduced-fat, fat-free, part-skim]

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

16 oz



Milk

- No organic or flavored milk
- No buttermilk, rice milk, a2 milk, nutmilks, almond milk, cashew milk, hazelnut milk, coconut milk, pea protein plant milk, flax milk, or oatmilk
- No raw milk (non-pasteurized)
- No dried whole milk (Nido)
- No evaporated filled milk
- No 2% milk

ANY BRAND

(Kosher allowed)

[size and fat content as listed on voucher]

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

Gallon, half-gallon



ANY BRAND

(size and type as listed on voucher)

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

- Lactose free
- Acidophilus
- Acidophilus and bifidum

Gallon, half-gallon, 96 oz (3 quarts)

ANY BRAND

(size and type as listed on voucher)

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



Makes 3 quarts



12 oz



8 oz or half-pint box

MEYENBERG GOAT MILK

(size and type as listed on voucher)

- No other brand
- No other size

(size and type as listed on voucher)

- Whole
- Evaporated



Quart



12 oz

Soy Products

SOY MILK

- No light or other flavors

Half-gallon

8TH CONTINENT

- Original
- Vanilla



SILK

- Original



GREAT VALUE

- Original



TOFU

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

NASOYA

- Silken
- Firm
- Extra Firm 14 to 16 oz



Eggs

- No organic or low cholesterol
- No added Omega 3, DHA, or ARA
- No free range, pasture-raised, natural cage free, cage free, enriched colony, or vegetarian fed

ANY BRAND

- White or brown
- Any size eggs
- Any grade

Dozen



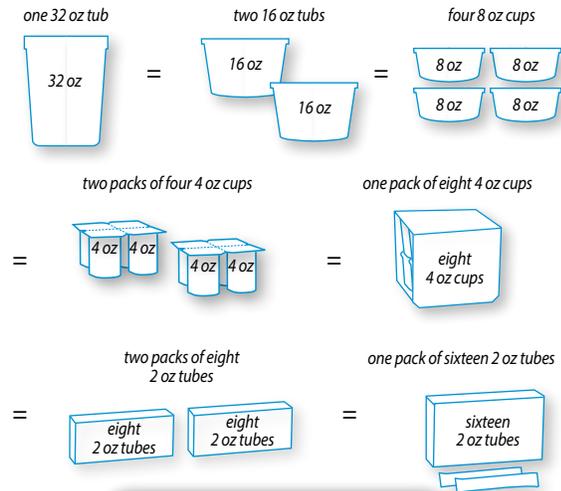
WIC APPROVED FOODS LIST

Yogurt

- No organic
- No "Light" yogurt or sweetened with artificial sweeteners or Stevia
- No mix-in ingredients such as granola, candy, honey, nuts, or similar ingredients
- No drinkable yogurts
- No Fruit Fusion
- No other type, brand, flavor, or variety other than the ones listed

WAYS TO COMBINE YOGURT

Choose a combination that equals 32 oz



Whole Milk Yogurt

For children (1 year of age) CHOBANI

- Greek whole milk (Plain)
32 oz tub

DANNON

- Whole milk (Plain, Vanilla, Strawberry)
32 oz tub

ESSENTIAL EVERYDAY

- Whole milk (Plain)
32 oz tub

GREAT VALUE

- Greek whole milk (Plain)
32 oz tub

KROGER

- Whole milk (Plain, Vanilla)
32 oz tub

LA YOGURT

- Whole milk (Plain, Strawberry)
32 oz tub

NOOSAN

- Whole milk (Any flavor)
8 oz
4 oz - 4 pack

OIKOS

- Greek whole milk (4%) (Plain)
32 oz tub

SEGROCERS

- Greek whole milk (Plain, Vanilla)
- Whole milk (Plain)
32 oz tub

Non-Fat/Low Fat Yogurt

For women and children (2-5 years of age)



ESSENTIAL EVERYDAY

- Non-fat (Plain)
- Greek Non-fat (Plain, Vanilla, Strawberry)
- Low-fat (Plain, Vanilla, Strawberry, Peach, Raspberry)
32 oz tub

LALA

- Low-fat (Plain)
32 oz tub

LAYOGURT

- Non-fat (Plain, Vanilla)
- Low-fat (Plain, Vanilla, Banana, Passion Fruit)
32 oz tub

ACTIVIA

- Low-fat (Any flavor)
4 oz - 4 pack

BEST CHOICE

- Greek Non-fat (Plain, Vanilla)
- Low-fat (Plain, Vanilla)
32 oz tub

FOOD CLUB

- Non-fat (Plain)
- Low-fat (Vanilla, Strawberry)
32 oz tub

MORNING FRESH

- Non-fat (Plain)
- Low-fat (Vanilla)
32 oz tub

CABOT

- Greek Low-fat (Plain, Vanilla)
32 oz tub

FOOD LION

- Non-fat (Plain)
- Low-fat (Vanilla)
32 oz tub

NOSTIMO

- Greek Non-fat (Plain, Vanilla)
32 oz tub

CHOBANI

- Greek Non-fat (Plain)
16 oz tub
- Greek Non-fat (Plain, Vanilla, Strawberry, Peach)
32 oz tub

GOGURTS

- Low-fat (Any flavor)
2 oz - 16 pack
2 oz - 8 pack

OIKOS

- Greek Non-fat (0%) (Plain, Vanilla)
32 oz tub

COBURN FARMS

- Low-fat (Plain, Vanilla)
32 oz tub

GREAT VALUE

- Non-fat (Plain)
- Greek Non-fat (Plain, Vanilla, Strawberry)
- Low-fat (Plain, Vanilla, Strawberry, Peach)
32 oz tub

SEGROCERS

- Greek Non-fat (Plain, Vanilla, Strawberry)
- Low-fat (Plain, Vanilla)
32 oz tub

CROWLEY

- Non-fat (Vanilla)
- Low-fat (Plain)
32 oz tub

KROGER

- Non-fat (Plain, Vanilla)
- Low-fat (Plain)
32 oz tub

YOPLAIT

- Non-fat (Any flavor)
- Low-fat (Any flavor)
32 oz tub
4 oz - 8 pack

DANNON

- Non-fat (Any flavor)
- Low-fat (Any flavor)
32 oz tub

WIC APPROVED FOODS LIST

Whole Grains

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

WHOLE GRAIN CHOICES

16 oz package = 1 lb



Whole Wheat Bread

• No hot dog rolls/buns • No other brand, size, or type

100% WHOLE WHEAT LOAVES

16 oz



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

HEALTHY LIFE
• Soft Style
16 oz



Brown Rice

• No white or flavored rice • No other size

ANY BRAND
16 oz



Whole Grain Tortillas

• No other brand, size, or type

16 oz

CHI-CHI'S
• Corn



GUERRERO
• Whole wheat
• Corn



HERDEZ
• Corn



KROGER
• Whole wheat



LA BANDERITA
• Corn



MI CASA
• Whole wheat



ORTEGA
• Whole wheat



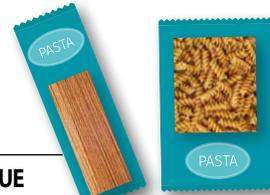
MISSION
• Whole wheat
• Corn



Whole Wheat Pasta

• No organic
• No added sugars, fats, oils, or salt
• No other brand, size, or type

16 oz of any shape pasta



BARILLA
• Whole grain

GREAT VALUE
• Whole wheat

ESSENTIAL EVERYDAY
• Whole wheat

HODSON MILL
• Whole wheat

FOOD CLUB
• Whole wheat

KROGER
• Whole wheat

GIA RUSSA
• Whole wheat

PUBLIX
• Whole wheat
• Whole grain

RACCONTO
• Whole wheat

RONZONI HEALTHY HARVEST
• Whole grain

SHURFINE
• Whole wheat

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

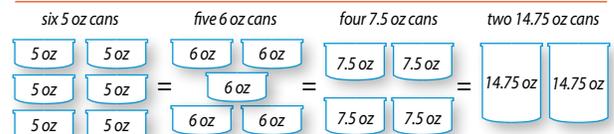
ANY BRAND
• Tuna packed in water
5, 6, and 7.5 oz cans



ANY BRAND
• Pink salmon
5, 6, 7.5, and 14.75 oz cans

WAYS TO COMBINE FISH

Choose a combination that does not go over 30 oz



WIC APPROVED FOODS LIST

100% Juice

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

- No organic or sugar added
- No V-8 Splash, vegetable juice, or pineapple juice
- No infant juice, juice drinks, or sports drink

Ready Serve Juice



ANY BRAND
 (Calcium fortified allowed)

- 48 oz and 64 oz**
- Orange
 - Grapefruit

NESTLE JUICY JUICE

- 48 oz and 64 oz**
- All flavors including Apple, Grape, and White Grape



APPLE JUICE
 (only these brands)

- 48 oz**
- Apple and Eve
 - Juicy Juice
 - Lucky Leaf
 - Seneca

- 64 oz**
- 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 oz**
- Juicy Juice

- 64 oz**
- Always Save
 - Best Choice
 - Food Lion
 - Great Value
 - Hytop
 - IGA
 - Juicy Juice
 - Kroger
 - Publix



WHITE GRAPE JUICE

(only these brands)

- 64 oz**
- Apple and Eve
 - Sesame Street
 - Best Choice
 - Food Lion
 - Great Value
 - Hytop
 - IGA
 - Juicy Juice



- Kroger
- Publix

TOMATO JUICE

(only these brands)

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



REFRIGERATED JUICE

(Calcium fortified allowed)

- ANY BRAND**
64 oz refrigerated
- Orange juice only



Juice Concentrates

NON-FROZEN POURABLE

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

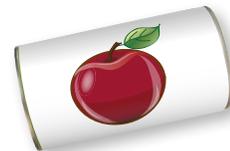


FROZEN CONCENTRATES

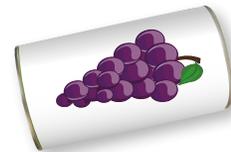
- ANY BRAND**
 (Calcium fortified allowed)
- Orange
 - Grapefruit
- 12 oz**



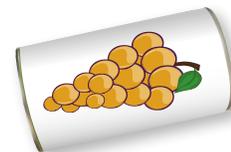
- 100% APPLE**
 (only these brands)
- Always Save
 - Best Choice
 - Great Value
 - Hytop
 - Kroger
 - My Essentials
 - Old Orchard
 - Seneca
- 12 oz**



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



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



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

- ANY BRAND**
- Creamy
 - Crunchy
 - Extra crunchy
 - Natural
 - Low sodium
- 16 to 18 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 (whole grain)
 - Multi Grain (whole grain)
 - Corn Chex
 - Rice Chex
 - Kix (whole grain)
 - Regular (whole grain)
 - Berry Berry (whole grain)
 - Honey (whole grain)
- 11 to 36 oz**



KELLOGG'S

- Frosted Mini-Wheats Original (whole grain)
 - Crispix
 - Corn Flakes
 - Rice Krispies
 - Special K Original
 - All Bran Complete Wheat Flakes (whole grain)
- 11 to 36 oz**



MALT-O-MEAL

- Mini Spooners
 - Frosted (whole grain)
 - Strawberry Cream (whole grain)
 - Crispy Rice
- 11 to 36 oz**



POST

- Grape-nuts Flakes (whole grain)
 - Great Grains Banana Nut Crunch (whole grain)
 - Honey Bunches of Oats
 - Almond
 - Honey Roasted
 - Vanilla Bunches (whole grain)
- 11 to 36 oz**



QUAKER

- Instant Oatmeal
 - Original (whole grain)
 - Instant Grits
 - Original
- 11 to 36 oz**



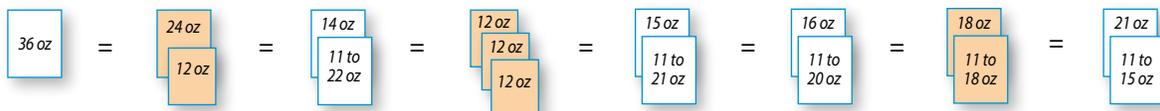
B & G

- Cream of Wheat
 - Instant, Original Flavor only
 - Whole Grain (whole grain)
- 11 to 36 oz**



WAYS TO COMBINE 36 OZ OF CEREAL

Choose a combination that does not go over 36 oz

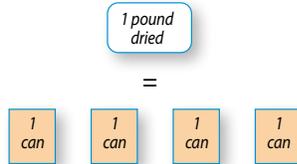


WIC APPROVED FOODS LIST

Beans/Peas/Lentils

PACKAGE OPTIONS

Choose 1 pound of dried beans or 4 cans



DRIED

- No flavored beans or peas
- No other size

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

15 to 16 oz



Infant Foods



INFANT FORMULA

- No organic
 - Only formula listed on the voucher
- WIC voucher lists the brand, size, and physical form (powder, concentrate, or ready to use) to purchase

INFANT MEATS

for exclusively breastfed infants

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

BEECH-NUT STAGE 1

- Meat with broth
- 2.5 ounces



GERBER 2ND FOODS

- Meat with gravy
- 2.5 ounces



FRUITS & VEGETABLES

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

BEECH-NUT NATURALS STAGE 1

- Any single ingredient
- 4 oz jars



BEECH-NUT NATURALS STAGE 2

- Apple & Pumpkin
- Banana, Blueberry & Green Beans
- Banana, Orange & Pineapple
- Beets, Pear & Pomegranate
- Just Apple & Blackberry
- Just Apple & Kale
- Just Carrot, Corn & Pumpkin
- Just Guava, Pear & Strawberry

- Just Mango
 - Just Mango, Apple & Avocado
 - Just Pear & Blueberry
 - Just Peas, Green Beans & Asparagus
 - Just Pineapple, Pear & Avocado
 - Just Spinach, Zucchini & Peas
 - Just Sweet Corn & Green Beans
- 4 oz jars

BEECH-NUT STAGE 2

- Any single ingredient

- Apple & Banana
- Apple & Blueberry
- Apple, Mango & Kiwi
- Apple, Pear & Banana
- Banana & Strawberry
- Corn & Sweet Potato
- Garden Vegetables



- Mixed Vegetables
 - Pear & Pineapple
 - Pear & Raspberry
- 4 oz jars

GERBER 2ND FOODS

- Any single ingredient

- Apple Avocado
- Apple Blueberry
- Apple Cherry
- Apple Peach Squash
- Apple Strawberry Banana
- Apricot Mixed Fruit
- Banana Apple Pear
- Banana Blackberry Blueberry
- Banana Carrot Mango
- Banana Orange Medley
- Banana Plum Grape

- Carrot Mango Pineapple
- Carrot Pear Blackberry
- Carrot Sweet Potato Pea
- Mango
- Pea Carrot Spinach
- Pear Pineapple
- Pear Zucchini Corn
- Prune Apple
- Pumpkin
- Pumpkin Banana
- Squash Apple Corn

- Sweet Potato Apple Pumpkin
 - Sweet Potato Corn
 - Sweet Potato Mango Kale
- 8 oz twin packs



DRY CEREAL

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

BEECH-NUT

- Rice
 - Oatmeal
 - Multigrain
- 8 oz



GERBER

- Rice
 - Oatmeal
 - MultiGrain
 - Whole Wheat
- 8 oz



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

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
GEORGIA WIC PROGRAM 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 02/09/2021 LAST DAY TO USE 03/11/2021
CPA FPC W05 FPC W05 VC W02 MILK: 1 gallon low-fat (fat-free, 1%) No whole or 2% milk.				VENDOR MUST DEPOSIT WITHIN 60 DAYS OF FIRST DAY TO USE PAY EXACTLY DOLLARS CENTS		
WHOLE Pick 1: 16 oz loaf of bread; 16 oz pkg brown rice; GRAIN: 16 oz pkg tortillas; 16 oz pkg buns; 16 oz pkg pasta						
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 WWW.USDA.GOV/OIG/HOTLINE.HTM.				PARTICIPANT/GUARDIAN/PROXY SIGNATURE		FEB. 1-2014

First day to use:
The WIC voucher cannot be used before the date on the voucher.

Last day to use:
The WIC voucher cannot be used after the date on the voucher

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.

Participant/Guardian/Proxy signature:

Signature must match one of the signatures on the front of the WIC ID card, after the cashier writes in the exact price.

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

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.

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To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](https://www.usda.gov/oascr/filing-program-discrimination-complaint-usda-customer), (AD-3027) found online at: <https://www.usda.gov/oascr/filing-program-discrimination-complaint-usda-customer> 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) 800-228-9173 wic.ga.gov