

# GEORGIA WIC PROGRAM

Your Recipe for Choosing Healthy Foods



EFFECTIVE DECEMBER 1, 2011

# WIC APPROVED FOODS LIST

## Whole Grains

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

### Whole Wheat Bread

- No other size or quantity
- No honey wheat or whole grain white
- No hot dog rolls/buns

#### 100% WHOLE WHEAT LOAVES

16 ounce



■ BIMBO



■ COBBLESTONE MILL



■ KROGER



■ MERITA



■ SARA LEE  
■ Classic



■ SARA LEE  
■ Soft and Smooth



■ NATURE'S OWN  
■ 100% Whole Wheat With Honey



■ PEPPERIDGE FARM  
■ Very Thin



■ PEPPERIDGE FARM  
■ Stone Ground



■ ROMAN MEAL  
■ Sun Grain



■ WONDER

#### 100% WHOLE WHEAT SANDWICH ROLLS/BUNS

14-16 ounce



■ NATURES OWN



■ PEPPERIDGE FARMS  
■ Soft 7 Grain

### Whole Grain Tortillas

- No other size or quantity
- No other types

16 ounce

- CHI-CHI'S
- Whole wheat
- Corn



- MISSION
- Whole wheat
- Corn



- LA BANDERITA
- Whole wheat
- Corn



- MI CASA
- Whole wheat



- MISSION
- Whole wheat
- Corn



- ORTEGA
- Whole wheat



## Brown Rice

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

- ANY BRAND
- 16 ounce



## Beans/Peas/Lentils

### DRIED

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

- ANY BRAND
- Any variety
- Plain, mature beans, peas, or lentils
- 1 pound



### CANNED

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

- ANY BRAND
- Any variety
- Plain, mature beans, peas, or lentils
- 14-16 ounces



## Soy Products

### SOY MILK

- No light or other flavors

- 8TH CONTINENT
- Original
- Vanilla
- 1/2 gallon



### TOFU

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

- NASOYA
- Silken
- Extra Firm
- 14-16 ounces
- Super Firm cubed
- 8 ounces
- HOUSE FOODS
- Regular
- Firm
- Extra Firm
- 14-16 ounces



## Peanut Butter

- No other size or quantity
- No organic or reduced fat
- No honey or peanut butter spreads
- No marshmallow, chocolate, or jelly added

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

16-18 ounces



# WIC APPROVED FOODS LIST

## 100% Juice

Vitamin C fortified, Calcium fortified allowed

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

## Ready Serve Juice

### LEAST EXPENSIVE BRAND (of these types)

- Orange
- Pineapple
- Grapefruit
- Tomato 100% juice
- Vegetable 100% juice

64 ounce and 46-48 ounces  
5.5-6 ounce (when listed on voucher)



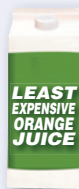
- WELCH'S
  - Apple
  - Grape
  - White Grape
- 64 ounce and 46-48 ounces



- NESTLE JUICY JUICE
  - All flavors including Apple, Grape, and White Grape
- 64 ounce and 46-48 ounces

### REFRIGERATED CARTONS

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



## Juice Concentrates

### NON-FROZEN POURABLE

- NESTLE JUICY JUICE
  - All flavors (including apple, grape and white grape)
- 11.5 ounces



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



### FROZEN CONCENTRATES

- LEAST EXPENSIVE BRAND (of these types)
  - Orange
  - Pineapple
  - Grapefruit
- 11.5-12 ounces



- OLD ORCHARD
  - Apple
  - Grape
  - White Grape
- 12 ounces



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



## Fruits & Vegetables

- No potato except for yam and sweet potato
- No variety of canned or frozen vegetable or mixture containing white potato, added sugars, fats, oils, or artificial sweeteners
- 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 sweetened applesauce
- No catsup, salsa, or other condiments
- No soups
- No pickled vegetables or olives
- No peanuts or dried legumes (mature beans or peas)
- No vegetable-grain mixtures such as rice, noodles, or pasta
- No fruit baskets, party trays, purchases from salad bars, or fruits packed in syrup

### FROZEN

Any brand or variety (including plain frozen beans/peas/legumes) with no added sugars  
See WIC voucher for dollar amounts



### CANNED

Any brand or variety including unsweetened applesauce  
See WIC voucher for dollar amounts

### FRESH FRUITS & VEGETABLES

Any brand/variety of fruit or vegetable, including organic, without added sugars, fats, and oils  
See WIC voucher for dollar amounts



### SAMPLE COSTS OF ITEMS PRICED BY THE POUND

Price per pound	1 pound	1 1/2 pound	2 pounds	2 1/2 pounds	3 pounds	3 1/2 pound	4 pounds
\$ 0.49	\$ 0.49	\$ 0.74	\$ 0.98	\$ 1.23	\$ 1.47	\$ 1.72	\$ 1.96
\$ 0.59	\$ 0.59	\$ 0.89	\$ 1.18	\$ 1.48	\$ 1.77	\$ 2.07	\$ 2.36
\$ 0.69	\$ 0.69	\$ 1.04	\$ 1.38	\$ 1.73	\$ 2.07	\$ 2.42	\$ 2.76
\$ 0.79	\$ 0.79	\$ 1.19	\$ 1.58	\$ 1.98	\$ 2.37	\$ 2.77	\$ 3.16
\$ 0.89	\$ 0.89	\$ 1.34	\$ 1.78	\$ 2.23	\$ 2.67	\$ 3.12	\$ 3.56
\$ 0.99	\$ 0.99	\$ 1.49	\$ 1.98	\$ 2.48	\$ 2.97	\$ 3.47	\$ 3.96
\$ 1.09	\$ 1.09	\$ 1.64	\$ 2.18	\$ 2.73	\$ 3.27	\$ 3.82	\$ 4.36
\$ 1.19	\$ 1.19	\$ 1.79	\$ 2.38	\$ 2.98	\$ 3.57	\$ 4.17	\$ 4.76
\$ 1.29	\$ 1.29	\$ 1.94	\$ 2.58	\$ 3.23	\$ 3.87	\$ 4.52	\$ 5.16
\$ 1.39	\$ 1.39	\$ 2.09	\$ 2.78	\$ 3.48	\$ 4.17	\$ 4.87	\$ 5.56
\$ 1.49	\$ 1.49	\$ 2.24	\$ 2.98	\$ 3.73	\$ 4.47	\$ 5.22	\$ 5.96
\$ 1.59	\$ 1.59	\$ 2.39	\$ 3.18	\$ 3.98	\$ 4.77	\$ 5.57	\$ 6.36
\$ 1.69	\$ 1.69	\$ 2.54	\$ 3.38	\$ 4.23	\$ 5.07	\$ 5.92	\$ 6.76
\$ 1.79	\$ 1.79	\$ 2.69	\$ 3.58	\$ 4.48	\$ 5.37	\$ 6.27	\$ 7.16
\$ 1.89	\$ 1.89	\$ 2.84	\$ 3.78	\$ 4.73	\$ 5.67	\$ 6.62	\$ 7.56
\$ 1.99	\$ 1.99	\$ 2.99	\$ 3.98	\$ 4.98	\$ 5.97	\$ 6.97	\$ 7.96
\$ 2.09	\$ 2.09	\$ 3.14	\$ 4.18	\$ 5.23	\$ 6.27	\$ 7.32	\$ 8.36
\$ 2.19	\$ 2.19	\$ 3.29	\$ 4.38	\$ 5.48	\$ 6.57	\$ 7.67	\$ 8.76
\$ 2.29	\$ 2.29	\$ 3.44	\$ 4.58	\$ 5.73	\$ 6.87	\$ 8.02	\$ 9.16
\$ 2.39	\$ 2.39	\$ 3.59	\$ 4.78	\$ 5.98	\$ 7.17	\$ 8.37	\$ 9.56
\$ 2.49	\$ 2.49	\$ 3.74	\$ 4.98	\$ 6.23	\$ 7.47	\$ 8.72	\$ 9.96

# WIC APPROVED FOODS LIST

## Cereal

11–36 ounces

▪ No other package sizes ▪ No other type, brand or variety other than the ones listed ▪ No flavored grits

### GENERAL MILLS



▪ Cheerios\*



▪ Multi Grain Cheerios\*



▪ Kix



▪ Wheat Chex\*



▪ Corn Chex



▪ Rice Chex



▪ Multi-Bran Chex

### KELLOGG'S



▪ Bite-sized\*



▪ Frosted Mini-Wheats  
• Touch of Fruit\*



▪ Little Bite\*



▪ Crispix



▪ Rice Krispies  
• Regular



▪ Rice Krispies  
• Gluten Free



▪ Special K



▪ Corn Flakes

### MALT-O-MEAL



▪ Frosted Mini Spooners\*



▪ Strawberry Cream  
Mini Spooners



▪ Crispy Rice



▪ Honey and Oat Blenders



▪ Honey and Oat Blenders  
with Almonds

### POST



▪ Grape-nuts\*



▪ Grape-nuts Flakes\*



▪ Banana Nut Crunch\*



▪ Honey Bunches of Oats  
• Almond



▪ Honey Bunches of Oats  
• Honey Roasted



▪ Vanilla Bunches\*

### QUAKER



▪ Life Original\*  
\*whole grain cereals



▪ Oatmeal Squares  
• Brown Sugar\*



▪ Cinnamon\*



▪ Instant Oatmeal\*



▪ Instant Grits Original

### B & G



▪ Cream of Wheat-Instant

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# WIC APPROVED FOODS LIST

## Eggs

- No organic, low cholesterol, or brown
- No added Omega 3, DHA, or ARA
- **LEAST EXPENSIVE**
- **GRADE A LARGE**
- **1 dozen**



## Milk

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

- **LEAST EXPENSIVE BRAND** (of these types)
- Fat free/skim
- Reduced fat 2%
- Low fat 1%
- Whole milk (when listed on voucher)

1 gallon, 1/2 gallon (when listed on voucher)



- **LEAST EXPENSIVE BRAND** (of these types)
- [fat free/skim, low fat 1%, reduced fat 2%, whole milk (when listed on voucher)]

- Lactose free
- Acidophilus
- Acidophilus and bifidum

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

- **LEAST EXPENSIVE BRAND**
- Dry powdered milk
- Evaporated milk
- Ultra high temperature milk (UHT) (when listed on voucher)



Makes 3 quarts



12 ounces



8 ounce or 1/2 pint box

### MEYENBERG GOAT MILK

- Low fat
- Whole (when listed on voucher)



1 quart



12 ounces

## Cheese

- No other size or quantity
- 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

- **LEAST EXPENSIVE**
- SLICES (regular, low-fat, reduced-fat, fat-free, wrapped or unwrapped)
- American
- Swiss
- Cheddar
- **16 ounce**



- **LEAST EXPENSIVE**
- 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**



## Fish

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

- **LEAST EXPENSIVE BRAND**
- Tuna packed in water
- **5 ounce can**



- **LEAST EXPENSIVE BRAND**
- Pink salmon
- **7.5 can or 14.75 ounce can**



## 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



### DRY CEREAL

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

#### BEECH NUT

- Rice
- Oatmeal
- Multigrain
- **8 ounces**



#### GERBER

- Rice
- Oatmeal
- Barley
- Mixed Grain
- Whole Wheat
- **8 ounces**



### FRUIT & VEGETABLES

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

#### GERBER 2ND FOODS

- Any single ingredient
- Apple & Cherries
- Apple Strawberry Banana
- Pear Pineapple
- Prunes with Apples
- Apricot with Mixed Fruits
- Banana with Mixed Berries
- Apple Blueberry
- Banana Orange Medley
- Banana Plum Grapes
- Sweet Potato Corn
- Mixed Vegetable
- Garden Vegetable
- **4 ounce jars**
- **7 ounce twin packs**

#### BEECH NUT STAGE 2 and Stage 2 1/2

- Any single ingredient
- Apricots with Pears & Apples
- Pears & Raspberries
- Apples & Cherries
- Banana & Strawberries
- Pears & Pineapple
- Apples & Blueberries
- Apples & Bananas
- Apples, Mango & Kiwi
- Apples, Pears & Bananas
- Pears & Green beans
- Corn and Sweet Potato
- Country Garden Vegetables
- Mixed Vegetables
- Peas and Carrots
- **4 ounces**



### INFANT MEATS

for exclusively breast fed infants

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

#### BEECH NUT

- STAGE 1
- Meat with broth
- **2.5 ounces**



#### GERBER

- 2ND FOODS
- Meat with gravy
- **2.5 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.

DIST/UNIT/CLINIC	WIC ID NO.	C	P	PARTICIPANT	VOUCHER NO.	ISSUED BY
03 4 107	107 034 685 1 1			SAMPLE WIC	03958937	MTM
<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						
CFA FFC C21 FFC C21 VC W05 4 MILK: 1 gallon low-fat (fat-free, 1%, 2%) No whole milk. Least expensive brand.			NOT NEGOTIABLE WITHOUT WIC VENDOR STAMP HERE		FIRST DAY TO USE 10/31/2011 LAST DAY TO USE 11/30/2011 VENDOR MUST DEPOSIT WITHIN 60 DAYS OF FIRST DAY TO USE	
EGGS: 1 dozen CEREAL: No more than 36 oz			PAY EXACTLY		DOLLARS CENTS	

**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.

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

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

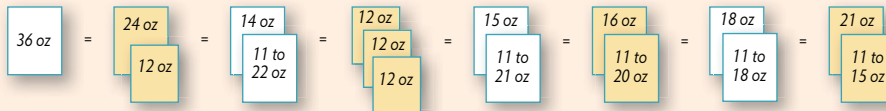
DIST/UNIT/CLINIC	WIC ID NO.	C	P	PARTICIPANT	VOUCHER NO.	ISSUED BY
03 4 107	107 034 685 1 1			SAMPLE WIC	03958936	MTM
<b>GEORGIA WIC PROGRAM</b> PAY TO THE ORDER OF ANY AUTHORIZED GEORGIA WIC VENDOR FOR THESE ITEMS/QUANTITIES ONLY - WIC APPROVED FOODS ONLY - NO SUBSTITUTIONS						
CFA FFC C21 FFC C21 VC P03 9 PRODUCE: \$6 for fresh, frozen, or canned fruit and vegetables No potatoes - except for sweet potatoes or yams. No products with added sugar, seasonings, fat, or oils. No creamed vegetables. No stewed tomatoes.			NOT NEGOTIABLE WITHOUT WIC VENDOR STAMP HERE		FIRST DAY TO USE 10/31/2011 LAST DAY TO USE 11/30/2011 VENDOR MUST DEPOSIT WITHIN 60 DAYS OF FIRST DAY TO USE	
			PAY EXACTLY		DOLLARS CENTS	

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

## WAYS TO COMBINE ITEMS

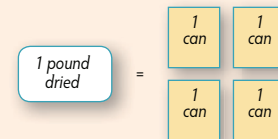
### 36 OUNCES OF CEREAL

Choose a combination that does not go over 36 ounces



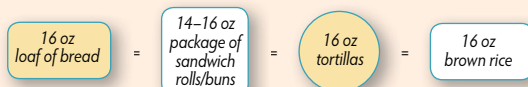
### 1 POUND OF BEANS

Choose 1 pound of dried beans or 4 cans



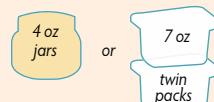
### WHOLE GRAINS

Choose any 2 whole grain packages in any combination



### BABY FOOD

Choose fruit and/or vegetable (Stage 2, Stage 2 1/2, or 2nd Foods)



16 (sixteen) 4 ounce jars or 9 (nine) 7 ounce twin packs

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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)



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