

GEORGIA WIC PROGRAM

Your Recipe for
Choosing Healthy Foods



WIC
Approved
Foods List

REVISED
Effective October 1, 2010

Whole Grains

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

Loaf Bread

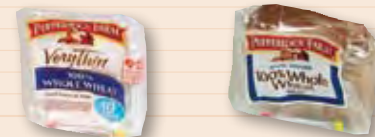
- No other size or quantity
- No honey wheat or whole grain white

100% Whole Wheat

16 ounce



- ROMAN MEAL
- SARA LEE CLASSIC
- HEALTHY LIFE
- BIMBO



- PEPPERIDGE FARM Very Thin
- PEPPERIDGE FARM Stone Ground

100% Whole Grain

16 ounce



- NATURE'S OWN sugar-free

Sandwich Rolls/Buns

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

100% Whole Wheat

14-16 ounce



- KROGER
- NATURES OWN
- ARNOLD SELECT

Whole Grain Tortillas

- No other size or quantity
- No other types

Whole Wheat or Corn

- DON PANCHO
- CHI-CHI'S
- LA BANDERITA
- PEPITO
- CELIA'S

16 ounce



- MISSION



Corn

- CARLITA
- WINN DIXIE
- LA BURRITA



Brown Rice

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

ANY BRAND

Such as Uncle Ben's, China Doll, Riceland
16 ounce



Beans/Peas/Lentils

Dried

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

ANY BRAND

- Any variety
- Plain, mature

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

14-16 ounces



Soy Products

Soy Milk

- No light or flavored

8TH CONTINENT

- Original

1/2 gallon



Tofu

- No other size, quantity, or non-calcium

NASOYA

- Silken

16 ounces

- Super Firm Cubed

8 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



100% Juice

Vitamin C fortified, Calcium fortified allowed

- No organic or sugar added
- No V-8 Splash or vegetable juice cocktail
- No cartons, fresh squeezed, or infant juice
- No sports or juice drink

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)



LISTED BRANDS (of these types)

- Apple
- Grape
- White Grape

64 ounce and 46-48 ounces

- | | |
|-------------|---------------|
| BAY MIST | MARKET PANTRY |
| FLAVORITE | PIGGY WIGGLY |
| FOOD LION | PUBLIX |
| GREAT VALUE | SENECA |
| HY TOP | SOUTHERN HOME |
| IGA | TIPTON GROVE |
| KROGER | WINN DIXIE |



- NESTLE JUICY JUICE
- All flavors including Apple, Grape, and White Grape
- All flavors of Juicy Juice Harvest Surprise

64 ounce and 46-48 ounces



Juice Concentrates

Non-frozen Pourable

NESTLE JUICY JUICE

- All flavors

11.5 ounces



WELCH'S

- All flavors

11.5 ounces



Frozen Concentrates

LEAST EXPENSIVE BRAND (of these types)

- Orange
- Pineapple
- Grapefruit

12 ounces



LISTED BRANDS (of these types)

- Apple
- Grape
- White Grape

12 ounces

- | | |
|-------------|---------------|
| BAY MIST | MARKET PANTRY |
| FLAVORITE | PIGGY WIGGLY |
| FOOD LION | PUBLIX |
| GREAT VALUE | SENECA |
| HY TOP | SOUTHERN HOME |
| IGA | TIPTON GROVE |
| KROGER | WINN DIXIE |



OLD ORCHARD

- Apple
- Grape
- White Grape

12 ounces



WELCH'S

- Grape
- White Grape

11.5 ounces



Fruits & Vegetables

- No potato except for yam and sweet potato
- No variety or mixture containing white potato, grains, added sugars, syrups, 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 ketchup, salsa, or other condiments
- No soups
- No pickled vegetables or olives
- No peanuts or legumes (mature beans or peas)
- No fruit baskets, party trays, or purchases from salad bars

Frozen

Any brand or variety (including plain frozen beans/peas/legumes) with no added sugars

See WIC voucher for amounts



Canned

Any brand or variety including unsweetened applesauce

See WIC voucher for amounts



Fresh Fruits & Vegetables

Any brand/variety of fruit or vegetable

See WIC voucher for amounts



Sample Costs of Items Priced by the Pound

Price per pound	1 pound	1½ pound	2 pounds	2½ pounds	3 pounds	3½ 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

11-2010 / R3

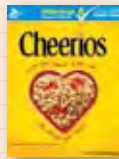
WIC Approved Foods List

Cereal

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

General Mills

11-36 ounces



▪ Cheerios*



▪ Multi Grain Cheerios*



▪ Kix



▪ Wheat Chex*



▪ Corn Chex



▪ Rice Chex



▪ Multi-Bran Chex

Kellogg's

11-36 ounces



▪ Frosted Mini-Wheats
• Bite-sized* • Big Bite*



▪ Rice Krispies



▪ Special K



▪ Crispix



▪ Corn Flakes

Post

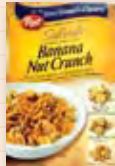
11-36 ounces



▪ Grape-nuts*



▪ Grape-nuts Flakes*



▪ Banana Nut Crunch*



• Almond



▪ Honey Bunches of Oats
• Honey Roasted



• Vanilla Bunches*

Quaker

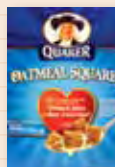
11-36 ounces



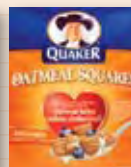
▪ Instant Oatmeal*
▪ Instant Grits Original



▪ Life*



▪ Oatmeal Squares
• Brown Sugar* • Cinnamon*



Malt-O-Meal

11-36 ounces



▪ Frosted Mini Spooners*

B & G

11-36 ounces



▪ Instant Original Cream of Wheat

Store Brand Cereals

11-36 ounces

- Bran Flakes*
- Frosted Shredded Mini-Wheat*
- Whole Wheat O's*
- Corn Flakes
- Crispy Rice
- Instant Oatmeal*
- Instant Grits



*whole grain cereals

11-2010 / R3

Eggs

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

- **LEAST EXPENSIVE**
- **GRADE A LARGE**
- 1 dozen



Milk

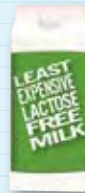
- No organic or flavored milk
- No buttermilk or rice milk
- No raw milk (non-pasteurized)
- No dried whole milk

- **LEAST EXPENSIVE BRAND** (of these types)
- Fat free/skim
- 1% low fat
- 2% reduced fat
- Whole milk (when listed on voucher)
- 1 gallon, 1/2 gallon (as listed on voucher)



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

- Lactose free
- Acidophilus
- Acidophilus and bifidum
- 1 gallon, 1/2 gallon, 1 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



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
- Cheddar
- Swiss
- 16 ounce



- **LEAST EXPENSIVE STRING** (whole milk or skim milk)
- Mozzarella
- 16 ounce

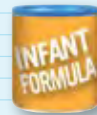


- **LEAST EXPENSIVE BLOCK** (regular, low-fat, reduced-fat, fat-free)
- American
- Cheddar
- Colby
- Monterey Jack
- Mozzarella
- Swiss
- Combination (such as Colby/Jack)
- 16 ounce



Infant Foods

Infant Formula



- No organic
- No formula not 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 cereal in jars

BEECH NUT

- Rice
- Oatmeal



8 ounces

GERBER

- Rice
- Barley
- Oatmeal
- Mixed



8 ounces

Fruit & Vegetables

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

BEECH NUT STAGE 2

- Single ingredient
- 4 ounces



GERBER 2ND FOODS

- Single ingredient
- 4 ounces



NATURES GOODNESS 2

- Single ingredient
- 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



NATURES GOODNESS 2

- Meat with gravy
- 2.5 ounces



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



11-2010 / R3

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. Go to public comment survey page.

DIST/UNIT/CLINIC	WIC ID NO.	C	P	PARTICIPANT	VOUCHER NO.	ISSUED BY
10 0 007	007 001 834 6 2			Test Child	14598114	EEE
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 10/20/2009	LAST DAY TO USE 11/20/2009
CPA FPC C21 FPC C21 VC W05 MILK: 1 gallon low-fat (fat-free, 1%, 2%) No whole milk. Least expensive brand.				VENDOR MUST DEPOSIT WITHIN 60 DAYS OF FIRST DAY TO USE		
EGGS: 1 dozen				PAY EXACTLY		
CEREAL: No more than 36 oz.				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.

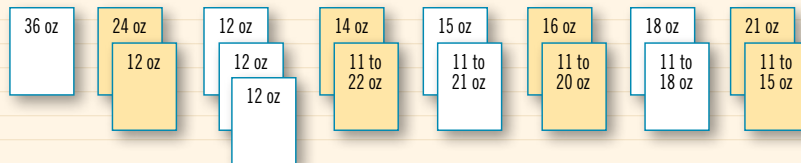
DIST/UNIT/CLINIC	WIC ID NO.	C	P	PARTICIPANT	VOUCHER NO.	ISSUED BY
10 0 007	007 001 834 6 2			Test Child	14598112	EEE
GEORGIA WIC PROGRAM PAY TO THE ORDER OF ANY AUTHORIZED GEORGIA WIC VENDOR FOR THESE ITEMS/QUANTITIES ONLY - WIC APPROVED FOODS ONLY - NO SUBSTITUTIONS				NOT NEGOTIABLE WITHOUT WIC VENDOR STAMP HERE	FIRST DAY TO USE 10/20/2009	LAST DAY TO USE 11/20/2009
CPA FPC C21 FPC C21 VC P03 PRODUCE: \$6 for fresh, frozen, or canned fruit and vegetables				VENDOR MUST DEPOSIT WITHIN 60 DAYS OF FIRST DAY TO USE		
No potatoes - except for sweet potatoes or yams. No products with added sugar, seasonings, fat, or oils. No creamed vegetables. No stewed or diced tomatoes.				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

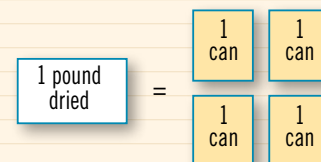
36 ounces of Cereal

Choose a combination that does not go over 36 ounces



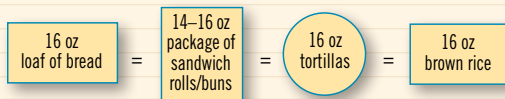
1 Pound of Beans

Choose 1 pound of dried beans or 4 cans



Whole Grains

Choose any 2 whole grain packages in any combination



In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (202) 720-6382 or (800) 795-3272 (TTY). USDA is an equal opportunity provider and employer.



Women, Infants & Children (WIC)
 Contact Information: 1-800-228-9173
www.wic.ga.gov

