

**WIC approved Foods List Effective October 1 , 2010**  
**Only the following list of foods may be purchased with WIC vouchers**

Food Item	Brand or Type		Container / Package size	Not allowed
MILK  <b>Least Expensive Brand of type selected/ allowed</b>	Fat free/Skim, Low-fat (1%), Reduced Fat (2%)  Whole Milk – (when listed on voucher)		One gallon half gallon (when listed on voucher)	<ul style="list-style-type: none"> <li>• Organic</li> <li>• Flavored milk</li> <li>• Buttermilk</li> <li>• Rice milk</li> <li>• Raw milk (non-pasteurized)</li> <li>• No dried whole milk (Nido)</li> </ul>
	Lactose free milk, Acidophilus, Acidophilus and Bifidum (Fat free/skim, low fat (1%), Reduced Fat (2%)) Whole milk – (when listed on voucher)		One gallon half gallon 1 quart	
	UHT- Ultra High Temperature Milk (when listed on voucher)		8 oz. or half-pint box	
	Nonfat dry milk		Makes 3 quarts	
	Evaporated milk		12 oz cans	
	Meyenberg Goat Milk	Low fat Whole Milk (when listed on voucher)  Evaporated -whole milk	1 quart  12 oz. can	
SOY MILK	8 <sup>th</sup> Continent - original		half gallon	<ul style="list-style-type: none"> <li>• Light</li> <li>• Flavored</li> </ul>
CHEESE  <b>Least Expensive Brand of type selected/ allowed</b>	Slices (Wrapped or unwrapped)	American Swiss Cheddar	16 oz package (regular, low-fat, reduced-fat, fat-free allowed)	<ul style="list-style-type: none"> <li>• Organic</li> <li>• Cheese products/spreads</li> <li>• Flavored cheese</li> <li>• Cheese food</li> <li>• Shredded/cubed/shaped/strips</li> <li>• Crumbles</li> <li>• Delicatessen (deli) cheese</li> <li>• Cheese with added ingredients</li> <li>• Imported/waxed</li> <li>• Any other size or quantity</li> </ul>
	Block	American Cheddar Colby Monterey Jack Mozzarella Swiss (combination allowed i.e. Colby/Jack)		
	String	Mozzarella		
TOFU – calcium set	Nasoya	Silken Super Firm (cubed)	8 oz or 16 oz container	<ul style="list-style-type: none"> <li>• Non-calcium set</li> <li>• Any other size or quantity</li> </ul>
EGGS	<b>Least Expensive Brand</b>		1 dozen carton Grade A Large	<ul style="list-style-type: none"> <li>• Organic</li> <li>• Low cholesterol</li> <li>• Added Omega 3, DHA, or ARA</li> <li>• No brown eggs</li> </ul>
PEANUT BUTTER	Any brand Creamy, Crunchy, Extra Crunchy, Natural, or Low-salt		16-18 oz Jar	<ul style="list-style-type: none"> <li>• Organic</li> <li>• Reduced fat or peanut butter spreads</li> <li>• Marshmallow added</li> <li>• Chocolate added</li> <li>• Honey spread</li> <li>• Jelly added</li> <li>• Any other size or quantity</li> </ul>
BEANS / PEAS / LENTILS	Dried	Any variety of plain, mature dry beans, peas or lentils	1 lb packages	<ul style="list-style-type: none"> <li>• Flavored beans or peas</li> <li>• Any other size or quantity</li> </ul>
	Canned	Any variety of plain, mature beans, peas, or lentils	14-16 oz can	<ul style="list-style-type: none"> <li>• Any with added sugar, fat, oil, or meat</li> <li>• Soups</li> <li>• Baked beans</li> <li>• Immature varieties of legumes such as green peas, or snap beans</li> </ul>

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JUICE  100% Juice Vitamin C fortified  Calcium fortified allowed	Least Expensive Brand	Orange Pineapple Grapefruit 100% Tomato 100% Vegetable Juice	46-48 oz Ready to Serve Containers  64 oz Ready to Serve Containers	<ul style="list-style-type: none"> <li>Organic</li> <li>Juice drink</li> <li>Fresh squeezed juice</li> <li>Infant juice</li> <li>Juice with sugar added</li> <li>Sports drink</li> <li>Cartons of juice</li> <li>V-8 Splash</li> <li>Vegetable juice cocktail</li> </ul>
	Nestle Juicy Juice	All Flavors	12 oz Frozen concentrate	
	Nestle Juicy Juice Harvest Surprise	(including apple, grape and white grape)	5.5-6 oz containers -when listed on voucher	
	Nestle Juicy Juice	All Flavors	11.5 oz Non-frozen pourable concentrate	
	Bay Mist Flavorite Food Lion Great Value Hy Top IGA Kroger Market Pantry Piggly Wiggly Publix Seneca Southern Home Tipton Grove Winn Dixie	Apple  Grape  White Grape	46-48 oz Ready to Serve Containers  64 oz Ready to Serve Containers  12 oz Frozen concentrate  5.5-6 oz containers -when listed on voucher 64 oz	
	Old Orchard	Apple Grape White Grape	12 oz frozen	
	Welch's	Grape White Grape	11.5 oz frozen	
		All Flavors	11.5 oz Non-frozen pourable concentrate	
WHOLE GRAIN- BREAD	Roman Meal Sun Grain 100% Whole Wheat	16 oz package Loaf Bread	<ul style="list-style-type: none"> <li>Honey wheat</li> <li>Hot dog rolls/buns</li> <li>Any other size or quantity</li> </ul>	
	Sara Lee Classic 100% Whole Wheat			
	Nature's Own 100% Whole Grain Sugar-free			
	Pepperidge Farm 100% Whole Wheat very thin sliced			
	Pepperidge Farm Stone Ground 100% Whole Wheat			
	Healthy Life 100% Whole Wheat			
	Bimbo 100% Whole Wheat			

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	100% Whole wheat sandwich rolls/buns	Kroger Arnold Select Nature's Own  Sara Lee (hamburger buns and mini buns)	14-16 oz package		
WHOLE GRAIN TORTILLA	Whole Wheat Tortilla: •Chi Chi's                      •La Banderita •Celia's                         •Mission •Don Poncho                   •Pepito		16 oz	<ul style="list-style-type: none"> <li>• All other types</li> <li>• Any other size or quantity</li> </ul>	
	Corn Tortilla: •Carlita                         •La Banderita •Celia's                         •La Burrita •Chi Chi's                      •Pepito •Don Poncho                   •Winn Dixie				
BROWN RICE	Brown Rice Any Brand	(i.e. Uncle Ben's, China Doll, Riceland)	16 oz	<ul style="list-style-type: none"> <li>• White rice</li> <li>• Flavored rice</li> <li>• Any other size or quantity</li> </ul>	
CEREAL – *Whole Grain	General Mills •*Cheerios                      •Corn Chex •*Multi-Grain Cheerios     •Kix •*Wheat Chex                 •Multi-Bran Chex •Rice Chex		11 – 36 oz	<ul style="list-style-type: none"> <li>• Other package sizes</li> <li>• Any type, brand, or variety of cereal other than the ones listed</li> <li>• Flavored grits</li> </ul>	
	Kellogg's •*Frosted Mini-Wheats     •Corn flakes Big Bite                         •Crispex •*Frosted Mini-Wheats     •Rice Krispies Bite-Sized                      •Special K				
	Post •*Banana Nut Crunch       •Honey Bunches of •*Grape-nuts                    Oats-Almond •*Grape-nut Flakes         •Honey Bunches of •*Honey Bunches of         Oats-Honey Oats - Vanilla                 Roasted Bunches				
	Quaker •*Life                              •Instant Grits - •*Oatmeal - instant             original •*Oatmeal Squares - cinnamon •*Oatmeal Squares - brown sugar				
	Malt-O-Meal	•*Frosted Mini-Spooners			
	Store brands •*Bran Flakes                    •Corn Flakes •*Frosted Shredded         •Crispy Rice Mini Wheat                     •Instant Grits •*Whole Wheat O's •*Oatmeal - instant				
B & G	•Cream of wheat – instant				

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<b>FISH</b> <b>Least</b> <b>Expensive of</b> <b>type selected</b>	Tuna – water packed		5 oz can	<ul style="list-style-type: none"> <li>• Organic</li> <li>• Packed in oil</li> <li>• No albacore</li> <li>• Added flavorings</li> <li>• Pouches</li> <li>• Individual serving containers</li> <li>• Any other size or quantity</li> <li>• Fresh or frozen</li> </ul>
	Pink Salmon		7.5 oz can or 14.75 oz can	
<b>INFANT</b> <b>FORMULA</b>	The WIC voucher lists the brand, size, and form (powder, concentrate, or ready to use) that you must buy.		As listed on voucher	<ul style="list-style-type: none"> <li>• Organic</li> <li>• Formula not listed on the voucher</li> </ul>
<b>INFANT</b> <b>CEREAL</b>	Brands: Beech Nut or Gerber Type: Rice, Oatmeal, Barley, Mixed		Dry cereal in 8 oz containers	<ul style="list-style-type: none"> <li>• Organic</li> <li>• Baby cereal in jars</li> <li>• Cereal with fruit added</li> <li>• Cereal with formula added</li> <li>• DHA ARA</li> <li>• Any other size or quantity</li> </ul>
<b>INFANT</b> <b>FRUIT &amp;</b> <b>VEGETABLES</b>	Gerber 2 <sup>nd</sup> Foods  Beech Nut Stage 2 Foods  Nature's Goodness 2	Single ingredient	4 oz jars	<ul style="list-style-type: none"> <li>• Organic</li> <li>• Guava</li> <li>• Mango</li> <li>• Papaya</li> <li>• Sweet potato casserole</li> <li>• No diced</li> <li>• Any other size or quantity</li> </ul>
<b>INFANT</b> <b>MEATS</b>	Gerber 2 <sup>nd</sup> Foods Beech Nut Stage 1 Nature's Goodness 2	Meat with broth Meat with gravy	2.5 oz containers	<ul style="list-style-type: none"> <li>• Organic</li> <li>• Meat and vegetable mixtures</li> <li>• Meat and pasta mixtures</li> <li>• Any other size or quantity</li> </ul>

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FRUITS and VEGETABLES	<p>Any variety of fresh whole or cut fruit without added sugars</p> <p>Any variety of fresh whole or cut vegetable without added sugars, fats, and oils</p> <p>Applesauce – unsweetened only or “no added sugar”</p> <p>Any variety of canned fruits, including applesauce; juice-pack or water pack without added sugars, artificial sweeteners, fats, oils, or salt</p> <p>Any variety of canned vegetable without added sugars, fats, oils</p> <p>Any variety of frozen fruits without added sugar</p> <p>Any variety of frozen vegetable (including plain frozen beans / peas / legumes) without added sugars, meats, fats, or oils</p>		<ul style="list-style-type: none"> <li>• <b>Potato</b> - except for yam and sweet potato</li> <li>• Any variety of canned or frozen vegetable with added sugars, fats, oils, or white potatoes</li> <li>• Herbs or spices</li> <li>• Edible blossoms/flowers</li> <li>• Fruit leathers</li> <li>• Fruit roll-ups</li> <li>• Catsup, salsa, or other condiments</li> <li>• Pickled vegetables and olives</li> <li>• Soups</li> <li>• Mixtures containing white potato</li> <li>• Creamed or sauced vegetables</li> <li>• Breaded vegetables</li> <li>• Peanuts</li> <li>• Canned or dried legumes (mature beans or peas)</li> <li>• Juice</li> <li>• Vegetable-grain mixtures (e.g., with rice, noodles, or pasta)</li> <li>• Purchases from salad bars</li> <li>• Fruit baskets or party trays</li> <li>• Any dried fruit or vegetable</li> <li>• Regular applesauce</li> <li>• Fruits packed in syrup</li> <li>• Fruits with artificial sweeteners</li> </ul>