



Participant Food List

Milk

Allowed:

- Largest unit size available as listed on check: Gallon, Half Gallon, Quart
- Type specified on check: 1% or nonfat/skim, 2%, or whole milk



One Gallon: GAL
128 liquid ounces



Half Gallon: HALF GAL
64 liquid ounces



Quart: QT
32 liquid ounces

Allowed only if printed on check:

- Nutrish (Acidophilus)
- Dry
- UHT
- Lactose Free Milk like LactAid, Hannaford Lactose Free, or Shaw's Lactose Free

Not Allowed:

- Flavored, organic or raw milk
- Goat's milk
- Glass bottles

Participants are encouraged to purchase the least expensive brand available.

Fortified Soy Beverage

Only allowed if printed on WIC check:



Silk Soy Milk, Original
Half Gallon (64 oz.)
Refrigerated Only



8th Continent Fortified Soy
Beverage, Original
Half Gallon (64 oz.);
Refrigerated only



Pacific All Natural Ultra Soy
Non-Dairy Beverage,
Original, Quart (32 oz.);
Shelf Stable only

Cheese

Two (2) 8 oz. packages or One (1) 16 oz. package = One (1) pound

Allowed:

- Any brand of block, shredded or sliced cheese
- Reduced fat or regular
 - American
 - Cheddar
 - Colby Jack
 - Monterey Jack
 - Mozzarella
 - Swiss
 - String cheese

Not Allowed:

- Package sizes other than 8 oz. or 16 oz.
- Deli or random weight cheese or individually wrapped slices
- Cubed, wheels, wedges, or cracker cuts
- Imported or organic
- Cheese food, whips or spreads, cheese blends or flavored

Participants are encouraged to purchase the least expensive brand available.

Tofu

16 oz. package or less

Allowed:

- Nasoya (Organic) – Silken, Soft, Firm, Lite Firm, Lite Silken
- Azumaya (All Natural) – Silken, Firm, Extra Firm Lite Extra Firm

Not Allowed:

- Cubed or flavored



Eggs

Allowed:

- Full Dozen Grade A Any Size
- Brown or White Shells

Not Allowed:

- Fertile, organic, free-range, free-running, cage free, vegetarian feed, omega-3, natural or low cholesterol

Participants are encouraged to purchase the least expensive brand available.



Peanut Butter

16 - 18 oz. jar

Allowed:

- Any brand, creamy or crunchy
- May be all natural (organic not allowed)

Not Allowed:

- Flavored, reduced/low fat, mixes, omega-3, added vitamins and minerals
- Squeezable, organic, nut spreads

Participants are encouraged to purchase the least expensive brand available.



Beans/Peas/Lentils

Allowed:

- Any brand of plain beans/peas/lentils, such as navy beans, black beans, kidney beans, or chickpeas
- Dried – 16 oz. bags only
- Canned – 15 to 16 oz. cans only
- Fat-free refried beans

Not Allowed:

- Green beans, wax beans, green peas
- Baked beans, soup mix, seasoned, added flavors or meats
- Organic, all natural

Participants are encouraged to purchase the least expensive brand available.



WHOLE GRAINS ITEMS

Bread

Bread (may only purchase size specified on check)
16 oz. package



Arnold 100% Whole Wheat Bread



Best Yet 100% Whole Wheat Bread



Bimbo 100% Whole Wheat Bread



Country Kitchen 100% Whole Wheat Bread



Hannaford 100% Whole Wheat Bread



Market Basket 100% Whole Wheat Bread



Pepperidge Farms 100% Whole Wheat Bread



Pepperidge Farms Very Thin 100% Whole Wheat Bread



Shaw's No Salt Added Wheat Bread



Sunbeam 100% Whole Wheat Bread



Sara Lee 100% Whole Wheat Bread



Wonder 100% Whole Wheat Bread

24 oz. package (only if printed on check)



Arnold Whole Grain Classics 100% Whole Wheat Bread



Country Kitchen 100% Whole Wheat Bread



Freihofer's Hearty 100% Whole Wheat Bread

Not Allowed:

- Specialty breads, such as breads with added fiber or flavors
- Any other whole wheat bread product, such as bagels, English muffins, buns, rolls, and pita bread
- Organic bread

If a WIC approved bread is not available when you choose to buy your Whole Grain Item, consider purchasing WIC approved oatmeal, tortillas or brown rice.

WHOLE GRAIN ITEMS

Oatmeal

16 oz. package

Allowed:

- McCann's Quick Cooking Irish Oatmeal
- McCann's Steel Cut Irish Oatmeal
- McCann's Quick and Easy Natural Steel Cut Irish Oatmeal
- Mom's Best Naturals Quick Oats
- Mom's Best Naturals Old Fashioned Oats
- Silver Palate Thick and Rough Oatmeal

Not Allowed:

- Individual/single-serve packets
- Flavored or organic oatmeal



Tortillas

16 oz. package

Allowed:

- Carlita Soft White Corn Tortillas
- Carlita Whole Wheat Tortillas
- Chi Chi's White Corn Tortillas
- Chi Chi's Whole Wheat Tortillas
- Herdez Corn Tortillas
- Herdez Whole Wheat Tortillas
- Market Basket Whole Wheat Tortillas
- Mission Yellow Corn Tortillas
- Mission Whole Wheat Tortillas
- My Essentials Whole Wheat Tortillas
- Ortega Whole Wheat Tortillas
- Santa Fe Whole Wheat Tortillas
- Santa Fe White Corn Tortillas
- Santa Fe Yellow Corn Tortillas
- Shurfine Whole Wheat Fajita Style Tortillas

Not Allowed:

- Hard shell or flour tortillas
- Organic tortillas



Brown Rice

14 -16 oz. package

Allowed:

- Any brand
- Short, medium, or long grain
- Regular, quick, or instant
- Basmati Brown, Jasmine Brown or Boil in Bag Brown Rice

Not Allowed:

- Seasoned, wild or organic rice
- Brown rice mixed with wild rice, white rice, or any other type of rice
- Single-serve packets



Participants are encouraged to purchase the least expensive brand available.

FRUITS AND VEGETABLES

Organic fruits and vegetables are allowed

Fresh Fruits and Vegetables

Allowed:

- Any variety of fresh fruits and vegetables, except white potatoes
- Sweet potatoes and yams
- Salad mixes in bags without croutons, nuts, meat, cheese or dressing
- Pre-cut vegetables
- Garlic - not on a string

Not Allowed:

- White potatoes (this includes all potatoes except sweet potatoes and yams)
- Anything from a salad bar
- Fruit baskets or cut vegetables with dip
- Vegetable mixes/salads with croutons, nuts, meats, cheese or dressing
- Decorative or dried fruits or vegetables or mixed fruit and nuts
- Herbs and spices like basil, parsley, or chives
- Garlic on a string

Frozen Vegetables

Allowed:

- Any brand or size
- Any variety or mixture of vegetables without potatoes
- Any package type, box, or bag
- With or without salt

Not Allowed:

- Vegetables with sauce, cheese, seasoned, flavorings, or breadings
- Any potato products including French fries, hash browns, or tater tots
- Vegetables with added pasta or nuts

Cans and Jars of Vegetables

Allowed:

- Any brand or size
- Any plain single vegetables or mixture without potatoes
- Low sodium, low salt, no salt added
- Yellow beans, green beans, wax beans and green peas can be purchased with the fruit and vegetable voucher

(All other beans may be purchased with the bean/peas/lentils check)

Not Allowed:

- White potatoes, sweet potatoes, yams or pie filling
- Pickled, marinated, seasoned or in sauce
- Home-canned vegetables, vegetable soup mixes or olives
- Cream style corn

Canned Tomato Products

Allowed:

- Any brand or size in metal cans only
- Tomato paste or puree
- Plain diced, stewed, whole or crushed tomatoes
- Low sodium, low salt, or no salt added

Not Allowed:

- Tomato products in jars, tubes or pouches
- Soup, ketchup or salsa
- Tomato, pizza, pasta, spaghetti, or marinara sauce
- Tomatoes with flavoring like garlic or basil

Frozen Fruits

Allowed:

- Any brand or size with no added sugar or artificial sweetener
- Any variety or mixture of fruits

Not Allowed:

- Frozen fruits in syrup
- Sorbet, fruit bars or frozen fruit pulps

Cans and Jars of Fruits

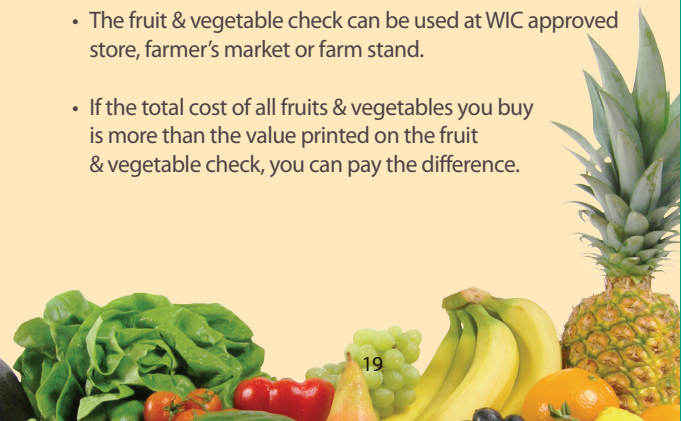
Allowed:

- Any brand or size
- May be in metal cans or glass or plastic jars
- Packed in water or 100 percent fruit juice
- Applesauce - no sugar added/unsweetened only

Not Allowed:

- Any syrup: heavy, light/lite, extra light, corn, high fructose corn
- Added sugar, corn syrup, nectar, or lightly sweetened in fruit juice
- Cranberry sauce or pie filling
- Artificial sweeteners or low carb
- Fruits in gel or jello

- The fruit & vegetable check can be used at WIC approved store, farmer's market or farm stand.
- If the total cost of all fruits & vegetables you buy is more than the value printed on the fruit & vegetable check, you can pay the difference.



100% JUICE

100% Juice - Frozen Concentrate

Not Allowed:

Juice drinks with added sugar, juice cocktails, or any organic juice

11.5 -12 oz. cans (for women only)



Best Yet

- Apple
- Grape



Dole

- All flavors of 100% juice



Essential Everyday

- Apple
- Grape



Great Value

- Apple
- Grape



Hannaford

- Apple
- Grape



Langers

- Apple



Market Basket

- Apple



Old Orchard

- (Green Top Only)
- All flavors of 100% juice



Seneca

- Apple
- Grape



ShurFine

- Apple



Tipton Grove

- Apple



Welch's

- (Yellow Top Only)
- All Flavors of 100% Juice



Any Brand

- Orange



Any Brand

- Grapefruit

100% Juice - Liquid Concentrate

11.5 oz. cans



Welch's

(Yellow Top Only)

- All Flavors

100% Juice - Bottled Liquid

64 oz. bottles (for children only)



Apple and Eve

- Apple



Best Yet

- Apple
- Grape



Essential Everyday

- Apple
- Grape
- White Grape



Great Value

- Apple
- Grape
- White Grape



Hannaford

- Grape
- White Grape



IGA

- Apple
- Grape



Juicy Juice

- All Flavors



Langers

- Apple
- Grape
- Red Grape
- White Grape



Market Basket

- Apple
- Grape
- White Grape



Mott's

- Apple



My Essentials

- Apple



Old Orchard

- Apple
- Grape
- White Grape



ShurFine

- Apple
- Grape
- White Grape



Tipton Grove

- Apple
- Grape

WIC cannot pay the 5 cent bottle deposit.

WIC participants must pay the deposit for each bottle of juice.

CEREALS

12 oz. box or larger



Whole Grain Cereal



B9 Folic Acid

Cereal: Name Brand



Cheerios



Multigrain
Cheerios



Kix



Berry Berry
Kix



Honey Kix



Corn Chex



Rice Chex



Wheat Chex



Crispix



Quaker Life
(Original)



All Bran
Complete
Wheat
Flakes



Whole Grain
Total



Post Bran
Flakes



Corn Flakes



Special K
(Original)



Alpha-Bits



Malt-O-Meal
Crispy Rice



Rice Krispies



Grape-Nuts



Grape-Nuts
Flakes



Frosted
Mini-Wheats
(Original)



Malt-O-Meal
Frosted Mini
Spooners



Honey Nut
Shredded
Wheat



Malt-O-Meal
Original
Hot Wheat
Cereal



Whole Grain
Cream of
Wheat



Honey
Bunches of
Oats



Honey
Bunches of
Oats
w/Almonds



Malt-O-Meal
Oat Blenders
with Honey
& Almonds



Malt-O-Meal
Oat Blenders
with Honey



Sunbelt
Simple
Granola

Cereal: Generic



- Bite Size Frosted Shredded Wheat
- Corn Flakes
- Crispy Rice
- Oat Wise (regular)
- Toasted Oats



- Corn Flakes
- Crispy Hexagons
- Crispy Rice
- Crunchy Corn Squares
- Crunchy Oat Squares – Original
- Crunchy Wheat Squares
- Frosted Shredded Wheat
- Good Day Toasted Rice Cereal
- Nutty Nuggets
- Toasted Oats



- Corn Flakes
- Crisp Rice
- Crunchy Nuggets
- Frosted Shredded Wheat
- Toasted Corn
- Toasted Wheat
- Toasted Whole Grain Oats



- Corn Flakes
- Crispy Hexagons
- Crispy Rice
- Nutty Nuggets
- Toasted Corn
- Toasted Wheat
- Wheat Flakes



- Bite Size Frosted Shredded Wheat
- Corn Flakes
- Crispy Rice
- Tasteeos/Toasted Oats



- Corn Flakes
- Crispy/Crisp Rice
- Frosted Spoon-sized Shredded Wheat
- Oat Wise (regular)
- Square-shaped Corn Biscuits
- Square-shaped Wheat Biscuits
- Tasteeos/Toasted Oats
- Toasted Rice Flakes



- Corn Flakes
- Crisp Rice
- Frosted Bite Size Shredded Wheat
- Tasteeos



(also Nature's Crunch, Kiggin's and Mornin' Gem)

- Corn Flakes
- Crispy Rice
- Frosted Shredded Wheat
- Rollin' Oats



- Corn Flakes
- Corn Squares
- Crisp Rice
- Frosted Shredded Wheat Bite Size
- Toasted Oats
- Wheat Squares

Ways to Buy 36 oz. of Cereal:



Canned Fish

Tuna - 5 oz. or 6 oz. can

Allowed:

- Light only, water packed, any brand

Not Allowed:

- Oil packaged, sauce (flavored) packed, white, organic, all natural steak or fillet, or albacore



Salmon – 5 oz., 6 oz., 14.75 oz. or 15 oz. can

Allowed:

- Pink salmon, water packed, any brand

Not Allowed:

- Oil packed, sauce (flavored) packed, organic, all natural, smoked, Atlantic, Keta, Blueback, red, salmon steak or fillet

Sardines - 3.75 oz. can

Allowed:

- Water packed, any brand

Not Allowed:

- Oil packed, sauce (flavored) packed, organic, all natural, kippered fish

Infant Formula

- *Brand, size & type listed on check*

Infant Cereal

8 oz.boxes

Brand listed on check

Allowed:

- Multigrain*
- Oatmeal*
- Rice* * *Kosher*

Not Allowed:

- Formula-fortified infant cereal
- Infant cereal with added protein or DHA/ARA
- Organic
- Added fruit

Ways to Buy 24 oz. Cereal:



INFANTS

Baby Food Fruits and Vegetables

4 oz. Stage 2 only

Brand listed on check

Allowed:

Fruit:

- Applesauce*
- Apples and Bananas
- Apples and Blueberries*
- Apples and Cherries
- Apples, Mango and Kiwi
- Apples, Pears and Bananas
- Apricots with Pears and Apples*
- Banana and Mixed Berries
- Chiquita Bananas*
- Chiquita Bananas and Strawberries
- Mango
- Peaches
- Pears*
- Pears and Pineapple
- Pears and Raspberries

Vegetables:

- Corn and Sweet Potato
- Garden Vegetables*
- Mixed Vegetables
- Squash*
- Sweet Potatoes*
- Sweet Carrots*
- Sweet Peas*
- Green Beans

*Kosher

Not Allowed:

- Goya brand
- Stage 1, Stage 2 ½, or Stage 3
- Cobbler, Desserts, Dinners, or Meat and Fruit/Vegetable combinations
- Added Sugar or DHA/ARA
- Yogurt Blend

Baby Food Meats

2.5 oz. Stage 1 only

Brand listed on check

Allowed:

- Beef and Beef Broth
- Chicken and Chicken Broth
- Turkey and Turkey Broth

