

CEREAL Buy cereal in at least 11 oz box or bag. Whole Grain offers better nutrition. Consider selecting those products when buying WIC cereals

Designates whole grain



Cream of Wheat – Regular in 1, 2 ½ and 10 min (box), Whole Grain in 2 ½ min (box)

Cream of Wheat – Original (1 oz pks)

Cream of Rice – (box)

General Mills – Cheerios – Regular, Dulce de Leche, Multi-Grain, Chex – Corn, Rice, Wheat, Fiber One Honey Clusters, Kix – Regular, Honey, Berry Berry, Wheaties, Whole Grain Total (Wheat), Dora the Explorer

Kellogg's – All-Bran Complete Wheat Flakes, Rice Krispies, Crispix, Corn Flakes, Product 19, Special K – Original, Multi-Grain, Mini-Wheaties – Frosted Little Bites, Frosted Original, Frosted Big Bites, Unfrosted Bite Size, Frosted Bite Size Touch of Fruit - Raspberry

MOM Brands – Crispy Rice, Mini Spooners – Blueberry, Frosted, Strawberry Cream, Oat Blenders – Honey, Honey & Almonds, Original Hot Wheat
Post – Bran Flakes, Grape-Nuts – Flakes, The Original, Fit – Cranberry Vanilla, Alpha-Bits, Honey Bunches of Oats – Almonds, Cinnamon



Bunches, Honey Roasted, Vanilla Bunches, Blueberry Banana, Honey Nut Shredded Wheat, Great Grains Banana Nut Crunch, Protein Blend – Cinnamon Hazelnut, Honey Oats & Seeds

Quaker – Life, Oatmeal Squares – Brown Sugar, Cinnamon, Instant Oatmeal – Regular (.98 oz pks), Instant Grits – Original (box or 1 oz pks), Instant Grits – Butter (1 oz pks)

Sunbelt Bakeries – Simple Granola Whole Grain

Store Brands:

IGA, **Food Lion**, **My Essentials**, **Essential Everyday**, **Flavorite**, **Great Value**, **Kroger**, **Publix**, **Ralston**, **Hospitality**, **Jasper**, **Laura Lynn**, **Food Club**, **Valu Time**, **Sure-Fine** – Corn Flakes, Crisp Rice/Crispy Rice, and Toasted Oats/Tasteo's
Always Save – Toasted Oats/Tasteos and Crisp Rice/Crispy Rice
Best Choice, **Kiggins** – Corn Flakes and Crisp Rice/Crispy Rice
Parade, **Kessler** – Corn Flakes



Remember: Women need cereals high in folic acid. Folic acid helps prevent birth defects. Cereals with added pieces are not recommended for children under 3 yrs.

BREAD & OTHER GRAIN PRODUCTS

Whole Wheat/Whole Grain Bread, Buns and Rolls in 16 oz:

Arnold/Orowheat Select – 100% Whole Wheat Hamburger Buns, 100% Whole Wheat Hotdog Buns,
Bimbo – 100% Whole Wheat Bread
Bunny – 100% Whole Wheat Bread
Holsum – 100% Whole Wheat Bread
Healthy Life – Soft Style 100% Whole Wheat Sandwich Buns, Soft Style 100% Whole Wheat Hot Dog Buns
Nature's Own – 100% Whole Wheat Bread with Honey
Pepperidge Farm – Very Thin 100% Whole Wheat Bread, Stone Ground 100% Whole Wheat Bread, Soft 7 Grain Hamburger Buns
Roman Meal – Sungrain 100% Whole Wheat Bread
Sara Lee – Classic 100% Whole Wheat Bakery Bread, Soft & Smooth 100% Whole Wheat Hamburger Buns, 100% Whole Wheat Soft & Smooth Hot Dog Buns
Wonder – 100% Whole Wheat Soft Bread

100% Whole Wheat Store Brand/Private Label Bread: Food Lion, Best Choice, Kern's (Food City), Great Value (Wal-Mart), Bi-Lo, Kroger

Tortillas in 16 oz:

La Banderita – White Corn,
Mission – 100% Whole Wheat, Yellow Corn Extra Thin
Ortega – Whole Wheat

Whole Wheat Store Brand/Private Label: Kroger 100% Whole Wheat Soft Taco Size, Best Choice 100% Whole Wheat Soft Taco Size
Corn Store Brand/Private Label: Best Choice

100% Whole Wheat Macaroni (Pasta) in 16 oz:

Hodgson Mill – Spaghetti, Whole Wheat Spirals, Elbow, Angel Hair
Gia Russa – Angel Hair

Other Whole Unprocessed Grains in 16 oz:

Any brand of brown rice, bulgur (cracked wheat), oatmeal and whole grain barley without added sugars, fats, oils or sodium
 Instant, quick or regular cooking
 No pearled barley
 None labeled organic



APPROVED FOOD

For Women & Children Ages 1 to 5



Effective
Oct 1, 2014 -
Sept 30, 2015



**CASH VALUE VOUCHERS (CVVs)
 For Fruits & Vegetables**

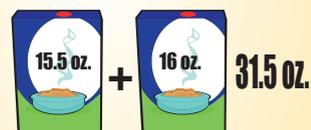
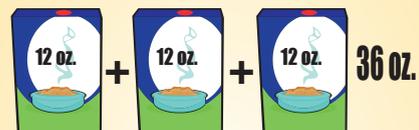
Can Buy

- Fresh whole or cut fruit without added sugars
- Frozen fruits without added sugars, fats, oils or salt (e.g. sodium)
- Fresh whole or cut vegetables without added sugars, fats oils, herbs or spices
- Frozen vegetables without added sugars, fats, oils, breading, herbs or spices in regular or low sodium
- For frozen fruits and vegetables, the fruit or vegetable must be listed as the first ingredient
- Orange yams and sweet potatoes in fresh or frozen
- Organic fruits and vegetables that meet the other requirements
- Broccoli, cauliflower and artichokes allowed, although edible blossoms or flowers (e.g. squash blossoms) are not allowed

Cannot Buy

- White potatoes including mixed vegetables with white potatoes
- Dried fruits or vegetables
- Ketchups or other condiments, pickled vegetables or olives
- Soups
- Fruit leathers or fruit roll-ups
- Bundled packages of herbs or spices
- Vegetable-grain (pasta or rice mixtures), breaded vegetables or creamed or sauced vegetables
- Fruit/nut mixtures, fruit baskets, party trays, or anything from salad bars
- Peanuts or other nuts
- Baked goods (e.g., blueberry muffins)
- Ornamental or decorative items (e.g., chili peppers on a string, edible flowers or squash blossoms)
- Home canned or home preserved fruits and vegetables

**How to buy Up to
 36 oz. of Cereal**



MILK and MILK SUBSTITUTES

Milk

Can Buy

Gallon sizes of any brand in low-fat (1%), non-fat (skim or fat free) or sweet acidophilus (1%)

Can Buy When on FI*

Reduced fat (2%)
Whole milk (Ages 12-23 months only)
Lactose-reduced or lactose-free in largest available size including quarts or half gallon
Ultra High Temperature (UHT)
Non-Fat dry powdered milk
Goat's Milk
Evaporated milk
Buttermilk

Cannot Buy

Chocolate milk
Non-dairy (except when soy beverage is on FI*)
Organic

Remember: Reduced fat milk is not recommended for children under 2 years

Tofu

Can Buy When on FI*

The following products in 16 oz (including organic):
Nasoya – Silken
Azumaya – Firm

Soy Beverage

Can Buy When on FI*

The following brands and flavors in largest available refrigerated size or largest available shelf size, including quarts or half-gallons (including organic):

Pacific Natural – Ultra Soy Original, Ultra Soy Vanilla in quarts (non-refrigerated)

8th Continent – Soymilk Original, Soymilk Vanilla in half-gallon (refrigerated)

Silk – Original in quarts and half-gallon (refrigerated)

*Food Instrument



CHEESE

Can Buy

8 or 16 oz packages approved varieties in store brand unless store carries only dairy or national brands:

(Only exception is Cabot brand in blocks when stated on FI)

Mozzarella

Cheddar

Colby

Monterey Jack

Process American

The above are allowed in:

Block

Slices (includes individually wrapped that is not cheese product, cheese food or imitation cheese)

String or Sticks

Blends of approved varieties

Low, free, reduced, less or light in sodium, fat or cholesterol

Cannot Buy

Shredded

Cubed

Imported

Flavored or smoked

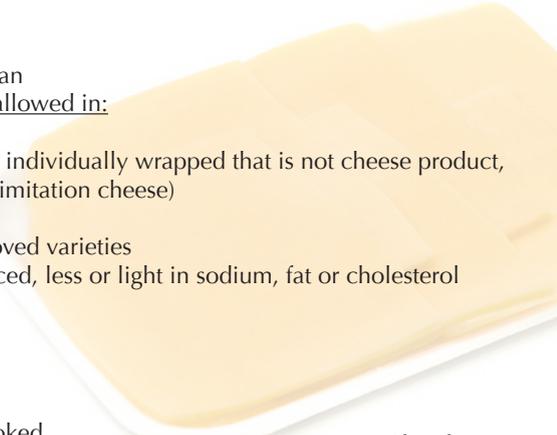
With added ingredients or seasonings

Imitation cheese

Cheese products, foods or spreads

Organic

You must buy cheese from the dairy case unless sold only in store's deli or cheese shop (does not apply to Cabot brand)



JUICE



For Women

48 oz can or plastic bottle:

Any brand of Orange or Grapefruit (White, Ruby Red, or Pink) that says 100% juice and at least 120% Vitamin C

Juicy Juice – All Flavors

Lucky Leaf – Apple

Northland – Cranberry

Seneca – Apple

11.5/12 oz frozen:

Any brand of Orange or Grapefruit (White, Ruby Red, or Pink) that says 100% juice and at least 120% Vitamin C

Dole – Pineapple

Old Orchard – Apple, Berry Blend

Seneca – Apple

Welch's – Grape, White Grape

Welch's White Grape Blends – Cranberry, Raspberry, Peach

For Children Ages 1 to 5

64 oz plastic bottle:

Any brand of Orange or Grapefruit (White, Ruby Red, or Pink) labeled 100% juice and at least 120% Vitamin C

Campbell's Tomato Juice – Regular, Low Sodium



Juicy Juice – All Flavors

Langer – Apple, Pineapple w/Vitamin C

Libby's – Pineapple

Lucky Leaf – Apple

Mott's – Apple Original

Northland – Cranberry, Cranberry/Blackberry, Cranberry/Pomegranate

Old Orchard – Apple, Berry Blend, Blueberry/Pomegranate, Wild Cherry

Seneca – Apple

V8 100% Vegetable Juice – Regular, Low Sodium

Welch's – Grape, White Grape, Red Grape

White House – Apple

For All Juices:

Can Buy

Calcium Fortified

Juice Blends

Grapefruit juice in white, ruby red or pink

Vegetable juice in regular or low sodium

Cannot Buy

Bottled or carton from dairy case

Fruit drinks

Juice cocktail

Sweetened

Organic

With added spices

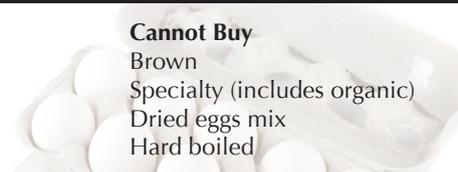
EGGS

Can Buy

One dozen carton,
Large Grade A White

Cannot Buy

Brown
Specialty (includes organic)
Dried eggs mix
Hard boiled



DRIED BEANS, PEAS & CANNED BEANS

Dried Beans and Peas

Can Buy

Plain dry beans, peas or lentils in 16 oz bag

Cannot Buy

With seasoning packets
Organic



Canned Beans - Can Buy

Plain beans in 15-16 oz cans including garbanzo beans/chick peas, black-eyed peas, crowder peas, and purple hull peas
With added sugar

With reduced sodium

Cannot Buy

Green peas, green beans, wax beans, snap beans or yellow beans
With added meat, sauces, spices, vegetables or fruits, soups
Organic

PEANUT BUTTER

Can Buy

16-18 oz jars in glass or plastic
Creamy (smooth) or Chunky (crunchy)
Refrigerated or non-refrigerated
Regular or reduced sodium
Added vitamins

Cannot Buy

Reduced fat
Peanut butter spreads
Store ground
With added marshmallows, honey, jelly, chocolate or similar ingredients
Organic



Remember: Peanut Butter not provided nor recommended for children under 3 yrs

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CANNED FISH (Light Tuna, Salmon and Sardines) For Women Who Fully Breastfeed

Can Buy

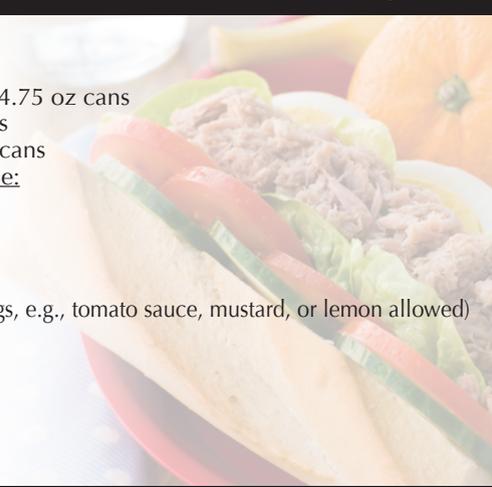
Light tuna in 5 oz cans
Pink or red salmon in 14.75 oz cans
Sardines in 3.75 oz cans
Jack Mackerel in 15 oz cans

Any of the above may be:

Any brand
Oil or water packed
With bones or skin
Regular or low sodium
(Added sauces or flavorings, e.g., tomato sauce, mustard, or lemon allowed)

Cannot Buy

Albacore tuna
King Mackerel
Smoked of any variety
Organic of any variety



SOME WAYS OF BUYING FISH



6 cans of 5 oz tuna = 30 oz
3 cans of 5 oz tuna + 1 can of 14.75 oz salmon = 29.75 oz
4 cans of 3.75 oz sardines + 1 can of 14.75 oz salmon = 29.75 oz