

APPROVED FOOD

For Women & Children Ages 1 to 5

TENNESSEE WIC



Effective
July 1, 2015 -
Sept 30, 2016

BREAD AND 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, Bakery Classics 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: Best Choice, Bi-Lo, Food Lion, Great Value (Wal-Mart), Grissom's Mill (Save-A-Lot), Kern's (Food City), Kroger

TORTILLAS IN 16 OZ:

- La Banderita** – Whole Wheat, 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; Tio Santi (Save-A-Lot)
Corn Store Brand/Private Label: Best Choice, Shurfresh

100% WHOLE WHEAT MACARONI (PASTA) IN 16 OZ:

- Hodgson Mill** – Spaghetti, Thin Spaghetti, Whole Wheat Spirals, Elbow, Angel Hair
- Gia Russa** – Angel Hair, Linguine
- Barilla** – Spaghetti, Penne



Store Brand/Private Label: Essential Everyday Whole Wheat (Supervalu) – Spaghetti, Thin Spaghetti, Macaroni, Penne, Rotini; Shurfine – 100% Whole Wheat Spaghetti, Penne Rigate

Other Whole Unprocessed Grains in 16 oz packaging: Any brand of brown rice, bulgur (cracked wheat), oatmeal and whole grain barley without added sugars, fats, oils or sodium in instant, quick or regular cooking

Cannot buy: Pearled barley; organic

WIC CASH VALUE VOUCHERS (CVVs)

MULTIPLE CVVs MUST BE TREATED AS SEPARATE TRANSACTIONS

- Can buy:**
- Fresh whole or cut fruit** without added sugars
 - Frozen fruits** without added sugars, fats, oils or 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;
 - White potatoes, orange yams and sweet potatoes** in fresh or frozen
 - Broccoli, cauliflower and artichokes** (no edible blossoms or flowers, e.g. squash blossoms);
 - Organic fruits and vegetables** that meet the other requirements
- For frozen fruits or vegetables, the fruit or vegetable must be listed as the first ingredient
- Cannot buy:**
- Not to be used for juices, dried beans, peas or canned beans (must be purchased with FIs)
 - 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 mixture)
 - Breaded vegetables or creamed or sauced vegetables
 - Fruit/nut mixture** fruit basket, Party trays, or fruits or vegetables from salad bar
 - Peanuts** or other nuts
 - Ornamental or decorative fruits or vegetables** (e.g., chili peppers on a string, garlic on a string or gourds)
 - Baked goods** (e.g., blueberry muffins)
 - Home canned or home preserved** fruits and vegetables



CEREAL

Minimum 11 oz box or bag

*Designates Whole Grain

CREAM OF WHEAT – 1, 2 ½ or 10 minute box of regular wheat, *2 ½ minute box Whole Grain
Cream of Wheat Original – 12 oz box of 12 – 1 oz packs
Cream of Rice (14 oz 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, Dora the Explorer



KELLOGG'S:
*All-Bran Complete Wheat Flakes, Kellogg's Corn Flakes, Crispix, Mini Wheats – *Frosted Little Bites, *Unfrosted Bite Size, *Frosted Original; Rice Krispies, Special K – Original; Product 19



MOM Brands: Crispy Rice, Mini-Spooners – *Frosted, *Strawberry Cream, *Blueberry; Oat Blenders – With Honey, With Honey & Almonds; Original Hot Wheat



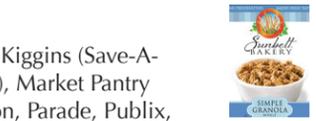
POST: Great Grains – *Banana Nut Crunch, *Grape Nuts – The Original, *Grape Nut Flakes, *Alpha Bits, *Bran Flakes, Honey Bunches of Oats – Almonds, Cinnamon Bunches, Honey Roasted, *Vanilla Bunches; *Honey Nut Shredded Wheat



QUAKER: *Life, Oatmeal Squares – *Brown Sugar, Cinnamon, *Instant Oatmeal – Regular in 12 - .98 oz packs, Instant Quaker Grits in Regular Box or 12 – 1 oz packs – Original, Real Butter



SUNBELT BAKERIES: *Simple Granola Whole Grain



STORE BRAND/PRIVATE LABEL: Best Choice, Essential Everyday, Flavorite, Food Club (Food City), Great Value, Hospitality, Hytop, IGA, Jasper, Kiggins (Save-A-Lot), Kroger, Laura Lynn (Ingles), Market Pantry (Target), My Essentials/Food Lion, Parade, Publix, Ralston, Red & White, Southern Home (Bi-Lo), Sure-Fine, Valu Time – Corn Flakes, Crisp Rice/Crispy Rice, and *Toasted Oats/Tasteo's/ Happy O's

ALWAYS SAVE – *Toasted Oats/Tasteos and Crisp Rice/Crispy Rice

KESSLER – Corn Flakes

HOW TO BUY UP TO 36 OZ. OF CEREAL

$$24 \text{ OZ} + 12 \text{ OZ} = 36 \text{ OZ.}$$

$$18 \text{ OZ} + 18 \text{ OZ} = 36 \text{ OZ.}$$

$$20.5 \text{ OZ} + 15.5 \text{ OZ} = 36 \text{ OZ.}$$

$$20 \text{ OZ} + 16 \text{ OZ} = 36 \text{ OZ.}$$

$$12 \text{ OZ} + 12 \text{ OZ} + 12 \text{ OZ} = 36 \text{ OZ.}$$



MILK and MILK SUBSTITUTES

MILK

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

Can buy when on FI: Reduced fat (2%); whole (12 - 23 mos. only); lactose reduced or lactose-free (largest available size including quarts or half-gallon); ultra high temperature (UHT); non fat dry powdered; goat's; evaporated; buttermilk
Cannot buy: Chocolate milk or non-dairy beverages (except when soy beverage is on FI); organic

MILK SUBSTITUTES

TOFU (allowed when on FI)

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

SOY BEVERAGE (allowed 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 (non-refrigerated quarts)

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

Silk – Original (refrigerated half-gallons and quarts)

YOGURT

The following low-fat and non-fat brands and flavors in 32 oz tubs when allowed on FI:

Yoplait – Low-Fat Original Vanilla, Strawberry, Strawberry-Banana, Harvest Peach; Fat-Free Original Plain; Greek 100 Fat-Free Plain, Vanilla

Dannon – Natural Flavors Vanilla, Low-Fat Plain, Non-Fat Plain

Oikos – Plain 0%, Vanilla, Triple Zero Vanilla;

Store Brand/Private Label low-fat and non-fat in 32 oz tubs:
 Great Value (Walmart) – Low-Fat Vanilla, Strawberry, Strawberry Banana, Peach; Non-Fat Plain; Greek Non-Fat Plain, Vanilla

Kroger – Low-Fat Plain, Vanilla; Non-Fat Plain

Coburn Farms (Save-A-Lot) – Low-Fat Vanilla, Plain

My Essentials/Food Lion – Swiss Style Low-Fat Vanilla; Non-Fat Plain

Essential Everyday (Supervalu) – Blended Plain Low-Fat; Blended Low-Fat Vanilla, Peach, Raspberry, Strawberry, Strawberry Banana; Blended Plain Fat-Free; Plain Greek Non-Fat; Vanilla Greek Non-Fat

The following whole fat brands in 32 oz tubs when allowed on FI:

Dannon – Plain Natural;

Oikos Plain 4%

Store Brand/Private Label

whole fat in 32 oz tub:

Great Value (Walmart)

Greek Whole Milk

(ages 12-23 months only)



JUICE



Allowable size(s) will be on FI
 48 oz can or plastic in these varieties:
 Any brand of Orange or Grapefruit (White, Ruby Red, or Pink) labeled 100% juice and at least 120% Vitamin C



Juicy Juice – All Flavors
Lucky Leaf – Apple
Northland – Cranberry
Seneca – Apple



11.5/12 oz frozen in these varieties:
 Any brand of Orange or Grapefruit (White, Ruby Red, or Pink) labeled 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



64 oz plastic bottle in these varieties:
 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



Can buy for all juices: Calcium fortified; blends

Cannot buy for all juices: Bottled or carton from dairy case; fruit drinks or juice cocktails; sweetened; added spices; organic



CHEESE

CHEESE

8 or 16 oz package of approved varieties in store or private label brand (unless none carried) of Mozzarella, Cheddar, Colby, Monterey Jack, Process American in:

Block (Cabot brand allowed when on FI); **slices** (includes individually wrapped that is not cheese food, product or imitation); **string or sticks**; blends of approved varieties; low, free, reduced, less or light in sodium, fat or cholesterol

Cannot buy: Shredded or cubed; from deli or cheese shop (unless not sold elsewhere in store); imported; flavored or smoked; added ingredients or seasonings; cheese foods, spreads, products or imitation cheeses; organic

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/PEAS

16 oz bag of plain dry beans, peas or lentils
 Not allowed: Seasoning packets; organic

CANNED BEANS

15-16 oz cans of plain beans
 Includes garbonzo beans (chick peas), black-eyed peas, crowder peas and purple hull peas

Can buy: Added sugar; reduced sodium; baked (when on FI)

Cannot buy: Green peas, green beans, snap beans, yellow beans or wax beans; added meat, sauces, spices, vegetables or fruits; soups; organic

CANNED FISH FOR WOMEN WHO FULLY BREASTFEED

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; with added sauces and flavorings, e.g., tomato sauce, mustard or lemon; oil or water packed; with bones or skin; regular or low sodium

Cannot buy: Albacore tuna; king mackerel; smoked products; organic

PEANUT BUTTER

16-18 oz jar in glass or plastic

Can buy: Creamy (smooth) or chunky (crunchy); refrigerated or non-refrigerated; regular or reduced sodium; added vitamins

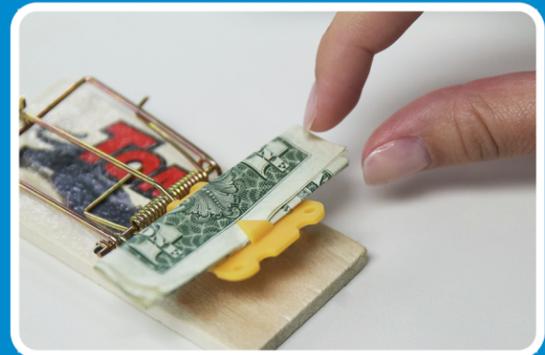
Cannot buy: Reduced fat; peanut butter spreads; added marshmallows, honey, jelly, chocolate or similar ingredients; store ground; organic



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

CONSUMER ALERT

DON'T FALL FOR THE TRAP!



BUYING, SELLING, OR TRADING WIC FOODS IS ILLEGAL!

If you buy, sell, or trade WIC foods or breast pumps, it could result in criminal charges and/or disqualification from participating in the WIC Program.

To report suspected fraud
 Call 1-800-342-5942



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