

TENNESSEE WIC



Effective
October 1, 2016 -
Sept 30, 2018

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
- 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, 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, 100% whole wheat fajita style
- 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), Laura Lynn
Corn Store Brand/Private Label: Best Choice, Shurfresh

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

- Hodgson Mill** – Spaghetti, Angel Hair, Thin Spaghetti, Whole Wheat Spirals, Elbow
- Gia Russa** – Angel Hair, Linguine, Roman Rigatoni
- Barilla** – Spaghetti, Penne, Angel Hair, Elbows, Linguine, Medium Shells, Rotini, Thin Spaghetti



Store Brand/Private Label: Essential Everyday Whole Wheat (Supervalu) – Spaghetti, Thin Spaghetti, Macaroni, Penne, Rotini
Shurfine – 100% Whole Wheat Spaghetti, Penne Rigate
Great Value – Spaghetti, Thin Spaghetti, Penne, Rotini
Kroger – Thin Spaghetti, Spaghetti, Rotini, Penne Rigate
Laura Lynn- Spaghetti, Rotini, Penne

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 Fruit

Allowed:
Any variety of fresh fruits- whole or cut
Organic OK

Not allowed:

No items from the salad bar, party trays, fruit baskets
No decorative vegetables and fruits
No nuts, including peanuts, fruit/nut mixtures
No dried fruit

Frozen Fruit

Allowed:
Any variety or mixture of plain fruits without added sugar, fats, oils, or salt (e.g., sodium)
Any size
Organic OK

Fresh Vegetables:

Allowed:
Any variety of fresh vegetables- whole or cut
Organic OK

Frozen Vegetables

Any variety or mixtures of vegetables with no salt, butter, cheese, oils, seasonings, or breading
Any size
Organic OK



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, *Multi-Grain; Ancient Grains
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; Chocolate Hot Wheat; CoCo Wheats

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, Whole Grain Almond Crunch

QUAKER: *Life – Cinnamon, Vanilla, 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, 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 OZ + 12 OZ		= 36 oz.
18 OZ + 18 OZ		= 36 oz.
20.5 OZ + 15.5 OZ		= 36 oz.
20 OZ + 16 OZ		= 36 oz.
12 OZ + 12 OZ + 12 OZ		= 36 oz.

MILK and MILK SUBSTITUTES

MILK

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

Can buy when on FI: Reduced fat (2%), Whole (12 - 23 mos. only), Lactose-free, Ultra-high temperature (UHT), Nonfat dry powdered, Low fat goat milk, Evaporated milk, 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, Extra 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

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

Oikos – Plain 0%, Vanilla, Triple Zero Vanilla

Chobani– Nonfat Strawberry, Vanilla, Plain

Lala– Low-fat strawberry-banana, Strawberry, Peach, Mango

Morning Fresh Farms– Low-Fat Vanilla, Nonfat Plain

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

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

Food Club– Low-Fat Regular Plain, Low-Fat Blended Vanilla, Strawberry

Food Lion – Low-Fat Vanilla; Non-Fat Plain

Laura Lynn (Ingles) – Low-Fat Peach, Strawberry, Vanilla; Non-Fat Plain; Non-Fat Greek Vanilla

Taste of Inspirations – Greek Non-Fat Vanilla, Plain

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

Dannon – Plain Natural;

Oikos Plain 4%

Chobani– 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:
Grapefruit - Any brand (labeled 100% Juice and at least 120% of Daily Requirement of Vitamin C) Orange - Any brand (labeled 100% Juice and at least 120% of Daily Requirement of Vitamin C)



Dole – Pineapple
Old Orchard – Apple, Berry Blend, Cranberry Blend, Grape, Pineapple
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/Grape, Cranberry/Pomegranate, Cranberry/Raspberry
Musselman's – Apple



Old Orchard – Apple, Apple/Cranberry, Berry Blend, Black Cherry/Cranberry, Blueberry/Pomegranate, Cranberry/Pomegranate, Grape, Kiwi/Strawberry, Peach/Mango, Wild Cherry



Seneca - Apple



V8 100% Vegetable Juice -Regular, Low Sodium
Welch's – Grape, White Grape, Red Grape
White House – Apple, Natural Apple



64oz (half gallon) refrigerated containers
Single flavored Orange Juice with 120% or more daily Vitamin C



Can buy for all juices: Calcium fortified; blends

Cannot buy for all juices: fruit drinks or juice cocktails; sweetened; added spices; organic

CHEESE

CHEESE Must be in an 8 to 16 oz package.

ALLOWED:

Block
Sliced (Includes individually wrapped NOT labeled cheese food, cheese product or imitation cheese) or
String, Stick, Shredded or Cubed of:
Mozzarella, Cheddar, Colby, Monterey Jack, Process American (Deluxe), Provolone, Swiss and Muenster in 8 or 16 oz. size packages.
Blended cheeses of any of the above
Cheeses that are labeled low, free, reduced, less or light in sodium, fat or cholesterol

NOT ALLOWED:

Added ingredients or seasonings
Flavored cheeses such as smoked
Cheese foods, spreads, or product
Imitation cheese
Imported cheese
Cheese from store delicatessen or cheese shop
Organic

EGGS

Allowed

One dozen carton, Large
Grade A White

Not allowed

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 garbanzo beans (chick peas), black-eyed peas, crowder peas and purple hull peas

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

Not allowed: Green peas, green beans, lima 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

Allowed

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

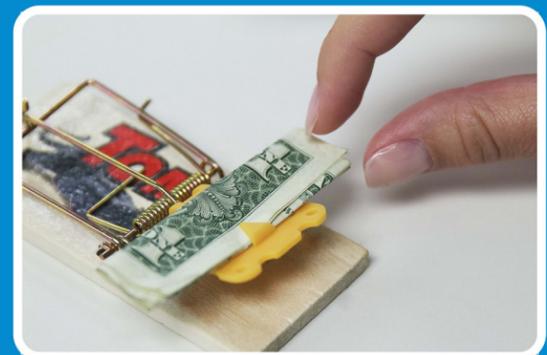
Not allowed

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 2 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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(3) email: program.intake@usda.gov.

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