

Program Acceptable Foods Card

Milk Good source of calcium, protein, and vitamin D

- Your WIC check lists the milk fat content you must buy. It also lists whether you must buy lactose reduced or lactose free milk.
- **FLUID:** Pasteurized milk. Purchase the largest container available (gallons, 96 ounces, half gallons, or quarts) or the unit specified on the WIC check.
- **EVAPORATED/CANNED:** 12-ounce cans only
- **DRY/POWDERED:** 25.6-ounce boxes only
- **NOT ALLOWED:** Flavored, organic, or sweetened condensed milk; buttermilk or milk with added calcium

Tofu Good source of soy protein 14-16 ounces

- **HOUSE: Premium or Organic Tofu** - Soft, Medium Firm, Firm
- **NASOYA: Organic Tofu** - Soft, Firm, Lite Firm, Lite Silken
- **NATURE'S PROMISE: Organic Tofu** - Firm
- **SOYBOY: Organic Tofu** - Firm, Extra Firm
- **STOP & SHOP: Organic Tofu** - Firm
- **WEGMANS: Organic Tofu** - Firm
- **WHOLE FOODS MARKET: Organic Tofu** - Firm



Soy Beverage Good source of soy protein

- **8TH CONTINENT:**
Soy milk - Original (64-ounce refrigerated carton)
- **HAPPY PRODUCTS**
Original Happy Soy (32-ounce shelf-stable carton)
- **PACIFIC NATURAL FOODS:**
Ultra Soy - Plain (32-ounce shelf-stable carton)

Cheese Good source of protein and calcium

- Pasteurized Process American, Monterey Jack, Mozzarella, Cheddar, Colby
- Purchase in blocks or slices from the dairy case marked with weight, type, and cost. Reduced and low fat varieties are allowed. Deli cheese is only allowed for American Cheese.
- **NOT ALLOWED:** Cheese foods, products or spreads; shredded, grated, cubed, string, or stick cheese; flavored, blended, imported, or organic cheese; individually wrapped slices

Eggs Good source of protein and iron

- **Medium or Large:** White or brown
- **NOT ALLOWED:** Jumbo and extra large eggs; high-cost specialty eggs (including organic, reduced cholesterol, cage free/free range, Omega-3)

Breakfast Cereals for Women and Children Good source of iron, B vitamins, and other nutrients

All cereals are 'whole grain' unless marked with an *. Purchase 12-ounce packages or larger (All cereals may not be available statewide)

COLD CEREALS

Store Brands

- **CORN FLAKES:*** America's Choice, Best Yet, Flavorite, Food Club, Foodtown, Great Value, Hannaford, Hy-Top, IGA, Kemach, Krasdale, Parade, Pathmark, Price Chopper, Price Rite, Ralston, Red & White, Richfood, ShopRite, Shurfine, Stop & Shop, Taanug, Tops, Wegmans, Weis, White Rose, Western Beef
- **OAT CEREALS:**
Toasted Oats: Best Yet, Food Club, Great Value, Hannaford, Hy-Top, IGA, Kemach, Krasdale, Parade, Pathmark, Price Chopper, Price Rite, Red & White, Richfood, Rollin Oats, ShopRite, Shurfine, Taanug, Wegmans, White Rose
Tasteos: Foodtown, IGA, Ralston
Oats & O's: Stop & Shop, Tops

- **SHREDDED WHEAT CEREALS:**
Frosted Shredded Wheat: America's Choice, Foodtown, Price Chopper, Price Rite, Ralston, ShopRite, Shurfine, Stop & Shop, Tops, Valu Time
Frosted Shredded Wheat (Bite Size): Best Yet, Flavorite, Food Club, Hannaford, IGA, Nature's Crunch, Pathmark, Price Rite, Richfood, ShopRite, Shurfine, Stop & Shop, Tops
- **RICE CEREALS:***
Crisp Rice: Best Yet, Food Club, Great Value, Price Rite, Shurfine
Crispy Rice: Foodtown, Hannaford, Pathmark, Ralston, Stop & Shop, Tops, Weis
Scrunchy Crispy Rice: ShopRite

National Brands

- **GENERAL MILLS:** Cheerios (regular only), Corn Chex*, Kix (regular only)*, Rice Chex*
- **KELLOGG'S:** Corn Flakes (regular only)*, Frosted Mini-Wheats (Bite Size), Mini-Wheats Unfrosted (Bite Size)
- **MALT-O-MEAL:** Frosted Mini Spooners
- **POST:** Grape-Nuts (regular only), Grape-Nuts Flakes, Honey Bunches of Oats (with Vanilla Bunches)
- **Quaker:** Life (regular only), Oatmeal Squares (A Hint of Brown Sugar)



Helpful Shopping Hints!

Remember to use coupons and store cards to get the most food for your check. Here are examples of ways to get your 36 ounces of cereal:

12 oz. + 12 oz. + 12 oz. = 36 oz.
12 oz. + 24 oz. = 36 oz.
15 oz. + 21 oz. = 36 oz.
18 oz. + 18 oz. = 36 oz.

Unit Equivalents:

16 ounces = 1 pound
4 quarts = 1 gallon

8 ounces = 1/2 pound
2 quarts = 1/2 gallon





HOT CEREALS

**Grits*** (Individual serving packets only)

- **FLAVORITE:** Instant Grits (Original Flavor, Butter Flavor)
- **GREAT VALUE:** Instant Enriched Grits (Original Flavor, Butter Flavor)
- **QUAKER:** Instant Grits (Original, Butter Flavor)

Hot Wheat Cereal (Bulk packaging only)

- **B&G FOODS:**
Cream of Wheat Whole Grain (2 ½ minute),
Cream of Wheat (1, 2 ½, 10 minute)*
- **MALT-O-MEAL:** Original Hot Wheat Cereal*
- **US MILLS:** Farina Creamy Hot Wheat Cereal (Original)*

**Oatmeal** (Bulk packaging only)

- **HOMESTAT FARM:**
Maypo Oatmeal - Vermont Style,
Maypo Instant Oatmeal - Maple Flavor

Infant Cereal* (Bulk packaging only)

- **GERBER:** Cereal for Baby
(8 and 16-ounce box; plain cereal without fruit or formula)
- **BEECH-NUT:** Cereal for Baby
(8 and 16-ounce box; plain cereal without fruit or formula)
- **REMINDER:** The infant cereals listed may be purchased for adults and children older than 12 months of age. Only the brand specified on the WIC check may be purchased for infants less than 12 months old.

100% Juice Good source of vitamin C

(Grapefruit, orange, and pineapple juices are allowed with or without added calcium; any pulp content; combinations of these juices are allowed)

NOT ALLOWED: Products that are not 100% juice (drinks, ades, nectars, beverages, Hi-C, cocktails, twisters, or coolers)

48-Ounce Plastic Bottles

- **GRAPEFRUIT, ORANGE, PINEAPPLE:** "Any Brand"
- **APPLE:** Apple & Eve, Gefen, Haddar, Happy Products, Lucky Leaf, Musselman's, Nestle Juicy Juice, Red & White, Seneca, Shurfine
- **GRAPE:**
Purple & White:
Hannaford, Happy Products, Key Food, Red & White, ShopRite
Purple: Nestle Juicy Juice, White Rose
- **JUICE BLENDS:**
Apple & Eve:
Cranberry Apple, Cranberry Raspberry, Naturally Cranberry
Happy Products: Apple Cherry & Grape, Apple Cranberry, Apple Mango,
Apple Passion Pineapple, Cranberry Blend, Cranberry Grape, Fruit Blend
Nestle Juicy Juice: Orange Tangerine
Northland: Cranberry, Cranberry Grape, Cranberry Raspberry

11.5-Ounce Cans (Shelf-stable concentrates)

- **JUICE BLENDS:**
Nestle Juicy Juice: "Any Flavor"
Welch's: 100% Juice Pourable Concentrates: "Any Flavor"

11.5—12-Ounce Cans (Frozen concentrates)

- **GRAPEFRUIT, ORANGE, PINEAPPLE:** "Any Brand"
- **APPLE:** Flavorite, Great Value, Hannaford, Hy-Top, IGA, Old Orchard, Parade, Price Chopper, Price Rite, Richfood, Seneca, ShopRite, Shurfine, Sunrise Valley, Wegmans (regular, with calcium)
- **GRAPE:**
Purple & White: Old Orchard, Welch's
Purple: Great Value, Hannaford, Seneca, ShopRite
- **JUICE BLENDS:**
Old Orchard: Apple Cherry, Apple Cranberry, Apple Raspberry, Cranberry, Cranberry Raspberry
Welch's: White Grape Cranberry, White Grape Peach, White Grape Pear, White Grape Raspberry



Juice is part of a healthy diet, but it also has lots of calories and sugar. That's why it's not good to drink too much. Children only need 4 to 6 ounces per day.

16-Ounce Cans (Frozen concentrates)

- **GRAPEFRUIT, ORANGE, PINEAPPLE:** "Any Brand"

64-Ounce Refrigerated Paper Cartons

- **GRAPEFRUIT, ORANGE, PINEAPPLE:** "Any Brand"

64-Ounce Plastic Bottles

- **GRAPEFRUIT, ORANGE, PINEAPPLE:** "Any Brand"
- **APPLE:** Flavorite, Food Club, Hy-Top, IGA, Lucky Leaf, Musselman's, Nestle Juicy Juice, Old Orchard, Parade, Price Chopper (regular, plus calcium), Red & White, Stop & Shop (regular, with calcium, not from concentrate), Tipton Grove, Wegmans (regular, with calcium)
- **GRAPE:**
Purple & White: Hannaford, Nestle Juicy Juice, Old Orchard, Richfood, Stop & Shop, Welch's
Purple: Bay Mist, Krasdale, Parade, Price Rite, Red & White, Wegmans
- **JUICE BLENDS:**
Nestle Juicy Juice: "Any Flavor"
Old Orchard: Apple Cranberry, Berry Blend
Hannaford: Apple & Grape Juice Blend, Berry Blend, Cranberry Grape, Cranberry Raspberry
Price Chopper: Totally Juice Berry Flavor, Totally Juice Grape Flavor
Wegmans: Apple Grape, Berry, White Grape Cranberry, White Grape Peach



Cook Together. Eat Together. Talk Together.
Make Mealtime a Family Time.

Canned Fish Good source of protein

- Canned fish is only allowed for women who are fully breastfeeding.
- **Light Tuna:** "Any Brand" (5 and 6-ounce cans)
- **Pink Salmon:** "Any Brand" (5, 6, and 7.5-ounce cans)
- **Sardines:** "Any Brand" (3.75-ounce cans)
- May be packed in water or oil
- May contain bones and skin
- **NOT ALLOWED:** Albacore tuna, blueback salmon, red salmon; flavored; with added ingredients; pouches, individual serving containers



Peanut Butter

Good source of protein and iron
18-ounce jar

- **“Any Brand”:** Crunchy and smooth are allowed. Low fat varieties are allowed.
- **NOT ALLOWED:** Peanut spread, freshly ground or whipped peanut butter; peanut butter mixed with jelly, marshmallow, chocolate or honey; peanut butter with added vitamins and minerals



Brown Rice

Good source of fiber and B vitamins
14–16-ounce or 28–32-ounce package

- **“Any Brand”:** Plain brown rice in boxes or bags; may be instant, quick, or regular cooking

Whole Grain Bread Products

Good source of fiber and B vitamins 16 ounces

- **ALVARADO STREET BAKERY:** Essential Flax Seed Bread
- **ARNOLD:** Stone Ground 100% Whole Wheat Bread
- **CHAIM’S:** Whole Wheat Bread, Whole Wheat Mini Rolls
- **COUNTRY KITCHEN:** Whole Grain Wheat Italian Bread
- **HARVEST TIME:** 100% Whole Wheat Bread with Flax
- **MEHADRIK BAKERY:** 100% Whole Wheat Bread, 100% Whole Wheat Mini Mix Rolls
- **MONKS’:** 100% Stone Ground Wheat Wholegrain Bread, 20 Grain and 4 Seeds Bread
- **NSA BREAD:** Whole Wheat Bread
- **PATHMARK:** 100% Whole Wheat Bread
- **PEPPERIDGE FARM:** Stone Ground 100% Whole Wheat Bread, Very Thin Sliced Soft 100% Whole Wheat Bread, Whole Grain Seeded Rye Bread
- **RUBSCHLAGER:** 100% Rye Rye-Ola Sunflower Bread, 100% Whole Wheat Bread, Cocktail Rye Bread, Cocktail Whole Grain Bread, European Style Whole Grain Bread
- **SARA LEE:** Classic 100% Whole Wheat Bread
- **SHOPRITE:** Whole Wheat Bread
- **STERN’S:** 100% Whole Wheat Bread, 100% Whole Wheat Rolls, Whole Grain Bread
- **STOP & SHOP:** 100% Whole Wheat Bread (No Salt Added)
- **STROEHMANN:** Small Wheat Bread
- **SUNBEAM:** 100% Whole Wheat Bread
- **WEIGHT WATCHERS:** Multi-Grain Bread
- **WINDMILL FARMS:** 100% Stone Ground Whole Wheat Bread - Hamotzie, 100% Stone Ground Whole Wheat Bread - Mezonos, Six Pak Whole Wheat Rolls
- **WONDER:** Soft 100% Whole Wheat Bread



Infant Cereal

Good source of iron

- This is the only brand of cereal allowed for infants up to 12 months old: **Gerber Cereal for Baby**
- Plain varieties only: barley, oatmeal, rice, whole wheat, or mixed
- 8 and 16-ounce containers are allowed
- **NOT ALLOWED:** Organic, extra ingredients such as DHA, fruit, formula, or added protein

Infant Formula

Your WIC check lists the brand, size, and form (powder, concentrate, or ready to use) that you must buy.

Beans, Peas, and Lentils

Good source of protein, iron, and fiber 14-16 ounces

- **“Any Brand” Dry, “Any Brand” Canned:** Any variety of plain, mature beans, peas, or lentils
- **NOT ALLOWED:** Baked beans, pork and beans; canned beans containing added sugars, fats, meat, or oils. Green beans, green peas, snap beans, orange beans, and wax beans may not be purchased with a WIC check that says “Canned Beans”. But you may use your WIC Vegetables and Fruits check to purchase these types of canned foods.

Whole Grain Tortillas

Good source of fiber and B vitamins 14-16 ounces

- **CARLITA:** 8 Whole Wheat Tortillas
- **CELIA’S:** Corn Tortillas, Whole Wheat Flour Tortillas
- **CHI-CHI’S:** White Corn Tortilla, Whole Wheat Tortilla
- **DON PANCHE:** White Corn Tortillas, Whole Wheat Tortillas
- **EL GORDO:** Corn Tortillas
- **HANNAFORD:** Whole Wheat Tortillas
- **HAPPY PRODUCTS:** Whole Grain Corn Tortillas, Whole Wheat Tortillas
- **LA BANDERITA:** Corn Tortillas, Whole Wheat Tortillas
- **LA BURRITA:** Corn Tortillas
- **MEXAMERICA:** 100% Whole Wheat Tortillas with a touch of Honey
- **MISSION:** Whole Wheat Tortillas, Yellow Corn Tortillas - Extra Thin
- **ORTEGA:** 10 Whole Wheat Tortillas
- **PIAXTLA:** Corn Tortillas
- **SHURFINE:** Whole Wheat 8 Fajita Style Tortillas
- **TIA ROSA:** 10 Wheat Tortillas
- **WEGMANS:** Whole Wheat Tortilla

Baby Food - Vegetables and Fruits

Good source of vitamins

- **BEECH-NUT 4-ounce containers:**
Stage 2: Vegetables: “Single Vegetable” varieties only; Butternut Squash, Tender Golden Sweet Potatoes, Tender Sweet Carrots, Tender Sweet Peas, Tender Young Green Beans
Stage 2: Fruits: “Single Fruit” varieties only; Applesauce, Chiquita Bananas, Peaches, Pears
- **GERBER 4-ounce containers:**
2nd Foods: Vegetables: “Single Vegetable” varieties only; Carrots, Green Beans, Peas, Squash, Sweet Potatoes
2nd Foods: Fruits: “Single Fruit” varieties only; Applesauce, Bananas, Pears
- **NOT ALLOWED:** Any other brand or variety of baby food vegetables and fruits (including organic, with DHA); no guava, mango, papaya

Baby Food - Meats

Good source of iron and zinc

- **BEECH-NUT 2.5-ounce containers:**
Stage 1: Beef & Beef Broth, Chicken & Chicken Broth, Turkey & Turkey Broth
- **GERBER 2.5-ounce containers:**
2nd Foods: Beef & Beef Gravy, Chicken & Chicken Gravy, Ham & Ham Gravy, Turkey & Turkey Gravy



Your Breast Milk

The perfect source of everything your baby needs

At WIC you will get a food package of greater value to support your milk supply and keep you strong while you take care of your growing baby.

Acceptable Foods for Vegetables & Fruits Checks

Vegetables and fruits are good sources of vitamins. Use these checks for fresh, frozen, or canned vegetables and fruits. Organic vegetables and fruits are allowed. * "White potatoes" are any potatoes other than sweet potatoes and orange yams.

Fresh Vegetables & Fruits

- **ALLOWED:**
 - Any variety of fresh vegetables and fruits except white potatoes* (Note: Sweet potatoes and yams are allowed)
 - Bagged salad mixtures, bagged vegetables
- **NOT ALLOWED:**
 - White potatoes*
 - Items from the salad bar
 - Party trays, fruit baskets, decorative vegetables and fruits, dried products
 - Nuts, including peanuts, fruit/nut mixtures
 - Herbs, spices, salad dressing



Kids learn from watching you.
Eat veggies and fruits and your kids will too.

Canned Fruits

- **ALLOWED:**
 - Any brand packed in water or juice
 - Any plain fruit, plain fruit mixtures (except fruit cocktails)
 - Any container type (metal, plastic, glass)
 - Any size (except single-serving packages)
 - Applesauce—"No sugar added" or "Unsweetened" varieties only
 - Products with artificial sweeteners
- **CHOOSE CONTAINERS THAT SAY:**
 - "In its own juice", "In pear juice from concentrate", "In unsweetened pineapple juice"
 - "Naturally sweet"
 - "100% pure fruit and juice", "100% natural"
 - "No sugar added", "Unsweetened"
- **NOT ALLOWED:**
 - Fruit cocktails, cranberry sauce, pie filling
 - Any syrup (heavy, light, "Naturally light", extra light, etc.)
 - Added sugar ("Lightly sweetened in fruit juice", etc.), nectar
 - Added salt, fat, oils
 - Single-serving packages

Frozen Fruits

- **ALLOWED:**
 - Any brand with no added sugar
 - Any plain fruit, plain fruit mixtures
 - Any package type (bag, box)
 - Any size
- **NOT ALLOWED:**
 - Ingredients other than fruit (including sugar)
 - Products packaged in tubs

Canned Vegetables

- **ALLOWED:**
 - Any brand
 - Any plain vegetable, plain vegetable mixtures (without potatoes)
 - Any container type (metal, plastic, glass)
 - Any size
 - Regular, low sodium
- **NOT ALLOWED:**
 - White potatoes*, sweet potatoes, yams, sauerkraut
 - Pickled or creamed vegetables (including corn)
 - Baked beans, pork and beans
 - Mature legumes such as black beans, blackeye peas, garbanzo beans, kidney beans, lima beans, pinto beans, navy beans, soybeans, split peas, and lentils - these foods can be purchased with WIC checks that say "Canned Beans"
 - Soups, ketchup, relishes, olives
 - Products with added fats, oils, condiments

Frozen Vegetables

- **ALLOWED:**
 - Any brand
 - Any plain vegetable, plain vegetable mixtures (without white potatoes)*
 - Any package type (bag, box)
 - Any size (except single-serving packages)
 - With or without salt
- **DO NOT CHOOSE CONTAINERS THAT SAY:**
 - Cheese sauce; any other type of sauce
 - Seasoned, flavored, breaded
- **NOT ALLOWED:**
 - White potatoes*
 - French fries, hash browns, tater tots, other shaped potatoes
 - Vegetables with sauces
 - Vegetables mixed with pasta, rice, or any other ingredient
 - Single-serving packages

Canned Tomato Products

- **ALLOWED:**
 - Any brand
 - Metal cans only
 - Any size
 - Pastes, purees, whole, crushed tomatoes
- **NOT ALLOWED:**
 - Soups, salsa, sauces (pizza, spaghetti, or tomato), stewed tomatoes, diced tomatoes
 - Added sugars, seasonings, fats, oils



SHOPPING TIPS

- Vegetables and fruits are nutritious whether fresh, frozen, or canned. Compare prices to get the best buy.
- If your purchases add up to less than the value of your check, you will not get change back. If your purchases add up to more than the check value, with a Vegetables & Fruits check you may either put back some of the items or you may pay the difference between the purchase price and the check value.