



# WIC Acceptable Foods Card

## Milk Your WIC check lists the fat content you must buy

- ✓ **MILK:** Buy the largest container available (gallons, 96 ounces, half gallons, or quarts) or the size listed on the WIC check
- ✓ **EVAPORATED/CANNED MILK:** 12-ounce container only
- ✓ **DRY/POWDERED MILK:** 25.6-ounce container only
- ✓ **LACTOSE FREE MILK:** Buy the largest container available or the size on the WIC check
- ✓ **KOSHER MILK:** Buy the largest container available or the size on the WIC check

**NOT ALLOWED:** Flavored, organic, or sweetened condensed milk; buttermilk or milk with added calcium; reduced fat (2%) milk

## Cheese

- ✓ Pasteurized Process American, Monterey Jack, Mozzarella, Cheddar, Colby, Swiss, Muenster, Provolone, or blends of any of these cheeses
- ✓ Purchase in blocks or slices
- ✓ Must add up to the number of ounces on check (can be 1 or more packages)
- ✓ **KOSHER CHEESE** if printed on your WIC check

**NOT ALLOWED:** Imported cheese; cheese foods, products or spreads; cracker cuts; shredded, grated, cubed, string, or stick cheese; flavored or organic cheese; individually wrapped slices

## Yogurt Your WIC check lists the fat content you must buy

- ✓ Exactly 32-ounce container OR any combination of sizes that adds up to exactly 32 ounces.
- ✓ **Any brand:** Plain, Plain Greek, Organic Plain, Organic Plain Greek
- ✓ **KOSHER YOGURT** if printed on your WIC check

**NOT ALLOWED:** Flavored (such as vanilla, fruit), mix-in ingredients, drinkable/squeezable yogurt, frozen yogurt

## Soy Beverage

- ✓ **8TH CONTINENT:**  
Soymilk – Original and Vanilla (32-ounce shelf-stable)  
Soymilk – Original and Vanilla (64-ounce refrigerated)
- ✓ **PACIFIC NATURAL FOODS:**  
Ultra Soy – Original and Vanilla (32-ounce shelf-stable)
- ✓ **SILK:**  
Soymilk – Original (32 or 64-ounce refrigerated)  
Soymilk – Original (128-ounce refrigerated multi-pack)
- ✓ **WESTSOY:**  
Organic Plus Soymilk – Plain (32 or 64-ounce shelf-stable)  
Plus Soymilk – Vanilla (32 or 64-ounce shelf-stable)

## Eggs

- ✓ **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)

## Peanut Butter 16-18-ounce jar

- ✓ **Any brand:** crunchy, chunky, creamy, smooth, natural and reduced fat varieties are allowed.

**NOT ALLOWED:** Peanut spread, freshly ground or whipped peanut butter; peanut butter mixed with jelly, marshmallow, chocolate or honey; organic peanut butter, peanut butter with added vitamins and minerals, or other added ingredients (Omega 3, DHA & EPA, Palm Oil, etc.)

## Beans, Peas, and Lentils

To lower salt intake,  
rinse canned beans,  
peas, lentils

- ✓ **Dry:** Any brand, 1-pound bag of mature beans, peas, lentils
- ✓ **Canned:** Any brand, 15-16-ounce can of mature beans, peas, lentils

**NOT ALLOWED:** Baked beans, pork and beans; canned beans containing added sugars, fats, meat, or oils. Immature beans/peas (for example: green beans, green peas, snap beans, orange beans, wax beans).

## Canned Fish

To lower fat intake,  
choose water-packed fish

- ✓ **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

## Tofu 14-16-ounce package

- ✓ **AZUMAYA:** Japanese Style Tofu – Firm, Extra Firm
- ✓ **HOUSE:** Premium or Organic Tofu – Soft, Medium Firm, Firm, Extra Firm
- ✓ **NATURE'S PROMISE:** Organic Tofu – Firm
- ✓ **NASOYA:** Organic Tofu – Silken, Lite Firm, Firm, Extra Firm
- ✓ **WEGMANS:** Organic Tofu – Firm
- ✓ **VITASOY:** San Sui or Korean Sprouted Organic – Soft, Firm, Extra Firm

## Baby Food – Vegetables and Fruits

### 4-ounce containers

- ✓ **BEECH-NUT or GERBER:**
  - ✓ Any single fruit or vegetable
  - ✓ Any combination of different vegetables and fruits
- NOT ALLOWED:** Organic, pouches, mixtures including non-fruit or non-vegetable ingredients such as meat, yogurt, rice, noodles
- BANANAS:** Some checks will also provide fresh whole bananas

## Infant Formula

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

## Baby Food – Meats 2.5-ounce containers

- ✓ **BEECH-NUT or GERBER:** Any meat with broth or gravy
- Kosher Baby Food Meats:** These brands are printed on your WIC check
- ✓ **TUV TAAM:** Beef Puree & Broth, Chicken Puree & Broth
  - ✓ **FIRST CHOICE:** Chicken with Gravy, Turkey with Gravy

## Infant Cereal

Check must say Gerber Cereal for Baby  
8 and 16-ounce containers are allowed

- ✓ **GERBER:** Cereal for Baby only  
Plain varieties only: oatmeal, rice, whole wheat, or multigrain
- NOT ALLOWED:** Organic, extra ingredients such as DHA, fruit, formula, or added protein

## Breakfast Cereals

To increase fiber intake, choose whole grain cereal.  
All cereals are 'whole grain' unless marked with the symbol ❖

- ✓ Purchase 12-ounce boxes or larger

**NOT ALLOWED:** Organic cereal, boxes with single serving packets

## Store Brands\* Any store brand can be purchased for the following kinds of cereals

- ✓ **Corn Flakes\* - plain**
- ✓ **Shredded Wheat - plain or frosted**



- ✓ **Oat Squares – plain. Also called: *Crisp Oat Squares, Crunchy Oat Squares, Oat Crisps***



- ✓ **Wheat Flakes - plain**
- ✓ **Oat O's – plain. Also called: *Toasted Oats, Tasteos, Oats & O's***
- ✓ **Multigrain Flakes with Oat Clusters\* – with or without almonds. Also called:**



**Honey Crunchin' Oats, Honey & Oats, Honey Oat Clusters, Honey Oats & Flakes, Krispy Honey-Oats, Oats & More, Oats & Honey**

\* 'Any store brand' includes store names AND these brands of cold cereal:

- |                      |               |                   |               |
|----------------------|---------------|-------------------|---------------|
| ✓ AMERICA'S CHOICE   | ✓ FOOD BASICS | ✓ KIGGINS         | ✓ RED & WHITE |
| ✓ BEST YET           | ✓ FOOD CLUB   | ✓ KRASDALE        | ✓ SHURFINE    |
| ✓ CLEAR VALUE        | ✓ GREAT VALUE | ✓ NATURE'S CRUNCH | ✓ VALUTIME    |
| ✓ ESSENTIAL EVERYDAY | ✓ HYTOP       | ✓ PARADE          | ✓ WHITE ROSE  |

## National/Specialty Brands

- ✓ **GENERAL MILLS:** Cheerios (regular only), Total Whole Grain, Corn Chex, Rice Chex, Wheat Chex, Dora the Explorer
- ✓ **KELLOGG'S:** Corn Flakes\* (regular only), Frosted Mini-Wheats Original (Little Bites, Bite Size)
- ✓ **KEMACH:** Corn Flakes\*, Toasted Oats, Wheat Flakes
- ✓ **MALT-O-MEAL:** Mini Spooners (Frosted, Strawberry Cream, Blueberry Cream), Oat Blenders\* (Honey, Honey & Almonds)
- ✓ **POST:** Grape-Nuts (regular only), Grape-Nuts Flakes, Honey Bunches of Oats (with Vanilla Bunches)

- ✓ **RALSTON:** Corn Flakes\*
- ✓ **SUNBELT:** Simple Granola
- ✓ **TAANUG:** Corn Flakes\*, Toasted Oats

### HELPFUL SHOPPING HINTS!

Here are examples of ways to get your 36 ounces of cereal:

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

## Hot Cereals

- ✓ **CREAM OF WHEAT:**  
Cream of Wheat Whole Grain (2 ½ minute)
- ✓ **MAYPO:**  
Instant Maple Oatmeal, Vermont Style Maple Oatmeal
- ✓ **QUAKER:**  
Instant Oats with Iron

## Whole Grain Tortillas 16-ounce package

- ✓ **CELIA'S:** White Corn Tortillas, Yellow Corn Tortillas
- ✓ **CHI-CHI's:** White Corn Tortillas
- ✓ **DEL CAMPO TORTILLAS:** Corn Tortillas
- ✓ **DON PANCHE:** Whole Wheat (Flour Gordita Whole Wheat) Tortillas
- ✓ **ESSENTIAL EVERYDAY:** Soft White Corn Tortillas, 100% Whole Wheat Flour Tortillas
- ✓ **GREAT VALUE:** 100% Whole Wheat Tortillas
- ✓ **GUERRERO:** White Corn Tortillas
- ✓ **HERDEZ:** White Corn Tortillas
- ✓ **KEY FOODS:** Whole Wheat Tortillas
- ✓ **LA BANDERITA:** Corn Tortillas, 100% Whole Wheat Fajita Flour Tortillas, 100% Whole Wheat Soft Taco Flour Tortillas
- ✓ **MEXAMERICA:** 100% Whole Wheat with Honey Tortillas
- ✓ **MISSION:** 100% Whole Wheat Flour Tortillas
- ✓ **NATURE's PROMISE:** Corn All Natural Tortillas
- ✓ **ORTEGA:** Whole Wheat Tortillas
- ✓ **SIEMPRE AUTENTICO:** Whole Wheat Flour Tortillas
- ✓ **STOP & SHOP:** White Corn Tortillas (Shelf Stable & Dairy), Whole Wheat Flour Tortillas
- ✓ **TIO SANTI:** 100% Whole Wheat Flour Tortillas
- ✓ **TOPS:** Whole Wheat Tortillas
- ✓ **WEGMAN'S:** Whole Wheat Tortillas
- ✓ **YOSSI'S PITA:** Corn Tortillas

## Whole Grain Bread Products 16-ounce package

- ✓ **AMERICA'S CHOICE:** 100% Whole Wheat Bread
- ✓ **BEST YET:** 100% Whole Wheat Bread
- ✓ **BIMBO:** 100% Whole Wheat Bread
- ✓ **CENTRAL MARKET CLASSICS:** 100% Whole Wheat Bread
- ✓ **FOODLION:** 100% Whole Wheat Bread
- ✓ **FULL CIRCLE:** Flax & Grain Bread
- ✓ **GOLD MEDAL BAKERY:** 100% Wheat Bread with Flax
- ✓ **GOURMET:** 100% Whole Wheat Bread
- ✓ **HANNAFORD:** 100% Whole Wheat Bread
- ✓ **HAUSWALD:** 100% Whole Wheat Bread
- ✓ **HOLSUM:** 100% Whole Wheat Bread
- ✓ **JERUSALEM:** Franczoz Health Bread 100% Whole Wheat, Franczoz Health Bread Germinated Whole Wheat
- ✓ **MONKS':** Multigrain, Wheat Wholegrain Bread
- ✓ **PAS YISROEL:** 100% Multi Grain Bread All Natural, 100% Whole Wheat Bread All Natural
- ✓ **PENN STREET:** 100% Whole Grain Wheat Bread
- ✓ **ROMAN MEAL:** Sungrain 100% Whole Wheat Bread
- ✓ **RUBSCHLAGER:** Westphalian Style Pumpernickel Bread, Danish Style Pumpernickel, European Style Whole Grain, 100% Whole Wheat Bread, Cocktail Whole Grain Bread, Cocktail Rye Bread, Cocktail Pumpernickel Bread, 100% Rye Rye-Ola Flax Bread, 100% Rye Rye-Ola Pumpernickel Bread, 100% Rye Rye-Ola Black Rye Bread, 100% Rye Rye-Ola Sunflower Bread
- ✓ **SARA LEE:** 100% Whole Wheat Bread
- ✓ **SCHWEBEL'S:** 100% Whole Wheat Bread
- ✓ **SHOPRITE:** 100% Whole Wheat Bread
- ✓ **STERN'S:** Whole Wheat Bread, Whole Wheat Rolls
- ✓ **STOP & SHOP:** 100% Whole Wheat Bread (No Salt Added), 100% Whole Wheat (in store fresh bakery)
- ✓ **SUPER BREAD:** 100% Whole Wheat Bread
- ✓ **WINDMILL FARMS:** 100% Stone Ground Whole Wheat Hamotzie, 100% Stone Ground Whole Wheat Mezonos
- ✓ **ZOMICK'S:** 100% Whole Wheat Bread Hamotzie, 100% Whole Wheat Bread Mezonos, 100% Whole Wheat Rolls

## Brown Rice 14-16-ounce or 28-32-ounce package

- ✓ **Any brand:** Plain brown rice in boxes or bags; may be instant, quick, or regular cooking

**NOT ALLOWED:** Added ingredients such as sugars, fats, oils, or salt

## Whole Wheat Pasta 16-ounce package only

- ✓ **Any brand:** Whole Wheat Pasta in any style/shape. Made from whole wheat or whole wheat durum flour. Organic is allowed.

**NOT ALLOWED:** Added ingredients such as sugars, fats, oils, or salt

## 100% Juice

NOT ALLOWED: Organic Juice

## 11.5-Ounce Containers (Shelf-stable concentrates)

✓ **WELCH'S:** Any flavor

## 11.5-12-Ounce Containers (Frozen concentrates)

Grapefruit, Orange, Pineapple: ✓ **ANY BRAND**Apple: ✓ **ANY STORE BRAND\***✓ **LANGERS** ✓ **OLD ORCHARD** ✓ **SENECA**Grape: *Purple & White*: ✓ **ANY STORE BRAND\***✓ **LANGERS** ✓ **OLD ORCHARD** ✓ **WELCH'S**Juice Blends: ✓ **ANY STORE BRAND\***✓ **DOLE:** Any flavor✓ **LANGERS:** Autumn Blend, Spring Blend,  
Summer Blend, Winter Blend✓ **OLD ORCHARD:** All flavors with dark green lid✓ **WELCH'S:** All flavors with yellow lid

## 16-Ounce Containers (Frozen concentrates)

Grapefruit, Orange, Pineapple: ✓ **ANY BRAND**Apple & Juice Blends ✓ **ANY BRAND****NOT ALLOWED:** Grape juice (except in juice blends)\* **'ANY STORE BRAND'** includes store names **AND** these brands of 100% juice with 120% or more Vitamin C:

✓ <b>AMERICA'S CHOICE</b>	✓ <b>FOOD CLUB</b>	✓ <b>PARADE</b>
✓ <b>BEST YET</b>	✓ <b>GREAT VALUE</b>	✓ <b>RED &amp; WHITE</b>
✓ <b>CLEAR VALUE</b>	✓ <b>HARVEST CLASSIC</b>	✓ <b>RICHFOOD</b>
✓ <b>CRISP</b>	✓ <b>HYTOP</b>	✓ <b>SHURFINE</b>
✓ <b>DELSEA FARMS</b>	✓ <b>KRASDALE</b>	✓ <b>SUPER A</b>
✓ <b>ESSENTIAL EVERYDAY</b>	✓ <b>NATURE'S OWN</b>	✓ <b>TIPTON GROVE</b>
✓ <b>FLAVORITE</b>		✓ <b>WHITE ROSE</b>

## 64-Ounce Plastic Bottles

Grapefruit, Orange, Pineapple: ✓ **ANY BRAND**Apple: ✓ **ANY STORE BRAND\*** ✓ **APPLE & EVE** ✓ **LANGERS** ✓ **LUCKY LEAF**✓ **MOTT'S** ✓ **MUSSELMAN'S** ✓ **JUICY JUICE** ✓ **OLD ORCHARD**✓ **SENECA** ✓ **SESAME STREET**Juice Blends: ✓ **ANY STORE BRAND\***✓ **LANGERS:** Apple Berry Cherry, Apple Cranberry, Apple Kiwi Strawberry,  
Apple Grape, Apple Orange Pineapple, Disney Apple Cranberry Grape✓ **JUICY JUICE:** Apple Raspberry, Berry, Cherry, Fruit Punch, Kiwi Strawberry,  
Mango, Orange Tangerine, Strawberry Banana, Tropical✓ **OLD ORCHARD:** Acai Pomegranate, Apple Cranberry, Berry Blend,  
Blueberry Pomegranate, Cherry Pomegranate, Peach Mango, Wild Cherry,✓ **SESAME STREET:** Cookie Monster Berry, Elmo's Punch**NOT ALLOWED:** Grape juice (except in juice blends), refrigerated cartonsLabel must say **120% or more Vitamin C****130% Daily Vitamin C**

## Acceptable Foods for Vegetables &amp; Fruit Checks (Cash Value Vouchers)

✓ Check will specify 'Fresh only' or 'Fresh/Frozen/Canned' ✓ Organic vegetables and fruits are allowed

**'Canned' means food that has been preserved in an airtight container. The container could be metal, glass or plastic.**

## Fresh Vegetables and Fruits

✓ Any variety of fresh vegetables and fruits ✓ May be whole or cut up ✓ Bagged salad mixtures, bagged vegetables

**NOT ALLOWED:** 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

## Canned Fruits

✓ Any brand packed in water or juice ✓ Any variety of fruit, fruit mixture ✓ Products with artificial sweeteners

✓ Any size/container/package type (except single-serving pouches) ✓ Fruit must be the first ingredient

✓ Applesauce: 'No sugar added' or 'Unsweetened' varieties only

**NOT ALLOWED:** 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 pouches

## Canned Vegetables

✓ Any brand ✓ May be regular or low sodium/salt ✓ Any variety of vegetable, vegetable mixtures

✓ Any size ✓ Any container/package type ✓ Vegetable must be the first ingredient

✓ Canned tomatoes (paste, puree, whole, crushed, stewed, diced, sauce, salsa)

**NOT ALLOWED:** Pickled or creamed vegetables (including corn); soups; ketchup; relishes; olives; products with added fats, oils, sugars; mature beans, peas and lentils (for example: black beans, garbanzo beans, kidney beans)**To lower salt intake, rinse canned vegetables.**

## Frozen Fruits

✓ Any brand ✓ Any container/package type ✓ Any size ✓ Fruit must be the first ingredient ✓ Any variety of fruit, fruit mixtures

**NOT ALLOWED:** Ingredients other than fruit; added sugar; any syrup (corn syrup, high fructose corn syrup, maltose, dextrose, sucrose, honey, maple syrup, etc.)

## Frozen Vegetables

✓ Any brand ✓ Any container/package type ✓ With or without salt ✓ Frozen beans, peas and lentils are allowed

✓ Any size ✓ Any variety of vegetable, vegetable mixtures ✓ Vegetable must be the first ingredient

**NOT ALLOWED:** Added sugars, fats or oils