



WIC  
Program

# New York State WIC Foods Guide



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This institution is an equal opportunity provider.

## Table of Contents

<a href="#"><u>WIC Shopping Tips</u></a> .....	3
<a href="#"><u>Milk</u></a> .....	4
<a href="#"><u>Cheese</u></a> .....	5
<a href="#"><u>Soy Beverage</u></a> .....	6
<a href="#"><u>Yogurt</u></a> .....	7
<a href="#"><u>Whole Fat Yogurt</u></a> .....	8
<a href="#"><u>Lowfat/Nonfat Yogurt</u></a> .....	12
<a href="#"><u>Kosher Yogurt</u></a> .....	16
<a href="#"><u>Tofu</u></a> .....	17
<a href="#"><u>Peanut Butter</u></a> .....	18
<a href="#"><u>Mature Beans, Peas, and Lentils</u></a> .....	18
<a href="#"><u>Canned Fish</u></a> .....	19
<a href="#"><u>Eggs</u></a> .....	19
<a href="#"><u>Baby Food– Fruits and Vegetables</u></a> .....	20
<a href="#"><u>Baby Food-Meats</u></a> .....	21
<a href="#"><u>Infant Cereal</u></a> .....	21
<a href="#"><u>Breakfast Cereal</u></a> .....	22
<a href="#"><u>Hot Cereal</u></a> .....	27
<a href="#"><u>Brown Rice</u></a> .....	29
<a href="#"><u>Tortillas</u></a> .....	30
<a href="#"><u>Whole Wheat Pasta</u></a> .....	33
<a href="#"><u>Whole Wheat Bread</u></a> .....	37
<a href="#"><u>Fruits and Vegetables (Cash Value Benefit)</u></a> .....	41
<a href="#"><u>Juice for Women</u></a> .....	43
<a href="#"><u>Juice for Children</u></a> .....	45

# WIC Shopping Tips

## How to use this guide:

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### Choose what is approved for you:

- These boxes remind you to check your family's WIC Shopping List for the type and size you must buy for some items

### **WIC Approved**

- Items that **can** be purchased with WIC benefits will be listed here

### **Do Not Buy**

- Items that **cannot** be purchased with WIC benefits will be listed here

## WIC2Go Information:

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*The WIC2Go app is a mobile app that can be downloaded to your smartphone that can:*

- Check the dates and times of your WIC appointments
- Check your current month's benefit balance and expiration date
- Scan items to see if they are WIC approved
- Locate WIC stores
- Locate WIC clinics

## Unit Abbreviations:

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Ounce = oz      16 oz = 1 lb  
Pound = lb      32 oz = 2 lbs

## Shopping Tips:

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### Before you shop:

- Review your available WIC benefits and WIC Shopping List
- Check which type and size you can buy for items on your WIC Shopping List

### While shopping:

- You can scan items to see if they are WIC eligible for your family using the WIC2Go app in stores
- If you have any issues while shopping, go to the customer service desk to ask for assistance and contact your local agency
- Before you check out, make sure to review your transaction to make sure that all eligible items have been removed from your benefits correctly

## Other Helpful Resources:

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### New York WIC Approved Product List (APL):

*An updated listing of all WIC approved products and instructions to submit a product for review*

<https://nyswicvendors.com/upc-resources/>

### New York State WIC Website:

*Additional resources for WIC families*

<https://www.health.ny.gov/prevention/nutrition/wic/>

### Foods & Formula:

*Additional WIC shopping resources*

<https://nyswicvendors.com/foods-formula/>

# Milk

## ✓ WIC Approved

- 32 oz, 64 oz, 96 oz, 128 oz
- Quart, half gallon, 3/4 gallon, gallon
- Any brand

## ✗ Do Not Buy

- Flavored
- Organic
- Sweetened or condensed
- Buttermilk
- Added calcium
- Reduced fat (2%) milk

## ✓ WIC Approved



### Cow's milk:

- Buy the largest container available when possible



### Lactose-free milk:

- Buy the largest container available when possible



### Goat milk:

- Meyenberg 12 oz container only



### Evaporated/Canned milk:

- 12 oz container only



### Powdered/Dry milk:

- 25.6 oz container only



### Kosher milk:

- If printed on your WIC Shopping List



## Choose what is approved for you:

Your WIC Shopping List shows the fat content and type of milk you must buy

# Cheese

## ✓ WIC Approved

- 8, 16, 24, or 32 oz packages only
- Any brand
- Blocks or Slices
- Pasteurized Process American, Monterey Jack, Mozzarella, Cheddar, Colby, Swiss, Muenster, Provolone, or blends of any of these cheeses
- KOSHER (Cholov Yisroel) CHEESE If printed on your WIC Shopping List



## ✗ Do Not Buy

- Imported cheese
- Cheese foods, products, or spreads
- Cracker cuts
- Shredded/grated/cubed, string, or stick cheese
- Flavored cheese
- Organic cheese
- Individually wrapped cheese
- Deli cheese

# Soy Beverages

✓ **WIC Approved**

- The following brands and products:



**!** Choose what is approved for you: Check your WIC Shopping List for soy beverage eligibility.

Brand	Products
8th Continent 	Original Soymilk 64 oz Vanilla Soymilk 64 oz
Bettergoods 	Original Soymilk 64 oz
Great Value 	Original Soymilk 64 oz
Pacific Foods 	Ultra Soy Original Soymilk 32 oz Ultra Soy Vanilla Soymilk 32 oz
Silk 	Original Aseptic Soymilk 32 oz Original Plain Soymilk 2 pack 64 oz Original Plain Soymilk 3 pack 64 oz Silk Soymilk 32 oz Silk Soymilk 64 oz

# Yogurt

## ✓ WIC Approved

- Fat content listed on your WIC Shopping List
- 32 ounce containers only

## ✗ Do Not Buy

- Mix-in ingredients (granola, candy, etc.)
- Drinkable/Squeezable
- Frozen yogurt
- Artificial sweeteners



⚠ **Choose what is approved for you:** Check your family's WIC Shopping List for the type of yogurt and amount of yogurt you can buy

- **Whole milk:** Children 12-24 months
- **Low-fat and nonfat:** Women and children 2-5 years

# Whole Fat Yogurt

32 oz containers

Brand		Flavors
Arz		Original Whole Fat Plain
Axelrod		Whole Plain
Baroody		Plain
Best Choice		Whole Milk Plain Greek
Bettergoods		Whole Milk Plain Greek
Bowl and Basket		Whole Plain Greek
Brown Cow		Cream on the Top Whole Fat Plain, Whole Milk Vanilla
Butterworks Farm		Whole Fat Plain
Cabot		Whole Fat Plain
Chobani		Whole Fat Plain Greek
Dannon		Whole Fat Plain, Whole Milk Vanilla
Desi		Natural Dahi Whole Fat Plain
Essential Everyday		Whole Fat Plain, Whole Plain Greek
Esti		Whole Plain Greek
Farmland		Whole Plain
Foodtown		Whole Plain
Freedom Hill Farm		Plain
Gopi		Indian Style Whole Fat Plain
Good and Gather		Whole Milk Plain

# Whole Fat Yogurt

32 oz containers

Brand	Flavors
Great Value 	Whole Fat Plain Greek
Green Mountain Creamery 	Plain Greek, Whole Plain
Greenway 	Whole Fat Plain
Guru 	Whole Milk Plain
Hammond Dairy 	Whole Fat Plain
Hannaford 	Whole Milk Plain, Whole Vanilla Greek
Hawthorne Valley 	Whole Fat Plain
Horizon 	Organic Whole Fat Plain
Hudson Valley Fresh 	Whole Plain
Ithaca 	Whole Fat Plain
Kingdom Creamery 	Whole Fat Plain
La Yogurt 	Whole Fat Plain, Whole Milk Strawberry, Whole Probiotic Vanilla
Lucerne Dairy 	Whole Milk
Maple Hill 	Organic Whole Plain
Merve 	Plain
Mountain High 	Original Whole Fat Plain
Nancy's 	Whole Plain
Nature's Place 	Organic Greek Whole Plain, Organic Whole Plain
Nature's Promise 	Organic Whole Milk Vanilla, Organic Whole Plain Greek, Organic Plain Greek, Organic Whole Plain

# Whole Fat Yogurt

32 oz containers

Brand	Flavors
North Country Creamery 	Whole Plain, Whole Vanilla
O Organics 	Organic Whole Milk Plain
Oikos 	Whole Fat Plain Greek
Open Nature 	Whole Fat Plain Greek
Our Family 	Whole Milk Plain, Whole Plain Greek
PICs 	Plain Greek, Whole Fat Plain, Whole Plain Greek
Powerful Yogurt 	Whole Fat Plain Greek, Whole Milk Vanilla Greek
Redwood Hill 	Plain
Romi's 	Whole Fat Plain
Ronnybrook Farm 	Whole Fat Plain
Seven Stars 	Organic Whole Fat Plain
Shop Rite 	Whole Fat Plain, Whole Plain Greek
Stoltzfus 	Whole Milk Vanilla
Stonyfield Organic 	Whole Strawberry, Whole Fat Plain, Whole Milk Banilla
Stop and Shop 	Greek Whole Fat Plain, Whole Vanilla Greek
Taste of Inspirations 	Plain Greek, Whole Milk Plain
Tops 	Whole Milk Plain, Whole Milk Vanilla
Traditional 	All Natural Dahi
Trimona 	Whole Plain Bulgarian A2A2
Wallaby Organic 	Greek Whole Milk Plain, Plain Whole Milk

# Whole Fat Yogurt

32 oz containers

Brand	Flavors
Wegmans 	Organic Whole Plain Greek, Whole Fat Plain, Whole Fat Vanilla Greek
Weis 	Whole Fat Plain Greek, Whole Plain Probiotic
Wholesome Pantry 	Whole Fat Plain, Whole Vanilla

# Lowfat/Nonfat Yogurt

32 oz containers

Brand	Flavors
Avenue A 	Nonfat Plain Greek, Nonfat Vanilla Greek
Axelrod 	Lowfat Plain, Nonfat Plain
Best Choice 	Lowfat Original Strawberry, Lowfat Original Vanilla, Nonfat Original Plain, Nonfat Plain Greek, Nonfat Vanilla Greek
Best Yet 	Lowfat Plain, Lowfat Vanilla, Nonfat Plain, Nonfat Vanilla Greek, Nonfat Plain Greek
Bowl and Basket 	Lowfat Plain, Nonfat Plain Greek, Nonfat Plain, Nonfat Vanilla Greek
Brown Cow 	Lowfat Plain, Nonfat Plain
Butterworks Farm 	Nonfat Plain
Byrne Hollow 	Lowfat Plain Greek
Cabot 	2% Lowfat Plain, Nonfat Plain
Chobani 	2% Lowfat Plain Greek, Complete 2% Lowfat Vanilla Greek, Greek Nonfat Vanilla, Nonfat ZeroSugar Vanilla, Lowfat Greek Honey Vanilla, Lowfat Madagascar Vanilla Cinnamon, Nonfat Greek Blended Variety Yogurt, Nonfat Plain Greek, Nonfat Strawberry Greek, Nonfat Zero Sugar Strawberry
Coburn Farms 	Lowfat Plain, Nonfat Plain Greek, Nonfat Vanilla Greek
Cowbella 	Nonfat Plain
Cream O' Land 	Lowfat Plain
Crowley 	Lowfat Plain
Dannon 	1.5% Lowfat Plain, Nonfat Plain Greek, Nonfat Plain
Desi 	Natural Dahi Lowfat Plain, Natural Dahi Nonfat Plain
Essential Everyday 	Lowfat Plain, Nonfat Plain Greek, Nonfat Plain, Nonfat Strawberry Greek, Nonfat Vanilla Greek
Fage 	Nonfat Plain Greek
Fit and Active 	Nonfat Plain Yogurt

# Lowfat/Nonfat Yogurt

32 oz containers

Brand		Flavors
Food Club		Greek Nonfat Plain, Nonfat Plain, Plain Lowfat
Food Lion		Nonfat Plain
Foodtown		Lowfat Plain, Nonfat Plain Greek, Nonfat Plain, Nonfat Vanilla Greek
Fresh Made		Lowfat Plain
Friendships		Lowfat Plain
Full Circle (Organic)		Organic Nonfat Vanilla Greek, Organic Nonfat Plain
Gopi		Indian Style Lowfat Plain, Indian Style Nonfat Plain
Good and Gather		Nonfat Plain Greek
Great Value		Nonfat Plain Greek, Nonfat Plain, Organic Lowfat
Greek Gods		Lowfat Plain Greek
Green Mountain Creamery		Nonfat Plain, Nonfat Plain Greek
Hannaford		Greek Nonfat Plain, Lowfat Plain, Nonfat Plain, Nonfat Strawberry Greek, Nonfat Vanilla Greek
Horizon		Nonfat Plain, Organic Nonfat Plain
Key Foods		Lowfat Plain, Nonfat Plain
Kirkland		Nonfat Plain Greek
La Yogurt		Lowfat Plain, Lowfat Probiotic Vanilla, Nonfat Plain
LaLa		Lowfat Plain
Lucerne Dairy		Nonfat Plain Greek, Nonfat Plain
Market Pantry		Nonfat Plain

# Lowfat/Nonfat Yogurt

32 oz containers

Brand	Flavors
Mountain High 	Lowfat Plain, Nonfat Plain
My Essentials 	Lowfat Plain, Nonfat Plain
Nancy's 	Nonfat Plain, Organic Lowfat Plain, Organic Nonfat Plain
Nature's Place 	Organic Nonfat Vanilla Greek
Nature's Promise (Organic) 	Organic Greek Nonfat Plain, Organic Nonfat Plain, Organic Lowfat Plain
Nostimo 	Nonfat Plain Greek
O Organics 	Nonfat Plain Greek, Nonfat Vanilla Greek
Oikos 	Nonfat Honey Sweet Plain Greek, Maple Sweet Plain Greek, Nonfat Plain Greek, Nonfat Plain, Nonfat Vanilla Bean Greek, Nonfat Vanilla Greek, Pro Lowfat Plain
Open Nature 	2% Plain Greek, Nonfat Plain Greek
Our Family 	Nonfat Plain Greek, Nonfat Plain
PICs 	Lowfat Plain, Nonfat Plain Greek, Nonfat Plain, Nonfat Strawberry Greek, Nonfat Vanilla Greek, Reduced Fat Vanilla Greek
Powerful 	Nonfat Plain Greek
Price Rite 	Lowfat Plain
Romi's 	Lowfat Plain
Seven Stars Organic 	Organic Lowfat Plain
Shop Rite 	Lowfat Plain, Nonfat Plain Greek, Nonfat Plain
Shurfine 	Lowfat Plain, Nonfat Plain
Simply Balanced 	Nonfat Plain Greek
Stonyfield Organic 	Creamy Lowfat Plain, Lowfat Vanilla, Nonfat Plain Greek, Nonfat Plain, Nonfat Vanilla

# Lowfat/Nonfat Yogurt

32 oz containers

Brand	Flavors
Stop and Shop 	Greek Nonfat Plain, Lowfat Plain Greek, Lowfat Plain, Lowfat Vanilla Greek, Nonfat Plain, Nonfat Strawberry Greek, Nonfat Vanilla Greek, Reduced Fat Vanilla Greek
Super Associated 	Lowfat Plain, Nonfat Plain
Taste of Inspirations 	Nonfat Plain
Tillamook 	Lowfat Plain
Tops 	Lowfat Plain, Lowfat Vanilla, Nonfat Plain Greek, Nonfat Plain, Nonfat Vanilla Greek
Two Good 	Lowfat Plain Greek, Lowfat Strawberry Greek, Lowfat Vanilla Greek
Upstate Farms 	Nonfat Plain Greek, Nonfat Vanilla Greek
Urban Meadow 	Nonfat Plain, Plain Lowfat
Voskos 	Nonfat Plain Greek
Wallaby (Organic) 	Lowfat Plain Greek, Nonfat Plain Greek
Wegmans 	Lowfat Plain, Nonfat Plain Greek, Nonfat Plain, Nonfat Vanilla Greek, Organic Lowfat Blended Plain Super Yogurt, Organic Nonfat Plain Yogurt
Weis 	Greek Nonfat Plain, Nonfat Vanilla Greek, Probiotic Lowfat Plain, Probiotic Nonfat Plain
White Mountain 	Bulgarian Nonfat Plain
Wholesome Pantry (Organic) 	Lowfat Plain
Yoplait 	Nonfat Plain

# Kosher Yogurt

## 32 oz containers

Brand	Flavors
Gevina Farms 	Nonfat Plain Greek
J and J Kosher 	Nonfat Plain
Mehadrin 	Low Fat Plain, Nonfat Plain Greek, Nonfat Strawberry, Nonfat Vanilla Greek
Normans 	Lowfat Plain Greek, Lowfat Strawberry Greek, Lowfat Vanilla Greek, Nonfat Plain Greek

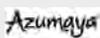
# Tofu

## ✓ WIC Approved

- 8, 10, 14, and 16 oz packages



## Approved Brands and Products:

Brand		Products
Azumaya		Extra Firm, Firm, Silken
Franklin Farms		Extra Firm, Firm, Medium Firm, Organic Extra Firm, Organic Firm, Organic Medium Firm, Organic Pressed Firm, Organic Silken, Soft
Good and Gather		Organic Extra Firm
Heiwa		Organic Extra Firm
Hodo		Organic Extra Firm
House Foods		Organic Firm, Organic Medium Firm, Organic Soft, Premium Extra Firm, Premium Firm, Premium Medium Firm, Premium Soft
Nature's Promise		Organic Extra Firm, Organic Firm
O Organics		Extra Firm, Firm, Silken, Super Firm Sprouted
Nasoya		Organic Cubed Super Firm, Organic Extra Firm, Organic Firm, Organic Lite Firm, Organic Silken, Organic Super Firm, Soft
San Sui		Extra Firm, Firm, Soft
Soy Boy		Organic Firm
Wegmans		Organic Firm
Woodstock		Organic Extra Firm, Organic Firm



**Shopping Tip:** Combine tofu packages to add up to the number of pounds (lbs) listed on your WIC Shopping List

1 pound (lb.)



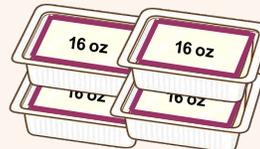
OR



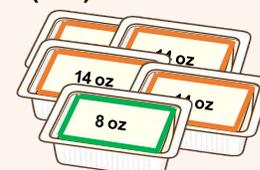
One 16 oz package

Two 8 oz packages

4 pounds (lbs.)



OR



Four 16 oz packages

Four 14 oz packages and one 8 oz package

# Peanut Butter

## ✓ WIC Approved

- Any brand
- 16-18 oz containers
- Creamy, crunchy, chunky, smooth
- All natural
- Reduced fat



## ✗ Do Not Buy

- Peanut spreads
- Freshly ground or whipped
- Flavored peanut butter
- Organic peanut butter
- Palm oil or added ingredients such as vitamins, minerals, Omega 3, DHA or EPA

# Canned Beans

## ✓ WIC Approved

- Any brand
- 15-16 oz cans
- Mature beans, peas, lentils, plain refried beans, pigeon peas and lima beans

## ✗ Do Not Buy

- Baked beans
- Pork and beans
- Added sugars, fats, lard, meat or oils

## ✓ WIC Approved

- Any brand
- 1 pound (lb.) bag
- Mature beans, peas, and lentils refried beans, pigeon peas and lima beans

## ✗ Do Not Buy

- Added sugars, fats, lard, meat or oils

**Shopping Tip:** Beans/peas/lentils/peanut butter on your Shopping List means you can buy:



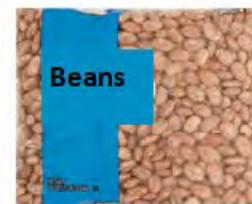
One 16-18 oz jar of peanut butter

OR



Four 15-16 oz cans of beans

OR



One pound (lb.) bag of dried beans

# Canned Fish

## ✓ WIC Approved

- Any brand
- Fish with salt or vegetable broth
- Fish packed in water or oil
- Fish with bones and skin
- Light tuna (5 and 6 ounce cans)
- Pink salmon (5, 6, and 7.5 ounce cans)
- Sardines (3.75 ounce cans)

## ✗ Do Not Buy

- Albacore tuna
- Blueback salmon
- Red salmon
- Added flavorings
- Added ingredients



# Eggs

## ✓ WIC Approved

- Any brand
- 1 dozen (12 count) containers only
- Medium or Large
- White or brown



## ✗ Do Not Buy

- Jumbo and extra-large
- Organic
- High cost specialty eggs (reduced cholesterol, cage free/ free range, Omega-3 vegetarian fed)

# Baby Food—Fruits and Vegetables

## ✓ WIC Approved

- 4 oz containers = 1 container
- 2 oz 2 packs (4 oz total) = 1 container
- 4 oz 2 packs (8 oz total) = 2 containers
- Organic
- Any fruit or vegetable
- Any combination of fruits and vegetables

## ✗ Do Not Buy

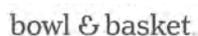
- Pouches
- Mixtures including non-fruit or non-vegetable ingredients such as meat, yogurt, rice, and noodles



## Approved Brands (Fruits and Vegetables):



Beech Nut



Bowl & Basket



Earth's Best Organics



First Choice



Nature's Promise



Once Upon a Farm



O Organics



Parent's Choice



Gerber



Good & Gather



Happy Baby



Tippy Toes



Wholesome Pantry



Wild Harvest



Yummy Organics

# Baby Food—Meats

## ✓ WIC Approved

- 2.5 ounce containers
- Organic
- Any meat with broth or gravy



**Choose what is approved for you:**  
Check your WIC Shopping List to see if you are eligible for infant meats

## Approved Brands:



Beech Nut



Earth's Best  
Organics



First Choice



Gerber.

Gerber

# Infant Cereal

## ✓ WIC Approved

- Gerber: Cereal for Baby
- 8 oz or 16 oz containers
- Plain varieties only: Oatmeal, rice, or multigrain

## ✗ Do Not Buy

- Organic
- Extra ingredients such as DHA, fruit, formula, or added protein

## Approved Products:



Gerber.



Oatmeal



Rice



Multigrain

# Breakfast Cereal



## ✓ WIC Approved

- 12 oz box or larger
- National/ Specialty Brands and Store Brands

## ✗ Do Not Buy

- Organic
- Single serve packets

## Approved Brands and Products (National/Specialty):

Whole grain cereal is indicated by a \*

Brand	Products
General Mills 	Cheerios* (Oat Crunch Berry, Veggie Apple Strawberry, Multi Grain, Multi Grain Strawberry, Vanilla Spice, Veggie Blueberry Banana), Chex (Blueberry*, Cinnamon*, Corn, Rice, Vanilla, Wheat*), Fiber One Honey Clusters, Kix* (Berry Berry, Honey), Sesame Street (123 Berry Numbers, Cinnamon Letters), Total Whole Grain*, Wheaties*
Kellogg's 	All Bran Complete Wheat Bran Flakes*, Corn Flakes (Cinnamon, Honey), Crispix, Frosted Mini Wheats* (Bite Size Pumpkin Spice, Blueberry Muffin, Strawberry, Blueberry, Cinnamon Roll, Filled*, Golden Honey, Little Bites*, Original*, Pumpkin Spice, Mini Bites Chocolate, Cocoa), Honey Almond Ancient Grains*, Rice Krispies, Special K* (Protein, Banana*, Multi Grain*, Original*, Protein Multi Grain)
Kemach 	Bran Flakes*, Corn Flakes*, Crisp Rice, Multi Grain Toasted Oats*, Toasted Oats*, Wheat Flakes*
Malt O Meal 	Frosted Mini Spooners* (Blueberry*, Strawberry*)
Post 	Grape Nuts*, Grape Nuts Flakes*, Great Grains* (Banana Nut Crunch*, Crunchy Pecan*), Honey Bunches of Oats* (Honey Roasted*, Vanilla*, Vanilla Bunches*, with Almonds*, Cinnamon Bunches, Maple and Pecans)
Quaker 	Life Cereal (Multigrain, Original Multigrain*, Strawberry Multigrain*, Vanilla Multigrain*), Oatmeal Squares* (Brown Sugar*, Cinnamon*, Honey Nut*)
Ralston Foods 	Corn Biscuits, Corn Flakes, Crisp Rice, Frosted Shredded Wheat*, Oats and More Almonds Honey Oat Clusters, Tasteos, Wheat Bran Flakes*
Sunbelt Bakery 	Sunbelt Simple Granola*
Taanug 	Corn Flakes, Crisp Rice, Rice Squares, Toasted Oats

# Breakfast Cereal

## Approved Brands and Products (Store Brands):

Whole grain cereal is indicated by a \*

Brand	Products
Always Save 	Crisp Rice, Frosted Shredded Wheat, Toasted Oats
Avenue A 	Corn Flakes, Toasted Oats*
Best Choice 	Corn Flakes, Crisp Rice, Crispy Hexagons, Enriched Bran Flakes, Frosted Shredded Wheat, Happy Os, Honey and Oat Clusters with Almonds, Wheat Flakes
Best Yet 	Bite Size Shredded Wheat*, Bran Flakes*, Corn Flakes, Crispy Rice, Frosted Shredded Wheat* (Strawberry*), Honey Oats and Flakes*, Honey Oats and Flakes with Almonds*, Toasted Oats*
Bowl and Basket 	Bite Size Frosted Shredded Wheat, Bran Flakes, Corn Flakes, Crispy Corn Squares, Crispy Rice, Crispy Rice Squares, Toasted Oats
Clear Value 	Corn Flakes, Toasted Oats*
Essential Everyday 	Corn Flakes, Crispy Hexagons, Crispy Rice, Crunchy Corn Squares, Crunchy Oat*, Crunchy Oat Squares*, Crunchy Rice Squares, Crunchy Wheat Squares*, Frosted Shredded Wheat* (Strawberry*), Honey Oats and Flakes* (Almond*), Nutty Nuggets, Toasted Oats*, Wheat and Bran Flakes*
Food Club 	Bite Size Frosted Shredded Wheat*, Bran Flakes*, Corn Flakes, Corn Squares, Crisp Rice, Frosted Shredded Wheat*, Honey and Oats* (With Almonds), Toasted Oats*, Twin Grain Crisp, Wheat Squares*
Food Lion 	Bite Size Frosted Shredded Wheat*, Bran Flakes*, Corn Flakes, Oats and More* (With Almonds*, With Honey*), Strawberry Frosted Shredded Wheat*, Tasteos*, Toasted Oats*, Toasted Rice
Foodtown 	Corn Flakes, Crunchy Oat Squares*, Frosted Shredded Wheat*, Oats and More with Almonds, Tasteos, Toasted Oats
Freedom's Choice 	Bran Flakes, Corn Flakes, Crisp Rice, Frosted Shredded Wheat*, Toasted Oats, Crispy Honey Oats and Flakes with Almonds
Grain Berry 	Apple Cinnamon Toasted Oats, Cinnamon Frosted Toasted Oats, Honey Nut Toasted Oats, Original Toasted Oats
Great Value 	Bite Size Shredded Wheat*, Bran Flakes, Corn Flakes, Corn Squares, Frosted Shredded Wheat* (Strawberry), Os Oats, Rice Crisps, Rice Squares, Toasted Oats, Toasted Whole Grain Oat Spins

# Breakfast Cereal

## Approved Brands and Products (Store Brands):

Whole grain cereal is indicated by a \*

Brand	Products
Hannaford 	Bite Size Frosted Shredded Wheat*, Corn Flakes, Crispy Hexagons, Crispy Rice, Easy Living Oat Squares, Frosted Shredded Wheat* (Strawberry), Nutty Nuggets*, Oats and More (With Almonds, With Honey), Tasteos*, Toasted Corn, Toasted Rice, Toasted Wheat Squares*, Wheat Bran Flakes*
Hy Top 	Bite Size Frosted Shredded Wheat, Corn Flakes*, Toasted Oats*, Bran Flakes*, Frosted Shredded Wheat*, Honey Oats and Flakes with Almonds*
IGA 	Bite Size Frosted Shredded Wheat *, Bite Size Shredded Wheat*, Bran Flakes*, Corn Flakes, Corn Squares, Crispy Corn and Rice, Crispy Rice, Honey Oats and Flakes (With Almonds), Original Toasted Oats*, Rice Squares, Toasted Oats*
Kashi 	Organic Cocoa Clusters
Key Foods 	Bite Size Frosted Shredded Wheat*, Corn Flakes, Toasted Oats*
Kiggins 	Bite Size Frosted Shredded Wheat*, Bite Size Shredded Wheat*, Corn Flakes, Crispy Rice, Honey Oat Crunch, Rollin' Oats, Rolling Oats*
Krasdale 	Corn Flakes, Honey Oats and Flakes, Toasted Oats*
Life Everyday 	Corn Flakes, Toasted Oats
Market Pantry 	Corn Flakes, Crunchy Oat Squares Cereal, Frosted Shredded Wheat*, Toasted Oats*, Toasted Rice Cereal
Morning Cheers 	7 Grain Flakes, Bran Flakes, Bran Sticks, Cocoa Flakes, Corn Flakes Gluten Free, Frosted Flakes, Honey Nut Corn Flakes, Toasted O's
My Essentials 	Frosted Shredded Wheat*
Our Family 	Bite Size Shredded Wheat*, Corn Flakes, Crisp Rice, Toasted Oats*
Parade 	Bite Size Shredded Wheat*, Corn Flakes, Crisp Rice, Toasted Oats*
PICs 	Corn Flakes, Crispy Rice, Crispy Honey Oats and Flakes, Frosted Shredded Wheat*, Honey Oats and Flakes with Almonds, Toasted Corn Chips, Toasted Oats, Toasted Rice Crisps, Wheat Bran Flakes*
Price Chopper 	Good Choice Oat Squares*, Strawberry Frosted Shredded Wheat*

# Breakfast Cereal

## Approved Brands and Products (Store Brands):

Whole grain cereal is indicated by a \*

Brand		Products
Price Rite		Bran Flakes*, Corn Flakes, Frosted Shredded Wheat*, Honey Oat Clusters with Almonds, Shredded Wheat*, Toasted Oats*
Red and White		Corn Flakes, Toasted Oats*
Safeway		Wheat Pockets*
Shurfine		Crispy Rice, Honey Oats and Flakes, Oats and More (With Almonds, With Honey), Rice Squares, Toasted Oats*, Bran Flakes*, Wheat Squares*
Signature Kitchens		Corn Flakes, Oats and Almonds, Oats and More with Honey, Shredded Wheat Bites, Toasted Oats*
Signature Select		Bran Flakes*, Corn Pockets, Crispy Rice, Frosted Shredded Wheat Bite Size*, Nutty Nuggets*, Rice Pockets, Toasted Oats
Stop and Shop		Bran Flakes*, Corn Flakes, Corn Squares, Crispers, Crispy Rice, Frosted Shredded Wheat*, Honey Crunchin Oats (With Almonds), Nutty Nuggets*, Oat Squares*, Oats and O's*, Rice Squares, Whole Grain Shredded Wheat*
That's Smart		Corn Flakes, Crisp Rice, Toasted Oats*
Tops		Bite Size Frosted Shredded Wheat* (Strawberry), Bite Size Shredded Wheat*, Corn Flakes, Corn Squares, Crisp Rice, Crispy Rice, Friendly Harvest Bran Flakes*, Oat Squares*, Oats and More (Honey Roasted, With Almonds), Rice Squares, Strawberry Frosted Shredded Wheat*, Toasted Oats*, Twin Grain Crisp*
Urban Meadow		Corn Flakes, Crispy Rice, Toasted Oats*
Valu Time		Bran Flakes*, Corn Flakes, Crisp Rice, Frosted Shredded Wheat*, Toasted Oats*
Wegmans		Bite Size Frosted Shredded Wheat*, Bite Size Shredded Wheat*, Corn Flakes, Corn Squares, Crispy Rice, FYFGA Oat Crisps*, FYFGA Strawberry Shredded Wheat*, Oat Crisps*, Oats and Honey* (With Almonds*), Rice Squares, Toasted Oats*
Weis		Bite Size Frosted Shredded Wheat*, Corn Flakes, Honey Oats and Flakes (With Almonds), Quality Bite Size Frosted Shredded Wheat*, Quality Bite Size Toasted Corn, Quality Bite Size Toasted Rice, Quality Crispy Corn and Rice, Quality Crispy Rice, Quality Multigrain Toasted Oats*, Quality Strawberry Frosted Shredded Wheat*, Quality Toasted Oats*, Quality Wheat Bran Flakes*

# Breakfast Cereal

## Approved Brands and Products (Store Brands):

Whole grain cereal is indicated by a \*

Brand	Products
Western Beef 	Corn Flakes, Toasted Oats*
White Rose 	Corn Flakes, Frosted Shredded Wheat*, Toasted Oats*

# Hot Cereal

✓ **WIC Approved**

- 9.8 oz box or larger



## Approved Brands and Products:

Brand	Products
Best Choice 	Original Instant Oatmeal
Best Yet 	Original Instant Oatmeal Packs
Bowl and Basket 	Original Instant Oatmeal
Cream of Rice 	Hot Cereal, Instant Packs
Cream of Wheat 	1 Minute Cereal, 2.5 Minute Cereal, Instant Packs, Instant Whole Grain, Whole Grain 2.5 Minute Cereal
Essential Everyday 	Creamy Wheat, Instant Grits Packs, Instant Oatmeal Packets
Food Club 	Instant Oatmeal Packets
Great Value 	Regular Instant Oatmeal Packets
Hannaford 	Regular Instant Oatmeal Packs
IGA 	100% Natural Old Fashioned Oatmeal, 100% Natural Whole Grain Quick Oats, Original Instant Oatmeal Packs
Malt O Meal 	Farina Original Hot Wheat Cereal, Original Hot Wheat Cereal
Maypo 	Instant Maple Oatmeal, Maple Oatmeal with Quinoa, Vermont Style Maple Oatmeal
My Essentials 	Regular Instant Oatmeal Packs
Paskesz 	Original Instant Oatmeal

# Hot Cereal

✓ **WIC Approved**

- 9.8 oz box or larger



## Approved Brands and Products:

Brand		Products
PICs		Instant Regular Oatmeal Packs
Price Rite		Regular Instant Oatmeal Packs
Quaker		Avena Instantanea Instant Oatmeal, Instant Oats with Iron, Original Instant Grits, Original Instant Oatmeal, Original Instant Oatmeal Packs
Ralston Foods		Regular Instant Oatmeal
Shop Rite		Original Instant Oatmeal Packs
Shurfine		Original Instant Oatmeal Packs
Signature Select		Instant Oatmeal Packs
Stop and Shop		Instant Oatmeal Packs
Tops		Original Instant Oatmeal
Urban Meadow		Regular Instant Oatmeal
Weis		Quality Original Instant Oatmeal

# Whole Grains

## Ways to Buy Whole Grains:



OR



OR



OR



Whole Grain Bread

Brown Rice

Whole Wheat Pasta

Whole Grain Tortillas

## Brown Rice

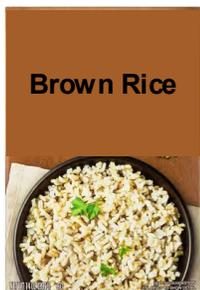
### ✓ WIC Approved

- Any brand
- 14-16 oz or 28-32 oz packages
- Plain brown rice in boxes or bags
- Instant, quick, or regular cooking

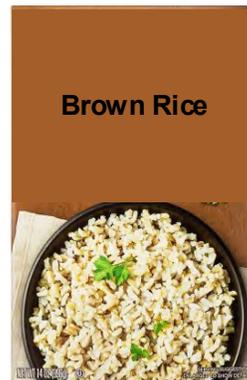
### ✗ Do Not Buy

- Added sugars, fats, oils, or salt

### 14-16 ounce Box or Bag



### 28-32 ounce Box or Bag



**Shopping Tip:** 16 ounces (oz) = 1 pound (lb) and 32 ounces (oz) = 2 pounds (lb)

# Tortillas

 **WIC Approved**

- 16 ounce (1 pound) Packages
- 100% Whole Wheat and Corn



## Approved Brands and Products:

Brand		Products
Best Choice		Corn Tortillas, 100% Whole Wheat Tortillas
Bowl & Basket		Whole Wheat Tortillas
Celia's		Whole Wheat Tortillas, White Corn Tortillas, Yellow Corn Tortillas
Chi Chi's		Whole Wheat Fajita Style Tortillas, White Corn Tortillas
Del Campo		Corn Tortillas
Don Pancho		White Corn Tortillas, Whole Wheat Tortillas
Everyday Essential		Soft White Corn Tortillas, Whole Wheat Fajita Style Tortillas
Food Club		White Corn Tortillas, Whole Wheat Fajita Style Tortillas
Great Value		100% Whole Wheat Tortillas, Whole Wheat Tortillas
Guerrero		White Corn Tortillas
Hannaford		White Corn Taco Sized Tortillas, Yellow Corn Taco Sized Tortillas, Whole Wheat Fajita Style Tortillas
Herdez		White Corn Tortillas, Whole Wheat Tortillas
IGA		White Corn Tortillas, Whole Wheat Taco Style Tortillas

# Tortillas

 **WIC Approved**

- 16 ounce (1 pound) Packages
- 100% Whole Wheat and Corn



## Approved Brands and Products:

Brand		Products
Key Foods		Whole Wheat Tortillas
La Banderita		Corn Tortillas, Soft Corn Tortillas, Whole Wheat Fajita Tortillas, Whole Wheat Soft Taco Tortillas
La Burrita		Yellow Corn Tortillas
Las Delicias		Corn Tortillas
La Milpa		Traditional Nixtamal
La Real		Mexicanas Corn
Market Pantry		Whole Wheat Tortillas
Mayan Fam		Whole Wheat Tortillas
MexAmerican Foods		Whole Wheat with Honey Tortillas
Mission		Soft Corn Extra Thin Tortilla, 100% Whole Wheat Flour Tortillas, Restaurant Style Whole Wheat Tortillas
Nature's Promise		All Natural Corn Tortillas
Ortega		Whole Wheat Tortillas
PICs		Corn Taco Tortillas, Whole Wheat Fajita Tortillas, Whole Wheat Taco Tortillas

# Tortillas

 **WIC Approved**

- 16 ounce (1 pound) Packages
- 100% Whole Wheat and Corn



## Approved Brands and Products:

Brand	Products
Ser Valiente 	White Corn Tortillas
Shop Rite 	Whole Wheat Tortillas
Shurfine 	Whole Wheat Fajita Tortillas
Siempre Autentico 	Whole Wheat Flour Tortillas
Signature Select 	Whole Wheat Taco Tortillas
Stop & Shop 	White Corn Tortillas, Yellow Corn Tortillas, Whole Wheat Flour Tortillas
Tia Rosa 	Whole Wheat Taco Tortillas
Tio Santi 	Whole Wheat Flour Tortillas
Tops 	Whole Wheat Sandwich Wraps, Whole Wheat Tortillas
Wegmans 	Whole Wheat MultiGrain Flax Tortillas
Weis 	Whole Wheat Tortillas

# Whole Wheat Pasta

## ✓ WIC Approved

- 16 ounce (1 pound) Packages
- Any pasta shape (Angel hair, penne, farfalle, etc.)



## Approved Brands and Products:

Brand		Products
Ahold		Whole Wheat Elbow Macaroni, Whole Wheat Penne Rigate, Whole Wheat Rotini, Whole Wheat Spaghetti, Whole Wheat Thin Spaghetti
Allegra		Whole Wheat Spaghetti
America's Choice		Whole Wheat Spaghetti
Anna		Whole Wheat Elbow Pasta, Whole Wheat Fettuccine, Whole Wheat Penne Rigate, Whole Wheat Rotini, Whole Wheat Spaghetti
Barilla		Whole Grain Angel Hair Pasta, Whole Grain Elbow Pasta, Whole Grain Linguine, Whole Grain Penne, Whole Gain Medium Pasta Shells, Whole Grain Penne, Whole Grain Rotini, Whole Grain Spaghetti, Whole Grain Thin Spaghetti
Bella Terra		Organic Whole Wheat Capellini, Organic Whole Wheat Spaghetti
Bionaturae		Organic Whole Wheat Capellini, Organic Whole Wheat Spaghetti, Organic Whole Wheat Chioccirole, Organic Whole Wheat Elbow Pasta, Organic Whole Wheat Fettuccine, Organic Whole Wheat Fusilli, Organic Whole Wheat Gobbetti Pasta, Organic Whole Wheat Penne Rigate, Organic Whole Wheat Rigatoni, Organic Whole Wheat Spaghettini
Bowl and Basket		Whole Wheat Penne Rigate, Whole Wheat Spaghetti
Brad's		Organic Whole Wheat Capelini, Organic Whole Wheat Farfalle, Organic Whole Wheat Fusilli, Organic Whole Wheat Linguine, Organic Whole Wheat Medium Pasta Shells
Cadia		Organic Whole Wheat Linguine, Organic Whole Wheat Penne Rigate, Whole Wheat Fusilli
Campagna		Whole Wheat Fusilli
Chuster		Whole Grain Elbow Macaroni, Whole Grain Penne Macaroni, Whole Grain Spiral Macaroni

# Whole Wheat Pasta

## ✓ WIC Approved

- 16 ounce (1 pound) Packages
- Any pasta shape (Angel hair, penne, farfalle, etc.)



## Approved Brands and Products:

Brand	Products
Clearly Organic 	Organic Whole Wheat Spaghetti
Colavita 	Whole Wheat Capellini, Whole Wheat Fusilli, Whole Wheat Penne Rigate, Whole Wheat Rigatoni, Whole Wheat Spaghetti
Delallo 	Organic Whole Wheat Gamelli, Organic Whole Wheat Capellini, Organic Whole Wheat Cavatappi, Organic Whole Wheat Elbows, Organic Whole Wheat Farfalle, Organic Whole Wheat Fusilli, Organic Whole Wheat Linguine, Organic Whole Wheat Orzo Pasta, Organic Whole Wheat Pasta Shells, organic Whole Wheat Penne Rigate, Organic Whole Wheat Spaghetti, Whole Wheat Acini, Whole Wheat Orecchiete, Whole Wheat Rigatoni
Delverde 	Organic Whole Wheat Fusilli, Organic Whole Wheat Penne, Whole Wheat Linguine, Whole Wheat Organic Spaghetti
Essential Everyday 	Whole Wheat Macaroni, Whole Wheat Penne, Whole Wheat Rotini, Whole Wheat Spaghetti, Whole Wheat Thin Spaghetti
Fit and Active 	Organic Whole Wheat Spaghetti
Food Club 	Whole Wheat Penne Rigate, Whole Wheat Spaghetti
Frantelli Mantova 	Organic Whole What Pasta
Full Circle 	Organic 100% Whole Wheat Penne Rigate, Organic 100% Whole What Rotini, Organic Whole Wheat Angel Hair, Organic Whole Wheat Spaghetti
Garfalo 	Whole Wheat Pappardelle, Whole Wheat Pasta
Gia Russa 	100% Whole Wheat Angel Hair Pasta, 100% Whole Wheat Linguine, 100% Whole Wheat Whole Wheat Penne Rigate, 100% Whole Wheat Rotini, 100% Whole Wheat Spaghetti, 100% Whole Wheat Think Spaghetti, Whole Wheat Medium Pasta Shells, Whole Wheat Roman Rigatoni

# Whole Wheat Pasta

## ✓ WIC Approved

- 16 ounce (1 pound) Packages
- Any pasta shape (Angel hair, penne, farfalle, etc.)



## Approved Brands and Products:

Brand	Products
Good and Gather 	Organic Whole Wheat Spaghetti, Organic Whole Wheat Thin Spaghetti, Organic Whole Wheat Farfalle, Whole Wheat Rotini, Whole Wheat Spaghetti
Great Value 	Whole Wheat Elbow Pasta, Whole Wheat Linguine, Whole Wheat Penne, Whole Wheat Rotini, Whole Wheat Spaghetti, Whole Wheat Thin Spaghetti
Hannaford 	Whole What Penne Rigate Pasta, Whole Wheat Spaghetti, Whole Wheat Thin Spaghetti
Heartland 	Whole Wheat Elbow Pasta, Whole Wheat Rotini
Hodgson Mill 	Whole Wheat Angel Hair Pasta, Whole Wheat Elbow Pasta, Whole Wheat Spaghetti, Whole Wheat Spiral Pasta, Whole Wheat Thin Spaghetti
La Molisana 	Whole Wheat Fusilli, Whole Wheat Spaghetti
Landau 	100% Whole Wheat Elbow Pasta, 100% Whole Wheat Penne, 100% Whole Wheat Spaghetti, 100% Whole Wheat Spiral Pasta, Organic Whole Wheat Macaroni, Organic
Luigi Vitelli 	Organic Whole Wheat Capellini, Organic Whole Wheat Fusilli, Organic Whole Wheat Linguine, Organic Whole Wheat Penne Rigate, Organic Whole Wheat Rigatoni, Organic Whole Wheat Spaghetti
Mantova 	Organic Whole Wheat Fusili, Organic Whole Wheat Spaghetti
Mishpacha 	Whole Wheat Elbows, Whole Wheat Spirals
Nature's Promise 	Organic Whole Wheat Penne, Organic Whole Wheat Spaghetti, Whole Wheat Rigatoni
O Organics 	100% Whole Wheat Rotini, 100% Whole Wheat Spaghetti, Whole Wheat Elbow Macaroni, Whole Wheat Penne Rigate
Pasta Isabella 	Whole Wheat Pasta, Whole Wheat Spaghetti

# Whole Wheat Pasta

## ✓ WIC Approved

- 16 ounce (1 pound) Packages
- Any pasta shape (Angel hair, penne, farfalle, etc.)



## Approved Brands and Products:

Brand		Products
Pastaio		Organic Whole Wheat Spaghetti
Racconto		Whole Wheat Rigatoni, Whole Wheat Capellini, Whole Wheat Elbow Pasta, Whole Wheat Farfalle, Whole Wheat Linguine, Whole Wheat Penne Rigatoni, Whole Wheat Rotini, Whole Wheat Spaghetti
Ronzoni		Healthy Harvest Rotini, Health Harvest Spaghetti, Whole Grain Linguine, Wheat Grain Penne Rigate, Whole Grain Thin Spaghetti
Santa Sophia		Whole Wheat Fusilli, Whole Wheat Spaghetti
ShopRite		Whole Wheat Penne Rigate, Whole Wheat Rotini, Whole Wheat Spaghetti, Whole Wheat Think Spaghetti
Shurfine		Whole Wheat Penne Rigate, Whole Wheat Spaghetti
Signature Select		Thin Whole Wheat Spaghetti, Whole Wheat Elbow Macaroni, Whole Wheat Linguine, Whole Wheat Penne Rigate, Whole Wheat Rotini, Whole Wheat Spaghetti
Simply Balanced		Whole Wheat Farfalle, Whole Wheat Fusilli, Whole Wheat Penne, Whole Wheat Spaghetti
Wegmans		Organic Whole Wheat Farfalle, Organic Whole Wheat Fusilli, Organic Whole Wheat Linguine, Organic Whole Wheat Orzo Pasta, Organic Whole Wheat Penne Rigate, Organic Whole Wheat Spaghetti,
Weis		Organic Whole Wheat Angel Hair Pasta, Organic Whole Wheat Spaghetti Pasta, Quality Whole Wheat Angel Hair Pasta, Quality Whole What Penne Rigate, Quality Whole Wheat Rotini, Quality Whole Wheat Spaghetti

# Whole Grain Bread Products

✓ **WIC Approved**

- 16 ounce (1 pound) Packages



## Approved Brands and Products:

Brand	Products
America's Choice 	100% Whole Wheat Bread
Arnold 	100% Whole Wheat Buns, Stoneground 100% Whole Wheat Bread
Baker's Choice 	100% Whole Wheat Bread
Best Yet 	100% Whole Wheat Bread
Bimbo 	100% Whole Wheat Bread
Bogopa 	100% Whole Wheat Bread
Bowl & Basket 	100% Whole Wheat Bread
Cherry Valley 	100% Whole Wheat Bread
Food Lion 	100% Whole Wheat Bread
Foodtown 	100% Whole Wheat Bread
Franczoz 	100% Whole Wheat Bread, Geminated Whole Wheat Bread
Full Circle 	Flax and Grain Bread
Gold Medal 	100% Whole Wheat Bread, 100% Whole Wheat Bread with Flax

# Whole Grain Bread Products

✓ **WIC Approved**

- 16 ounce (1 pound) Packages



## Approved Brands and Products:

Brand	Products
Gourmet 	100% Whole Wheat Bread
Hannaford 	100% Whole Wheat Bread
Hauswald's 	100% Whole Wheat Bread
Holsum 	100% Whole Wheat Bread
Ideal 	100% Whole Wheat Bread
IGA 	100% Whole Wheat Bread
King Kullen 	100% Whole Wheat Bread
Krasdale 	100% Whole Wheat Bread
Monks' 	Multigrain Bread, Wheat Whole Grain Bread
Nature's Own 	100% Whole Wheat with Honey Bread, Whole Grain Sugar Free Bread
Pas Yisroel 	100% Whole Wheat Bread, Whole Wheat Bread, Multigrain Bread
Penn Street Bakery 	100% Whole Wheat Bread
Pepperidge Farm 	Jewish Rye Whole Grain Bread, Light Style Soft Wheat Bread, Light Style Whole Wheat Bread, Very Thin Whole Wheat Bread

# Whole Grain Bread Products

✓ **WIC Approved**

- 16 ounce (1 pound) Packages



## Approved Brands and Products:

Brand	Products
PICS 	100% Whole Wheat Bread
Roman Meal 	Sungrain 100% Whole Wheat
Rubschlager 	100% Rye Rye Ola Black Rye Bread, 100% Rye Rye Ola Flax Bread, 100% Rye Rye Sunflower Bread, 100% Whole Wheat Bread, Cocktail Pumpernickel Bread, Cocktail Rye Bread, Cocktail Whole Grain Bread, Danish Style Pumpernickel Bread, European Style Whole Grain Bread, Rye Ola Pumpernickel Bread
Sara Lee 	100% Whole Wheat Bread
Schmidt 	Old Tyme 100% Whole Wheat Bread
Schwebel's 	100% Whole Wheat Bread
Shop Rite 	100% Whole Wheat Bread
Signature Select 	100% Whole Wheat Bread
Stern's 	100% Whole Wheat Bread, Whole Wheat Bread, Whole Wheat Rolls
Stop & Shop 	100% Whole Wheat Bread, Whole Wheat Sandwich Bread, Whole Wheat Bread, No Salt Added Whole Wheat Bread
Super Bread 	100% Whole Wheat Bread
Tops 	100% Whole Wheat Bread
Urban Meadows 	100% Whole Wheat Bread

# Whole Grain Bread Products

✓ **WIC Approved**

- 16 ounce (1 pound) Packages



## Approved Brands and Products:

Brand		Products
Weis		100% Whole Wheat Bread
Wonder		100% Whole Wheat Bread
Windmill Farms		Whole Wheat Hamotzie Bread, Whole Wheat Mezonos Bread, Whole Wheat Rolls
Yossi's Pita		Multigrain Bread
Zomicks		100% Whole Wheat Hamotzie Bread, 100% Whole Wheat Mezonos Bread, 100% Whole Wheat Rolls

# Fruits and Vegetables (Cash Value Benefit)

## Fresh Fruits & Vegetables

### ✓ WIC Approved

- Any variety of fresh vegetables and fruits
- Whole or cut up
- Bagged salad mixtures
- Bagged vegetables



### ✗ Do Not Buy

- Party trays with dip
- Items from the salad bar
- Fruit baskets
- Decorative vegetables or fruits
- Dried produce
- Nuts (including peanuts, fruit/nut mixtures)
- Herbs, spices, or salad dressings

## Canned Fruits

### ✓ WIC Approved

- Any brand packed in water or juice
- Any variety of fruit or fruit mixtures
- Artificial sweeteners
- Any size/container/package type
- Fruit must be the first ingredient
- Applesauce: "No sugar added" or "Unsweetened"



### ✗ Do Not Buy

- Cranberry sauce
- Pie filling
- Fruit packed in syrup
- Added sugars or salt
- Added oils/fats
- Single serve pouches

## Canned Vegetables

### ✓ WIC Approved

- Any brand
- May be regular or low sodium/salt
- Any variety of vegetable or vegetable mixture
- Any size/container/package type
- Vegetable must be the first ingredient
- Canned tomatoes (paste, puree, whole, crushed, stewed, diced, sauce, salsa)



### ✗ Do Not Buy

- Pickled or creamed
- Baked beans/pork and beans
- Soups
- Ketchup, relishes, olives
- Added fats, oils, sugars
- Mature beans/peas/lentils

## Frozen Fruits

### ✓ WIC Approved

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



### ✗ Do Not Buy

- Ingredients other than fruit
- Added sugar, honey, or syrup

## Frozen Vegetables

### ✓ WIC Approved

- Any brand
- Any size/container/package type
- With or without salt
- Frozen beans, peas, lentils allowed
- Any variety of vegetables or vegetable mixtures
- Vegetables must be the first ingredient



### ✗ Do Not Buy

- Added sugars, fats, oils
- Added sauces or breading

# Juice

## ✓ WIC Approved

- The size and type listed on your WIC Shopping List
- 100% juice
- Juice with 80% or more vitamin C

## ✗ Do Not Buy

- Organic

# Juice for Women

**Frozen Concentrate**  
11.5-12 ounce (oz)  
Containers



**Shelf Stable Concentrate**  
11.5-ounce (oz)  
Containers

Welch's



# Juice for Children



**Frozen Concentrate**  
16 ounce (oz)  
Containers

**Fluid**  
64 ounce (oz)  
Containers



# Juice for Women—Frozen Concentrate

## 11.5-12 ounce (oz) Containers

Brand		Flavors
Always Save		Apple, Orange
Best Choice		Apple, Extra Pulp Orange, Orange, Orange with Calcium
Best Yet		100% Frozen Grapefruit, Apple, Calcium Added Orange, Country Style Orange, Orange, Orange with No Pulp
Clear Value		Apple, Orange
Dole		Orange Peach Mango, Orange Strawberry Banana, Pineapple, Pineapple Orange Banana, Pineapple Orange
Essential Everyday		Apple, Grape, Orange, Orange with Calcium
Food Club		Apple, Grape, Orange Juice Concentrate, Orange with Calcium, Pulp Free Orange, Orange Extra Pulp
Food Lion		Apple, Calcium Added Orange, Orange, Orange with Pulp
Freedom's Choice		Apple, Country Orange, No Pulp Orange, Orange, Orange with Calcium
Giant Eagle		Orange Calcium Added, Orange, Orange Extra Pulp, Orange with No Pulp
Good & Gather		Pulp Free Frozen Orange
Goya		Orange
Great Value		Apple, Country Style Orange, Grape, Orange
Hannaford		Apple, Calcium Added Orange, Grape, Orange, Orange with No Pulp, Orange with Pulp, Pineapple Orange
Hy Top		Apple, Orange
IGA		Apple Concentrate, Orange, 100% Orange with Calcium, Country Style 100% Orange
Langers		Apple, Autumn Blend, Grape, Orange, Pineapple, Spring Blend, Summer Blend, Winter Blend
Market Pantry		Apple, Grape, Orange, Orange No Pulp
Minute Maid		Calcium Added Orange, Country Style Orange, Grapefruit, Orange, Orange with No Pulp

# Juice for Women—Frozen Concentrate

## 11.5-12 ounce (oz) Containers

Brand	Flavors
Nature's Nectar 	Orange
Old Orchard 	Apple Cherry, Apple Cranberry, Apple, Apple Kiwi Strawberry, Apple Passion Mango, Apple Raspberry, Apple Strawberry Banana, Berry Blend, Calcium Added Orange, Cranberry Blend, Cranberry Raspberry, Grape, Orange, Pineapple, Pineapple Orange Banana, Pomegranate Cherry, Pomegranate Blueberry Pomegranate Cranberry, Strawberry Rhubarb, White Grape, Black Cherry Cranberry, Orange Blend
Our Family 	Calcium Added Orange, Country Style Orange, Orange, Orange with No Pulp
Parade 	Apple, Orange
PICS 	Apple, Apple Raspberry, Grape, White Grape
Price Chopper 	Calcium Orange, Orange, Orange Extra Pulp, Orange No Pulp
Price Rite 	Orange
Seneca 	Apple
Shop Rite 	Apple, Calcium Added Orange, Country Style Orange, Orange with Some Pulp
Shurfine 	Apple, Calcium Added Orange, Country Style Orange, Orange, Orange with Extra Pulp, Orange with No Pulp
Signature Select 	Apple, Berry Blend, Cranberry Blend, Grape, No Pulp Orange, Orange, Pineapple
Stop & Shop 	Apple, Calcium Orange, Grape, Grapefruit, Orange, Orange Extra Pulp, Orange No Pulp
Tipton Grove 	Apple, Orange
Tops 	Apple Concentrate, Calcium Fortified Orange, Orange, Orange with No Pulp
Tropicana 	Homestyle Orange, Orange with No Pulp
Valutime 	Orange, Orange with No Pulp
Wegmans 	Calcium Fortified Apple, Orange, Wegmans Style Orange, Orange with No Pulp, FYFGA Frozen Orange
Weis 	Apple, Orange, Orange with Calcium
Welch's 	100% Tropical Orange, Grape, White Grape, White Grape Peach, What Grape Raspberry

# Juice for Children—Frozen Concentrate

16 ounce (oz) Containers

Brand	Flavors
Best Yet 	Orange
Essential Everyday 	Orange
Food Club 	Original Orange
Hannaford 	Orange
Minute Maid 	Orange
Parade 	Orange Juice Concentrate
Price Chopper 	Orange
Shop Rite 	Orange Juice with Some Pulp
Shurfine 	Orange
Stop & Shop 	Orange
Wegmans 	100% Frozen Orange
Weis 	Orange

Brand	Flavors
7 Select 	Apple Juice
Always Save 	Apple Juice, Grape Juice, Orange Juice
Always Sweet 	Grapefruit Juice, Orange Juice
Apple & Eve 	Apple, Cranberry and More, Cranberry Apple, Cranberry Blend, Cranberry Grape, Cranberry Pomegranate, Cranberry Raspberry, Grovers White Grape, Natural Style Apple, Strawberry Passion, Watermelon Grape
Best Choice 	Apple, Grape, Orange, Pineapple, Tomato, Vegetable, White Grapefruit
Best Yet 	100% Grape, 100% Orange, 100% Tomato, Apple Grapefruit, No Pulp Orange, Orange with Calcium and Vitamin D, Orange with Pulp, Orange Mango, Orange Pineapple, Pineapple, Pineapple, Vegetable, Whole Grape
B'gan 	Apple, Fruit Punch, Orange, Tomato
Bogopa 	Orange
Bowl & Basket 	Apple, Orange, Orange with Calcium
Byrne Dairy 	Orange
Campbell's 	Low Sodium Tomato, Tomato
Chef's Quality 	100% Apple, Orange
Cherry Valley 	Apple
Dean's 	Country Fresh Pure Orange
Devash Farms 	Florida Orange, Orange
Essential Everyday 	100% Grape, 100% White Grape, Apple, Berry, Calcium Added Apple, Calcium Added Orange, Calcium Vitamin D Orange, Cherry Blend, Cranberry Blend, Cranberry Raspberry, Fruit Punch, Orange Juice, Orange Juice Some Pulp, Orange Juice with No Pulp, Pineapple Juice, White Grapefruit
Everfresh 	Orange

Brand	Flavors
Food Club 	100% Apple, Apple, Calcium Fortified Apple, Grape, Grapefruit, No Pulp Orange, Orange, Pineapple, Tomato, White Grape
Food Lion 	Berry Blend, Calcium vitamin D no Pulp Orange, Cherry Blend, Fruit Punch, Grapefruit, Orange Juice with No Pulp, Pasteurized Apple, Pineapple
Foodtown 	Apple
Freedom's Choice 	Apple, Grape, Tomato
Fresh & Tasty 	Premium Pure Orange
Giant Eagle 	Apple, White Grapefruit
Golden Flow 	Orange
Good & Gather 	Orange
Great Value 	Orange, Orange with Pulp, Pineapple, Tomato, Vegetable, Apple, Country Style Orange, Cranberry Pomegranate, Grape, Guava Flavored, Low Sodium Vegetable, Mango Peach, No Sugar Cranberry Blend, No Sugar Cranberry Grape, Orange with Calcium and Vitamin D, Pear, Red Ruby, White Grape, White Grape Peach
Hannaford 	100% Pineapple, Apple, berry, Calcium Fortified Orange, Cherry, Cranberry Grape, Cranberry Raspberry, Fruit Punch, Grape, Grapefruit, Hone Crisp Apple, Hot and Spicy Vegetable, No Pulp Orange, Vegetable White Grape
Hansen's Natural 	Orange
Harvest Classic 	Apple, Apple Orange Pineapple, Cranberry Apple, Cranberry Blend, Cranberry Grape, Cranberry Raspberry, Orange, Pineapple
Hood 	Orange
Hy Top 	Unsweetened Apple, Grape
IGA 	Apple, Grape, Grapefruit, Orange, Orange with Calcium and Vitamin D, Orange Juice with No Pulp, Pineapple, Tomato, Vegetable, White Grape
Indian Summer 	Acai Blueberry Apple, Orange, Pineapple Mango Apple
Juicy Juice 	100% Orange, Apple, Apple Raspberry, Berry, Cherry, Fruit Punch, Grape, Kiwi Strawberry, Mango, Orange Tangerine, Passion Dragon fruit, Peach Apple, Strawberry Banana, Strawberry Watermelon, Tropical Fruit Punch, White Grape
Key Foods 	Cranberry Apple, Cranberry Grape, Cranberry, Pineapple, Unsweetened Apple, Unsweetened Country Apple

Brand	Flavors
Krasdale 	Grapefruit, Homestyle Orange, Orange, Pure Pasteurized Apple
Langers 	Apple Berry Cherry, Cranberry Grape, Cranberry, Apple Grape, Apple, Apple Kiwi Strawberry, Apple Orange Pineapple, Apple Peach Mango, Berry, Concord Grape, Fruit Punch, Low Sodium Vegetable, Orange 100% Juice Blend, Orange, Pineapple, Ruby Red Grapefruit, Spicy Vegetable, Vegetable
Libby's 	Pineapple
Lieber's 	Pineapple
Life Every Day 	Apple, Grape
Lotus 	Pineapple
Lucky Leaf 	Apple
Market Pantry 	Apple, Grape, Orange, White Grape
Member's Mark 	Apple
Mott's 	Apple Cherry, Apple, Apple Mango, Apple White Grape, Fruit Punch, Natural Un-sweetened Apple
Mr. Pure 	100% Orange, Apple
Musselman's 	Apple
Natalie's 	Orange
Nature's Nectar 	100% Grape, 100% White Grape, Apple
Nature's Own 	Apple, Grape
New Square	Calcium Fortified Orange
Northland 	Blueberry Blackberry Acai, Cranberry Blackberry, Cranberry Cherry, Cranberry Grape, Cranberry, Cranberry Pomegranate, Cranberry Raspberry, Cranberry
Ocean Spray 	Apple, Concord Grape, Cranberry Blackberry, Cranberry Cherry, Cranberry Concord Grape, Cranberry Elderberry, Cranberry, Cranberry Mango, Cranberry Pineapple, Cranberry Pomegranate, Cranberry Raspberry, Cranberry Watermelon, Ruby Red Grapefruit

Brand	Flavors
Old Orchard 	Apple Cranberry, Apple, Berry Blend, Black Cherry Cranberry, Blueberry Pomegranate, Cranberry Pomegranate, Grape, Kiwi Strawberry, Orange Blend, Orange, Orange Tangerine, Peach Mango, Red Raspberry, Strawberry Watermelon, White Grape, Wild Cherry
Our Family 	Apple, Cranberry Grape, Cranberry Raspberry, Fresh Pressed Apple Cider, Fresh Pressed Apple Juice, Grape, Grapefruit, Orange, Vegetable, White Grape
Parade 	Apple, Grapefruit
PICs 	Grape, Low Sodium Vegetable, No Pulp Orange with Calcium, Orange Peach Mango, Pineapple Orange, Tomato, Total Juice Grape, Vegetable, White Grape
Price Chopper 	Apple, Calcium Fortified Apple, Grapefruit, Orange Juice with No Pulp, Pineapple, Totally Juice Cherry Punch, Totally Juice Punch, White Grape Peach, Berry Blend
Price Rite 	Apple, Grapefruit, Orange
Red & White 	Apple, Unsweetened Apple
Ruby Kist 	Apple, Grape, Grapefruit, Orange, Pineapple, White Grape
Sam's Choice 	Apple
Seneca 	Apple
Sesame Street 	Big Bird Apple, Cookie Monster Berry, Elmos Fruit Punch, Mango Strawberry
Shoppers Value 	Orange
Shop Rite 	Apple, Grapefruit
Shurfine 	Apple, Calcium Added Orange, Calcium Rich Orange, Cranberry Apple, Cranberry Blend, Cranberry Pomegranate, Cranberry Raspberry, Grape, Grapefruit, Orange, Pineapple, Premium Squeezed Orange, Tomato, Vegetable, White Grape
Signature Select 	Apple Cider, Apple, Calcium Vitamin D Orange, Cranberry Concord Grape, Cranberry, Cranberry Raspberry, Grape, Grapefruit, Homestyle Orange, Low Sodium Vegetable, No Pump Orange, Orange, Pineapple, Tomato, Vegetable, White Grape, White Grapefruit
Stop & Shop 	Apple Cider, Apple, Berry, Cherry, Cranberry Apple, Cranberry Grape, Cranberry Juice Blend, Cranberry Raspberry Blend, Fruit Punch, Grape, Grape Juice Blend, Fruit Punch, Grape, Grape Juice Blend, No Pulp Orange, No Sugar Calcium Apple, Orange Juice with Calcium Vitamin D, Vegetable, Tomato, Unsweetened Apple, White Grape, White Grapefruit

Brand	Flavors
Super A 	Apple
That's Smart 	Grape
Tipton Grove 	100% Cranberry, 100% Grape, 100% Orange, 100% Pineapple, 100% White Grape, Apple, Vegetable
Tops 	Unsweetened Apple, Apple, Cranberry, Grape, Grape with Calcium and Fiber, Orange, Orange with Calcium, Truly Cherry, Truly Juice Berry, Truly Juice Fruit
Tree Ripe 	No Pulp Orange, Orange Juice with Calcium, Some Pulp Orange
Tree Top 	Pineapple Orange
Tropicana 	Orange
Unger's 	Apple
Upstate Farms 	Orange
Urban Meadow 	Apple Cranberry, Apple, Cranberry Grape, Cranberry, Cranberry Pomegranate
V8 	Low Sodium Vegetable Juice, Spicy Hot Vegetable Juice, Vegetable Juice
Wegmans 	100% White Grape, Apple, Berry, Calcium Fortified Apple, Cherry, Cold Pressed Orange, Cranberry Apple, Cranberry Blend, Cranberry Grape, Cranberry Peach, Cranberry Raspberry, Fruit Punch, Fruit Punch, Grape, Natural Style Apple, No Pulp Orange, No Pulp Orange with Calcium and Vitamin D, No Sugar Added Apple Juice, Orange Peach Mango, Pineapple, Ruby Red Grapefruit, White Grape Cranberry, White Grape Peach, White Grape Raspberry
Weis 	100% Apple, Apple, Cranberry Apple, Cranberry Grape, Cranberry, Cranberry Raspberry, Grape, Grapefruit, No Pulp orange Juice, Orange Juice with Calcium and Vitamin D, Orange Juice with Pulp, Vegetable, Apple with Calcium, White Grape
Welch's 	Black Cherry Concord Grape, Concord Grape, Concord Grape with Calcium, Concord Grape with Fiber, Orange Pineapple Apple, Red Grape, Super Berry, White Grape Cherry, White Grape, White Grape Peach
White Rose 	Apple, Orange
Zehav 	Orange

# Juice for Children

## Juice for Children—Juice Boxes

### Approved Brands and Products:

Brand	Flavors
 Apple & Eve	Berry 8 pack (4.23 oz each) Big Bird Apple Juice 8 pack (4.23 oz each) Fruit Punch 8 pack (4.23 oz each) Orange Tangerine 8 pack (4.23 oz each) Pear Peach 8 pack (4.23 oz each)
 Juicy Juice	Apple Juice Boxes 8 pack (4.23 oz each) Berry Juice Boxes 8 pack (4.23 oz each) Fruit Punch Juice Boxes 8 pack (4.23 oz each) Grape Juice Boxes 8 pack (4.23 oz each) Orange Tangerine Juice Boxes 8 pack (4.23 oz each)



**Choose what is approved for you:**

Check your WIC Shopping List for juice box eligibility.