



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

<ul style="list-style-type: none"> ✓ Corn Flakes* - plain 	<ul style="list-style-type: none"> ✓ Shredded Wheat - plain or frosted 	<ul style="list-style-type: none"> ✓ Oat Squares – plain. Also called: <i>Crisp Oat Squares, Crunchy Oat Squares, Oat Crisps</i> 
<ul style="list-style-type: none"> ✓ Wheat Flakes - plain 	<ul style="list-style-type: none"> ✓ Oat O's – plain. Also called: <i>Toasted Oats, Tasteeos, Oats & O's</i> 	<ul style="list-style-type: none"> ✓ Multigrain Flakes with Oat Clusters* – with or without almonds. Also called: 

* '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

<ul style="list-style-type: none"> ✓ CREAM OF WHEAT: Cream of Wheat Whole Grain (2 ½ minute) 	<ul style="list-style-type: none"> ✓ MAYPO: Instant Maple Oatmeal, Vermont Style Maple Oatmeal 	<ul style="list-style-type: none"> ✓ 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 PANCHO:** 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:

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

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 cartons



Label must say **120% or more Vitamin C**

130% Daily Vitamin C

Acceptable Foods for Vegetables & 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	<ul style="list-style-type: none"> ✓ Any variety of fresh vegetables and fruits ✓ May be whole or cut up ✓ Bagged salad mixtures, bagged vegetables <p>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</p>
Canned Fruits	<ul style="list-style-type: none"> ✓ 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 <p>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</p>
Canned Vegetables	<ul style="list-style-type: none"> ✓ 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) <p>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)</p>
Frozen Fruits	<ul style="list-style-type: none"> ✓ Any brand ✓ Any container/package type ✓ Any size ✓ Fruit must be the first ingredient ✓ Any variety of fruit, fruit mixtures <p>NOT ALLOWED: Ingredients other than fruit; added sugar; any syrup (corn syrup, high fructose corn syrup, maltose, dextrose, sucrose, honey, maple syrup, etc.)</p>
Frozen Vegetables	<ul style="list-style-type: none"> ✓ 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 <p>NOT ALLOWED: Added sugars, fats or oils</p>

To lower salt intake, rinse canned vegetables.