



Kat Manje ki Akseptab nan WIC

Kat sa a disponib nan 21 lang, vizite: www.health.ny.gov/wic

Pou lis manje ki pi ajou WIC apwouve, tanpri vizite <https://nyswicvendors.com/upc-resources/>

Lèt

Ou kapab achte:

- Lis pou w achte nan WIC montre kantite grès ak ki tip lèt ou dwe achte
- **Nenpòt mak**
- **LÈT BÈF:** Achte pi gwo resipyan ki disponib lan lè sa posib (galon, 96 ons, demi galon, oswa ka)
- **LÈT SAN LAKTOZ:** Achte pi gwo resipyan ki disponib lan lè sa posib
- **KOSHER (Cholov Yisroel):** Si li ekri an lèt detache nan lis pou achte nan WIC
- **LÈT KABRIT:** Resipyan 12 ons Meyenberg sèlman
- **LÈT EVAPORE/LÈT NAN BWAT:** Resipyan 12 ons sèlman
- **LÈT SECHE/AN POU:** Resipyan 25.6 ons sèlman

OU PA KAPAB ACHTE:

- Savè
- Òganik
- Sikre oswa kondanse
- Lèt kaye
- Kalsyòm ajoute
- Lèt ki gen grès redui (2%)

Ze

Ou kapab achte:

- **Nenpòt mak**
- **1 douzèn** (12 pyès) nan resipyan an sèlman
- **Mwayen oswa Laj**
- **Blan oswa mawon**

OU PA KAPAB ACHTE:

- Sa ki gwo epi laj anpil
- Òganik
- Ze espesyal ki koute chè (ze ki gen kolestewòl redui, ze poul ki pa nan kalòj/ze poul lage, yo bay manje omega-3 ki sòti nan vejetal yo)

Manba

Ou kapab achte:

- **Nenpòt mak**
- **Resipyan 16 jiska 18 ons**
- **Ki kapab kraze, ki gen gwo moso, ki gen anpil krèm, ki swa**
- **Natirèl**
- **Kantite grès ki redui**

OU PA KAPAB ACHTE:

- Manba pou mete nan pen
- Manba ki fèk moulen oswa ki bat
- Manba ki gen savè
- Manba òganik
- Manba avèk luil palmis oswa engredyan yo ajoute tankou vitamin, mineral, Omega 3, DHA, oswa EPA

Bwason abaz Soja

Ou kapab achte:

Makak kalite sa yo:

- **8TH CONTINENT:**
Lèt soja – Orijinal ak Vaniy (64 ons nan frijidè)
- **PACIFIC NATURAL FOODS:**
Ultra Soja – Orijinal ak Vaniy (32 ons ki konsève pandan anpil tan)
- **SILK:**
Lèt soja - Orijinal (32 oswa 64 ons nan frijidè)
Lèt soja - Orijinal (plizyè anbalaj 128 ons nan frijidè)
Lèt soja - Orijinal (32 ons ki konsève pandan anpil tan)
- **WESTSOY:**
Lèt soja òganik – ki pa melanje (32 oswa 64 ons ki konsève pandan anpil tan)
Lèt soja – Vaniy (32 oswa 64 ons ki konsève pandan anpil tan)

Fwomaj

Ou kapab achte:

- **Bwat 8, 16, 24, or 32 ons sèlman**
- **Nenpòt mak**
- **Pwosisyon Ameriken pou pasterize, Monterey jack, Mozzarella, Cheddar, Colby, Swiss, Muenster, Provolone, oswa melanj nenpòt nan fwomaj sa yo**
- **Blòk oswa tranch**
- **FWOMAJ KOSHER (Cholov Yisroel)** Si li ekri an lèt detache nan lis pou achte nan WIC

OU PA KAPAB ACHTE:

- Fwomaj enpòte
- Manje, pwodui, oswa yon pwodui pou bere pen ki fèt abaz fwomaj
- Cracker cuts
- Ti moso fwomaj/fwomaj rape/kib fwomaj, ba fwomaj, oswa baton fwomaj
- Fwomaj ki gen savè
- Fwomaj òganik
- Tranch fwomaj ki vlope pou kont yo
- Fwomaj Deli

Pwason nan Bwat Konsè

Ou kapab achte:

- **Nenpòt mak**
- **Pwason avèk sèl oswa bouyon legim**
- **Pwason ki nan bwat avèk dlo oswa luil**
- **Pwason avèk zo epi po**
- **Kalite ak gwozè sa yo:**
 - **Ton ki klè:** Nenpòt mak (bwat 5 ak 6 ons)
 - **Somon woz:** Nenpòt Mak (bwat 5, 6 ak 7.5 ons)
 - **Sadin:** Nenpòt Mak (bwat 3.75 ons)

OU PA KAPAB ACHTE:

- Ton Albacore
- Somon ki gen do ble
- Somon wouj
- Savè yo ajoute
- Engredyan yo ajoute

Sèlman fi ki ap bay tibebe tete k ap resevwa manje siplemantè k ap ede yo fè kantite lèt ki nesès pou ti bebe yo grandi.

Yogout

Ou kapab achte:

- **Kantite grès yo site nan lis pou w achte a**
- **Resipyan 32 ons**
- **Mak ak kalite sa yo:**
 - **Annie's:** Yogout antye ki pa melanje ki se yon pwodui òganik lokal
 - **Arz:** Yogout orijinal antye ki pa melanje epi ki gen grès
 - **Avenue A:** Yogout grèk ki pa melanje epi ki pa gen grès, Yogout grèk ak vaniy ki pa gen grès
 - **Axelrod:** Yogout ki pa melanje epi ki pa gen anpil grès, Yogout ki pa melanje epi ki pa gen grès, Yogout antye ki pa melanje
 - **Baroody:** Yogout ki pa melanje
 - **Best Yet:** Yogout ki pa melanje epi ki pa gen anpil grès, Yogout ki pa melanje epi ki pa gen grès, Yogout ki pa gen grès epi ki pa melanje
 - **Brown Cow:** Yogout antye ki pa melanje epi ki gen krèm sou tèt li, Yogout ki pa melanje epi ki pa gen anpil grès, Yogout ki pa melanje epi ki pa gen grès, Yogout ak vaniy avèk lèt antye
 - **Butterworks Farm:** Yogout ki pa melanje epi ki pa gen grès, Yogout ki pa melanje epi ki gen grès
 - **Byrne Hollow:** Yogout Grèk ki pa melanje epi ki pa gen anpil grès
 - **Cabot:** 2% Yogout ki pa melanje epi ki pa gen anpil grès, Yogout ki pa melanje epi ki pa gen grès, Yogout antye ki pa melanje epi ki gen grès
 - **Chobani:** 2% Yogout Grèk ki pa melanje epi ki pa gen anpil grès, Yogout ki pa melanje epi ki pa gen grès, Yogout Grèk ak vaniy ki pa gen grès, Yogout antye ki pa melanje epi ki gen grès
 - **Coburn Farms:** Yogout ki pa melanje epi ki pa gen anpil grès, Yogout Grèk ki pa melanje epi ki pa gen grès
 - **Cowbella:** Yogout ki pa melanje epi ki pa gen grès
 - **Cream O'Land:** Yogout ki pa melanje epi ki pa gen anpil grès
 - **Crowley:** Yogout ki pa melanje epi ki pa gen anpil grès
 - **Dannon:** 1.5% Yogout ki pa melanje epi ki pa gen anpil grès, Yogout Grèk ki pa melanje epi ki pa gen grès, Yogout ki pa melanje epi ki pa gen grès, Yogout antye ki pa melanje epi ki gen grès
 - **Desi Natural Dahi:** Yogout ki pa melanje epi ki pa gen anpil grès, Yogout ki pa melanje epi ki pa gen grès, Yogout antye ki pa melanje epi ki gen grès
 - **Essential Everyday:** Yogout ki pa melanje epi ki pa gen anpil grès, Yogout Grèk ki pa melanje epi ki pa gen grès, Yogout ki pa melanje epi ki pa gen grès, Yogout Grèk ak frèz epi ki pa gen grès, Yogout Grèk ak vaniy epi ki pa gen grès, Yogout grèk antye ki pa melanje, Yogout antye ki pa melanje
 - **Esti:** Yogout Grèk antye ki pa melanje
 - **Farmland:** Yogout Dahi antye ki pa melanje epi ki gen grès
 - **Fit and Active:** Yogout ki pa melanje epi ki pa gen grès
 - **Food Club:** Yogout ki pa melanje epi ki pa gen anpil grès, Yogout ki pa melanje epi ki pa gen grès, Yogout ki pa gen grès epi ki pa melanje
 - **Food Lion:** Yogout ki pa melanje epi ki pa gen grès
 - **Foodtown:** Yogout ki pa melanje epi ki pa gen anpil grès, Yogout Grèk ki pa melanje epi ki pa gen grès, Yogout ki pa melanje epi ki pa gen grès, Yogout grèk ak vaniy epi ki pa gen grès, Yogout antye ki pa melanje epi ki gen grès
 - **Freedom Hill Farm:** Yogout ki pa melanje
 - **Fresh Made:** Yogout ki pa melanje epi ki pa gen anpil grès
 - **Friendship:** Yogout ki pa melanje epi ki pa gen anpil grès
 - **Gopi:** Yogout ki pa melanje epi ki pa gen anpil grès nan estil endyen, Yogout ki pa melanje epi ki pa gen grès nan estil endyen, Yogout antye ki pa melanje epi ki gen grès nan estil endyen
 - **Great Value:** Yogout grèk ki pa melanje epi ki pa gen grès, Yogout ki pa melanje epi ki pa gen grès, Yogout òganik epi ki pa gen anpil grès, Yogout grèk antye ki pa melanje epi ki gen grès
 - **Greek Gods:** Yogout Grèk ki pa melanje epi ki pa gen anpil grès
 - **Green Mountain Creamery:** Yogout grèk ki pa melanje epi ki pa gen grès, Yogout ki pa melanje epi ki pa gen grès, Yogout Grèk ki pa melanje, Yogout antye ki pa melanje
 - **Greenway:** Yogout antye ki pa melanje epi ki gen grès
 - **Guru:** Yogout ki pa melanje avèk lèt antye
 - **Hammond Dairy:** Yogout antye ki pa melanje epi ki gen grès
 - **Hannaford:** Yogout ki pa melanje epi ki pa gen anpil grès, Yogout Grèk ki pa melanje epi ki pa gen grès, Yogout ki pa melanje epi ki pa gen grès, Yogout Grèk ak frèz epi ki pa gen grès, Yogout Grèk ak vaniy epi ki pa gen grès, Yogout grèk antye ki pa melanje, Yogout grèk antye avèk vaniy
 - **Hawthorne Valley:** Yogout antye ki pa melanje epi ki gen grès
 - **Horizon:** Yogout ki pa melanje epi ki pa gen grès, Yogout òganik ki pa melanje epi ki pa gen grès, Yogout òganik antye ki pa melanje epi ki gen grès
 - **Ithaca:** Yogout antye ki pa melanje epi ki gen grès
 - **Key Foods:** Yogout ki pa melanje epi ki pa gen anpil grès, Yogout ki pa melanje epi ki pa gen grès
 - **Kingdom Creamery:** Yogout antye ki pa melanje epi ki gen grès
 - **Kirkland:** Yogout Grèk ki pa melanje epi ki pa gen grès
 - **La Yogurt:** Yogout ki pa melanje epi ki pa gen anpil grès, Yogout ki pa melanje epi ki pa gen grès, Yogout antye ki pa melanje epi ki gen grès
 - **Lacto:** Yogout ki pa melanje
 - **Lala:** Yogout ki pa melanje epi ki pa gen anpil grès
 - **Lucerne Dairy:** Yogout ki pa melanje epi ki pa gen anpil grès, Yogout ak frèz ki pa gen anpil grès, Yogout grèk ki pa melanje epi ki pa gen grès, Yogout ki pa melanje epi ki pa gen grès, Yogout ak lèt antye
 - **Maple Hill:** Yogout òganik antye ki pa melanje
 - **Market Pantry:** Yogout ki pa melanje epi ki pa gen grès
 - **Merve:** Yogout ki pa melanje
 - **Mountain High:** Yogout ki pa melanje epi ki pa gen anpil grès, Yogout ki pa melanje epi ki pa gen grès, Yogout orijinal antye ki pa melanje epi ki gen grès
 - **My Essentials:** Yogout ki pa melanje epi ki pa gen anpil grès, Yogout ki pa melanje epi ki pa gen grès
 - **Nancy's:** Yogout ki pa melanje epi ki pa gen grès, Yogout òganik ki pa melanje epi ki pa gen grès, Yogout òganik ki pa melanje epi ki pa gen grès, Yogout antye ki pa melanje
 - **Nature's Place:** Yogout òganik grèk ak vaniy ki pa melanje epi ki pa gen grès, yogurt òganik grèk antye ki pa melanje, yogurt òganik antye ki pa melanje
 - **Nature's Promise:** Yogout òganik grèk ki pa melanje epi ki pa gen grès, yogurt òganik grèk antye ak vaniy ki pa melanje epi ki pa gen grès, yogurt òganik grèk ki pa melanje, yogurt òganik grèk antye ki pa melanje, Yogout òganik antye ki pa melanje
 - **North Country Creamery:** Yogout antye ki pa melanje, Yogout antye ak vaniy
 - **Nostimo:** Yogout Grèk ki pa melanje epi ki pa gen grès
 - **O Organics:** Yogout grèk ki pa melanje epi ki pa gen grès, Yogout grèk ak vaniy ki pa gen grès, Yogout ki pa melanje ak lèt antye
 - **Oikos:** Yogout Grèk ki pa melanje epi ki pa gen grès, Yogout ki pa melanje epi ki pa gen grès, Yogout grèk ak vaniy epi ki pa gen grès, Yogout antye ki pa melanje epi ki pa gen grès
 - **Open Nature:** 2% Yogout Grèk ki pa melanje, Yogout Grèk ki pa melanje epi ki pa gen grès, Yogout antye ki pa melanje epi ki gen grès
 - **Our Family:** Yogout Grèk ki pa melanje epi ki pa gen grès, Yogout ki pa melanje epi ki pa gen grès
 - **Penn Maid:** Yogout ki pa melanje epi ki pa gen grès
 - **PICs:** Yogout ki pa melanje epi ki pa gen anpil grès, Yogout Grèk ki pa melanje epi ki pa gen grès, Yogout ki pa melanje epi ki pa gen grès, Yogout Grèk ak vaniy epi ki pa gen grès, Yogout Grèk ki pa melanje, Yogout antye ki pa melanje epi ki gen grès, Yogout grèk antye avèk vaniy
 - **Powerful:** Yogout Grèk ki pa melanje epi ki pa gen grès, Yogout Grèk antye ki pa melanje epi ki gen grès
 - **Price Rite:** Yogout ki pa melanje epi ki pa gen anpil grès
 - **Redwood Hill:** Yogout ki pa melanje
 - **Romis:** Yogout ki pa melanje epi ki pa gen anpil grès, Yogout antye ki pa melanje epi ki gen grès
 - **Ronnybrook Farm Dairy:** Yogout antye ki pa melanje epi ki gen grès
 - **Seven Stars:** Yogout òganik ki pa melanje epi ki pa gen anpil grès, Yogout òganik antye ki pa melanje epi ki gen grès
 - **ShopRite:** Yogout ki pa melanje epi ki pa gen anpil grès, Yogout Grèk ki pa melanje epi ki pa gen grès, Yogout ki pa melanje epi ki pa gen grès, Yogout antye ki pa melanje, Yogout grèk antye ki pa melanje
 - **Shurfine:** Yogout ki pa melanje epi ki pa gen anpil grès, Yogout ki pa melanje epi ki pa gen grès
 - **Simply Balanced:** Yogout Grèk ki pa melanje epi ki pa gen grès
 - **Stonyfield Organic:** Yogout ki gen anpil krèm, Yogout grèk ki pa melanje epi ki pa gen grès, Yogout ki pa melanje epi ki pa gen grès, Yogout ak vaniy fransè epi lèt antye, Yogout grèk antye ak lèt ki pa melanje

Yogout, kontinye

Ou kapab achte:

- **Kantite grès yo site nan lis pou w achte a**
- **Resipyan 32 ons**
- **Mak ak kalite sa yo:**
 - **Stop and Shop:** Yogout Grèk ki pa melanje epi ki pa gen anpil grès, Yogout Grèk antye ki pa melanje epi ki gen grès, Yogout ki pa melanje epi ki pa gen anpil grès, Yogout ki pa melanje epi ki pa gen grès, Yogout Grèk ak vaniy epi ki pa gen grès, Yogout grèk antye avèk vaniy
 - **Super Associated:** Yogout ki pa melanje epi ki pa gen anpil grès, Yogout ki pa melanje epi ki pa gen grès
 - **Taste of Inspirations:** Yogout grèk ki pa melanje epi ki pa gen grès, Yogout grèk ki pa melanje, Yogout ki pa melanje ak Lèt antye
 - **Tillamook:** Yogout ki pa melanje epi ki pa gen anpil grès
 - **Tops:** Yogout ki pa melanje epi ki pa gen anpil grès, Yogout Grèk ki pa melanje epi ki pa gen grès, Yogout ki pa melanje epi ki pa gen grès, Yogout grèk ak vaniy epi ki pa gen grès, Yogout ki pa melanje ak Lèt antye
 - **Traditional:** Yogout Dahi natièl nèt
 - **Trimona:** Yogout Bilga antye ki pa melanje
 - **Two Good:** Yogout Grèk ki pa melanje epi ki pa gen anpil grès, Yogout Grèk ak vaniy ki pa melanje epi ki pa gen anpil grès
 - **Upstate Farms:** Yogout Grèk ki pa melanje epi ki pa gen grès
 - **Urban Meadow:** Yogout ki pa melanje epi ki pa gen grès, Yogout ki pa melanje epi ki pa gen anpil grès
 - **Voskos:** Yogout Grèk ki pa melanje epi ki pa gen grès
 - **Wallaby:** Yogout òganik grèk ki pa melanje epi ki gen lèt antye, yogout òganik grèk ki pa melanje epi ki pa gen anpil grès, yogout òganik grèk ki pa melanje epi ki pa gen grès, Yogout òganik antye ki pa melanje ak Lèt entier
 - **Wegmans:** Yogout ki pa melanje epi ki pa gen anpil grès, Yogout grèk ki pa melanje epi ki pa gen grès, Yogout ki pa melanje epi ki pa gen grès, Sipè Yogout òganik natirèl melanje ak yon ti kantite grès, yogout òganik grèk antye ki pa melanje, yogout ki pa melanje epi ki pa gen anpil grès pwobyotik, yogout grèk antye ki pa melanje epi ki gen grès
 - **Weis:** Yogout Grèk ki pa melanje epi ki pa gen grès, Yogout Grèk ak vaniy epi ki pa gen grès, yogout ki pa melanje epi ki pa gen anpil grès pwobyotik, Yogout ki pa melanje epi ki gen grès, yogout antye pwobyotik ki pa melanje
 - **White Mountain:** Yogout Bilga ki pa melanje epi ki pa gen grès
 - **Wholesome Pantry:** Yogout òganik ki pa melanje epi ki gen grès, Yogout òganik antye ki pa melanje epi ki pa gen anpil grès
 - **Yoplait:** Mwens sik nan yogout frèz ak frèz bannann 4 ons 8 bwat (32 ons ototal), yogout ki pa melanje epi ki pa gen grès

YOGOUT Kosher (CHOLOV YISROEL) si li ekri an lèt detache nan lis pou w achte a.

Ou kapab achte:

- **Resipyan 32 ons**
- **Mak ak kalite sa yo:**
 - **Gevina Farms:** Yogout Grèk ki pa melanje epi ki pa gen grès
 - **J and J:** Yogout ki pa melanje epi ki pa gen grès
 - **Mehadrin:** Yogout ki pa melanje epi ki pa gen anpil grès, Yogout Grèk ki pa melanje epi ki pa gen grès
 - **Normans:** Yogout Grèk ki pa melanje epi ki pa gen anpil grès, Yogout Grèk ak vaniy ki pa gen anpil grès, yogout grèk ki pa melanje epi ki pa gen grès

OU PA KAPAB ACHTE:

- Melanj engredyan (granola, bonbon, elatriye)
- Ki kapab bwè/kapab peze
- Yogout glase
- Pwodui ki gen sik atifisyèl

Pwa ki rèk, ti pwa, ak lantiy

Ou kapab achte sa ki sèch:

- **Nenpòt mak**
- **1 sak pwa ki rèk, ti pwa, ak lantiy**

Ou kapab achte konsè:

- **Nenpòt mak**
- **Bwat 15-16 liv pwa ki rèk, ti pwa, lantiy, pwa fri ki pa melanje, pwa kongo, ak pwa lima**

OU PA KAPAB ACHTE:

- Pwa ki kwit nan fou
- Vyann kochon ak pwa
- Sik, grès, grès kochon, vyann, oswa luil yo ajoute
- Ou pa ka achte pwa vèt, ti pwa vèt, pwa manjtou, pwa jòn, ak pwa bè avèk avantaj ki endike "Pwa, Ti Pwa, Lantiy, Manba"; ou ka itilize avantaj sou valè lajan kach pou Fwi ak legim nan WIC pou achte kalite manje sa yo

Tofou

Ou kapab achte:

- **Bwat 8, 10, 14, oswa 16 ons**
- **Mak ak kalite sa yo:**
 - **Azumaya:** An swa, solid, solid anplis
 - **Franklin Farms:** Mou, Solid an mwayen, solid, solid anplis
 - **Heiwa**
 - **House Foods:** Òganik ki solid, òganik ki solid an mwayen, òganik ki mou, Prinyòm ki solid anplis, Prinyòm ki solid, Prinyòm ki solid an mwayen, Prinyòm ki mou
 - **Nasoya:** Kib òganik ki solid anpil, òganik solid anplis, òganik solid, òganik lejè ki solid, òganik ki an swa, òganik ki solid anpil, mou
 - **Natures Promise:** Òganik ki solid
 - **O Organics:** Solid anplis, Solid, An swa, Jèm ki solid
 - **San Su:** Solid anplis, solid, mou
 - **Wegmans:** Òganik ki solid
 - **Woodstock:** Òganik solid anplis, Òganik ki solid

Manje Tibebe – Legim ak Fwi

Ou kapab achte:

- **Resipyan 4 ons:**
 - 2 bwat 2 ons (yon total 4 ons) nan manje pou tibebe konte pou 1 resipyan
 - 4 bwat 2 ons (yon total 8 ons) nan manje pou tibebe konte pou 2 resipyan
- **Òganik**
- **Nenpòt fwi oswa legim senp**
- **Nenpòt melanj legim oswa fwi diferan**
- **Mak sa yo:**
 - Beech Nut, Gerber (Jèbè), Earth's Best, Happy Baby, Nature's Promise, Once Upon A Farm, Tippy Toes, Wild Harvest
- **Kosher (Cholov Yisroel):** Premye chwa

OU PA KAPAB ACHTE:

- Sak
- Melanj ki gen engredyan ki pa ni fwi ni legim tankou vyann, yogout, diri, nouy

Manje pou tibebe – Vyann

Ou kapab achte:

- **Resipyan 2.5 ons**
- **Òganik**
- **Nenpòt vyann ki gen bouyon oswa sòs**
- **Mak sa yo:** Beech Nut, Earth's Best, Jèbè

Sereyal Tibebe

Ou kapab achte:

- **Jèbè:** Sereyal pou Tibebe
- **Resipyan 8 oswa 16 ons:**
- **Sèlman varyete ki pa melanje: farin avwàn, diri, grenn antye, oswa plizyè grenn**

OU PA KAPAB ACHTE:

- Òganik
- Engredyan anplis tankou DHA, fwi, fòmil, oswa pwoteyin yo ajoute

Sereyal kòm manje maten

Ou kapab achte:

- Bwat 12 ons oswa ki pi laj

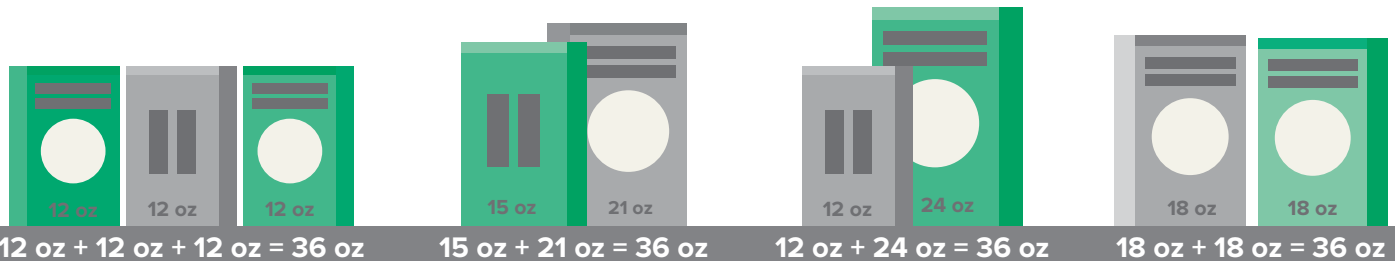
Yo endike sereyal avèk grenn antye yo avèk yon *

OU PA KAPAB ACHTE:

- Òganik
- Sachè yo sèvi yon sèl fwa

Konsèy pou w achte ki itil!

Kòmman pou jwenn tout 36 ons sereyal la:



Mak Nasyonal/Espesyalite

Ou kapab achte:

• Mak nasyonal ak kalite sa yo:

- **General Mills:** *Berry Berry Kix, Blueberry Chex, *Cheerios, Cinnamon Chex, Corn Chex, Fiber One Honey Clusters, *Honey Kix, *Kix, Multi Grain Cheerios, Rice Chex, *Total Whole Grain, Vanilla Chex, *Wheat Chex, *Wheaties
- **Kellogg's:** *All Bran Complete Wheat Bran Flakes, Corn Flakes, Crispix, *Frosted Mini Wheats, *Frosted Mini Wheats Filled, *Frosted Mini Wheats Little Bites, *Honey Almond Ancient Grains, *Original Frosted Mini Wheats, Rice Krispies, *Special K Banana, *Special K Multi Grain, *Special K Original
- **Kemach:** *Bran Flakes, Corn Flakes, Crisp Rice, *Multi Grain Toasted Oats, *Toasted Oats, *Wheat Flakes
- **Malt O Meal:** *Frosted Blueberry Mini Spooners, *Frosted Mini Spooners, *Frosted Strawberry Mini Spooners
- **Post:** *Grape Nuts, *Grape Nuts Flakes, *Great Grains Banana Nut Crunch, *Great Grains Crunchy Pecan, *Bunches of Oats Honey Roasted, *Honey Bunches of Oats Vanilla Bunches, *Honey Bunches of Oats with Almonds
- **Quaker:** *Life Original Multigrain Cereal, *Life Strawberry Multigrain Cereal, *Life Vanilla Multigrain Cereal, *Oatmeal Squares Brown Sugar, *Oatmeal Squares Cinnamon, *Oatmeal Squares Honey Nut
- **Ralston:** Bonbon ki fèt ak mayi, Corn Flakes, *Frosted Shredded Wheat, Toasted Whole Grain Oats, *Wheat Bran Flakes
- **Sunbelt:** *Granola senp
- **Taanug:** Crisp Rice

Mak ki nan magazen yo

Ou kapab achte:

Mak ak kalite sa yo nan magazen:

- **Avenue A:** Corn Flakes, *Toasted Oats
- **Best Yet:** *Bite Size Shredded Wheat, *Bran Flakes, Corn Flakes, Crispy Rice, *Frosted Shredded Wheat, *Honey Oats and Flakes, *Honey Oats and Flakes with Almonds, *Strawberry Frosted Shredded Wheat, *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, *Honey Oats and Flakes, *Honey Oats Flakes Almond, Nutty Nuggets, *Strawberry Frosted Shredded Wheat, *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, *Honey and Oats With Almonds, Oatmeal Squares, Rice Squares, *Strawberry Frosted Shredded Wheat, Toasted Oats, Twin Grain Crisp, *Wheat Squares
- **Best Yet:** *Bite Size Shredded Wheat, *Bran Flakes, Corn Flakes, Crispy Rice, *Frosted Shredded Wheat, *Honey Oats and Flakes, *Honey Oats and Flakes with Almonds, *Strawberry Frosted Shredded Wheat, *Toasted Oats
- **Foodtown:** Corn Flakes, *Crunchy Oat Squares, *Frosted Shredded Wheat, Oats and More with Almonds, *Tasteeos, *Toasted Oats
- **Great Value:** *Almond Crunchy Honey Oats, *Bite Size Shredded Wheat, *Bran Flakes, Corn Flakes, Corn Squares, *Crunchy Honey Oats, *Crunchy Oat Squares, *Frosted Shredded Wheat, *Os Oats, Rice Squares, *Toasted Oats, *Toasted Whole Grain Oat Spins
- **Hannaford:** *Bite Size Frosted Shredded Wheat, Corn Flakes, Crispy Hexagons, Crispy Rice, Easy Living Oat Squares, *Frosted Shredded Wheat, *Nutty Nuggets, Oats and More With Almonds, Oats and More With Honey, *Strawberry Frosted Shredded Wheat, *Tasteeos, Toasted Corn, Toasted Rice, *Toasted Wheat Squares, *Wheat Bran Flakes, Wheat Flakes
- **Hy Top:** *Bite Size Frosted Shredded Wheat, *Bran Flakes, Corn Flakes, *Frosted Shredded Wheat, *Honey Oats and Flakes with Almonds, *Toasted Oats
- **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, Honey Oats and Flakes With Almonds, *Original Toasted Oats, Rice Squares, *Toasted Oats
- **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, *Frosted Shredded Wheat, Honey Oat Crunch, *Toasted Rolling Oats
- **Krasdale:** Corn Flakes, Honey Oats and Flakes, *Toasted Oats
- **Market Pantry:** Corn Flakes, *Frosted Shredded Wheat, *Toasted Oats
- **My Essentials:** *Frosted Shredded Wheat
- **Parade:** *Bite Size Shredded Wheat, Corn Flakes, *Toasted Oats
- **PICS:** Crispy Honey Oats and Flakes, Crispy Rice, *Frosted Shredded Wheat, Toasted Corn Crisps, Toasted Rice Crisps, *Wheat Bran Flakes
- **Price Chopper:** Corn Flakes, *Good Choice Oat Squares, *Strawberry Frosted Shredded Wheat, *Whole Grain Toasted Oats
- **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
- **Shop Rite:** *Bran Flakes, Crispy Corn Squares, Crispy Rice Squares, *Bite Size Frosted Shredded Wheat, Corn Flakes, Honey Oat Clusters, Honey Oat Clusters With Almonds, *Toasted Oats
- **Shurfine:** *Bite Size Frosted Shredded Wheat, *Bite Size Shredded Wheat, Corn Flakes, Corn Squares, Crispy Rice, Honey Oats and Flakes, Oats and More With Almonds, Oats and More With Honey, Rice Squares, *Toasted Oats, *Wheat 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, Crisps, Crispy Rice, *Frosted Shredded Wheat, Honey Crunchin Oats, Honey Crunchin Oats Almond, Instant Oatmeal Packs, *Multigrain Oats and Os, *Nutty Nuggets, *Oat Squares, *Oats and Os, Rice Squares, *Whole Grain Shredded Wheat
- **That's Smart:** Corn Flakes, Crisp Rice, *Toasted Oats
- **Tops:** *Bite Size Frosted Shredded Wheat, *Bite Size Strawberry Frosted Shredded Wheat, *Bite Size Shredded Wheat, Corn Flakes, Corn Squares, Crisp Rice, *Friendly Harvest Bran Flakes, *Oat Squares, Oats and More Honey Roasted, Oats and More With Almonds, Rice Squares, *Strawberry Frosted Shredded Wheat, *Toasted Oats, *Twin Grain Crisp
- **Urban Meadow:** Corn Flakes, *Toasted Oats
- **Price Rite:** *Bran Flakes, Corn Flakes, *Frosted Shredded Wheat, Honey Oat Clusters With Almonds, *Shredded Wheat, *Toasted Oats
- **Wegmans:** *Bite Size Frosted Shredded Wheat, *Bite Size Shredded Wheat, Corn Flakes, *FYFGA Oat Crisps, *FYFGA Strawberry Shredded Wheat, *Oat Crisps, *Oats and Honey, *Oats and Honey with Almonds, *Toasted Oats
- **Weis:** *Bite Size Frosted Shredded Wheat, Corn Flakes, Honey Oats and Flakes, Honey Oats and Flakes with Almonds,
- **Weis Quality:** *Bite Size Frosted Shredded Wheat, Bite Size Toasted Corn, Bite Size Toasted Rice, Crispy Corn and Rice, Crispy Rice, *Multigrain Toasted Oats, *Strawberry Frosted Shredded Wheat, *Toasted Oats, *Wheat Bran Flakes, *Wheat Flakes
- **Western Beef:** Corn Flakes, *Toasted Oats
- **White Rose:** Corn Flakes, *Frosted Shredded Wheat, *Toasted Oats

Sereyal Cho

Ou kapab achte:

- **Bwat 11.8 ons oswa ki pi laj**
- **Mak ak kalite sa yo:**
 - **Cream Of Rice:** Sereyal cho, nan yon bwat ki kwit vit
 - **Cream Of Wheat:** Sereyal 1 minit, Sereyal 2.5 minit, Bwat ki kwit vit, Grenn antye 2.5 minit pou sereyal
 - **Essential Everyday:** Bwat Instant Grits, Bwat farin avwàn ki kwit vit
 - **Food Club:** Bwat farin avwàn ki kwit vit
 - **Great Value:** Bwat farin avwàn regilye ki kwit vit
 - **Hannaford:** Creamy Wheat, Bwat farin avwàn regilye ki kwit vit
 - **IGA:** 100% ansyen farin avwàn natirèl, 100% avwàn rapid avèk grenn antye natirèl, bwat farin avwàn ki kwit vit orijinal
 - **Malt O Meal:** Farina Original Hot Wheat Cereal, Sereyal ble cho orijinal
 - **Maypo:** Instant Maple Oatmeal, Maple Oatmeal With Quinoa, Vermont Style Maple Oatmeal
 - **My Essentials:** Bwat farin avwàn regilye ki kwit vit
 - **PICS:** Bwat farin avwàn regilye ki kwit vit
 - **Price Rite:** Bwat farin avwàn regilye ki kwit vit
 - **Quaker:** Avwàn ki Kwit Vit epi ki gen Fè, Bwat orijinal farin avwàn ki kwit vit
 - **Shop Rite:** Bwat orijinal farin avwàn ki kwit vit,
 - **Shurfine:** Bwat orijinal farin avwàn ki kwit vit
 - **Signature Select:** Bwat farin avwàn ki kwit vit
 - **Tops:** Bwat orijinal farin avwàn ki kwit vit
 - **Weis Quality:** Bwat orijinal farin avwàn ki kwit vit

Diri konplè

Ou kapab achte:

- **Nenpòt mak**
- **Bwat 14 jiska 16 ons oswa 28 jiska 32 ons**
- **Diri konplè ki pa melanje nan bwat oswa sachè**
- **K ap kwit vit, rapid oswa regilye**

OU PA KAPAB ACHTE:

- Sik, grès, lwil, oswa sèl yo ajoute

Tòtiya avèk grenn antye

Ou kapab achte:

- **Bwat 16 ons (1 liv)**
- **Mak ak kalite sa yo:**
 - **Celias:** Mayi blan, mayi jòn, ble antye
 - **Chi Chis:** Mayi blan, Ble antye nan estil Fajita
 - **Del Campo:** Mayi
 - **Don Pancho:** Mayi blan, Ble antye
 - **Essential Everyday:** Mayi blan ki mou, Ble antye
 - **Food Club:** Mayi blan, Ble antye nan estil Fajita
 - **Guerrero:** Mayi Blan
 - **Great Value:** 100% Ble Antye, Ble Antye
 - **Hannaford:** Ble antye nan estil Fajita
 - **Herdez:** Mayi Blan
 - **IGA:** Mayi blan, Ble antye nan estil Tako
 - **Key Foods:** Ble antye
 - **La Banderita:** Mayi, mayi ki mou, mayi jòn, Ble antye fajita, Tako avèk ble antye ki mou
 - **La Milpa:** Nikstamal tradisyonèl
 - **Mayan Farm:** Ble antye
 - **MexAmerica:** Ble antye avèk Siwo Myèl
 - **Misyon:** Farin mayin ki fen anplis, 100% farin Ble Antye, Ble Antye nan estil restoran
 - **Natures Promise:** Mayi ki natirèl nèt
 - **Ortega:** Ble antye
 - **ShopRite:** Ble antye nan Trading Co
 - **Shurfine:** Ble antye Fajita
 - **Siempre Autentico:** Farin ble antye
 - **Signature Select:** Tako avèk ble antye
 - **Stop and Shop:** Blan, mayi jòn, farin ble antye
 - **Tia Rosa:** Tako avèk ble antye
 - **Tio Santi:** Farin ble antye
 - **Tops:** Ble antye
 - **Weis Quality:** Ble antye

Pwodui Pen ki fèt avèk grenn antye

Ou kapab achte:

- **Bwat 16 ons (1 liv)**
- **Mak ak kalite sa yo:**
 - **America's Choice:** 100% Pen Ble Antye
 - **Arnold:** Stoneground 100% Pen Ble Konplè
 - **Best Yet:** 100% Pen Ble Antye
 - **Bimbo:** 100% Pen Ble Antye
 - **Bogopa:** 100% Pen Ble Antye
 - **Bowl and Basket:** 100% Pen Ble Antye
 - **Cherry Valley:** 100% Pen Ble Antye
 - **Food Lion:** 100% Pen Ble Antye
 - **Foodtown:** 100% Pen Ble Antye
 - **Jerusalem Franczoz Health Bread:** 100% Ble Antye, Ble Antye ki jèmen
 - **Full Circle:** Pen ak len epi grenn
 - **Gold Medal:** 100% pen ble avèk len, 100% Pen Ble Antye
 - **Gourmet:** 100% Pen Ble Konplè
 - **Hannaford:** 100% Pen Ble Konplè
 - **Hauswald's:** 100% Pen Ble Konplè
 - **Holsum:** 100% Pen Ble Antye
 - **Ideal:** 100% Pen Ble Antye
 - **IGA:** 100% Pen Ble Antye
 - **King Kullen:** 100% Pen Ble Antye
 - **Krasdale:** 100% Pen Ble Antye
 - **Monks:** Pen ki gen plizyè grenn, pen ble avèk grenn antye
 - **Pas Yisroel:** 100% Pen Ble Antye avèk etikèt lò, Pen Ble Antye avèk etikèt vèt, Pen ki gen plizyè grenn
 - **Penn Street:** 100% Pen Ble Antye
 - **Pepperidge Farm:** Pen ak grenn antye avèk sèg Jwif, Pen ble ki mou avèk yon estil lejè, Pen ble antye Stone Ground, Pen ble antye ki fen anpil
 - **PICS:** 100% Pen Ble Antye
 - **Roman Meal:** Pen Ble Konplè 100% Sungrain
 - **Rubschlager:** 100% Pen sèg nwa Rye Rye Ola, 100% Pen avèk len Rye Rye Ola, 100% Pen avèk tounsòl Rye Rye Ola, 100% Pen Ble antye, Pen koktèl avèk sèg nwa, Pen koktèl avèk sèg, Pen koktèl avèk grenn antye, Pen avèk sèg nwa nan estil Danwa, Pen avèk grenn antye nan estil ewopeyen, Pen avèk sèg nwa Rye Rye Ola, Pen avèk sèg nwa Westphalian
 - **Sara Lee:** 100% Pen Ble Antye
 - **Schmidt Old Tyme:** 100% Pen Ble Antye
 - **Schwebels:** 100% Pen Ble Antye
 - **ShopRite:** 100% Pen Ble Antye
 - **Signature Select:** 100% Pen Ble Antye
 - **Stern's:** 100% Pen Ble Antye, ti pen avèk ble antye
 - **Stop and Shop:** 100% Pen Ble Antye, san yo pa ajoute sèl nan pen ble antye a
 - **Super Bread V:** 100% Pen Ble Antye
 - **Tops:** 100% Pen Ble Antye
 - **Urban Meadow:** 100% Pen Ble Antye
 - **Weis:** 100% Pen Ble Antye nan kalite
 - **Windmill Farms:** Pen ble antye Hamotzie, Pen ble antye Mezonos, Ti pen ble antye
 - **Wonder:** 100% Pen Ble Antye
 - **Yossi's:** Pen pita ki gen anpil grenn
 - **Zomick's:** 100% Pen ble antye Hamotzie, 100% Pen ble antye Mezonos, 100% Ti pen ble antye

Pat avèk ble antye

Ou kapab achte:

- **Bwat 16 ons (1 liv)**
- **Mak sa yo:**
 - **Allegra**
 - **America's Choice**
 - **Anna**
 - **Barilla**
 - **Bella Terra**
 - **Bionaturae**
 - **Bowl and Basket**
 - **Brad's**
 - **Cadia**
 - **Campagna**
 - **Colavita**
 - **DeLallo**
 - **Delverde**
 - **Essential Everyday**
 - **Fit And Active**
 - **Food Club**
 - **Fratelli Mantova**
 - **Full Circle**
 - **Garofalo**
 - **Gia Russa**
 - **Great Value**
 - **Heartland**
 - **Hodgson Mill**
 - **La Molisana**
 - **Landau**
 - **Luigi Vitelli**
 - **Mishpacha**
 - **Natures Promise**
 - **O Organics**
 - **Pasta Isabella**
 - **Pastaio**
 - **Racconto**
 - **Ronzoni**
 - **ShopRite**
 - **Shurfine**
 - **Signature Select**
 - **Simply Balanced**
 - **Wegmans**
 - **Weis**

OU PA KAPAB ACHTE:

- Sik, grès, lwil, oswa sèl yo ajoute

Fwi ak legim (avantaj sou valè lajan kach)

Ou kapab achte:

- Lis pou achte nan WIC ap espesifye 'ki fre sèlman' oswa "fre/glase/nan bwat"
- Òganik

Legim ak fwi ki fre

Ou kapab achte:

- Nenpòt varyete legim ak fwi ki fre
- Antye oswa ki koupe
- Melanj salad ki nan sache, legim ki nan sache

OU PA KAPAB ACHTE:

- Plato pou fèt
- Atik ki nan ba salad
- Panye fwi
- Fwi oswa legim pou dekorasyon
- Pwoduì sèk
- Nwa (Li gen ladan l pistach, melanj fwi/nwa)
- Zèb, epis, sòs salad

Fwi nan Bwat Konsèw

Ou kapab achte:

- Nenpòt mak ki konsève nan dlo oswa ji
- Nenpòt varyete fwi, melanj fwi
- Pwoduì ki gen sik atifisyèl
- Nenpòt kalite gwosè/resipyan/bwat (sof ti sak ki pou yon sèl sèvis) Resipyan an kapab an metal, vè, oswa plastik.
- Fwi a dwe se premye engredyan an
- Konpòt ak pòm: Varyete ki 'San sik ajoute' oswa 'ki pa Sikre' sèlman

OU PA KAPAB ACHTE:

- Sòs krannbèri
- Fas pou w mete nan tat
- Fwi ki nan bwat avèk siwo
- Sik oswa sèl yo ajoute
- Luil oswa grès yo ajoute
- Sachè yo sèvi yon sèl fwa

Legim nan Bwat Konsèw

Ou kapab achte:

- Li ka regilye oswa li ka gen yon ti kantite sodyòm/sèl
- Nenpòt mak
- Nenpòt varyete legim, melanj legim
- Nenpòt gwosè
- Nenpòt kalite gwosè/resipyan/bwat (sof ti sak ki pou yon sèl sèvis) Resipyan an kapab an metal, vè, oswa plastik.
- Legim nan dwe se premye engredyan an
- Tomat nan bwat konsèw (pat alimantè, pire, konplè, rache, nan ragou, tranche, sòs, salsa)

OU PA KAPAB ACHTE:

- Legim sou fòm pikliz oswa avèk krèm
- Pwa ki kuit nan fou/Vyann kochon ak pwa
- Soup
- Sòs tomat, kondiman, oliv
- Pwoduì ki gen grès yo ajoute, lwil, sik.
- Pwa ki rèk/ti pwa/lantiy (egzanp: pwa nwa, pwa chich (garbanzo), pwa ouj)

Fwi ki glase

Ou kapab achte:

- Nenpòt kalite resipyan/bwat
- Nenpòt gwosè
- Nenpòt mak
- Fwi a dwe se premye engredyan an
- Nenpòt varyete fwi, melanj fwi

OU PA KAPAB ACHTE:

- Lòt engredyan ki pa fwi
- Sik, myèl oswa siwo yo ajoute

Legim ki glase

Ou kapab achte:

- Nenpòt mak
- Nenpòt kalite resipyan/bwat
- Avèk oswa san sèl
- Nou aksepte pwa ki glase, ti pwa ak lantiy
- Nenpòt gwosè
- Nenpòt varyete legim, melanj legim
- Legim nan dwe se premye engredyan an

OU PA KAPAB ACHTE:

- Sik ajoute, grès oswa lwil
- Sòs oswa pani yo ajoute

Ji

Ou kapab achte:

- Ou kapab achte gwochè a kalite yo site nan lis pou achte nan WIC
- 100% ji
- Etikèt la dwe di 80% oswa plis Vitamin C

OU PA KAPAB ACHTE:

- òganik

Nenpòt mak ki nan magazen, li gen ladan non ak mak sa yo:

- | | | | |
|---|---|---|---|
| <ul style="list-style-type: none"> • 7 Select • Best Choice • Best Yet • Bogopa • Cherry Valley • Essential Everyday • Food Club | <ul style="list-style-type: none"> • Food Lion • Freedom's Choice • Good and Gather • Great Value • Hytop • Krasdale • Market Pantry | <ul style="list-style-type: none"> • Member's Mark • Nature's Own • Parade • PICs • Red & White • Sam's Choice • Shopper's Value | <ul style="list-style-type: none"> • Shurfine • Signature Select • Super A • Tipton Grove • Urban Meadow • White Rose |
|---|---|---|---|

Ji pou fi

Konsantre ki konsève pandan anpil tan resipyan 11.5 ons

- **Welch's:** nenpòt savè

Konsantre ki glase resipyan 11.5 jiska 12 ons

- **Nenpòt mak:** Chadèk, Zoranj, Anana
- **Dole:** Nenpòt malanj ji pou savè
- **Langers:** Pòm, Melanj otòn, Rezen, Melanj Prentan, Melanj ete, Melanj Livè
- **Nenpòt mak ki nan magazen yo:** Pòm, rezen, Melanj ji
- **Old Orchard:** Pòm, rezen, Melanj ji avèk Green Lid
- **Seneca:** Pòm

Ji pou Timoun

Konsantre ki glase resipyan 16 ons

- **Nenpòt mak:** Pòm, rezen, chadèk, Melanj ji, zoranj, anana

Fliyid ki nan yon resipyan 64 ons

- **Nenpòt mak:** Chadèk, Zoranj, Anana
- **Nenpòt mak ki nan magazen yo:** Pòm, rezen, Melanj ji, legim
- **Apple and Eve:** Pòm, Big Bird Apple, Cookie Monster Berry, krannbèri epi plis, Krannbèri Pòm, Krannbèri melanje, krannbèri rezen, krannbèri granad, krannbèri franbwaz, Elmo's Fruit Punch, Grover's White Grape
- **Campbell's:** Tomat ki pa gen anpil sodyòm, tomat
- **Harvest Classic:** Pòm, Pòm Zoranj Anana, krannbèri pòm, krannbèri melanje, krannbèri rezen, krannbèri franbwaz
- **Juicy Juice:** Pòm, Pòm Franbwaz, Bè (berry), Seriz, Fwi ponch, Rezen, Kiwi Frèz, Mango, Mandarin, Passion Dragonfruit, Pòm pèch, bannann, melon frèz, Twopikal fwi ponch, Rezen blan
- **Langers:** Pòm, Pòm Bè Seriz, Pòm krannbèri, Pòm Krannbèri rezen, Pòm Rezen, Pòm kiwi frèz, Pòm Zoranj Anana, Bè, Fwi ponch, legim ki pa gen anpil sodyòm, legim ki pike, legim
- **Lucky Leaf:** Pòm
- **Mott's:** Pòm
- **Musselman's:** Pòm
- **Northland:** Mitiy Mi (Blackberry) Acai, krannbèri, krannbèri mi, krannbèri rezen, Krannbèri grenad, krannbèri franbwaz, krannberi mango, Krannberi mitiy, Franbwaz mitiy
- **Ocean Spray:** Pòm, Rezen konkòd, krannbèri, krannbèri mi, krannbèri rezen, Krannbèri rezen konkòd, krannberi mango, Krannbèri anana, Krannbèri grenad, Krannbèri Franbwaz
- **Old Orchard:** Acai Grenad, Pòm, pòm krannbèri, Melanj Bè, Krannbèri seriz nwa, Mitiy Grenad, Seriz Grenad, krannbèri grenad, rezen, kiwi franbwaz, mandarin, pèch mango, franbwaz wouj, melon frèz, rezen blan, seriz sovaj
- **Ruby Kist:** Pòm, Rezen, Rezen blan
- **Seneca:** Pòm
- **V8:** Legim ki pa gen anpil sodyòm, Legim ki pike anpil, Legim
- **Welch's:** Rezen konkòd, Rezen wouj, Super Berry, Rezen blan, Rezen blan pèch