SHOPPING GUIDE

FOR HEALTHY FOODS

September 2024





WIC shopping made easy!

Download the ebtEDGESM app



When Benefits Are Available



Things to take shopping:

eWIC card.

Mobile ebtEDGE[™] app.

This Shopping Guide.

Coupons.

Store discount card.

Reusable grocery bags.

Your grocery list.

Checking Your Benefit Balance



- \square Keep your last store receipt.
- ☐ Log on to www.ebtedge.com
- ☐ Call eWIC Customer Service at (844) 230-0813.
- ☐ Check the ebtEDGESM App.
- ☐ The ebtEDGESM App gives families access to many benefit and account de .
- ☐ The ebtEDGESM App can be added to **multiple devices** to give families access to benefit and account details.



With permission from the WIC participant, other family members can shop using the NC eWIC card.

Need help?

For questions about the NC eWIC card:

Use the ebtEDGESM App or call eWIC Customer Service at (844) 230-0813.

For questions about WIC food benefits while grocery shopping:

Use the ebtEDGESM App to verify WIC-eligible foods on the shelf or to check your current benefit balance.

For questions about your WIC food benefits, or if you move or change your address: Contact your local WIC clinic.

For general information about the North Carolina WIC program:

Contact your local WIC clinic or visit our website at www.ncdhhs.gov/nc-wic-cacfp.

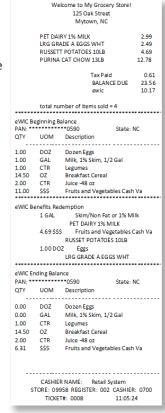
When using eWIC, your grocery receipts become a helpful tool, so keep them in your shopping guide. Take a look at these examples:

- Beginning Benefit Balance
 Benefits you can use for this purchase.
- WIC Items Purchased
 Benefits you used for this purchase.

1

3 Ending Benefit Balance
Remaining benefits available next time you shop this month.

	N	3280	ries Quick Happy Rd town, NC	
				Time: 4:52 pr
Retaile	r: 20000	03		User: 1000
Term in	al: 0000	1103		Sequence: 0317
		wic	PURCHASE	
			xxx1317	
Vendor	ID: 088	40		
Referer	nce Num	ber: 230	820170317	,
Total Re	equeste	d:		14.95
Benefit	Summa	ry:		
2.00	GAL	FARM	FRESH SKII	M MILK
		Item#	: 14342352	23456
		2.00 @	\$1.99	3.98
36.00	OZ		MILLS CHER	
			: 8977678	
		2.00 @	\$3.99	7.98
2.99	\$\$\$		r Farms Ap	
			: 23415689	
			\$1.00	2.99
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		WICT	UIAL	14.95
ITEMS I	PURCHA	SED: 5		
REMAIR		C BENEF		
				ade A Large White
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				nd Vegetables
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RESULT		APPRO		
		: 12547		
TRACE	NUMBE	R: 17031	7	
		CAPDH	OLDER CO	DV







Fresh Produce: What's In Season?

Spring • The best time for: ☐ Asparagus: March/April ☐ Blueberries: May ☐ Broccoli: April/May ☐ Cabbage: May ☐ Lettuce: April/May ☐ Mushrooms: March/April/May ☐ Spinach: March/April/May ☐ Strawberries: April/May ☐ Sweet Potatoes: March/April/May Summer • The best time for: ☐ Plums: June/July/August ☐ Apples: August ☐ Potatoes: June/July ☐ Blackberries: June/July ☐ Blueberries: June/July ☐ Raspberries: June ☐ Cabbage: June/July/August ☐ Strawberries: June ☐ Sweet Corn: June/July/August ☐ Cantaloupe: July/August ☐ Carrots: July/August ☐ Sweet Potatoes: June/July/ ☐ Cucumber: June/July/August August ☐ Tomatoes: June/July/August ☐ Garlic: July/August ☐ Green Onions: June/July/August ☐ Watermelon: July/August ■ Mushroom: June ☐ Nectarines: July/August ☐ Onions: June/July ☐ Peaches: June/July/August ☐ Pears: August Fall • The best time for: ☐ Spinach: September ☐ Apples: September/October/ ☐ Sweet Corn: September November ☐ Sweet Potatoes: September/ ☐ Blackberries: September ☐ Cabbage: September/October/ October/November ☐ Tomatoes: September/October November ☐ Cucumbers: September/ October/November ☐ Green Onions: September ☐ Lettuce: October/November ☐ Peaches: September ☐ Pears: September/October ☐ Raspberries: September Winter • The best time for: Apples: December/ January/February

☐ Spinach: January/ February ☐ Carrots: January ☐ Sweet Potatoes: ☐ December/January/

February

Shopping Tip

If a fresh produce item does not scan at checkoutlet the store know so it can be added to their WIC database!

FRUITS VEGETABLES ✓ Single serving packets. Approved Approved Vegetables in cans, glass or with no added sugar, fats, oils or salt. with no added sugar, fats, or oils. plastic containers. ✓ Fresh vegetables. ✓ Fresh fruit. ✓ Organic vegetables. √ Frozen mature legumes ✓ Frozen fruit. **Not Approved** (beans, peas or lentils). ✓ Fruit juice-packed or water-Breaded vegetables. Frozen vegetables. packed in cans, glass or plastic Catsup or other condiments. ✓ Low-sodium vegetables. containers. Dried fruits. Pre-cut, diced, sliced or ✓ Pre-cut, diced or sliced fruit. Dried vegetables. shredded vegetables. ✓ Single serving packets. ✓ Canned tomato sauce or canned ✗ Dry or canned mature legumes ✓ Organic fruits. (beans, peas or lentils). tomato paste. ➤ Fruits or vegetables mixed with * Fruit packed in cans, glass or Not allowed with cash-value sauces or foods other than plastic containers with artificial benefit other fruits and vegetables. sweeteners. ✗ Fruit and/or vegetable juices. ➤ Fruits or vegetables with Herbs used for flavoring. × Fruit baskets. added corn syrup, high-Infant fruits and vegetables. Fruit leathers and fruit roll-ups. fructose corn syrup, maltose, Ornamental and decorative ➤ Fruit or vegetable items on dextrose, sucrose, honey, fruits and vegetables. party trays. and/or maple syrup. Pickled vegetables, olives. Fruit or vegetable items on Soups salad bars. Juice Apple & Eve continued Food Club continued Approved □ Naturally Cranberry ☐ Orange Grove Style √ 48 oz and 64 oz ☐ Orange No Pulp Sesame Street Essential Everyday containers of single-☐ Tomato ☐ Big Bird's Apple ☐ Apple strength juice. ☐ Unsweetened Grape ☐ Cookie Monster's ☐ Apple with Calcium ✓ 100% JUICE, ☐ Unsweetened Apple Berry ☐ Apple Not unsweetened. Cider ☐ Elmo's Punch 100% Concentrate pasteurized. ☐ Unsweetened Orange ☐ Apple Cider ✓ Juices fortified with ☐ Grover's White Grape □ Unsweetened 100% ☐ Berry calcium, vitamin D or Pineapple □ Cherry vitamin C. ☐ Unsweetened White ☐ Country Style Orange √ Vegetable juice may be **Best Choice** Grape □ Cranberry regular or low sodium. ☐ White Grapefruit ☐ Cranberry Raspberry ✓ Packaged in plastic, Best Choice ☐ Apple ☐ Grape glass, cans or ☐ Berry ☐ Orange refrigerated paper ☐ Orange No Pulp □ Cherry cartons ☐ Grape ☐ No Pulp Orange Food Lion ✓ Organic juice. ☐ 100% Vegetable ☐ Punch Calcium/Vitamin D Not Approved ☐ Apple ☐ Grapefruit ☐ No Pulp Orange from ✓ Freshly squeezed juices. ☐ Orange Original ☐ Apple Juice Blend Concentrate ✓ Juice drinks or cocktails. ☐ Orange Pulp Free ☐ Some Pulp Orange ☐ Berry Blend ✓ Juices promoted for use ☐ Cherry □ Orange w/ Calcium from Concentrate by infants. ☐ Cranberry Blend ☐ Pineapple ☐ Pineapple ✓ Juices with added ☐ Fruit Punch □ Tomato ☐ Punch nutrients/additives ☐ Grape □ Vegetable □ Tomato other than calcium. ☐ White Grape ☐ Tomato Low Sodium ☐ Grapefruit vitamin D or vitamin C. ☐ White Grape ☐ Hot & Spicy 100% ✓ Juices with artificial Bluebird ☐ White Grapefruit Vegetable sweeteners. ☐ Vegetable ☐ No Pulp-Calcium/ ✓ Sports drinks. □ Vegetable Low Vitamin D Orange Bluebird Unsweetened Select from these brands ☐ No Pulp Orange Sodium □ Apple ☐ Orange ☐ Grapefruit ☐ Orange with Calcium □ Orange ☐ Pineapple Blend ☐ Pineapple Blend Everfresh Always Save Campbells ☐ Tomato ☐ Apple ☐ Apple ☐ Vegetable ☐ Kiwi Strawberry 100% ☐ Grape ☐ White Grape ☐ Pure Orange Campbell's ☐ White Grape Peach □ Tomato Food/Club ☐ Tomato Low Sodium

Food Club

DIANE'S GARDEN

Diane's Garden

□ Vegetable

☐ Apple

☐ Orange

☐ Orange Calcium

Vitamin DX

Freedoms Choice

☐ Apple

☐ Grape

□ Tomato

Apple & Eve

☐ Cranberry
Pomegranate
☐ Cranberry Raspberry

☐ Cranberry Apple

☐ Cranberry Grape

☐ Apple

☐ Mango☐ Orange Tangerine☐ Passion Dragonfruit





Our Family ☐ Apple
☐ Apple Cider
☐ Berry Flavor Blend
☐ Cherry Punch
☐ Cranberry Grape
☐ Cranberry Raspberry
☐ Fruit Punch Flavor
Blend
☐ Grape
☐ Grapefruit
☐ Orange Country Style with Medium Pulp
☐ Orange Original
☐ Orange Pulp Free
☐ Orange with Calcium
☐ Orange from
Concentrate
☐ Pineapple
□ Tomato
☐ Vegetable
□ Vegetable□ White Grape
Publix.
Publix
☐ Apple With Vitamin C

- ☐ Calcium & Vitamin D
- Orange
- ☐ Grape
- ☐ Original Orange
- ☐ Premium Apple
- ☐ Ruby Red Grapefruit
- ☐ White Grape ☐ White Grapefruit



Ruby Kist

- ☐ Grape
- ☐ Pineapple



SE Grocers ☐ Apple

- ☐ Apple Premium
- ☐ Apple With Calcium ☐ Cranberry And Grape
- ☐ Cranberry Blend
- ☐ Grape
- ☐ Grapefruit
- ☐ Orange Juice
- ☐ Vegetable ☐ Essentials Orange
- ☐ Essentials Orange
- With Cal/Vit D
- ☐ Ruby Red Grapefruit Juice
- ☐ White Grape



Seneca ☐ Apple



Shopper's Value □ Orange



Southern Home

- ☐ Apple
- ☐ Apple With Calcium ☐ Cranberry Blend
- ☐ Unsweetened Orange
- ☐ White Grape
- ☐ White Grapefruit ☐ Orange Original
- ☐ Orange with Calcium



Texsun

- ☐ Apple
- ☐ Orange
- ☐ Orange Pineapple



That's Smart ☐ Grape



Tipton Grove 100%

- ☐ Apple
- ☐ Grape
- ☐ Premium Orange



- Tree Top 100%
- ☐ Apple
- □ Berry
- ☐ Grape



- ☐ Low Sodium Original
- ☐ Original
- ☐ Spicy Hot Vegetable



Valu Time Grape



Welch's

□ Apple ☐ Black Cherry Concord Notes

- Grape
- ☐ Grape ☐ Concord Grape with
- Fiber
- ☐ Grape with Calcium ☐ Red Grape
- ☐ Super Berry
- ☐ White Grape
- ☐ White Grape Cherry ☐ White Grape Peach
- ☐ White Grape
- □ Raspberry



White House ☐ Apple

Shelf Stable Concentrate

100% Juice



- Langers
- ☐ Apple ☐ Autumn Blend
- ☐ Grape
- ☐ Orange
- ☐ Spring Blend ☐ Summer Blend



Old Orchard

☐ 100% Cherry Pomegranate



- Wegman's
- ☐ Apple
- ☐ Apple with Calcium
- ☐ Orange
- ☐ Orange Country Style



Welch's

- □ 100% Apple
- ☐ 100% Fruit Fantastic
- □ 100% Grape

Juice

Frozen, Concentrate

An 11.5 or 12 ounce can of Frozen Concentrate with water added makes 48 ounces of juice.



Always Save ☐ Apple □ Orange

Best Choice

Best Choice □ 100% Apple ☐ Country Style with Extra Pulp ☐ Orange Original ☐ Orange Pulp Free ☐ Orange with Calcium



Best Yet ☐ Apple ☐ Calcium Fortified 100% Orange ☐ Classic 100% Orange ☐ Country Style 100% Orange ☐ Pulp Free 100% Orange



Cascadian Farm ☐ Organic Orange



Essential Everyday ☐ Apple ☐ Country Style Orange ☐ Grape □ No Pulp Orange ☐ Orange with Calcium ☐ Original Orange

Food/Club

Food Club ☐ Grape ☐ Orange Concentrate ☐ Unsweetened Apple Concentrate

Food Lion ☐ Apple

□ Orange ☐ Orange with Pulp



Freedom's Choice

☐ Apple ☐ Orange ☐ Orange No Pulp ☐ Orange Country Style ☐ Orange with Calcium



☐ Orange



Great Value □ 100% Apple

☐ 100% Calcium Orange ☐ 100% Country Style Orange

□ 100% Grape ☐ 100% Orange ☐ 100% Pulp Free Orange



☐ Apple ☐ Calcium Enriched Orange ☐ Country Style More Pulp Orange ☐ Original Orange

☐ Pulp Free Orange

Harris Teeter



Ну Тор ☐ 100% Apple ☐ 100% Orange



☐ 100% Apple ☐ 100% Grape ☐ Original Orange 100% ☐ Pulp Free Orange 100% Minute



Minute Maid **Original Orange**



My Essentials ☐ Apple ☐ Orange ☐ Orange with Calcium ☐ Orange with Pulp



☐ 100% Apple Kiwi Strawberry

□ 100% Apple Raspberry

□ 100% Apple 100% Apple Cherry

□ 100% Apple Cranberry ☐ 100% Apple Passion

Mango 100% Apple

Strawberry Banana

☐ 100% Berry Blend

☐ 100% Black Cherry Cranberry

□ 100% Blueberry Pomegranate

☐ 100% Cranberry □ 100% Cranberry

Pomegranate □ 100% Cranberry Raspberry

□ 100% Grape ☐ 100% Orange

☐ 100% Orange with Calcium

☐ 100% Pineapple ☐ 100% Pineapple

Orange ☐ 100% Strawberry Rhubarb

☐ 100% White Grape ☐ Pineapple Orange Banana



Our Family □ Apple ☐ Orange Country Style with Medium Pulp ☐ Orange Original ☐ Orange Pulp Free ☐ Orange with Calcium

Publix.

☐ Orange



SE Grocers ☐ Apple ☐ Grape

□ Orange ☐ Orange Pulp Free ☐ Orange With Calcium

□ Unsweetened Pineapple



□ 100% Apple



Southern Home

☐ Apple 100% ☐ Country Style Orange 100%

☐ Original Orange 100% ☐ Pulp Free 100%

Orange ☐ With Calcium 100% Orange

Texsun 100% Juice

☐ Apple ☐ Orange

☐ Orange Pineapple



Tipton Grove

□ 100% Apple ☐ 100% Orange



□ 100% Apple

Wegmans

Wegmans

☐ 100% Apple with Calcium

☐ 100% Orange Country Style

☐ Apple ☐ Orange

Welch's

□ 100% Concord Grape

with Fiber □ 100% Grape

☐ 100% White Grape ☐ 100% White Grape

Cherry □ 100% White Grape Peach

☐ 100% White Grape Raspberry



Eggs

Approved

- ✓ One dozen container, chicken eggs only.
- ✓ All sizes.
- ✓ All grades.
- √ White or Brown eggs.
- ✓ Specialty eggs such as lowcholesterol, cage-free, stress-free, free-range, vitamin-enriched, antibiotic-free, vegetarian-fed-hen, no-growth-hormones, fertile or organic eggs.

Not Approved

× Powdered, liquid or hard boiled eggs.

Legumes

(Beans, peas, and lentils)

Approved

- ✓ 16 oz. bag or box.
- √ 15 oz. 16 oz. cans.
- ✓ Organic beans, peas or lentils.

DRY BEANS, PEAS, LENTILS

✓ Any type of plain, unseasoned mature dry beans, peas or lentils.

CANNED BEANS, PEAS, LENTILS

- ✓ Any type of plain, unseasoned mature canned beans, peas or lentils
- ✓ Low-sodium mature canned beans, peas or lentils.

Not Approved

- Canned beans with meat or added sugars, fat or oils.
- * Frozen legumes (beans, peas or lentils). May be obtained with cashvalue benefits.
- ✗ Green beans or green peas (canned, fresh or frozen). May be obtained with cash-value benefits.
- × Soup mixes.

Canned Fish

for women who fully breastfeed

Approved

- √ 5 oz. 6 oz. cans or foil packs.
- ✓ Pink Salmon: Any brand, plain, unseasoned, packed in water, with or without bones.
- Chunk-Light Tuna: Any brand, plain, unseasoned, packed in water.
- ✓ Organic.

Not Approved

- * Fish with added ingredients.
- × Lunch packs or kits.

Peanut Butter

Approved

- 16-18 oz. containers.
- Less-sugar varieties.
- Lower-sodium, sodium-free or salt-free varieties.
- Plain, creamy, crunchy, or chunky.
- Reduced-fat varieties.
- ✓ Natural or organic peanut butter.

Not Approved

□ Creamy

☐ Crunchy

Avenue A

☐ Creamy

□ Crunchy

Best Choice

☐ Creamv

□ Crunchy

Better Valu

☐ Crunchy

O

CHA-CHING

Cha-Ching

☐ Creamy

☐ Crunchy

Better

- Freshly-ground peanut butter.
- Peanut butter combinations (jelly, chocolate, marshmallow).
- Peanut butter spread.

☐ Creamy Reduced Fat

Best Choice

□ Natural Creamy

Peanut butter with artificial sweeteners.

Select from these brands



- Clear Value ☐ Creamy
- ☐ Crunchy



- Crazy Richards ☐ 100% Peanuts Creamy
- ☐ 100% Peanuts Crunchy



Essential Everyday ☐ Creamy

☐ Extra Crunchy



- ☐ Creamy
- ☐ Creamy Natural No Salt Added
- ☐ Creamy Reduced Sugar
- ☐ Crunchy



Peanut Butter



Food Lion ☐ Creamy

☐ Creamy Reduced Sugar

☐ Crunchy



Freedom's Choice ☐ Creamv

☐ Crunchy



Full Circle Organic ☐ Creamy No Sugar

Added ☐ Crunchy



Good & Gather ☐ Creamy

☐ Extra Crunchy □ Natural ☐ Natural Creamy

☐ Organic Creamy ☐ Organic Crunchy



Great Value ☐ Creamv □ Crunchy

☐ Organic Stir, Creamy ☐ Organic Stir, Crunchy



Harris Teeter ☐ Creamy

☐ Crunchy HARVEST

Harvest Farms ☐ Organic Creamy



qoT-vH ☐ Creamy ☐ Crunchy



☐ Creamy ☐ Crunchy



☐ Creamy ☐ Extra Crunchy



☐ Classic



Laura Lvnn ☐ All Natural Creamy

□ Creamy ☐ Creamy Reduced Sugar & Sodium

☐ Crunchy ☐ No Stir Natural Creamy



Lowes Foods ☐ Creamy

☐ Crunchy

MADE-WITH"

Made With

☐ Creamy

Maranatha

☐ Organic Creamy No Sugar Added

☐ Organic, Creamy ☐ Creamy

MARKET PANTRY

Market Pantry

☐ All Natural Creamy ☐ All Natural Crunchy

☐ Creamy □ Extra Crunchy



My Essentials ☐ Creamy

☐ Crunchy ature's Place:

Nature's Place ☐ Creamv ☐ Crunchy



Nature's Promise ☐ Creamy

☐ Organic Creamy ☐ Organic Crunchy



Once Again ☐ Creamy Natural ☐ Organic Creamy



Our Family ☐ Creamv

☐ Creamy Natural ☐ Crunchy

☐ Reduced Salt/Sugar Creamy



Panner

☐ Creamy ☐ Crunchy



Peter Pan ☐ Creamy

☐ Crunchy

□ Natural Creamy

Publix.

Publix

☐ All Natural Creamy ☐ All Natural Crunchy ☐ Creamy

☐ Crunchy



Reese's ☐ Creamy



Santa Cruz Organic ☐ Dark Roasted □ Light Roasted



SE Grocers ☐ Organic Natural

Crunchy

☐ Creamy □ Crunchy

☐ Natural Creamy ☐ Naturally Better Organic



Shoppers Value ☐ Creamv

□ Crunchy



Shurfine

☐ Creamy Natural □ Creamy

☐ Crunchy simple truth Organic

Simple Truth Organic

☐ Creamv ☐ Crunchy



Skippy ☐ Creamy

☐ Super Chunk



☐ Natural Creamy ☐ Natural Chunky

☐ Organic Natural Creamy

☐ Organic Natural Chunky



Naturally Better Organic



Southern Home

□ Natural Creamy ☐ Natural Crunchy

☐ Creamy

☐ Crunchy



That's Smart ☐ Creamy

☐ Crunch



Valu Time

☐ Creamy □ Crunchy

leamans

Wegmans

☐ Creamv □ Crunchy

☐ Organic Creamy

WILD OATS

□ Natural Creamy ☐ Natural Crunchy

Bread

Approved

- √ 16 oz. total.
- √ 100% whole grain and/or whole wheat bread.
- ✓ Organic.

Select from these brands



Arnold

□ 100% Whole Wheat ☐ Stone Ground 100% Whole Wheat



Baker's Choice ☐ Whole Wheat

BIMBC

Bimbo

□ 100% Whole Wheat



□ 100% Whole Wheat



Cohblestone

□ 100% Whole Wheat Oval



Country Kitchen ☐ 100% Whole Wheat



□ 100% Whole Wheat



Food Lion ☐ 100% Whole Wheat Sliced



Freihofer's □ 100% Whole Wheat



Great Value □ 100% Whole Wheat



Harris Teeter □ 100% Whole Wheat



Healthy Life

□ 100% Whole Wheat ☐ Sugar Free 100% Whole Grain Wheat



Heidelberg □ 100% Whole Wheat



IGA

☐ 100% Whole Wheat



Lewis Bake Shon □ 100% Whole Wheat



Lowes Foods





Nature's Own

- □ 100% Whole Grain ☐ 100% Whole Wheat
- ☐ Sugar Free Life Whole Grain
- ☐ Whole Wheat with Honey



Our Family

□ 100% Whole Wheat □ 100% Whole Wheat Country Style



□ 100% Whole Wheat



Pepperidge Farm

- ☐ 100% Natural 100%
- Whole Wheat □ 100% Whole Wheat
- Thin Sliced ☐ Farmhouse 100%
- Whole Wheat
- ☐ German Dark Whole Grain Whole Wheat
- ☐ Jewish Rye WG

Pepperidge Farm continued ☐ Light 100% Whole

Wheat ☐ Soft 100% Whole

- Wheat ☐ Stone Ground 100%
- Whole Wheat ☐ Very Thin 100%
- Whole Wheat ☐ Whole Grain 15 Grain
- □ Whole Grain 100% Whole Wheat
- ☐ Whole Grain Oatmeal Bread
- □ Whole Grain Soft Honey Wheat
- ☐ Whole Grain Soft Sprouted
- ☐ 100% Whole Wheat Cinnamon Raisin Swirl

Publix

□ 100% Whole Wheat



Roman Meal

☐ Sungrain 100% Whole Wheat



Sara Lee

- □ 100% Whole Wheat
- ☐ 45 Cal 100% Whole Wheat Honey Flavor ☐ Classic 100% Whole
- Wheat



Schmidt

- □ 100% Whole Grain White Wheat
- ☐ Old Tyme 100% Whole Wheat



SE Grocers □ 100% Whole Wheat



Stroehmann ☐ 100% Whole Wheat



Sunbeam ☐ 100% Whole Wheat



Wegmans

- ☐ 100% Soft Wheat ☐ Organic Soft 100%
- Whole Wheat



□ 100% Whole Wheat

Notes

Buns

Approved

- √ 16 oz. total.
- √ 100% whole grain and/or whole wheat bread.
- ✓ Organic.



Arnold Select

- ☐ 100% Whole Wheat Hamburger Buns
- ☐ 100% Whole Wheat Hotdog Buns

Tortillas

Approved

- √ 16 oz. package.
- ✓ Soft corn (yellow or white) tortillas.
- ✓ Whole wheat tortillas.
- ✓ Organic.

Not Approved x Hard-shelled corn

tortillas.
Select from these brands

Best Choice.

Best Choice
☐ Corn

☐ 100% Whole Wheat



Carlita

☐ 100% Whole Wheat ☐ 18 Corn



Celia's

☐ 100% Whole Wheat

Flour Corn

☐ Yellow Corn



Chi-Chi's

☐ Fajita Style☐ White Corn



Don Pancho

☐ White Corn



Essential Everyday

☐ 100% Whole Wheat ☐ White Corn



Food Club

☐ White Corn ☐ Whole Wheat



FOOD LION Food Lion

Whole Wheat

Tient I

ValueGreat Value

Flour Whole Wheat



Ну-Тор



ICA

- ☐ Taco Style Whole
- Wheat ☐ White Corn
- ☐ 100% Whole Wheat
- ☐ Yellow Corn



La Banderita

- ☐ Corn Tortillas ☐ Grande Corn Gluten
 - Free

LA BURRITA

La Burrita Corn



Lowes
☐ Yellow Corn



Mi Casa

☐ Wheat

Mission

- ☐ 100% Whole Wheat Fajita
- ☐ 100% Whole Wheat Medium Soft Taco
- Medium Soft Taco

 ☐ 100% Whole Wheat
- Soft Taco
- ☐ Yellow Corn Extra Thin



Notes

Ortega

☐ Whole Wheat



Our Family

- ☐ Fajita Style Wheat
- ☐ White Corn
- ☐ Whole Wheat ☐ Yellow Corn



Tio Sante

☐ 100% Whole Wheat

Barley, Bulgur, Oats

Approved

- ✓ 14-16 oz. bag or box.
- ✓ Plain barley, bulgur, and oats.
- ✓ May be instant, quick, or regular cooking.
- ✓ Without added sugars, fats, oils, or salt.
- ✓ Organic.

Barley



Good & Gather

☐ Pearled Barley



Goya ☐ Barley

Oats



Better Oats Organic
Old Fashioned



McCann's



Quaker

☐ 3 Minutes



The Silver Palate
☐ Thick & Rough Oatmeal

Whole Wheat Pasta

Approved

- √ 16 oz. package.
- √ 100% whole-grain and/or whole-wheat pasta.
- ✓ All shapes.
- ✓ Organic.

Not Approved

Added sugars, fats, oils or salt (sodium).



Barilla

- ☐ Whole Grain Angel Hair
- ☐ Whole Grain Elbows☐ Whole Grain Linguine☐ Pasta Whole Grain
- Rotini

 ☐ Whole Grain Pasta
- Thin Spaghetti
 ☐ Whole Grain Penne
- Pasta
 ☐ Whole Grain
 Spaghetti



Bionatura

- ☐ 100% Organic Whole Wheat Fusilli 16 oz.
- ☐ 100% Organic Whole Wheat Spaghetti 16 oz.



Delallo Organic

☐ Orzo

☐ Penne Rigate
☐ Spaghetti



Essential Everyday

- ☐ Whole Wheat Elbow Macaroni
- ☐ Whole Wheat Penne Rigate
- ☐ Whole Wheat Rotini ☐ Whole Wheat
- Spaghetti
 ☐ Whole Wheat Thin
 Spaghetti



Food Lion

- ☐ Whole Wheat Thin Spaghetti
- ☐ Whole Wheat Penne Rigate



Full Circle

- ☐ Organic 100% Whole
- Wheat Penne Rigate
 ☐ Organic 100% Whole
 Wheat Rotini
- ☐ Organic Whole Wheat
- Angel Hair
 ☐ Organic Whole Wheat
- Spaghetti

Great Value

- ☐ Whole Wheat Elbow Pasta
- ☐ Whole Wheat Linguine Pasta
- ☐ Whole Wheat Penne
- ☐ Whole Wheat Rotini Pasta
- ☐ Whole Wheat Thin Spaghetti



Harris Teeter

- ☐ 100% Whole Gain Thin Spaghetti
- ☐ 100% Whole Grain Penne Rigate
- ☐ 100% Whole Grain Rotini
- □ 100% Whole Grain Spaghetti
- ☐ Organic Whole Wheat Rotini
- Organic Whole Wheat
 Angel Hair
- Organic Whole Wheat Penne
- ☐ Organic Whole Wheat Spaghetti



Hodgson Mill

- ☐ Whole Wheat Spirals ☐ Whole Wheat Veggie
- Bows

 Whole Wheat Whole
- Grain Angel Hair

 ☐ Whole Wheat Whole
 Grain Elbows
- ☐ Whole Wheat Whole Grain Spaghetti
- ☐ Whole Wheat Whole Grain Thin Spaghetti



- HT Traders
- ☐ Whole Wheat
- Capellini

 ☐ Whole Wheat Fusilli
- ☐ Whole Wheat Penne Rigate
- ☐ Whole Wheat Rigatoni
- ☐ Whole Wheat Spaghetti



Laura Lynn

- □ 100% Whole Grain
- Spaghetti

 ☐ 100% Whole Grain
- Penne

 100% Whole Grain
 Rotini



Lowes

- ☐ Whole Wheat Penne☐ Lowes Whole Wheat
- Penne Bronze Cut

 ☐ Lowes Whole Wheat
 Thin Spaghetti



Our Family

Rotini

□ Spaghetti Publix

- Publix

 100% Whole Grain
- Penne
 ☐ 100% Whole Grain
 Spaghetti

RACCONTO

Racconto

- ☐ 100% Whole Wheat Capellini
- □ 100% Whole Wheat
- ☐ 100% Whole Wheat
- □ 100% Whole Wheat
- Linguine
 ☐ 100% Whole Wheat
 Penne Rigate
- ☐ 100% Whole Wheat Rigatoni ☐ 100% Whole Wheat
- Rotini
 ☐ 100% Whole Wheat
 Spaghetti



Dansani

- ☐ 100% Whole Grain Linguini
- ☐ 100% Whole Grain Penne Rigate
- ☐ 100% Whole Grain Rotini
- ☐ 100% Whole Grain Spaghetti
- ☐ 100% Whole Grain Thin Spaghetti

Simply balanced

☐ Organic Whole Wheat

- Farfalle
 ☐ Organic Whole Wheat
- Fusilli
 ☐ Organic Whole Wheat
 Penne Rigate
- ☐ Organic Whole Wheat Spaghetti

Tinkyáda

Tinkvata Pasta Joy

☐ Brown Rice Penne ☐ Brown Rice Spaghetti

Notes

Brown Rice

Approved

- √ 14 oz. 16 oz. bag or box.
- ✓ Plain, whole-grain brown rice.
- ✓ Instant, quick or regular cooking.
- ✓ Organic brown rice.

Not Approved

- Brown rice with added sugar, fats, oils or salt (sodium).
- × Mixtures of rice.
- * Seasoned or flavored rice.

Select from these brands



Ben's Original

- ☐ Boil In Bag Whole Grain Brown Rice
- ☐ Instant Whole Grain Brown Rice
- ☐ Whole Grain Brown Rice

Best Choice

Best Choice

- ☐ Boil-In-Bag Instant Brown Rice
- ☐ Brown Rice
- ☐ Instant Rice Brown Rice



Rest Yet

☐ Instant Brown Rice



Blue Ribbon

☐ Whole Grain Brown Rice



- C & F Foods
- ☐ Boil-In-Bag Whole Grain Brown Rice
- ☐ Brown Rice



Essential Everyday

- ☐ Instant Brown Rice □ Natural Brown
 - Rice

Food/Club

Food Club

- ☐ Boil-In-Bag Instant Brown Rice
- ☐ Instant Brown Rice ☐ Long Grain Brown
- Rice

FOOD LION Food Lion

- ☐ Boil-In-Bag Brown
- ☐ Long Grain Instant Brown Rice
- ☐ Long Grain Natural **Brown Rice**



FREEDOM'S

Freedom's Choice

☐ Instant Brown Rice ☐ Long Grain Brown Rice



Good & Gather

- ☐ Instant Brown Rice
- ☐ Long Grain Brown Rice



☐ Brown Rice



- Great Value
- ☐ Boil-In-Bag Instant Brown Rice
- ☐ Brown Rice
- ☐ Instant Brown Rice



- **Gulf Pacific** ☐ Long Grain Brown
- Rice ☐ Instant Brown Rice



Harris Teeter

- ☐ Boil-in-Bag Brown
- Rice ☐ Instant Brown Rice
- ☐ Organic Long Grain Brown Rice
- ☐ Whole Grain Brown Rice



qoT vH

- ☐ Instant Precooked Brown Rice
- ☐ Long Grain Brown Rice



☐ Long Grain Brown Rice



Laura Lynn ☐ Brown Rice

☐ Instant Brown Rice



- Lowes Foods
- ☐ Long Grain Brown
- □ Instant Brown Rice

ahatma

Mahatma ☐ Brown Rice



Minute

□ Instant Whole Grain Brown Rice



My Essentials

- ☐ Boil-In-Bag Brown
- Rice
- Long Grain Instant **Brown Rice**
- □ Long Grain Natural Brown Rice



Our Family

☐ Brown Rice ☐ Instant Brown Rice

Publi

- ☐ Whole Grain Brown Rice
- ☐ Whole Grain Instant Brown Rice



Rice On The Side

☐ Instant Brown Rice ☐ Long Grain Brown

Rice



SE Grocers

- ☐ Boil In Bag Long Grain **Brown Rice**
- ☐ Instant Brown Rice ☐ Natural Long Grain



Shur Fine

☐ Instant Brown Rice



Simple Earth

□ Whole Grain Brown Rice



Southern Home

- ☐ Brown Rice Long Grain
- ☐ Instant Boil-In-Bag Brown Rice
- ☐ Instant Brown Rice

vuccess

☐ Boil-In-Boil Bag Whole Grain Brown



- □ Natural Whole Grain Brown Rice
- ☐ Whole Grain Boil-In-Bag Brown Rice
- ☐ Whole Grain Fast & Natural Instant Brown Rice



Wegmans

☐ Long Grain Brown Rice

Breakfast Cereal Approved √ 11.8/12 oz. or larger **General Mills** Bag or box. General Mills Harris Teeter Food Club ✓ Organic. ☐ Bite Size Frosted ☐ Berry Berry Kix □ Enriched Bran Flakes ☐ Blueberry Chex ☐ Frosted Shredded Shredded Wheat Not Approved ☐ Cheerios Wheat Strawberry ☐ Bite Size Frosted × Single serving ☐ Cheerios Organic ☐ Instant Oatmeal Shredded Wheat packets ☐ Cheerios 2 Pack ☐ Live Wise Whole Grain Select from these brands ☐ Cheerios with ☐ Corn Flakes ☐ Live Wise Crispy Oat ☐ Oatmeal Squares Strawberry Squares ☐ Cheerios Vanilla Spice □ Nutty Bites With Brown Sugar ☐ Cinnamon Chex SESAME STREET ☐ Regular Instant □ Oatmeal Squares ☐ Corn Chex Brown Sugar Oatmeal ☐ Dora The Explorer ☐ Toasted Oats ☐ Straw Frosted 123 Sesame Street ☐ Honey Kix ☐ 123 Berry Shredded Wheat ☐ Kix ☐ 123 C Is For ☐ Toasted Oats ☐ Multi Grain Cheerios ☐ Wheat Squares Cinnamon ☐ Multi Grain Cheerios **Essential Choice** with Strawberry ☐ Bran Flakes Ну-Тор ☐ Rice Chex □ Oat ☐ Bite Size Frosted □ Vanilla Chex ☐ Wheat & Crunchy Shredded Wheat Always Save ☐ Vanilla Spice Cheerios ☐ Bran Flakes ☐ Frosted Shredded ☐ Wheat Chex ☐ Corn Flakes Wheat □ Wheaties ☐ Toasted Oats ☐ Crisp Rice FOOD LION ☐ Whole Grain Total ☐ Crispy Honey Oats & Food Lion ☐ Bite Size Frosted Flakes Grain Berry Shredded Wheat ☐ Toasted Oats Bitesize Strawberry Avenue Grain Berry Frosted Shredded ☐ Toasted Oats ☐ Apple Cinnamon Wheat ☐ Cinnamon Frosted ☐ Bran Flakes **Best Choice** ☐ Honey Nut ☐ Easy Living Oat ☐ Toasted Oats ☐ Bite Size Frosted **Best Choice** Squares Blueberry Shredded ☐ Bran Flakes ☐ Multigrain Tasteeos Wheat ☐ Frosted Shredded ☐ Regular Instant ☐ Bite Size Frosted Wheat Bite Size Straw Oatmeal Great Value Shredded Wheat ☐ Frosted Wheat Bite ☐ Simply Living Oat □ Bran Flakes ☐ Bite Size Frosted ☐ Tasteeos Toasted ☐ Crunchy Nuggets Strawberry Shredded ☐ Happy O's Oat ☐ Crunchy Oat Squares Wheat ☐ Live Life @ 100% ☐ Shredded Wheat ☐ Bite Size Shredded ☐ Nutty Nuggets Toasted Multi-Grain Wheat ☐ Wheat Crisps ☐ Toasted Wheat ☐ Bran Flakes ☐ Wheat Flakes Freedoms Choice □ Toasted Whole Grain ☐ Nutty Nuggets ☐ Bran Flakes Better ☐ Original Toasted Oats ☐ Frosted Shredded □ Wheat Squares alu □ Tasteeos Wheat ☐ Toasted Oats □ Toasted Oats. Hannaford. Better Valu Kashi □ Corn Flakes Fred Meyer. Hannaford CREAM □ Bran Flakes Kashi Organic Fred Meyer WHEAT ☐ Frosted Shredded ☐ Blueberry Cluster ☐ Toasted Oats Wheat ☐ Honey Toasted Cream Of Wheat ☐ Nutty Nuggets ☐ Warm Cinnamon ☐ Whole Grain 2 1/2 □ Original Instant Minute Oatmeal ☐ Straw Frosted Essential Notes Shredded Wheat EVERYDA' ☐ Tasteeos Toasted Oat Essential Everyday ☐ Toasted Wheat ☐ Bite Size Shredded □ Toasted Oats □ Wheat Flakes Wheat Frosted □ Crispy Hexagons ☐ Crispy Rice ☐ Crunchy Oat Squares ☐ Crunchy Wheat Squares

☐ Crunchy Oat Squares
☐ Multigrain
☐ Nutty Nuggets
☐ Toasted Oats
☐ Wheat Bran Flakes

Breakfast Cereal

	Malt-O-Meal continued	Post continued	
Kelloggs Kelloggs	☐ Frosted Shredded Wheat ☐ Frosted Strawberry Shredded Wheat	☐ Honey Bunches Of Oats Vanilla ☐ Honey Bunches Of Oats Whole Grain	Southern Home
☐ All Bran Complete Wheat Flakes ☐ Complete Bran ☐ Corn Flakes	☐ Toasted Oats ☐ Blueberry Mini Spooners	Honey Crunch Shredded Wheat Honey Nut	☐ Bran Flakes ☐ Frosted Shredded Wheatsouthern Home
☐ Corn Flakes Cinnamon Frosted Mini Wheats ☐ Bite Size Strawberry	☐ Frosted Mini Spooners ☐ Strawberry Cream Mini Spooners	Publix.	continued ☐ Strawberry Frosted Shredded Wheat ☐ Toasted Oats
☐ Bite Size Pumpkin Spice ☐ Blueberry	MARKET PANTRY	Publix ☐ Bran Flakes ☐ Frosted Wheat	Sunbell
☐ Blueberry Muffin ☐ Chocolate ☐ Cinnamon	Market Pantry Frosted Shredded Wheat	☐ Nutty Nuggets ☐ Original Instant Oatmeal ☐ Original Oat Crunch	Sunbelt Bakery ☐ Simple Granola
☐ Cinnamon Roll ☐ Chocolate ☐ Filled Mixed Berry ☐ Golden Honey	☐ Frosted Strawberry Shredded Wheat	Conginal oat cruntin	Wegmans
☐ Little Bites ☐ Mixed Berry ☐ Original	essentials	Quaker Instant Oatmeal	Wegmans ☐ Bran Flakes ☐ Corn Flakes
☐ Original Little Bites ☐ Pumpkin Spice ☐ Strawberry	My Essentials ☐ Frosted Shredded Wheat ☐ Multigrain Tasteeos	☐ Life Multigrain Strawberry ☐ Life Multigrain Vanilla	Oatmeal
☐ Touch Of Fruit Raisin ☐ Touch Of Fruit Raspberry ☐ Special K Banana	☐ Strawberry Shredded Wheat ☐ Tasteeos Toasted Oat	☐ Life Original Multigrain ☐ Oatmeal Squares	Food Club
Special K Original	Our Family.	Golden Maple Ralston	□ Regular Instant
Kiggins ☐ Bite Size Frosted	Our Family 4 Corner Crunch Original	Ralston ☐ Frosted Shredded	Food Lion Food Lion Regular Instant
Shredded Wheat ☐ Bran Flakes ☐ Rollin' Oats	☐ 4 Corner Crunch Original Multi-Grain ☐ 4 Corner Original Oat	Wheat Bite Size ☐ Oat Wise ☐ Tasteeos	Harris Teeter
Laura	☐ Frosted Bite Size Shredded Wheat ☐ High Fiber Bran Flakes ☐ Multi-Grain Toasted	□ Wheat Bran Flakes □ Wheat Flakes SE GROCERS	Harris Teeter ☐ Original Instant
Laura Lynn ☐ Toasted Oats ☐ Little Bit Nutty	Oats Nutty Nuggets Original Instant	SE Grocers	Our Family: Original Instant
☐ Toasted Oats ☐ Toasted Oats Multi Grain ☐ Wheat Bran Flakes	Oatmeal Strawberry Cream Frosted Bite Size	☐ Essentials Toasted Oats ☐ Frosted Shredded Wheat	Publix.
Lowes	Shredded ☐ Toasted Oats ☐ Wheat Flakes	☐ Original Instant Oatmeal ☐ Oat Squares	Publix Original Instant Oatmeal
Lowes Foods ☐ Bran Flakes ☐ Nutty Nuggets	Piggly Wiggly Piggly Wiggly	☐ Wheat Bran Flakes	QUAKER
☐ Tasteeos Toasted Oat ☐ Frosted Shredded Wheat	☐ Enriched Bran Flakes ☐ Frosted Shredded Wheat ☐ Toasted Oats	Shur Fine ☐ Bran Flakes ☐ Frosted Bite Size	Quaker Original Instant Oatmeal Multigrain Original
-Malt O Meal Malt O Meal	Post	Shredded Wheat Lively Oats Nutty Crunchers	☐ Cinnamon Squares ☐ Golden Maple Squares ☐ Brown Sugar Squares
☐ Blueberry Mini Spooners ☐ Frosted Mini	Post ☐ Grape-Nuts ☐ Great Grains Banana	☐ Toasted Oats ☐ Wheat Squares	SE GROCERS
Spooners ☐ Strawberry Cream Mini Spooners	Nut Crunch ☐ Great Grains Crunchy Pecan		SE Grocers Original Instant

Sov-based Beverage Tofu Approved GreenWise Approved √ 14 oz. – 16 oz. √ 64 oz. containers, unflavored. Greenwise Organic ✓ Organic. ✓ Organic. ☐ Extra Firm Not Approved * Flavored. Not Approved ☐ Firm Tofu with added fats, sugars, oils or × Containing artificial sweeteners. salt (sodium). A House Foods Select from these brands Select from these brands House Foods ☐ Extra Firm ☐ Firm ☐ Medium Firm Azumaya ☐ Soft ☐ Extra Firm Nasoya Organic 8th Continent ☐ Firm ☐ Extra Firm ☐ Soymilk Soy-Based Beverage ☐ Extra Firm ☐ Silken vitasov Franklin Vitasov Great Value ☐ Firm ☐ Original Soymilk Franklin Farms □ Soft ☐ Extra Firm ☐ Sprouted Black Soybean ☐ Firm ☐ Medium Firm Silk ☐ Organic Firm ☐ Soft ☐ Original Soymilk

Milk

Approved

Cow's milk: Only the type/quantity specified on your WIC food benefits list. Approved cow's milk types include organic milk.

Gallon, Half Gallon, or Quart

√ Skim (nonfat) milk

(women and children over age 2).

- √ 1% (lowfat) milk
 - (women and children over age 2).
- √ 2% (reduced-fat) milk
 - (if approved by WIC nutritionist).
- ✓ Whole milk

(children under age 2 or prescribed by a physician).

Half gallon

✓ Lactose-reduced or lactose-free milk.* *If approved by WIC nutritionist. Want this? Contact your local WIC office.

Quart

✓ Ultra-High Temperature milk.*

*If approved by WIC nutritionist. Want this? Contact your local WIC office.

12 oz. can (5 cans count as 1 gallon)

√ Evaporated milk.*

*If approved by WIC nutritionist. Want this? Contact your local WIC office.

Cheese

Approved

- √ 8 oz. or 16 oz. packages.
- ✓ Block, sliced (wrapped or unwrapped), snack, cubed, shaped, crumbled, strips, sticks, diced, grated, string or shredded.

Any of the following types of cheese or blends of any of these cheeses:

- ✓ Brick.
- ✓ Cheddar.
- ✓ Colby.
- ✓ Monterey Jack.
- ✓ Mozzarella.
- ✓ Muenster.
- ✓ Provolone.
- ✓ Swiss.
- ✓ Lower-sodium varieties.
- ✓ Reduced-fat and

reduced-cholesterol varieties.

- ✓ Organic cheese.
- ✓ Pasteurized processed American.

Not Approved

- × Cheese foods.
- × Cheese products.
- × Cheese spreads.
- Cheese with additions such as wine, nuts, seeds, jalapenos, pimentos, herbs, spices, seasonings or flavorings (wine or smoked).
- × Deli or hoop cheese.

Laura Lynn continued Dannon continued ☐ Greek Whole Milk **Yogurt** ☐ Strawberry ☐ Low Fat Vanilla All ☐ Strawberry Banana Natural Whole Milk Approved □ Vanilla Plain ✓ Total package size 16 ☐ Plain Greek ☐ Whole Milk Vanilla or 32 oz. Fage ☐ Whole Milk ☐ Nonfat Plain ✓ Pasteurized. Strawberry ✓ Plain or flavored. Whole Milk Vanilla ✓ Organic. ood/Clu Activia Low/Non Fat Lowes Foods ☐ Black Cherry Not Approved ☐ Greek Nonfat Plain □ Blueberry Food Club ☐ Greek Nonfat Vanilla × Drinkable yogurts. □ Blended Strawberry ☐ Fruit Bottom ☐ Light Nonfat Vanilla × Yogurts sold with Pineapple Coconut Low Fat ☐ Low Fat Vanilla ☐ Fat Free Plain accompanying mix-in ☐ Fruit Fusion Blue ☐ Nonfat Plain ☐ Low Fat Vanilla Blackberry ingredients such □ Nonfat Vanilla ☐ Greek Nonfat ☐ Fruit Fusion Cherry as granola, candy ☐ Low Fat Vanilla ☐ Greek Nonfat Vanilla Vanilla pieces, honey, nuts MAPLE HILL ☐ Fruit Fusion Peach and similar ingredients. Mango = organic = × Yogurts with artificial ☐ Fruit Fusion Maple Hill sweeteners. Strawberry/Raspberry ☐ Organic Plain Whole □ Lactose Free Select from these brands Milk Strawberry Food Lion Light Blueberry ☐ Low Fat Plain MARKET Nonfat ☐ Low Fat Vanilla ☐ Light Peach Nonfat ☐ Nonfat Greek Plain ☐ Light Strawberry Market Pantry □ Nonfat Greek Vanilla ☐ Greek Nonfat Plain Nonfat ☐ Plain Nonfat □ Nonfat Strawberry ☐ Light Vanilla Nonfat ☐ Greek Nonfat Vanilla ☐ Whole Greek Plain ☐ Low Fat Lactose Free Great Value Morning tresh Strawberry Brown Cow □ Lowfat Vanilla □ Mango Morning Fresh ☐ Whole Milk Plain ☐ Mixed Berry □ Low Fat Vanilla □ Whole Milk Vanilla □ Peach Nonfat Plain ☐ Peach Nonfat ☐ Whole Milk ☐ Prunes ☐ Fat Free Plain ☐ Strawberry ☐ Fat Free Vanilla Harris Teeter Cabot Creamery ☐ Strawberry Banana ☐ Greek Nonfat Plain ☐ Low Fat Plain ☐ Greek Plain ☐ Greek HMadagascar □ Vanilla ☐ Greek Nonfat Vanilla ☐ Low Fat Vanilla ☐ Vanilla Nonfat Blend ☐ Original Style Plain Vanilla Cinnamon ☐ Greek Whole Milk ☐ Plain Greek Low Fat ☐ Original Style Vanilla Oikos ☐ Plain Greek Nonfat ☐ Plain Greek Vanilla ☐ Strawberry Blended □ Nonfat Plain ☐ Pro Plain ☐ Organics Low Fat Greek ☐ Vanilla Bean Greek Nancv's ☐ Vanilla Blended Greek Vanilla Nonfat ☐ Organic Whole Milk ☐ Whole Milk Plain ☐ Organics Whole Milk Essential Plain Greek ☐ Zero Sugar Strawberry ☐ Reduced Fat Greek ☐ Whole Milk Plain Nonfat Essential Everyday ☐ Zero Sugar Vanilla ☐ Blended Peach Low Nature's Promise HAWTHORNE Nonfat Fat ☐ Organic Greek Nonfat ☐ Plain Low Fat Vanilla Chobani ☐ Raspberry Low Fat Hawthorne Valley ☐ Organic Greek Whole ☐ Organic Plain ☐ Strawberry Banana Milk Whole Milk Low Fat ☐ Organic Low Fat ☐ Strawberry Low Fat Vanilla Vitamin D ☐ Greek Honey Vanilla ☐ Plain Nonfat ☐ Organic Whole Milk Reduced Fat ☐ Greek Plain Nonfat Plain ☐ Nonfat Greek ☐ Greek Vanilla Nonfat LALA Lowfat ☐ Vanilla Low Fat □ Mango -Nostimo ☐ Plain ☐ Greek Nonfat Plain ☐ Strawberry ☐ Greek Nonfat Vanilla Coburn Farms □ Vanilla ☐ Plain Low Fat OIKOS ☐ Vanilla Low Fat aura Oikos Lynn ☐ Plain Greek Nonfat DANNO ☐ Vanilla Bean Laura Lynn □ Nonfat Vanilla □ Fat free Nonfat All ☐ Nonfat Vanilla Dannon Natural Plain ☐ Peach Low Fat Plain □ All Natural Plain ☐ Greek Nonfat Plain

☐ Light & Fit Greek Plain

□ Nonfat Strawberry

□ Low Fat Vanilla□ Plain Whole Milk

☐ Greek Nonfat Vanilla



16	pl	lai	ŀ

Notes

Yoplait	
☐ Greek 100 Calories	
Nonfat Plain	
_	
☐ Low Fat Original	
Harvest Peach	
☐ Low Fat Original	
Strawberry	
☐ Low Fat Original	
Strawberry Banana	
☐ Low Fat Original	
Vanilla	
☐ Original Blueberry	
Kids Yogurt	
☐ Strawberry/Banana	
_ cups	
☐ Strawberry/Berry	
cups	
☐ Strawberry/	
Blueberry cups	
☐ Strawberry/Cotton	
Candy cups	
☐ Trix Value Pack cups	
☐ Wild Berry/Cotton	
•	
Candy cups	
Ne - 1	
The BRE	
(a)	
Go-Gurt tubes	
☐ Berry/Cherry	
☐ Berry/Strawberry	
☐ Berry	
☐ Cotton Candy	
☐ Crayola Tropical	
Strawberry	
☐ Punch/Strawberry	
Cimply Ctrowborns	
☐ Simply Strawberry ☐ Simply Variety pack	
Simply variety pack	
☐ Sour Patch Kids	
☐ Sponge Bob value	
pack	
☐ Strawberry Mixed	
Berry	
☐ Strawberry, Punch	
☐ Strawberry/Mystery	
☐ Strawberry/Vanilla	
☐ Strawberry 8-2	
☐ Strawberry Mix Berry	
☐ Strawberry Mystery	
☐ Variety pack	
- variety pack	



WIC is here to help you achieve your breastfeeding goals.

Call your local WIC agency today and ask about the breastfeeding services, support, and food packages available to you.

Formula

Approved

✓ Only the brand, size, type, and quantity specified on your WIC Food Benefits list.

Infant Cereal after 6 months of age

Approved

- √ 8 oz. containers
- ✓ Plain, dry infant cereal.
- ✓ Organic infant cereal.

Not Approved

Infant cereal with added fruit or formula.

Select from these brands



Baby Basics

☐ Oatmeal ☐ Rice



Reech-Nut

- ☐ Complete Multigrain☐ Complete Oatmeal
- ☐ Golden Corn
- ☐ Multigrain
- ☐ Oatmeal ☐ Organics Oatmeal Whole
 - Grain



Comforts for Baby

☐ Oatmeal ☐ Rice



- Earth's Best Organic
- ☐ Whole Grain Multigrain
- ☐ Whole Grain Oatmeal
- ☐ Whole Grain Rice



Gerbe

- ☐ Mixed Grain
- ☐ Multigrain☐ Oatmeal
- ☐ Organic Oatmeal
- ☐ Organic Rice☐ Rice
- ☐ Whole Wheat



Home 360

- ☐ Baby Rice☐ Oatmeal
 - kuddles

Kuddles



Tippy Toes

☐ Oatmeal ☐ Rice



Up & Up

☐ Oatmeal ☐ Rice

Infant Meats for fully-breastfeeding infants after 6 months of age

Approved

- ✓ 2.5 oz. containers.
- ✓ Plain meat with gravy or with broth.

Not Approved

- ➤ Meat and pasta mixtures
- Meat and vegetable mixtures.
- Infant meats with added sugars or salt (sodium).

Select from these brands



Baby Basics

☐ Chicken with Gravy☐ Turkey with Gravy



Beech-Nut

- ☐ Classics Beef & Beef Broth
- ☐ Classics Chicken & Chicken Broth☐ Classics Turkey & Turkey Broth
- ☐ Variety Pack 12 Count



Earth's Best

- ☐ Organic Chicken
- ☐ Organic Turkey



Gerber

2nd Foods

- ☐ Beef & Beef Gravy☐ Chicken & Chicken Gravy
- ☐ Chicken & Chicken Gravy
- ☐ Pureed Classic Variety Pack☐ Sampler Pack
 - ☐ Turkey & Turkey Gravy
 - ☐ Variety Pack, Chicken and

Infant Fruits & Vegetables after 6 months of age

Approved

- ✓ Any single fruit or blend.
- ✓ Any single vegetable or blend.
- ✓ Any combination.
- ✓ 3.5 oz.–4 oz. containers (single).
- ✓ 2 oz., 3.5 oz., 4 oz. (2 pack).
- ✓ Organic.

Not Approved

- Infant fruits or vegetables with added sugar, starches, or salt (sodium),
- ➤ Infant fruits with artificial sweeters.

Select from these brands



Baby Basics	
☐ Apple Banana ☐ Apple Blueberry	
☐ Apple Mango	
☐ Apple Strawberry ☐ Applesauce	_
☐ Carrots	
☐ Mixed Vegetables	_
☐ Pears ☐ Squash	
☐ Sweet Potato	
C. 14	
Beech-Nut	
Beech-Nut	_
☐ Apple Mango Carrot ☐ Apple Peach &	
Strawberry	F
☐ Apple Sweet Potato &	ř
Pineapple	_
☐ Banana, Apple &	
_ Blueberries	
☐ Banana, Apple &	_
Strawberry	
☐ Banana, Pear & Sweet Potato	
☐ Carrot, Zucchini &	_
	_

☐ Chiquita Bananas ☐ Peach, Apple &

☐ Pear, Banana &

Raspberry
☐ Pear, Mango &

Banana

Squash

Beech-Nut continued
□ Pumpkin, Zucchini &
Apple
☐ Squash, Peas & Pears ☐ Veggies 9 Pouches
Variety Pack
☐ Zucchini, Spinach &
Banana
Naturals
☐ Apple, Kale ☐ Apple, Pumpkin,
Cinnamon
☐ Banana Apple
Blueberry
☐ Banana Blueberry Avocado
☐ Banana, Blueberries,
Green Beans
☐ Beet, Pear,
Pomegranate ☐ Fruit & Veg Variety
Pack 16 Pack
☐ Bananas
☐ Bartlett Pears ☐ Butternut Squash
☐ Butternut Squash ☐ Carrots
☐ Green Beans ☐ Honeycrisp Apple
☐ Prunes
☐ Sugar Snap Peas ☐ Sweet Potatoes
☐ Sweet Potatoes ☐ Apple & Blackberry
☐ Apple & Strawberry
☐ Banana Orange
Pineapple
☐ Carrot Corn Pumpkin
☐ Guava Pear & Strawberry
☐ Mango Apple
Avocado
☐ Pear Blueberry
☐ Peas Green Beans Asparagus
☐ Pineapple Pear
Avocado
☐ Sweet Corn & Green
Beans
☐ Spinach Zucchini Peas ☐ Sweet Potato Squash
Peas
Organics
☐ Apple
☐ Apple Kiwi & Spinach
☐ Apple Raspberries & Avocado
☐ Banana
☐ Banana, Blueberry &
Avocado
☐ Banana Mango & Sweet Potato
☐ Butternut Squash &
Sweet Corm
☐ Carrots
□ Pear
☐ Pear Kale & Cucumber
☐ Prunes
☐ Pumpkin
☐ Sweet Potato

Beech-Nut continued
Classics Apple & Banana Apple & Blueberry Apple & Cherry Apple & Cherry Apple, Mango & Kiwi Apple, Pear & Banana Apples Apricot, Pear & Apple Banana & Mixed Berry Banana & Strawberry Corn & Sweet Potatoes Garden Vegetables Green Beans Mango Mixed Vegetables Peaches Pear & Pineapple Pear & Raspberry Pears Squash Sweet Carrots Sweet Potatoes Sweet Potatoes Sweet Potatoes
Comforts For Baby Banana Banana Blackberry Puree
APTIS AST
Earth's Best Organic Apple Sweet Pot Pumpkin & Blueberry Butternut Squash Pear Apple Butternut Squash Apple Strawberry Apple & Apricots Apple & Blueberries Apple & Plums Apple & Plums Apple Banana Blueberry Banana Mango Banana Peach Raspberry Bananas Carrots Corn & Butternut Squash Orange Banana Pears & Mangos Pears Prunes
☐ Prunes ☐ Pumpkin Apple ☐ Sweet Potato & Beets ☐ Sweet Potatoes ☐ Sweet Potatoes Apricot ☐ Winter Squash



Ge	rber 1st & 2nd
	Apple Apple Avocado
	Apple Blueberry
	Apple Blueberry Apple Peach Squash
	Apple Strawberry
	Banana
	Apple Strawberry Rhubarb
	Applesauce
	Apples
	Apples & Cherries Apricot Mixed Fruit
	Banana
	Banana Carrot Mango
	Banana Mixed Berries Banana Orange
	Medley
	Banana Plum Grape
	Bananas With Apples & Pears
	Butternut Squash
	Carrot Mango
	Pineapple Carrot Pear
	Blackberry
	Carrots Farmers Market
	Favorite Fruit & Veg
_	Favorite Fruit & Veg Puree Variety Pack
	Fruit & Veggies Puree Classics Sampler Pack
	Garden Vegetables
	Green Beans
	Mangos Mixed Vegetables
	Organic Pear
	Pea
	Peach Peaches
	Poor
	Pear Pineapple
	Pear Squash Pear Zucchini Corn
	Pear Parsnip
	Blueberry
H	Peas Prune
	Prunes With Apples
	Pumpkin
	Pumpkin Banana Squash Apple Corn
	Super Blends Fruit
	& Veg Puree Variety
	Pack Sweet Potatoes
	Sweet Potato Apple
	Pumpkin
	Sweet Potato Mango Kale
	Sweet Potatoes &
	Corn Tronical Adv. Puree

Favorite Variety Pack

☐ Variety Pack

Gerber continued	Gerber continued		Notes
My 1st ☐ Fruit Starter Kit	☐ Sweet Potato Apple	SWE	Notes
☐ Veggies Starter Kit	Carrot Cinnamon ☐ Veggie Power Squash	NATURE'S HEART	
Natural	Apple Sweet Potato	NATURE'S HEART MAN	
☐ Apple ☐ Apple Spinach Kale	☐ Veggie Power Squash	Nature's Heart Organic Apple	
☐ Apple Strawberry	Pear Peaches Good & Gather	☐ Apple & Mango	
Banana	☐ Apple	☐ Banana	
☐ Apple Zucchini Peach	☐ Banana	☐ Banana & Squash	
☐ Banana ☐ Corn	☐ Banana Peach Apricot	☐ Banana, Apple,Raspberry	
☐ Fruit & Veggie Blend	☐ Broccoli Corn Avocado	☐ Mango Apple Pear	
Variety Pack	☐ Carrot	□ Pear	
☐ Fruit & Veggie Variety	☐ Cauliflower Berries	☐ Pear, Banana,	
Pack □ Mango	☐ Mango Banana ☐ Pears	Blueberry Raspberry Pear, Peach Pumpkin	
☐ Pear Carrot Pea	□ Peas	& Fig	
☐ Pear Zucchini	☐ Prune	☐ Pumpkin, Banana,	
☐ Sweet Potato Banana	☐ Sweet Potato	Carrot	
Orange □ Squash Pear		W	
Pineapple	ORGANICS	Matune's	
☐ Sweet Potato Banana	Happy Baby Organics	Dromise	
Orange	☐ Apple & Blueberries	T	
Organic □ Apple	☐ Apple & Spinach	Nature's Promise	
☐ Apple Blueberry &	☐ Apple, Guavas &	☐ Apple and Broccoli Pouch	
Spinach	Beets ☐ Apple, Kale &	☐ Apple and Carrot	
☐ Apple Carrot Squash ☐ Apple Kale Fig	Avocados	Pouch	
☐ Apple Peach	☐ Apple, Mangos &	☐ Apple Sweet Potato	
☐ Apple Prune	Beets □ Apple, Pumpkin &	and Corn ☐ Pear Blueberry and	
☐ Apple Prune ☐ Apple Raspberry Acai	Carrots	Carrot	
Berry	☐ Apple Spinach and	☐ Pear Spinach and	
☐ Apple Spinach With	Kale □ Banana &	Green Pea Organic	
Kale □ Apple Strawberry	Strawberries	☐ Apple Blueberry	
Beet	☐ Banana & Sweet	☐ Apple Mango	
☐ Apple Wild Blueberry	Potatoes ☐ Bananas, Beets &	☐ Banana & Pumpkin	
☐ Apple Zucchini	Blueberries	☐ Bananas ☐ Carrots	
Spinach Strawberry ☐ Banana	☐ Bananas, Sweet	☐ Pears	
☐ Banana Mango	Potatoes, Papaya ☐ Carrots	☐ Squash	
☐ Banana Squash	☐ Carrots & Peas	☐ Sweet Potatoes	
☐ Butternut Squash ☐ Carrots	☐ Green Beans	7. 7. 6 (2. 7)	
☐ Carrot Apple Mango	☐ Mango	ONCE UPON A FARM,	
☐ Carrot Apple Pear	☐ Pears ☐ Pears & Kale	Oucr Intel	
☐ Fruit and Veggie Favorite	☐ Pears & Prunes	Once Upon a Farm Organic	
☐ Mango Apple Banana	☐ Pears, Kale & Spinach	☐ Apple Banana Kale	
☐ Mango Apple Carrot	☐ Pears, Peas and Broccoli	☐ Pear Straw. Carrot ☐ Apple Blueb. Sweet	
Kale □ Pear Blueberry Apple	☐ Pears, Pineapple	Potato	
Avocado	Avocados	☐ Apple Strawberry	
☐ Pear Carrot Peas	☐ Pears, Squash & Blackberries	Banana Beet ☐ Pear Carrot Mango	
☐ Pear Mango Avocado ☐ Pear Peach	☐ Pears, Zucchini &	☐ Pear Squash	
Strawberry	Peas	Raspberry	
☐ Pear Purple Carrot	☐ Pears Mangos & Spinach	a de	
Raspberry ☐ Pear Purple Carrot	Pears Pumpkin	Parents	
Raspberry	_ Passion Fruit	CHO	
☐ Pear Spinach	☐ Prunes ☐ Sweet Potatoes	Parents' Choice Organic	
☐ Pear Zucchini Mango	- JWEEL FULGIUES	☐ Butternut Squash	
☐ Pumpkin Banana Carrot		☐ Carrot, Zucchini & Broccoli	
☐ Sweet Potato Apple		☐ Green Bean Medley	
Carrot		☐ Root Veggies & Apple	

Parent's Choice continued	and the same of th	Tippy Toes continued
Stage 1	truth	☐ Apple Banana Strawberry ☐ Apple Banana Blueberry
☐ Apple ☐ Apple Spinach		☐ Apple Blueberry
☐ Banana	Simple Truth ☐ Apple Sweet Potato Pumpkin	☐ Apple Blueberry Spinach
Stage 2	Puree	Pouch
☐ Apple Pear Banana	☐ Carrot Apple Mango Puree	☐ Apple Carrot☐ Apple Mango
☐ Carrot ☐ Pear Blueberry	☐ Organic Banana Squash Puree	☐ Apple Pear Banana
Li real blueberry	☐ Pear Carrot Blueberry Puree ☐ Pear Spinach Pea Puree	☐ Apple Zucchini Spinach
	☐ Berry Banana Apple Sweet	Strawberry
Pic Select Fresh	Potato Beet	☐ Applesauce ☐ Banana Apple Plum
	tipipu	☐ Banana Peach Apricot
Pic Select	1000	☐ Banana Pouch
☐ Apple Banana	by rop Care	☐ Banana Strawberry Beet☐ Bananas
☐ Apple Berry Blend ☐ Apple Mango	Tippy Toes ☐ Apple Apricot	☐ Carrots
☐ Apple Pear Banana	☐ Apple Banana	☐ Mixed Vegetables
☐ Applesauce	☐ Apple Banana	Pear Blueberry Spinach
900	☐ Apple Banana Strawberry	☐ Pear Pea Pouch☐ Pear Peach Strawberry
Plum	☐ Apple Berry ☐ Apple Blueberry	□ Pears
organics	☐ Apple Blueberry Spinach	☐ Peas
Plum Organics	☐ Apple Butternut Squash	☐ Prunes
☐ Apple & Broccoli☐ Apple & Carrot	Raspberry Apple Carrot Mango Twin-	☐ Squash☐ Sweet Potatoes
☐ Apple and Broccoli 4 Pack	Pack	☐ Tropical Fruit
☐ Apple Cauliflower and Leek	☐ Apple Mango	
☐ Apple Spinach & Avocado ☐ Baby Just Mangos	☐ Apple Mango	nbenb
☐ Baby Just Peaches	☐ Apple Mango Spinach ☐ Apple Pear Banana	
☐ Baby Just Potatoes	☐ Apple Pear Banana	Up & Up
Banana Pumpkin	☐ Apple Prune	☐ Apple
☐ Guava Pear & Pumpkin☐ Mango Zucchini Corn and	☐ Apple Prune	☐ Banana
Turmeric	☐ Apple Strawberry ☐ Apple Sweet Potato	☐ Banana & Plum
☐ Peach Banana & Apricot	☐ Apple Sweet Potato Twin-Pack	Notes
☐ Peach Banana and Apricot 4 Pack	Apple Wild Blueberry	110103
☐ Peach Pumpkin Carrot and	☐ Apple Zucchini Spinach Strawberry	
Cinnamon	☐ Applesauce	
☐ Pea Kiwi Pear and Avocado ☐ Pear and Mango	☐ Banana	
☐ Pear Carrot and Blueberry	☐ Banana Strawberry Beetroot ☐ Banana Strawberry Blueberry	
_ 4 Pack	☐ Bananas	
☐ Pear Purple Carrot &	☐ Naturals Bananas	
Blueberry ☐ Pear Spinach & Pea	☐ Butternut Squash Apple	
☐ Pear Spinach and Pea 4 Pack	Raspberry Carrots	
☐ Sweet Potato Apple & Corn	☐ Carrots	
•	☐ Fruits Apple	
SE GROCERS	☐ Green Beans ☐ Mixed Vegetables	
	☐ Mixed Vegetables	
SE Grocers	☐ Mixed Vegetables	
☐ Apple and Carrot Puree Pouch ☐ Apple and Sweet Potato	☐ Pear Spinach ☐ Pears	
Puree	□ Pears	
☐ Apple Blueberry and Banana	□ Peas	
Puree	Squash	
☐ Apple Mango and Spinach Puree	☐ Squash ☐ Squash Apple Pear Twin Pack	
☐ Pear and Peas Puree	☐ Sweet Potato Spinach Carrot	
☐ Pear Blueberry and Purple	☐ Sweet Potatoes	
Carrot Puree ☐ Pear Peach and Strawberry	☐ Tropical Fruit☐ Tropical Pineapple	
Puree	Organic	
	□ Apple	
	☐ Apple Apricot	
	☐ Apple Banana	

