

NOVEMBER 1, 2025

SHOPPING GUIDE

FOR **HEALTHY FOODS**



WIC shopping made easy!

Download the ebtEDGESM app



When Benefits Are Available



Things to take shopping:

eWIC card.

Mobile ebtEDGESM app.

This Shopping Guide.

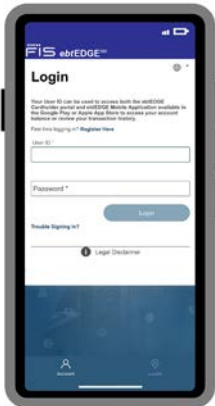
Coupons.

Store discount card.

Reusable grocery bags.

Your grocery list.

Checking Your Benefit Balance



- ☐ 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.



ebtEDGESM App

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.

Checking Your Benefit Balance

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

My Groceries Quick Mart
3280 Happy Rd
Mytown, NC

Retailer: 2000003 Time: 4:52 pm
Terminal: 00001103 User: 1000
Sequence: 0317

WIC PURCHASE
Card Account: xxxxxxxxxxxx1317
Vendor ID: 08840
Reference Number: 230820170317

Total Requested: 14.95

Benefit Summary:
2.00 GAL FARM FRESH SKIM MILK
Item #: 143423523456
2.00 @ \$1.99 3.98

36.00 OZ GEN MILLS CERRIOS
Item #: 897767856878
2.00 @ \$3.99 7.98

2.99 \$\$\$ Archer Farms Apples
Item #: 234156897777
2.99 @ \$1.00 2.99
WIC SUBTOTAL 14.95
WIC TOTAL 14.95

ITEMS PURCHASED: 5

REMAINING WIC BENEFITS:
2.00 DOZ Eggs Grade A Large White
2.00 GAL Skim/Non Fat or 1% M
1.00 CTR Beans/Peas or Peanut
0.00 OZ Breakfast Cereal
2.00 CTR Juice 48 oz fl/12 oz C
6.31 \$\$\$ Fruits and Vegetables

RESULT: APPROVED
AUTH NUMBER: 125478
TRACE NUMBER: 170317

CARDHOLDER COPY

Welcome to My Grocery Store!
125 Oak Street
Mytown, NC

PET DAIRY 1% MILK 2.99
LRG GRADE A EGGS WHT 2.49
RUSSETT POTATOES 10LB 4.69
PURINA CAT CHOW 13LB 12.78

Tax Paid 0.61
BALANCE DUE 23.56
ewic 10.17

total number of Items sold = 4

eWIC Beginning Balance
PAN: *****0590 State: NC

QTY	UOM	Description
1.00	DOZ	Dozen Eggs
1.00	GAL	Milk, 1% Skim, 1/2 Gal
1.00	CTR	Legumes
14.50	OZ	Breakfast Cereal
2.00	CTR	Juice -48 oz
11.00	\$\$\$	Fruits and Vegetables Cash Va

eWIC Benefits Redemption
1 GAL Skim/Non Fat or 1% Milk
PET DAIRY 1% MILK
4.69 \$\$\$ Fruits and Vegetables Cash Va
RUSSETT POTATOES 10LB
1.00 DOZ Eggs
LRG GRADE A EGGS WHT

eWIC Ending Balance
PAN: *****0590 State: NC

QTY	UOM	Description
0.00	DOZ	Dozen Eggs
0.00	GAL	Milk, 1% Skim, 1/2 Gal
1.00	CTR	Legumes
14.50	OZ	Breakfast Cereal
2.00	CTR	Juice -48 oz
6.31	\$\$\$	Fruits and Vegetables Cash Va

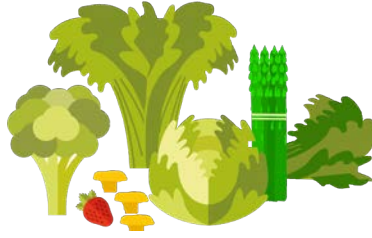
CASHIER NAME: Retail System
STORE: 09958 REGISTER: 002 CASHIER: 0700
TICKET#: 0008 11:05:24



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:

- ☐ Apples: August
- ☐ Blackberries: June/July
- ☐ Blueberries: June/July
- ☐ Cabbage: June/July/August
- ☐ Cantaloupe: July/August
- ☐ Carrots: July/August
- ☐ Cucumber: June/July/August
- ☐ Garlic: July/August
- ☐ Green Onions: June/July/August
- ☐ Mushroom: June
- ☐ Nectarines: July/August
- ☐ Onions: June/July
- ☐ Peaches: June/July/August
- ☐ Pears: August
- ☐ Plums: June/July/August
- ☐ Potatoes: June/July
- ☐ Raspberries: June
- ☐ Strawberries: June
- ☐ Sweet Corn: June/July/August
- ☐ Sweet Potatoes: June/July/August
- ☐ Tomatoes: June/July/August
- ☐ Watermelon: July/August



Fall • The best time for:

- ☐ Apples: September/October/November
- ☐ Blackberries: September
- ☐ Cabbage: September/October/November
- ☐ Cucumbers: September/October/November
- ☐ Green Onions: September
- ☐ Lettuce: October/November
- ☐ Peaches: September
- ☐ Pears: September/October
- ☐ Raspberries: September
- ☐ Spinach: September
- ☐ Sweet Corn: September
- ☐ Sweet Potatoes: September/October/November
- ☐ Tomatoes: September/October



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 checkout-
let the store know so it can be added to their
WIC database!

FRUITS

Approved

with no added sugar, fats, oils or salt.

- ✓ Fresh fruit.
- ✓ Frozen fruit.
- ✓ Fruit juice-packed or water-packed in cans, glass or plastic containers.
- ✓ Pre-cut, diced or sliced fruit.
- ✓ Single serving packets.
- ✓ Organic fruits.

VEGETABLES

Approved

with no added sugar, fats, or oils.

- ✓ Fresh vegetables.
- ✓ Frozen mature legumes (beans, peas or lentils).
- ✓ Frozen vegetables.
- ✓ Low-sodium vegetables.
- ✓ Pre-cut, diced, sliced or shredded vegetables.
- ✓ Canned tomato sauce or canned tomato paste.

- ✓ Single serving packets.
- ✓ Vegetables in cans, glass or plastic containers.
- ✓ Organic vegetables.

Not Approved

- ✗ Breaded vegetables.
- ✗ Catsup or other condiments.
- ✗ Dried fruits.
- ✗ Dried vegetables.
- ✗ Dry or canned mature legumes (beans, peas or lentils).

Not allowed with cash-value benefit

- ✗ Fruit and/or vegetable juices.
- ✗ Fruit baskets.
- ✗ Fruit leathers and fruit roll-ups.
- ✗ Fruit or vegetable items on party trays.
- ✗ Fruit or vegetable items on salad bars.

- ✗ Fruits or vegetables mixed with sauces or foods other than other fruits and vegetables.
- ✗ Fruits or vegetables with added corn syrup, high-fructose corn syrup, maltose, dextrose, sucrose, honey, and/or maple syrup.
- ✗ Soups

- ✗ Fruit packed in cans, glass or plastic containers with artificial sweeteners.
- ✗ Herbs used for flavoring.
- ✗ Infant fruits and vegetables.
- ✗ Ornamental and decorative fruits and vegetables.
- ✗ Pickled vegetables, olives.

Juice

Approved

- ✓ 48 oz. and 64 oz. containers of single-strength juice.
- ✓ 100% JUICE, unsweetened, pasteurized.
- ✓ Juices fortified with calcium, vitamin D or vitamin C.
- ✓ Vegetable juice may be regular or low sodium.
- ✓ Packaged in plastic, glass, cans or refrigerated paper cartons.

Not Approved

- ✗ Freshly squeezed juices.
- ✗ Juice drinks or cocktails.
- ✗ Juices promoted for use by infants.
- ✗ Juices with added nutrients/additives other than calcium, vitamin D or vitamin C.
- ✗ Juices with artificial sweeteners.
- ✗ Sports drinks.
- ✗ Organic.

Select from these brands



Always Save

- ☐ Apple
- ☐ Grape



Apple & Eve

- ☐ Apple
- ☐ Cranberry Apple
- ☐ Cranberry Grape
- ☐ Cranberry Pomegranate
- ☐ Cranberry Raspberry

Apple & Eve continued

- ☐ Naturally Cranberry

Sesame Street

- ☐ Big Bird's Apple
- ☐ Cookie Monster's Berry
- ☐ Elmo's Punch 100%
- ☐ Grover's White Grape 100%



Best Choice

- ☐ Apple
- ☐ Berry
- ☐ Cherry
- ☐ Grape
- ☐ Punch
- ☐ Grapefruit
- ☐ Orange Original
- ☐ Orange Pulp Free
- ☐ Orange w/ Calcium
- ☐ Pineapple
- ☐ Tomato
- ☐ Vegetable
- ☐ White Grape



Bluebird Unsweetened

- ☐ Apple
- ☐ Grapefruit
- ☐ Orange



Campbell's

- ☐ Tomato
- ☐ Tomato Low Sodium



Diane's Garden

- ☐ Vegetable



Essential Everyday

- ☐ Apple
- ☐ Apple with Calcium
- ☐ Apple Not Concentrate
- ☐ Apple Cider
- ☐ Berry
- ☐ Cherry
- ☐ Country Style Orange
- ☐ Cranberry
- ☐ Cranberry Raspberry
- ☐ Grape
- ☐ Orange
- ☐ Orange No Pulp
- ☐ No Pulp Orange
- ☐ Calcium/Vitamin D
- ☐ No Pulp Orange from Concentrate
- ☐ Some Pulp Orange from Concentrate
- ☐ Pineapple
- ☐ Punch
- ☐ Tomato
- ☐ Tomato Low Sodium
- ☐ White Grape
- ☐ White Grapefruit
- ☐ Vegetable
- ☐ Vegetable Low Sodium



Everfresh

- ☐ Apple
- ☐ Kiwi Strawberry 100%
- ☐ Pure Orange



Food Club

- ☐ Apple
- ☐ Orange
- ☐ Orange Calcium Vitamin DX

Food Club continued

- ☐ Orange Grove Style
- ☐ Orange No Pulp
- ☐ Tomato
- ☐ Unsweetened Grape
- ☐ Unsweetened Apple Cider
- ☐ Unsweetened Orange
- ☐ Unsweetened Pineapple
- ☐ Unsweetened White Grape
- ☐ White Grapefruit



Food Lion

- ☐ 100% Vegetable
- ☐ Apple
- ☐ Apple Juice Blend
- ☐ Berry Blend
- ☐ Cherry
- ☐ Cranberry Blend
- ☐ Fruit Punch
- ☐ Grape
- ☐ Grapefruit
- ☐ Hot & Spicy 100% Vegetable
- ☐ No Pulp-Calcium/Vitamin D Orange
- ☐ No Pulp Orange
- ☐ Orange
- ☐ Orange with Calcium
- ☐ Pineapple Blend
- ☐ Pineapple Blend
- ☐ Tomato
- ☐ Vegetable
- ☐ White Grape
- ☐ White Grape Peach



Freedom's Choice

- ☐ Apple
- ☐ Grape
- ☐ Tomato

Juice



Great Value

- ☐ Apple
- ☐ Cranberry/Grape
- ☐ Cranberry Blend
- ☐ Orange
- ☐ Grape
- ☐ White Grape
- ☐ White Grape & Peach



Harris Teeter

- ☐ Apple
- ☐ Apple Cider
- ☐ Cranberry
- ☐ Cranberry & Concord Grape
- ☐ Cranberry Raspberry
- ☐ Cranberry/Red Del. Apple
- ☐ Pineapple
- ☐ Tomato
- ☐ Pure Orange
- ☐ Vegetable
- ☐ Grape
- ☐ Grapefruit
- ☐ Orange
- ☐ Premium Apple
- ☐ White Grape
- ☐ White Grape Peach Blend



Hy Top

- ☐ Apple
- ☐ Cranberry
- ☐ Grape
- ☐ Grapefruit
- ☐ Pineapple
- ☐ Tomato
- ☐ Vegetable
- ☐ White Grape



IGA

- ☐ Apple
- ☐ Grape
- ☐ White Grape
- ☐ No Pulp Orange From Concentrate



Juicy Juice

- ☐ Apple
- ☐ Apple Raspberry
- ☐ Berry
- ☐ Cherry
- ☐ Cranberry Apple
- ☐ Fruit Punch
- ☐ Grape
- ☐ Kiwi Strawberry
- ☐ Mango
- ☐ Orange Tangerine
- ☐ Passion Dragonfruit

Juicy Juice continued

- ☐ Peach Apple
- ☐ Strawberry Banana
- ☐ Strawberry Watermelon
- ☐ Tropical
- ☐ White Grape



Langers

- ☐ Apple
- ☐ Apple Berry Cherry
- ☐ Apple Cranberry
- ☐ Apple Grape
- ☐ Apple Kiwi Strawberry
- ☐ Apple Orange Pineapple
- ☐ Apple Peach Mango
- ☐ Autumn Blend
- ☐ Grape
- ☐ Harvest Apple Plus
- ☐ Orange
- ☐ Orange Blend
- ☐ Pineapple
- ☐ Red Grape
- ☐ Ruby Red Grapefruit
- ☐ Spicy Veg With Serrano Chili Peppers
- ☐ Tomato
- ☐ Spring Blend
- ☐ Summer Blend
- ☐ Vegetable
- ☐ Vegetable Low Sodium
- ☐ White Grape

Disney

- ☐ Apple Cranberry Grape
- ☐ Apple Grape
- ☐ Berry Blend
- ☐ Fruit Punch



Laura Lynn

- ☐ Apple with Calcium & Vitamin C
- ☐ Apple with Vitamin C
- ☐ Berry Flavor Blend
- ☐ Cherry Punch Blend
- ☐ Cranberry Blend
- ☐ Fruit Punch Flavor Blend
- ☐ Grape
- ☐ Grape Blend
- ☐ Tomato
- ☐ White Grape
- ☐ White Grape-Peach

Libby's

- ☐ Pineapple



Lowes Foods

- ☐ Cranberry Blend
- ☐ Country Style Orange
- ☐ Grape
- ☐ Orange
- ☐ Orange Calcium & Vitamin D
- ☐ Orange Grove Select with Pulp
- ☐ Orange Original No Pulp
- ☐ Orange Pulp Free
- ☐ Orange with Cal/Vit D
- ☐ Unsweetened Apple
- ☐ White Grape



Market Pantry

- ☐ Apple
- ☐ Grape
- ☐ Apple Cider
- ☐ Calcium/Vit D Orange Pulp Freed
- ☐ Pulp Free Orange
- ☐ Some Pulp Orange
- ☐ Spiced Apple Cider
- ☐ White Grape



Morning Fresh

- ☐ Pure Orange
- ☐ Pure Orange Country Style
- ☐ Pure Orange Original
- ☐ Orange From Concentrate



Mott's

- ☐ Apple
- ☐ Apple Cherry
- ☐ Apple Mango
- ☐ Apple White Grape
- ☐ Fruit Punch

Sensibles

- ☐ Apple



My Essentials

- ☐ Apple
- ☐ Orange
- ☐ Orange with Calcium



Natalie's

- ☐ Squeezed Fresh Florida Orange



Natural Country

- ☐ Orange



Northland

- ☐ Cranberry



Ocean Spray

- ☐ Apple
- ☐ Concord Grape
- ☐ Cranberry
- ☐ Cranberry Blackberry
- ☐ Cranberry Cherry
- ☐ Cranberry Concord Grape
- ☐ Cranberry Elderberry
- ☐ Cranberry Mango
- ☐ Cranberry Pineapple
- ☐ Cranberry Pomegranate
- ☐ Cranberry Raspberry
- ☐ Cranberry Watermelon



Old Orchard

- ☐ Acai Pomegranate
- ☐ Apple
- ☐ Apple Cranberry
- ☐ Berry Blend
- ☐ Black Cherry Cranberry
- ☐ Blueberry Pomegranate
- ☐ Cherry Pomegranate
- ☐ Cranberry Pomegranate
- ☐ Grape
- ☐ Kiwi Strawberry
- ☐ Orange
- ☐ Orange Tangerine
- ☐ Peach Mango
- ☐ Pineapple
- ☐ Red Raspberry
- ☐ Strawberry Watermelon
- ☐ White Grape
- ☐ Wild Cherry

Juice



- 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
 - ☐ White Grape



- 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



- V8
- ☐ Low Sodium Original
 - ☐ Original
 - ☐ Spicy Hot Vegetable



- Valu Time
- ☐ Grape



- Welch's
- ☐ Apple
 - ☐ Black Cherry Concord 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

Notes

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
☐ 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



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



- 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



- Goya
☐ Orange



- Great Value
☐ 100% Apple
☐ 100% Calcium Orange
☐ 100% Country Style Orange
☐ 100% Grape
☐ 100% Orange
☐ 100% Pulp Free Orange



- Harris Teeter
☐ Apple
☐ Calcium Enriched Orange
☐ Country Style More Pulp Orange
☐ Original Orange
☐ Pulp Free Orange



- Hy Top
☐ 100% Apple
☐ 100% Orange



- Market Pantry
☐ 100% Apple
☐ 100% Grape
☐ Original Orange 100%
☐ Pulp Free Orange 100%



- Minute Maid
☐ Original Orange



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



- Old Orchard
☐ 100% Apple Kiwi Strawberry
☐ 100% Apple Raspberry
☐ 100% Apple Cranberry
☐ 100% Apple Passion Mango
☐ 100% Apple Strawberry Banana
☐ 100% Berry Blend
☐ 100% Black Cherry Cranberry
☐ 100% Blueberry Pomegranate
☐ 100% Cranberry Pomegranate
☐ 100% Cranberry Raspberry
☐ 100% Grape
☐ 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



- Seneca
☐ 100% Apple



- Southern Home
☐ Apple 100%
☐ Country Style Orange 100%
☐ Original Orange 100%
☐ Pulp Free 100% Orange
☐ With Calcium 100% Orange
 Texusun 100% Juice
☐ Apple
☐ Orange
☐ Orange Pineapple



- Tipton Grove
☐ 100% Apple
☐ 100% Orange



- Tree Top
☐ 100% Apple



- 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.
- ✓ Large eggs.
- ✓ Grade A eggs.
- ✓ White eggs.

Not Approved

- ✗ Powdered, liquid or hard boiled eggs.
- ✗ Specialty eggs such as low-cholesterol, cage-free, stress-free, free-range, vitamin-enriched, antibiotic-free, vegetarian-fed-hen, no-growth-hormones, fertile or
- ✗ Organic.

Legumes

(Beans, peas, and lentils)

Approved

- ✓ 16 oz. bag or box.
- ✓ 15 oz. – 16 oz. cans.

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 cash-value benefits.*
- ✗ Green beans or green peas (canned, fresh or frozen). *May be obtained with cash-value benefits.*
- ✗ Soup mixes.
- ✗ Organic beans, peas or lentils.

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.

Not Approved

- ✗ Fish with added ingredients.
- ✗ Lunch packs or kits.
- ✗ Organic.

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.

Not Approved

- ✗ Freshly-ground peanut butter.
- ✗ Peanut butter combinations (jelly, chocolate, marshmallow).
- ✗ Peanut butter spread.
- ✗ Peanut butter with artificial sweeteners.
- ✗ Organic.



- Always Save
- ☐ Creamy
 - ☐ Crunchy



- Avenue A
- ☐ Creamy Reduced Fat
 - ☐ Creamy
 - ☐ Crunchy



- Best Choice
- ☐ Natural Creamy
 - ☐ Creamy
 - ☐ Crunchy



- Better Valu
- ☐ Creamy
 - ☐ Crunchy



- Cha-Ching
- ☐ Creamy
 - ☐ Crunchy



- Clear Value
- ☐ Creamy
 - ☐ Crunchy



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



- Essential Everyday
- ☐ Creamy
 - ☐ Extra Crunchy



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

Peanut Butter



- Food Lion
☐ Creamy
☐ Creamy Reduced Sugar
☐ Crunchy



- Freedom's Choice
☐ Creamy
☐ Crunchy



- Good & Gather
☐ Creamy
☐ Extra Crunchy
☐ Natural
☐ Natural Creamy



- Great Value
☐ Creamy
☐ Crunchy



- Harris Teeter
☐ Creamy
☐ Crunchy



- Hy-Top
☐ Creamy
☐ Crunchy



- IGA
☐ Creamy
☐ Crunchy



- Jif
☐ Creamy
☐ Extra Crunchy



- Justin's
☐ Classic



- Laura Lynn
☐ All Natural Creamy
☐ Creamy
☐ Creamy Reduced Sugar & Sodium
☐ Crunchy
☐ No Stir Natural Creamy



- Lowes Foods
☐ Creamy
☐ Crunchy



- Made With
☐ Creamy



- MaraNatha
☐ Creamy



- Market Pantry
☐ All Natural Creamy
☐ All Natural Crunchy
☐ Creamy
☐ Extra Crunchy



- My Essentials
☐ Creamy
☐ Crunchy



- Nature's Place
☐ Creamy
☐ Crunchy



- Nature's Promise
☐ Creamy



- Once Again
☐ Creamy Natural



- Our Family
☐ Creamy
☐ Creamy Natural
☐ Crunchy
☐ Creamy Reduced Salt/Sugar



- Panner
☐ Creamy
☐ Crunchy



- Peter Pan
☐ Creamy
☐ Crunchy
☐ Natural Creamy



- Publix
☐ All Natural Creamy
☐ All Natural Crunchy
☐ Creamy
☐ Crunchy



- Reese's
☐ Creamy



- SE Grocers
☐ Creamy
☐ Crunchy
☐ Natural Creamy



- Shoppers Value
☐ Creamy
☐ Crunchy



- ShurFine
☐ Creamy Natural
☐ Creamy
☐ Crunchy



- Skippy
☐ Creamy
☐ Super Chunk



- Smuckers
☐ Natural Creamy
☐ Natural Chunky



- Southern Home
☐ Natural Creamy
☐ Natural Crunchy
☐ Creamy
☐ Crunchy



- That's Smart
☐ Creamy
☐ Crunch



- Valu Time
☐ Creamy
☐ Crunchy



- Wegmans
☐ Creamy
☐ Crunchy



- Wild Oats
☐ Natural Creamy
☐ Natural Crunchy

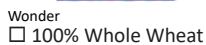
Bread

Approved

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

- Not Approved**
× Organic

Select from these brands



Notes

[illegible]

Buns

Approved

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

Not Approved

- ✗ 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.

Not Approved

- x Hard-shelled corn tortillas.
- x Organic.

Select from these brands



- 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
 - ☐ Whole Wheat



- Essential Everyday
- ☐ 100% Whole Wheat
 - ☐ White Corn



- Food Club
- ☐ White Corn
 - ☐ Whole Wheat



- Food Lion
- ☐ Whole Wheat



- Great Value
- ☐ Flour Whole Wheat



- Hy-Top
- ☐ Yellow Corn



- IGA
- ☐ Taco Style Whole Wheat
 - ☐ White Corn



- La Banderita
- ☐ Corn Tortillas
 - ☐ Grande Corn Gluten Free



- La Burrita
- ☐ Corn



- Lowes
- ☐ Yellow Corn



- Mi Casa
- ☐ Wheat



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

- Soft Taco
- ☐ Yellow Corn Extra Thin



- 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.

Not Approved

- ✗ Organic

Barley



- Good & Gather
- ☐ Pearled Barley



- Goya
- ☐ Barley

Oats



- McCann's
- ☐ Irish Oatmeal



- Quaker
- ☐ 3 Minutes



- Silver Palate
- ☐ Thick and Rough

Notes

Whole Wheat Pasta

Approved

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

Not Approved

- ✗ Added sugars, fats, oils or salt (sodium).
- ✗ Organic.



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



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



Great Value

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



Harris Teeter

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

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



Racconto

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



Ronzoni

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

Notes

Brown Rice

Approved

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

Not Approved

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

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

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



Best 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

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



Food Lion

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



Freedom's Choice

- ☐ Instant Brown Rice
- ☐ Long Grain Brown Rice



Good & Gather

- ☐ Instant Brown Rice
- ☐ Long Grain Brown Rice



Goya

- ☐ Brown Rice



Great Value

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



gulf pacific

Gulf Pacific

- ☐ Long Grain Brown Rice
- ☐ Instant Brown Rice



Harris Teeter

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



Hy Top

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



IGA

- ☐ Long Grain Brown Rice



Laura Lynn

- ☐ Brown Rice
- ☐ Instant Brown Rice



Lowe's Foods

- ☐ Long Grain Brown Rice
- ☐ Instant Brown Rice



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



Publix

- ☐ 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 Brown Rice



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



Success

- ☐ Boil-In-Bag Whole Grain Brown Rice



Uncle Ben's

- ☐ 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.
- ✓ Bag or box.

Not Approved

- * Single serving packets.
- * Organic.

Select from these brands



123 Sesame Street

- ☐ Berry
- ☐ C Is For Cinnamon



Always Save

- ☐ Frosted Shredded Wheat
- ☐ Toasted Oats



Avenue

- ☐ Toasted Oats



Best Choice

- ☐ Bran Flakes
- ☐ Frosted Shredded Wheat Bite Size Straw
- ☐ Frosted Wheat Bite Size
- ☐ Happy O's
- ☐ Live Life @ 100%
- ☐ Nutty Nuggets
- ☐ Wheat Crisps
- ☐ Wheat Flakes



Better Valu

- ☐ Corn Flakes



Cream Of Wheat

- ☐ Whole Grain 2 1/2 Minute



Essential Everyday

- ☐ Bite Size Shredded Wheat Frosted
- ☐ Crispy Hexagons
- ☐ Crispy Rice
- ☐ Crunchy Oat Squares
- ☐ Crunchy Wheat Squares
- ☐ Crunchy Oat Squares
- ☐ Multigrain
- ☐ Nutty Nuggets
- ☐ Toasted Oats
- ☐ Wheat Bran Flakes



Food Club

- ☐ Bite Size Frosted Shredded Wheat
- ☐ Bite Size Frosted Shredded Wheat Whole Grain
- ☐ Corn Flakes
- ☐ Oatmeal Squares With Brown Sugar
- ☐ Strawberry Frosted Shredded Wheat
- ☐ Toasted Oats
- ☐ Wheat Squares

Oatmeal

- ☐ Regular Instant

Essential Choice

- ☐ Bran Flakes
- ☐ Oat
- ☐ Wheat & Crunchy



Food Lion

- ☐ Bite Size Frosted Shredded Wheat
- ☐ Bitesize Strawberry Frosted Shredded Wheat
- ☐ Bran Flakes
- ☐ Easy Living Oat Squares
- ☐ Multigrain Tasteos
- ☐ Simply Living Oat
- ☐ Tasteos Toasted

Oatmeal

- ☐ Regular Instant



Fred Meyer

- ☐ Toasted Oats



Freedom's Choice

- ☐ Bran Flakes
- ☐ Frosted Shredded Wheat
- ☐ Toasted Oats.
- ☐



Fry's

- ☐ Toasted Oats



General Mills

- ☐ Berry Berry Kix
- ☐ Blueberry Chex
- ☐ Cheerios
- ☐ Cheerios 2 Pack
- ☐ Cheerios with Strawberry
- ☐ Cheerios Vanilla Spice

General Mills continued

- ☐ Cinnamon Chex
- ☐ Corn Chex
- ☐ Dora The Explorer
- ☐ Honey Kix
- ☐ Kix
- ☐ Multi Grain Cheerios
- ☐ Multi Grain Cheerios with Strawberry
- ☐ Rice Chex
- ☐ Vanilla Chex
- ☐ Vanilla Spice Cheerios
- ☐ Wheat Chex
- ☐ Wheaties
- ☐ Whole Grain Total



Grain Berry

- ☐ Apple Cinnamon
- ☐ Cinnamon Frosted
- ☐ Honey Nut
- ☐ Toasted Oats



Great Value

- ☐ Bran Flakes
- ☐ Crunchy Nuggets
- ☐ Crunchy Oat Squares
- ☐ Shredded Wheat
- ☐ Toasted Multi-Grain
- ☐ Toasted Wheat
- ☐ Toasted Whole Grain Oat
- ☐ Wheat Squares



Hannaford

- ☐ Bran Flakes
- ☐ Frosted Shredded Wheat
- ☐ Nutty Nuggets
- ☐ Straw Frosted Shredded Wheat
- ☐ Tasteos Toasted Oat
- ☐ Toasted Wheat
- ☐ Wheat Flake

Oatmeal

- ☐ Original Instant



Harris Teeter

- ☐ Enriched Bran Flakes
- ☐ Frosted Shredded Wheat Strawberry
- ☐ Live Wise
- ☐ Live Wise Crispy Oat Squares
- ☐ Nutty Bites
- ☐ Oatmeal Squares
- ☐ Brown Sugar
- ☐ Toasted Oats

Oatmeal

- ☐ Instant Oatmeal



Hy-Top

- ☐ Bite Size Frosted Shredded Wheat
- ☐ Bran Flakes
- ☐ Corn Flakes
- ☐ Crisp Rice
- ☐ Crispy Honey Oats & Flakes
- ☐ Toasted Oats



IGA

- ☐ Bite Size Frosted Blueberry Shredded Wheat
- ☐ Bite Size Frosted Shredded Wheat
- ☐ Bite Size Frosted Strawberry Shredded Wheat
- ☐ Bite Size Shredded Wheat
- ☐ Bran Flakes
- ☐ Nutty Nuggets
- ☐ Original Toasted Oats
- ☐ Tasteos
- ☐ Toasted Oats

Breakfast Cereal



Kellogg's

- ☐ All Bran Complete Wheat Flakes
- ☐ Complete Bran
- ☐ Corn Flakes
- ☐ Corn Flakes Cinnamon

Frosted Mini Wheats

- ☐ Bite Size Strawberry
- ☐ Bite Size Pumpkin Spice
- ☐ Blueberry
- ☐ Blueberry Muffin
- ☐ Chocolate
- ☐ Cinnamon
- ☐ Cinnamon Roll
- ☐ Chocolate
- ☐ Filled Mixed Berry
- ☐ Golden Honey
- ☐ Little Bites
- ☐ Mixed Berry
- ☐ Original
- ☐ Original Little Bites
- ☐ Pumpkin Spice
- ☐ Strawberry
- ☐ Touch Of Fruit Raisin
- ☐ Touch Of Fruit Raspberry
- ☐ Special K Banana
- ☐ Special K Original



Kiggins

- ☐ Bite Size Frosted Shredded Wheat
- ☐ Bran Flakes
- ☐ Rollin' Oats



Laura Lynn

- ☐ Toasted Oats
- ☐ Little Bit Nutty
- ☐ Toasted Oats
- ☐ Toasted Oats Multi Grain
- ☐ Wheat Bran Flakes



Lowes Foods

- ☐ Bran Flakes
- ☐ Nutty Nuggets
- ☐ Tasteros Toasted Oat
- ☐ Frosted Shredded Wheat



Malt O Meal

- ☐ Blueberry Mini Spooners
- ☐ Frosted Mini Spooners
- ☐ Strawberry Cream Mini Spooners

Malt-O-Meal continued

- ☐ Frosted Shredded Wheat
- ☐ Frosted Strawberry Shredded Wheat
- ☐ Toasted Oats
- ☐ Blueberry Mini Spooners
- ☐ Frosted Mini Spooners
- ☐ Strawberry Cream Mini Spooners



Market Pantry

- ☐ Frosted Shredded Wheat
- ☐ Frosted Strawberry Shredded Wheat



My Essentials

- ☐ Frosted Shredded Wheat
- ☐ Multigrain Tasteros
- ☐ Strawberry Shredded Wheat
- ☐ Tasteros Toasted Oat



Our Family

- ☐ 4 Corner Crunch Original
- ☐ 4 Corner Crunch Original Multi-Grain
- ☐ 4 Corner Original Oat
- ☐ Frosted Bite Size Shredded Wheat
- ☐ High Fiber Bran Flakes
- ☐ Multi-Grain Toasted Oats
- ☐ Nutty Nuggets
- ☐ Original Instant Oatmeal
- ☐ Strawberry Cream Frosted Bite Size Shredded
- ☐ Toasted Oats
- ☐ Wheat Flakes



Piggly Wiggly

- ☐ Enriched Bran Flakes
- ☐ Frosted Shredded Wheat
- ☐ Toasted Oats



Post

- ☐ Grape-Nuts
- ☐ Great Grains Banana Nut Crunch
- ☐ Great Grains Crunchy Pecan

Post continued

- ☐ Honey Bunches Of Oats Vanilla
- ☐ Honey Bunches Of Oats Whole Grain Honey Crunch
- ☐ Shredded Wheat Honey Nut



Publix

- ☐ Bran Flakes
- ☐ Frosted Wheat
- ☐ Nutty Nuggets
- ☐ Original Instant Oatmeal
- ☐ Original Oat Crunch



Quaker

- ☐ Instant Oatmeal
- ☐ Life Multigrain Strawberry
- ☐ Life Multigrain Vanilla
- ☐ Life Original Multigrain
- ☐ Oatmeal Squares Golden Maple



Ralston

- ☐ Frosted Shredded Wheat Bite Size
- ☐ Oat Wise
- ☐ Tasteros
- ☐ Wheat Bran Flakes
- ☐ Wheat Flakes



SE Grocers

- ☐ Essentials Toasted Oats
- ☐ Frosted Shredded Wheat
- ☐ Original Instant Oatmeal
- ☐ Oat Squares
- ☐ Wheat Bran Flakes



Shur Fine

- ☐ Bran Flakes
- ☐ Frosted Bite Size Shredded Wheat
- ☐ Lively Oats
- ☐ Nutty Crunchers
- ☐ Toasted Oats
- ☐ Wheat Squares

☐



Southern Home

- ☐ Bran Flakes
- ☐ Frosted Shredded Wheat
- ☐ Strawberry Frosted Shredded Wheat
- ☐ Toasted Oats



Sunbelt Bakery

- ☐ Simple Granola



Wegmans

- ☐ Bran Flakes
- ☐ Corn Flakes
- ☐ Wheat Crunch

Oatmeal



Food Club

- ☐ Regular Instant



Food Lion

- ☐ Regular Instant



Harris Teeter

- ☐ Original Instant



Our Family

- ☐ Original Instant Oatmeal



Publix

- ☐ Original Instant Oatmeal



Quaker

- ☐ Original Instant Oatmeal
- ☐ Multigrain Original
- ☐ Cinnamon Squares
- ☐ Golden Maple Squares
- ☐ Brown Sugar Squares



SE Grocers

- ☐ Original Instant

Soy-based Beverage

Approved

- ✓ 64 oz. containers, unflavored.

Not Approved

- * Flavored.
- * Containing artificial sweeteners.
- * Organic.



8th Continent

- ☐ Soymilk Soy-Based Beverage



Great Value

- ☐ Original Soymilk



Silk

- ☐ Original Soymilk

Tofu

Approved

- ✓ 14 oz. – 16 oz.

Not Approved

- * Tofu with added fats, sugars, oils or salt (sodium).
- * Organic.

Select from these brands



Azumaya

- ☐ Extra Firm
- ☐ Firm
- ☐ Extra Firm
- ☐ Silken



Franklin Farms

- ☐ Extra Firm
- ☐ Firm
- ☐ Medium Firm
- ☐ Soft



House Foods

- ☐ Extra Firm
- ☐ Firm
- ☐ Medium Firm
- ☐ Soft



Vitasoy

- ☐ Firm
- ☐ Soft
- ☐ Sprouted Black Soybean

Milk

Approved

Cow's milk: Only the type/quantity specified on your WIC food benefits list.

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.

Not Approved

- x Organic.

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.
 - ✓ 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.
- * Organic.

Yogurt

Approved

- ✓ Total package size 16 or 32 oz.
- ✓ Pasteurized.
- ✓ Plain or flavored.

Not Approved

- * Drinkable yogurts.
- * Yogurts sold with accompanying mix-in ingredients such as granola, candy pieces, honey, nuts and similar ingredients.
- * Yogurts with artificial sweeteners.
- * Organic.

Select from these brands



Avenue A

- ☐ Greek Nonfat Plain
- ☐ Greek Nonfat Vanilla

Brown Cow

- ☐ Whole Milk Plain
- ☐ Whole Milk Vanilla



Cabot Creamery

- ☐ Greek Plain
- ☐ Greek HMadagascar Vanilla Cinnamon
- ☐ Plain Greek Low Fat
- ☐ Plain Greek Nonfat
- ☐ Strawberry Blended Greek
- ☐ Vanilla Blended Greek
- ☐ Whole Milk Plain Greek
- ☐ Zero Sugar Strawberry Nonfat
- ☐ Zero Sugar Vanilla Nonfat



Chobani

- ☐ Greek Honey Vanilla Reduced Fat
- ☐ Nonfat Greek



Coburn Farms

- ☐ Plain Low Fat
- ☐ Vanilla Low Fat



Dannon

- ☐ All Natural Plain
- ☐ Light & Fit Greek Plain

- ☐ Strawberry
- ☐ Strawberry Banana
- ☐ Vanilla
- ☐ Plain Greek
- ☐ Whole Milk Strawberry
- ☐ Whole Milk Vanilla

Activia Low/Non Fat

- ☐ Black Cherry
- ☐ Blueberry
- ☐ Fruit Bottom
- ☐ Pineapple Coconut
- ☐ Fruit Fusion Blue
- ☐ Blackberry
- ☐ Fruit Fusion Cherry
- ☐ Vanilla
- ☐ Fruit Fusion Peach
- ☐ Mango
- ☐ Fruit Fusion Strawberry/Raspberry
- ☐ Lactose Free Strawberry
- ☐ Light Blueberry Nonfat
- ☐ Light Peach Nonfat
- ☐ Light Strawberry Nonfat
- ☐ Light Vanilla Nonfat
- ☐ Low Fat Lactose Free Strawberry
- ☐ Mango
- ☐ Mixed Berry
- ☐ Peach
- ☐ Peach Nonfat
- ☐ Prunes
- ☐ Strawberry
- ☐ Strawberry Banana
- ☐ Vanilla
- ☐ Vanilla Nonfat

Oikos

- ☐ Plain Greek
- ☐ Pro Plain
- ☐ Vanilla Bean Greek Nonfat



Essential Everyday

- ☐ Blended Peach Low Fat
- ☐ Plain Low Fat
- ☐ Raspberry Low Fat
- ☐ Strawberry Banana Low Fat
- ☐ Strawberry Low Fat
- ☐ Plain Nonfat
- ☐ Greek Plain Nonfat
- ☐ Greek Vanilla Nonfat
- ☐ Vanilla Low Fat



Fage

- ☐ Nonfat Plain



Food Club

- ☐ Blended Strawberry Low Fat
- ☐ Fat Free Plain
- ☐ Low Fat Vanilla
- ☐ Greek Nonfat
- ☐ Greek Nonfat Vanilla



Food Lion

- ☐ Low Fat Plain
- ☐ Low Fat Vanilla
- ☐ Nonfat Greek Plain
- ☐ Nonfat Greek Vanilla
- ☐ Nonfat Strawberry
- ☐ Whole Greek Plain
- ☐ Great Value
- ☐ Lowfat Vanilla



Harris Teeter

- ☐ Greek Nonfat Plain
- ☐ Greek Nonfat Vanilla Blend
- ☐ Greek Whole Milk Vanilla
- ☐ Nonfat Plain
- ☐ Reduced Fat Greek
- ☐ Whole Milk Plain



LALA Lowfat

- ☐ Mango
- ☐ Plain
- ☐ Strawberry
- ☐ Vanilla



Laura Lynn

- ☐ Fat free Nonfat All Natural Plain
- ☐ Greek Nonfat Plain
- ☐ Greek Nonfat Vanilla
- ☐ Greek Whole Milk
- ☐ Low Fat Vanilla All Natural
- ☐ Whole Milk Plain
- ☐ Whole Milk Vanilla



Lowes Foods

- ☐ Greek Nonfat Plain
- ☐ Greek Nonfat Vanilla
- ☐ Light Nonfat Vanilla
- ☐ Low Fat Vanilla
- ☐ Nonfat Plain
- ☐ Nonfat Vanilla
- ☐ Low Fat Vanilla



Market Pantry

- ☐ Plain Nonfat



Morning Fresh

- ☐ Low Fat Vanilla Nonfat Plain
- ☐ Whole Milk
- ☐ Fat Free Plain
- ☐ Fat Free Vanilla
- ☐ Low Fat Plain
- ☐ Low Fat Vanilla
- ☐ Original Style Plain
- ☐ Original Style Vanilla



Nostimo

- ☐ Greek Nonfat Plain
- ☐ Greek Nonfat Vanilla



Oikos

- ☐ Plain Greek Nonfat
- ☐ Vanilla Bean
- ☐ Nonfat Vanilla
- ☐ Nonfat Vanilla
- ☐ Peach Low Fat Plain
- ☐ Nonfat Strawberry
- ☐ Low Fat Vanilla
- ☐ Plain Whole Milk



- 

☐ Fat Free Nonfat Plain
☐ Fat Free Nonfat
Vanilla
☐ Greek Nonfat Plain
☐ Low Fat Vanilla



- Wegmans*

☐ Greek Nonfat, Plain



- ### Yoplait Kids cups

- ☐ Strawberry/Banana cups
- ☐ Strawberry/Berry cups
- ☐ Strawberry/Blueberry cups
- ☐ Strawberry/Cotton Candy cups
- ☐ Trix Value Pack cups
- ☐ Wild Berry/Cotton Candy cups

- ☐ Berry/Cherry
- ☐ Berry/Strawberry
- ☐ Berry
- ☐ Cotton Candy
- ☐ Crayola Tropical Strawberry
- ☐ Punch/Strawberry
- ☐ Simply Strawberry
- ☐ 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

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.



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.

Not Approved

- ✗ Infant cereal with added fruit or formula.

Select from these brands



Baby Basics

- ☐ Oatmeal
- ☐ Rice



Beech-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



Gerber

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



Home 360

- ☐ Baby Rice
- ☐ Oatmeal



Kuddles

- ☐ Rice



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.
- ✓ Organic.

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
- ☐ Ham & Ham 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 sweeteners.

Select from these brands



Baby Basics

- ☐ Apple Banana
- ☐ Apple Blueberry
- ☐ Apple Mango
- ☐ Apple Strawberry
- ☐ Applesauce
- ☐ Carrots
- ☐ Mixed Vegetables
- ☐ Pears
- ☐ Squash
- ☐ Sweet Potato



Beech-Nut

- ☐ Apple Mango Carrot
- ☐ Apple Peach & Strawberry
- ☐ Apple Sweet Potato & Pineapple
- ☐ Banana, Apple & Blueberries
- ☐ Banana, Apple & Strawberry
- ☐ Banana, Pear & Sweet Potato
- ☐ Carrot, Zucchini & Pear
- ☐ Chiquita Bananas
- ☐ Peach, Apple & Banana
- ☐ Pear, Banana & Raspberry
- ☐ Pear, Mango & 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
- ☐ Carrots
- ☐ Green Beans
- ☐ Honeycrisp Apple
- ☐ Prunes
- ☐ Sugar Snap Peas
- ☐ 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

- ☐ 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 Corn
- ☐ Carrots
- ☐ Pear
- ☐ Pear Kale & Cucumber
- ☐ Prunes
- ☐ Pumpkin
- ☐ Sweet Potato

Beech-Nut continued

Classics

- ☐ Apple & Banana
- ☐ Apple & Blueberry
- ☐ 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 Peas
- ☐ Sweet Potatoes
- ☐ Sweet Potatoes



Comforts For Baby

- ☐ Banana
- ☐ Banana Blackberry Puree



Earth's Best Organic

- ☐ Apple Sweet Pot Pumpkin & Blueberry
- ☐ Butternut Squash Pear
- ☐ Apple Butternut Squash
- ☐ Apple Strawberry
- ☐ Apple & Apricots
- ☐ Apple & Blueberries
- ☐ Apple & Plums
- ☐ Apple
- ☐ Banana Blueberry
- ☐ Banana Mango
- ☐ Banana Peach Raspberry
- ☐ Bananas
- ☐ Carrots
- ☐ Corn & Butternut Squash
- ☐ Orange Banana
- ☐ Pears & Mangos
- ☐ Pears & Raspberries
- ☐ Pears
- ☐ Peas
- ☐ Prunes
- ☐ Pumpkin Apple
- ☐ Sweet Potato & Beets
- ☐ Sweet Potatoes
- ☐ Sweet Potatoes
- ☐ Apricot
- ☐ Winter Squash



Gerber 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 Puree Variety Pack
- ☐ Fruit & Veggies Puree Classics Sampler Pack
- ☐ Garden Vegetables
- ☐ Green Beans
- ☐ Mangos
- ☐ Mixed Vegetables
- ☐ Organic Pear
- ☐ Pea
- ☐ Peach
- ☐ Peaches
- ☐ Pear
- ☐ Pear Pineapple
- ☐ Pear Squash
- ☐ Pear Zucchini Corn
- ☐ Pear Parsnip Blueberry
- ☐ 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
- ☐ Tropical Adv. Puree Favorite Variety Pack
- ☐ Variety Pack

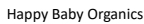
My 1st

- Natural**

- ## Organic

- ☐ Sweet Potato Apple
Carrot Cinnamon
- ☐ Veggie Power Squash
Apple Sweet Potato
- ☐ Veggie Power Squash
Pear Peaches

- ☐ Apple
- ☐ Banana
- ☐ Banana Peach Apricot
- ☐ Broccoli Corn
- ☐ Avocado
- ☐ Carrot
- ☐ Cauliflower Berries
- ☐ Mango Banana
- ☐ Pears
- ☐ Peas
- ☐ Prune
- ☐ Sweet Potato



- 
- NATURE'S HEART**

- ☐ Apple
- ☐ Apple & Mango
- ☐ Banana
- ☐ Banana & Squash
- ☐ Banana, Apple, Raspberry
- ☐ Mango Apple Pear
- ☐ Pear
- ☐ Pear, Banana, Blueberry Raspberry
- ☐ Pear, Peach Pumpkin & Fig
- ☐ Pumpkin, Banana, Carrot



- Organic

- ONCE UPON A FARM

- ☐ Apple Banana Kale
- ☐ Pear Straw. Carrot
- ☐ Apple Blueb. Sweet Potato
- ☐ Apple Strawberry Banana Beet
- ☐ Pear Carrot Mango
- ☐ Pear Squash Raspberry

[illegible]



Parents' Choice Organic

- ☐ Butternut Squash
- ☐ Carrot, Zucchini & Broccoli
- ☐ Green Bean Medley
- ☐ Root Veggies & Apple

Parent's Choice continued

Stage 1

- ☐ Apple
- ☐ Apple Spinach
- ☐ Banana

Stage 2

- ☐ Apple Pear Banana
- ☐ Carrot
- ☐ Pear Blueberry



Pic Select

- ☐ Apple Banana
- ☐ Apple Berry Blend
- ☐ Apple Mango
- ☐ Apple Pear Banana
- ☐ Applesauce



Plum Organics

- ☐ Apple & Broccoli
- ☐ Apple & Carrot
- ☐ Apple and Broccoli 4 Pack
- ☐ Apple Cauliflower and Leek
- ☐ Apple Spinach & Avocado
- ☐ Baby Just Mangos
- ☐ Baby Just Peaches
- ☐ Baby Just Potatoes
- ☐ Banana Pumpkin
- ☐ Guava Pear & Pumpkin
- ☐ Mango Zucchini Corn and Turmeric
- ☐ Peach Banana & Apricot
- ☐ Peach Banana and Apricot 4 Pack
- ☐ Peach Pumpkin Carrot and Cinnamon
- ☐ Pea Kiwi Pear and Avocado
- ☐ Pear and Mango
- ☐ Pear Carrot and Blueberry 4 Pack
- ☐ Pear Purple Carrot & Blueberry
- ☐ Pear Spinach & Pea
- ☐ Pear Spinach and Pea 4 Pack
- ☐ Sweet Potato Apple & Corn

SE GROCERS

SE Grocers

- ☐ Apple and Carrot Puree Pouch
- ☐ Apple and Sweet Potato Puree
- ☐ Apple Blueberry and Banana Puree
- ☐ Apple Mango and Spinach Puree
- ☐ Pear and Peas Puree
- ☐ Pear Blueberry and Purple Carrot Puree
- ☐ Pear Peach and Strawberry Puree



Simple Truth

- ☐ Apple Sweet Potato Pumpkin Puree
- ☐ Carrot Apple Mango Puree
- ☐ Organic Banana Squash Puree
- ☐ Pear Carrot Blueberry Puree
- ☐ Pear Spinach Pea Puree
- ☐ Berry Banana Apple Sweet Potato Beet



Tippy Toes

- ☐ Apple Apricot
- ☐ Apple Banana
- ☐ Apple Banana
- ☐ Apple Banana Strawberry
- ☐ Apple Berry
- ☐ Apple Blueberry
- ☐ Apple Blueberry Spinach
- ☐ Apple Butternut Squash Raspberry
- ☐ Apple Carrot Mango Twin-Pack
- ☐ Apple Mango
- ☐ Apple Mango
- ☐ Apple Mango Spinach
- ☐ Apple Pear Banana
- ☐ Apple Pear Banana
- ☐ Apple Prune
- ☐ Apple Prune
- ☐ Apple Strawberry
- ☐ Apple Sweet Potato
- ☐ Apple Sweet Potato Twin-Pack
- ☐ Apple Wild Blueberry
- ☐ Apple Zucchini Spinach Strawberry
- ☐ Applesauce
- ☐ Banana
- ☐ Banana Strawberry Beetroot

Tippy Toes continued

- ☐ Banana Strawberry Blueberry
- ☐ Bananas
- ☐ Naturals Bananas
- ☐ Butternut Squash Apple Raspberry
- ☐ Carrots
- ☐ Carrots
- ☐ Fruits Apple
- ☐ Green Beans
- ☐ Mixed Vegetables
- ☐ Mixed Vegetables
- ☐ Mixed Vegetables
- ☐ Pear Spinach
- ☐ Pears
- ☐ Pears
- ☐ Peas
- ☐ Squash
- ☐ Squash
- ☐ Squash Apple Pear Twin Pack
- ☐ Sweet Potato Spinach Carrot
- ☐ Sweet Potatoes
- ☐ Tropical Fruit
- ☐ Tropical Pineapple

Organic

- ☐ Apple
- ☐ Apple Apricot
- ☐ Apple Banana

Tippy Toes continued

- ☐ Apple Banana Strawberry
- ☐ Apple Banana Blueberry
- ☐ Apple Blueberry
- ☐ Apple Blueberry Spinach Pouch
- ☐ Apple Carrot
- ☐ Apple Mango
- ☐ Apple Pear Banana
- ☐ Apple Zucchini Spinach Strawberry
- ☐ Applesauce
- ☐ Banana Apple Plum
- ☐ Banana Peach Apricot
- ☐ Banana Pouch
- ☐ Banana Strawberry Beet
- ☐ Bananas
- ☐ Carrots
- ☐ Mixed Vegetables
- ☐ Pear Blueberry Spinach
- ☐ Pear Pea Pouch
- ☐ Pear Peach Strawberry
- ☐ Pears
- ☐ Peas
- ☐ Prunes
- ☐ Squash
- ☐ Sweet Potatoes
- ☐ Tropical Fruit
- ☐



Up & Up

- ☐ Apple
- ☐ Banana
- ☐ Banana & Plum

Notes



NC Department of Health and Human Services
Division of Child and Family Well-Being
Community Nutrition Services Section • www.ncdhhs.gov/nc-wic-cacfp
This institution is an equal opportunity provider.
10/2025 # 3307-D