

OCTOBER 2026

SHOPPING GUIDE

FOR HEALTHY FOODS

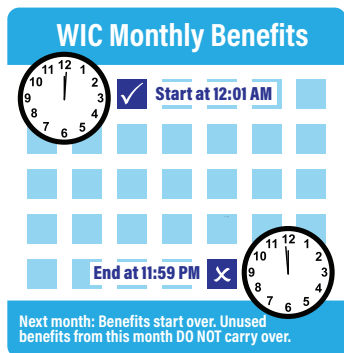


WIC shopping made easy!

Download the ebtEDGE™ app



When Benefits Are Available



Things take shopping:

- ☐ eWIC card.
- ☐ Mobile ebtEDGE™ app.
- ☐ Shopping Guide.
- ☐ Coupons.
- ☐ Store discount card.
- ☐ Reusable grocery bags.
- ☐ Your grocery list.

Checking Your Benefits Balance

Keep your last store receipt.

Log on to www.ebtedge.com.

Call eWIC Customer Service at (844) 230-0813.

Check the ebtEDGE™ App.

The ebtEDGE™ App gives families access to account and benefit details and can be added to **multiple devices**.



Need help?

For questions about your NC eWIC card:

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

For questions about your WIC food benefits while grocery shopping:

Use the ebtEDGE™ 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/ncwic

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:

1

Beginning Benefit Balance

Benefits you can use for this purchase.

2

WIC Items Purchased

Benefits you used for this purchase.

3

Ending Benefit Balance

Remaining benefits available next time you shop this month.

My Groceries Quick Mart
3280 Happy Rd

Date: 9/1/2017 Time: 4:52 pm
Retailer: 2000008 User: 1000
Terminal: 00001103 Sequence: 0817

WIC PURCHASE
Card Account: xxxxxxxxxxx1317

Settlement Date: 9/1/2017
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

WIC BENEFITS EXPIRE ON: 9/25

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#: P2017 11:05:24



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 & Vegetables

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.
- ✓ Fresh herbs: Loose bunches or herbs in clamshell packaging.

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 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 with artificial sweeteners.
- ✓ Infant fruits and vegetables.
- ✓ Ornamental and decorative fruits and vegetables.
- ✓ Pickled vegetables, olives.



Juice

Approved

- ✓ 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

Always Save

- ☐ Apple
- ☐ Grape



Apple & Eve

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

Best Choice.

Best Choice

- ☐ Apple
- ☐ Berry

- ☐ Cherry
- ☐ Grape
- ☐ Punch
- ☐ Grapefruit
- ☐ Pineapple
- ☐ Tomato
- ☐ Vegetable
- ☐ White Grape



Best Yet

- ☐ Orange No Pulp
- ☐ Orange w/ Calcium



Campbell's

- ☐ Tomato
- ☐ Tomato Low Sodium

Juice continued...



Diane's Garden

- ☐ Vegetable



Essential Everyday

- ☐ Apple
- ☐ Apple with Calcium
- ☐ Apple Not from Concentrate
- ☐ Apple Cider
- ☐ Berry
- ☐ Cherry
- ☐ Cranberry
- ☐ Cranberry Raspberry
- ☐ Grape
- ☐ Orange
- ☐ 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
- ☐ Orange



Food Club

- ☐ Apple
- ☐ Orange
- ☐ Orange Calcium Vitamin D
- ☐ Orange Grove Style
- ☐ Orange No Pulp
- ☐ Tomato
- ☐ Grape
- ☐ Apple Cider
- ☐ Orange
- ☐ Pineapple
- ☐ White Grape
- ☐ White Grapefruit



Food Lion

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



Freedom's Choice

- ☐ Apple
- ☐ Grape
- ☐ Tomato



Great Value

- ☐ Apple
- ☐ Cranberry/Grape
- ☐ Cranberry Blend
- ☐ Grape
- ☐ Orange
- ☐ Orange with Calcium
- ☐ Orange with Pulp
- ☐ Orange, No Pulp
- ☐ Orange Blend
- ☐ Pear
- ☐ White Grape
- ☐ White Grape & Peach



Harris Teeter

- ☐ Apple
- ☐ Apple Cider
- ☐ Cranberry
- ☐ Cranberry & Concord Grape
- ☐ Cranberry Raspberry
- ☐ Cranberry/Red Del. Apple

- ☐ Grape
- ☐ Grapefruit
- ☐ Orange
- ☐ Pure Orange
- ☐ Pineapple
- ☐ Tomato
- ☐ Vegetable
- ☐ Premium Apple
- ☐ White Grape
- ☐ White Grape Peach Blend



Hy Top

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



IGA

- ☐ Apple
- ☐ Grape
- ☐ Orange, No Pulp from Concentrate
- ☐ White Grape



Juicy Juice

- ☐ Apple
- ☐ Apple Raspberry
- ☐ Berry
- ☐ Cherry
- ☐ Cranberry Apple
- ☐ Fruit Punch
- ☐ Grape
- ☐ Kiwi Strawberry
- ☐ Mango
- ☐ Orange Tangerine
- ☐ Passion Dragonfruit
- ☐ 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
- ☐ Disney: Apple Cranberry Grape
- ☐ Disney: Apple Grape
- ☐ Disney: Berry Blend
- ☐ Disney: Fruit Punch
- ☐ Grape
- ☐ Harvest Apple Plus
- ☐ Orange
- ☐ Orange Blend
- ☐ Pineapple
- ☐ Red Grape
- ☐ Ruby Red Grapefruit
- ☐ Spicy Veg with Serrano Chili Peppers
- ☐ Tomato
- ☐ Vegetable
- ☐ Vegetable Low Sodium
- ☐ White Grape



Laura Lynn

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



Libby's

- ☐ Pineapple



Lowes Foods

- ☐ Apple
- ☐ Cranberry Blend
- ☐ Country Style Orange
- ☐ Grape
- ☐ Orange
- ☐ Orange Calcium & Vit. D
- ☐ Orange Grove Select with Pulp

Juice continued...

- ☐ Orange Original No Pulp
- ☐ Orange Pulp Free
- ☐ Orange with Cal/Vit D
- ☐ White Grape



Market Pantry

- ☐ Apple
- ☐ Apple Cider
- ☐ Grape
- ☐ Orange, Pulp Free with Calcium/Vit D
- ☐ Orange, Pulp Free
- ☐ Orange
- ☐ Spiced Apple Cider
- ☐ Tomato
- ☐ 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
- ☐ Pineapple Passionfruit
- ☐ Strawberry Kiwi
- ☐ Strawberry Peach
- ☐ Sensibles: Apple



My Essentials

- ☐ Apple
- ☐ Orange
- ☐ Orange with Calcium



Natalie's

- ☐ 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



Our Family

- ☐ Apple
- ☐ Apple, Fresh Pressed
- ☐ Apple Cider, Fresh Pressed
- ☐ Berry Blend
- ☐ Cherry Punch Blend
- ☐ Cranberry
- ☐ Cranberry Grape
- ☐ Cranberry Raspberry
- ☐ Fruit Punch Blend
- ☐ Grape
- ☐ Grape Blend
- ☐ Grapefruit
- ☐ Orange

- ☐ Orange, Pasteurized
- ☐ Orange from Concentrate
- ☐ Pineapple
- ☐ Tomato
- ☐ Vegetable
- ☐ White Grape

Publix

Publix

- ☐ Apple with Vitamin C
- ☐ Apple, Premium
- ☐ Grape
- ☐ Orange
- ☐ Orange with Calcium & Vitamin D
- ☐ Ruby Red Grapefruit
- ☐ White Grape
- ☐ White Grapefruit



SE Grocers

- ☐ Apple
- ☐ Apple Premium
- ☐ Apple with Calcium
- ☐ Cranberry and Grape
- ☐ Cranberry Blend
- ☐ Grape
- ☐ Grapefruit
- ☐ Orange
- ☐ Vegetable
- ☐ Orange, Essentials
- ☐ Orange, Essentials with Calcium & Vitamin D
- ☐ Ruby Red Grapefruit
- ☐ White Grape



Seneca

- ☐ Apple



Sesame Street

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



Shopper's Value

- ☐ Orange



Southern Home

- ☐ Apple
- ☐ Apple with Calcium
- ☐ Cranberry Blend
- ☐ Grape
- ☐ Orange
- ☐ White Grape
- ☐ White Grapefruit
- ☐ Orange with Calcium



That's Smart

- ☐ Grape



Tipton Grove

- ☐ Apple
- ☐ Grape
- ☐ Orange



Tree Top

- ☐ Apple
- ☐ Apple Berry
- ☐ Apple Grape



V8

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



Valu Time

- ☐ Grape



Welch's

- ☐ Black Cherry Grape
- ☐ Grape
- ☐ Grape with Calcium
- ☐ Red Grape
- ☐ Super Berry
- ☐ Tropical Trio
- ☐ White Grape Cherry
- ☐ White Grape Peach
- ☐ White Grape



White House

- ☐ Apple

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.
- ✗ 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.

Legumes (Beans, peas, and lentils)

Approved

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

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



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.

Select from these brands



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 Richard's

- ☐ 100% Peanuts Creamy
- ☐ 100% Peanuts Crunchy



Essential Everyday

- ☐ Creamy
- ☐ Extra Crunchy



Food Club

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



Food Lion

- ☐ Creamy
- ☐ Creamy Reduced Sugar
- ☐ Crunchy
- ☐ Extra Crunchy



Freedom's Choice

- ☐ Creamy
- ☐ Crunchy



Good & Gather

- ☐ Creamy
- ☐ Extra Crunchy
- ☐ Natural
- ☐ Natural Creamy



Great Value

- ☐ Creamy
- ☐ Crunchy

Peanut Butter continued...



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

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



Our Family

- ☐ Creamy
- ☐ Creamy Natural
- ☐ Crunchy
- ☐ Creamy Reduced Salt & Sugar



Panner

- ☐ Creamy
- ☐ Crunchy



Peter Pan

- ☐ Creamy
- ☐ Crunchy
- ☐ Natural Creamy

Publix

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



Teddies

- ☐ Natural Creamy



That's Smart

- ☐ Creamy
- ☐ Crunch



Valu Time

- ☐ Creamy
- ☐ Crunchy



Wegmans

- ☐ Creamy
- ☐ Crunchy



Wild Oats

- ☐ Natural Creamy
- ☐ Natural Crunchy

Notes

Nut and Seed 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 nut and seed butter.
- ✗ Nut or seed butter combinations (jelly, chocolate, marshmallow).
- ✗ Nut or seed butter spread.
- ✗ Nut or seed butter with artificial sweeteners.
- ✗ Organic.

Bread

Approved

- ✓ 16 oz. -24 oz total.
- ✓ 100% whole grain and/or whole wheat bread.

Not Approved

- ✗ Breads with artificial sweeteners.
- ✗ Organic.

Select from these brands



Arnold

- ☐ Stone Ground 100% Whole Wheat
- ☐ Whole Grains 100% Whole Wheat
- ☐ Whole Grains 100% Whole Wheat Small Slice



Baker's Choice

- ☐ Whole Wheat

BIMBO

Bimbo

- ☐ 100% Whole Wheat



Bunny

- ☐ 100% Whole Wheat



Fantini

- ☐ 100% Whole Wheat



Food Lion

- ☐ 100% Whole Wheat Sliced



Great Value

- ☐ 100% Whole Wheat



Healthy Life

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



IGA

- ☐ 100% Whole Wheat



Lewis Bake Shop

- ☐ 100% Whole Wheat



Market Pantry

- ☐ 100% Whole Wheat



Nature's Own

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



Oroweat

- ☐ Stone Ground 100% Whole Wheat
- ☐ Whole Grains 100% Whole Wheat
- ☐ Whole Grains 100% Whole Wheat Small Slice



Our Family

- ☐ 100% Whole Wheat



Pepperidge Farm

- ☐ Farmhouse 100% Whole Wheat
- ☐ Jewish Rye Whole Grain
- ☐ Light 100% Whole Wheat
- ☐ Stone Ground 100% Whole Wheat
- ☐ Very Thin 100% Whole Wheat
- ☐ Whole Grain 100% Whole Wheat
- ☐ Whole Grain 15 Grain
- ☐ Whole Grain Honey Whole Wheat
- ☐ Whole Grain Oatmeal Bread
- ☐ 100% Whole Wheat Cinnamon Raisin Swirl



Roman Meal

- ☐ Sungrain 100% Whole Wheat



Sara Lee

- ☐ 100% Whole Wheat
- ☐ Classic 100% Whole Wheat



Schmidt

- ☐ Old Tyme 100% Whole Wheat



Wonder

- ☐ 100% Whole Wheat

Buns

Approved

- ✓ 16 oz. -24 oz. total.
- ✓ 100% whole grain and/or whole wheat buns.

Not Approved

- ✗ Buns with artificial sweeteners.
- ✗ Organic.

Select from these brands



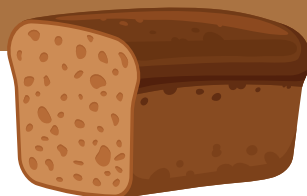
Arnold Select

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



Oroweat

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



Bagels

Approved

- ✓ 16 oz. -24 oz. total.
- ✓ 100% whole grain and/or whole wheat bagels.

Not Approved

- ✗ Bagels with artificial sweeteners.
- ✗ Organic.

Select from these brands



Thomas'

- ☐ 100% Whole Wheat

Tortillas

Approved

- ✓ 16 oz. - 24 oz. package.
- ✓ Soft corn (yellow or white) tortillas.
- ✓ Whole wheat tortillas.

Not Approved

- ✗ Hard-shelled corn tortillas.
- ✗ Tortillas with artificial sweeteners.
- ✗ Organic.

Select from these brands

Best Choice.

Best Choice

- ☐ Corn
- ☐ 100% Whole Wheat



Carlita

- ☐ 100% Whole Wheat
- ☐ 18 Corn



Celia's

- ☐ 100% Whole Wheat
- ☐ 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

- ☐ Whole Wheat



Hy-Tor

- ☐ Yellow Corn



IGA

- ☐ Taco Style Whole Wheat
- ☐ White Corn



La Banderita

- ☐ Corn
- ☐ 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
- ☐ 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

- ✓ 14-24 oz. bag or box.
- ✓ Plain barley, bulgur, & oats.
- ✓ May be instant, quick, or regular cooking.
- ✓ Without added sugars, fats, oils, or salt.

Not Approved

- ✗ Organic.

Barley

Select from these brands



Good & Gather

- ☐ Pearled Barley



Goya

- ☐ Barley

Oats

Select from these brands



Food Club

- ☐ Old Fashioned
- ☐ Quick



Food Lion

- ☐ Old Fashioned



Good & Gather

- ☐ Old Fashioned
- ☐ Quick



Great Value

- ☐ Old Fashioned
- ☐ Quick



Harris Teeter

- ☐ Old Fashioned



McCann's

- ☐ Irish



Mom's Best

- ☐ Oats
- ☐ Old Fashioned



Quaker

- ☐ 3 Minutes
- ☐ Old Fashioned
- ☐ Quick 1-Minute
- ☐ Quick 1-Minute, Gluten Free
- ☐ Rolled Overnight



Silver Palate

- ☐ Thick and Rough

Whole Wheat Pasta

Approved

- ✓ 14 oz. - 24 oz. package.
- ✓ 100% whole-grain and/or whole-wheat pasta.
- ✓ All shapes.

Not Approved

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

Select from these brands



Barilla

- ☐ Whole Grain Angel Hair
- ☐ Whole Grain Elbows
- ☐ Whole Grain Linguine
- ☐ Whole Grain Rotini
- ☐ Whole Grain 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
- ☐ Whole Wheat Linguine
- ☐ Whole Wheat Penne
- ☐ Whole Wheat Rotini
- ☐ 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 Penne
- ☐ 100% Whole Grain Rotini
- ☐ 100% Whole Grain Spaghetti



Lowe's

- ☐ Whole Wheat Penne
- ☐ Whole Wheat Penne Bronze Cut
- ☐ Whole Wheat Thin Spaghetti



Our Family

- ☐ Rotini
- ☐ Spaghetti

Publix.

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

Brown Rice

Approved

- ✓ 14 oz. - 24 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
- ☐ Instant Whole Grain

Best Choice.

Best Choice

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



Best Yet

- ☐ Instant
- ☐ Long Grain



Blue Ribbon

- ☐ Whole Grain



C & F Foods

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



Essential Everyday

- ☐ Instant
- ☐ Natural



Food Club

- ☐ Boil-in-Bag Instant
- ☐ Instant
- ☐ Long Grain



Food Lion

- ☐ Boil-in-Bag
- ☐ Long Grain Instant
- ☐ Long Grain Natural



Freedom's Choice

- ☐ Instant
- ☐ Long Grain



Good & Gather

- ☐ Instant
- ☐ Long Grain



Goya

- ☐ Brown Rice



Great Value

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

gulf pacific

Gulf Pacific

- ☐ Instant
- ☐ Long Grain



Harris Teeter

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



Hy Top

- ☐ Instant Precooked
- ☐ Long Grain



IGA

- ☐ Long Grain



Laura Lynn

- ☐ Brown Rice
- ☐ Instant



Lowe's Foods

- ☐ Instant
- ☐ Long Grain



Mahatma

- ☐ Brown Rice



Minute

- ☐ Instant Whole Grain



My Essentials

- ☐ Boil-in-Bag
- ☐ Long Grain Instant
- ☐ Long Grain Natural



Our Family

- ☐ Brown Rice
- ☐ Instant

Publix.

Publix

- ☐ Whole Grain
- ☐ Whole Grain Instant



Rice On The Side

- ☐ Instant
- ☐ Long Grain



SE Grocers

- ☐ Boil-in-Bag Long Grain
- ☐ Instant
- ☐ Natural Long Grain



Shur Fine

- ☐ Instant



Simple Earth

- ☐ Whole Grain



Southern Home

- ☐ Boil-in-Bag Instant
- ☐ Instant
- ☐ Long Grain



Success

- ☐ Boil-in-Bag Whole Grain

Wegmans

Wegmans

- ☐ Long Grain

Breakfast Cereal

Approved

- ✓ 11.8/12 oz. or larger.
- ✓ Bag or box.

Not Approved

- ✗ Single serving packets.
- ✗ Organic.

Select from these brands



123 Berry

- ☐ Berry Numbers
- ☐ C is for Cinnamon Letters



Always Save

- ☐ Frosted Shredded Wheat
- ☐ Toasted Oats



Avenue

- ☐ Toasted Oats



Best Choice

- ☐ Bran Flakes
- ☐ Frosted Shredded Wheat Bite Size Strawberry
- ☐ 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
- ☐ 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
- ☐ Regular Instant Oatmeal
- ☐ Strawberry Frosted Shredded Wheat
- ☐ Toasted Oats
- ☐ Wheat Squares

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
- ☐ Regular Instant Oatmeal
- ☐ Simply Living
- ☐ Simply Living Oat
- ☐ Tasteos Toasted Oat

Fred Meyer

Fred Meyer

- ☐ Toasted Oats
- ☐ Living Well



Freedoms Choice

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



Fry's

- ☐ Toasted Oats



General Mills

- ☐ Cheerios
- ☐ Cheerios 2-Pack
- ☐ Cheerios Maple Cinnamon Hearty Nut
- ☐ Cheerios Vanilla Spice
- ☐ Chex Blueberry
- ☐ Chex Cinnamon
- ☐ Chex Vanilla
- ☐ Chex Rice
- ☐ Chex Wheat
- ☐ Corn Chex
- ☐ Dora The Explorer
- ☐ Kix
- ☐ Kix Honey
- ☐ Kix Berry Berry
- ☐ Multi Grain Cheerios
- ☐ Multi Grain Cheerios 2-pack
- ☐ Multi Grain Cheerios with Strawberry
- ☐ Wheaties
- ☐ Wheaties Protein Honey Pecan
- ☐ Wheaties Protein Maple Almond
- ☐ Whole Grain Total

Grain Berry

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

Hannaford

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



Harris Teeter

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



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

Kashi

Kashi

- ☐ Apple Cinnamon Loops

Kellogg's

Kellogg's

- ☐ All Bran Complete Wheat Bran Flakes
- ☐ All Bran Complete Wheat Flakes
- ☐ Complete Bran
- ☐ Corn Flakes
- ☐ Rice Krispies
- ☐ Raisin Bran
- ☐ Raisin Bran Touch of Cinnamon
- ☐ Special K Original
- ☐ Special K Cinnamon and Pecan
- ☐ Special K Protein
- ☐ Special K Protein Banana Nut Bread
- ☐ Special K Protein Honey Almond
- ☐ Special K Protein Original Multigrain

Frosted Mini Wheats

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



Kiggins

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



Laura Lynn

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



Lowes Foods

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



Malt O Meal

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



Market Pantry

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



Mom

- ☐ Frosted Mini Spooners
- ☐ Strawberry Cream Mini Spooners



My Essentials

- ☐ Frosted Shredded Wheat
- ☐ Multigrain Tasteos
- ☐ Strawberry Shredded Wheat
- ☐ Tasteos 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 Wheat
- ☐ Toasted Oats
- ☐ Wheat Flakes



Piggly Wiggly

Piggly Wiggly

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



Post

- ☐ Bran Flakes
- ☐ Grape-Nuts
- ☐ Great Grains Banana Nut Crunch
- ☐ Great Grains Crunchy Pecan
- ☐ Great Grains Raisin Date Pecan
- ☐ Raisin Bran
- ☐ Shredded Wheat Honey Nut

Publix

Publix

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



Quaker

- ☐ Life Multigrain Strawberry
- ☐ Life Multigrain Vanilla
- ☐ Life Original Multigrain
- ☐ Oatmeal Squares Golden Maple
- ☐ Oatmeal Squares Cinnamon
- ☐ Oatmeal Squares Brown Sugar
- ☐ Oatmeal Square Honey Nut
- ☐ Original Instant Oatmeal

Ralston

Ralston

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



GROCERS

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

Wegmans

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

Plant-Based Milk Alternative

Approved

- ✓ 64 oz. containers, unflavored.

Not Approved

- ✗ Flavored.
- ✗ Containing artificial sweeteners.
- ✗ Organic.

Select from these brands



8th Continent

- ☐ Soymilk



Bettergoods

- ☐ Plant-Based Soymilk
- ☐ Original



Great Value

- ☐ Original Soymilk



Silk

- ☐ Original Soymilk
- ☐ Unsweetened Soymilk

Tofu

Approved

- ✓ 14 oz. – 16 oz.

Not Approved

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

Select from these brands



Azumaya

- ☐ Firm
- ☐ Extra Firm



Franklin Farms

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



House Foods

- ☐ Firm
- ☐ Extra Firm
- ☐ Medium Firm



Nature's Soy

- ☐ Firm
- ☐ Soft



Vitasoy

- ☐ Firm
- ☐ Soft

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

- ✗ 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. | ✓ Swiss. |
| ✓ Cheddar. | ✓ Lower-sodium varieties. |
| ✓ Colby. | ✓ Reduced-fat and reduced-cholesterol varieties. |
| ✓ Monterey Jack. | ✓ Pasteurized processed American. |
| ✓ Mozzarella. | |
| ✓ Muenster. | |
| ✓ Provolone. | |

Not Approved

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

ACTIVIA

Activia

- ☐ Fruit Bottom Pineapple Coconut
- ☐ Fruit Fusion Cherry Vanilla
- ☐ Fruit Fusion Peach Mango
- ☐ Fruit Fusion Strawberry Raspberry
- ☐ Lactose Free Strawberry
- ☐ Black Cherry
- ☐ Blueberry
- ☐ Mango
- ☐ Mixed berry
- ☐ Peach
- ☐ Prunes
- ☐ Strawberry
- ☐ Strawberry Banana
- ☐ Vanilla

bettergoods

Bettergoods

- ☐ Whole Milk Plain Greek



Brown Cow

- ☐ Whole Milk Plain
- ☐ Whole Milk Vanilla



Cabot Creamery

- ☐ Plain Greek
- ☐ Reduced Fat Plain Greek

Chobani

Chobani

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



Coburn Farms

- ☐ Plain Low Fat
- ☐ Vanilla Low Fat



Dannon

- ☐ All Natural Plain
- ☐ All Natural Plain Nonfat
- ☐ All Natural Plain Low Fat
- ☐ Strawberry
- ☐ Whole Milk Vanilla



Essential Everyday

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



Fage

- ☐ Plain Nonfat



Food Club

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



Food Lion

- ☐ Vanilla Low Fat
- ☐ Greek Plain Nonfat
- ☐ Greek Plain Whole
- ☐ Greek Vanilla Nonfat
- ☐ Strawberry Nonfat



Harris Teeter

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



LALA Lowfat

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



Laura Lynn

- ☐ All Natural Plain Nonfat
- ☐ Greek Plain Nonfat
- ☐ Greek Vanilla Nonfat
- ☐ Greek Whole Milk Vanilla
- ☐ Whole Milk Plain



Lowes Foods

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



Mountain High

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

NOSTIMO

Nostimo

- ☐ Greek Plain Nonfat
- ☐ Greek Vanilla Nonfat



Oikos

- ☐ Oikos Greek Plain Nonfat
- ☐ Oikos Greek Vanilla Nonfat
- ☐ Oikos Pro Plain



Our Family

- ☐ Greek Plain
- ☐ Greek Plain Nonfat
- ☐ Vanilla Nonfat
- ☐ Plain Nonfat

SE GROCERS

SE Grocers

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



Southern Home

- ☐ Plain Fat Free
- ☐ Vanilla Fat Free
- ☐ Greek Plain 0% Fat



Two Good

- ☐ Plain Greek



Yoplait

- ☐ Plain Fat Free

Yoplait Go-Gurt

Simply tubes

- ☐ Strawberry
- ☐ Variety pack
- ☐ Vanilla Raspberry

Notes



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

- ☐ Baby Grits Yellow Corn
- ☐ Mixed Grain
- ☐ Multigrain
- ☐ Oatmeal
- ☐ Gluten Free 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 Turkey



Tippy Toes

- ☐ Organic Chicken with Gravy
- ☐ Organic Turkey with Gravy
- ☐ Beef with gravy, stage 2
- ☐ Chicken with gravy, stage 2
- ☐ Turkey with gravy, stage 2

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: Stage 2

- ☐ 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
- ☐ Fruities, 9 Pouch Variety Pack
- ☐ Peach, Apple & Banana
- ☐ Pear, Banana & Raspberry

- ☐ Pear, Mango & Squash
- ☐ Pumpkin, Zucchini & Apple
- ☐ Squash, Peas & Pears
- ☐ Veggies, 9 Pouch Variety Pack
- ☐ Zucchini, Spinach & Banana

Naturals

- ☐ Apple & Kale
- ☐ Apple Pumpkin Cinnamon
- ☐ Apple Mango Spinach
- ☐ Apple & Blackberry, stage 2
- ☐ Apple & Strawberry, stage 2
- ☐ Bananas, stage 1
- ☐ Banana Apple Blueberry
- ☐ Banana Blueberry Avocado
- ☐ Banana, Blueberries, Green Beans
- ☐ Banana Orange Pineapple, stage 2
- ☐ Bartlett Pears, stage 1
- ☐ Beet, Pear, Pomegranate
- ☐ Butternut Squash, stage 1
- ☐ Carrots, stage 1
- ☐ Carrot Corn Pumpkin, stage 2
- ☐ Fruit & Veg Variety Pack
- ☐ Green Beans, stage 1
- ☐ Guava Pear & Strawberry, stage 2
- ☐ Honeycrisp Apple, stage 1
- ☐ Mango, stage 2
- ☐ Mango Apple Avocado, stage 2
- ☐ Pear Blueberry, stage 2
- ☐ Peas Green Beans Asparagus, stage 2
- ☐ Pineapple Pear Avocado, stage 2
- ☐ Prunes, stage 1
- ☐ Sugar Snap Peas, stage 1
- ☐ Sweet Potatoes, stage 1
- ☐ Sweet Corn & Green Beans, stage 2
- ☐ Spinach Zucchini Peas, stage 2

- ☐ Sweet Potato Squash Peas, stage 2
- ☐ Tropical Adventure, Variety Pack

Organics

- ☐ Apple
- ☐ Apple & Blueberries
- ☐ Apple Pea Kiwi
- ☐ Apple Kiwi Spinach
- ☐ Apple Raspberries Avocado
- ☐ Banana
- ☐ Banana, Blueberry & Avocado
- ☐ Banana Mango & Sweet Potato
- ☐ Banana Strawberry Blueberry
- ☐ Berry Lovers, Variety Pack
- ☐ Butternut Squash & Sweet Corn
- ☐ Carrots
- ☐ Mango Apple Banana
- ☐ Mango & Carrot
- ☐ Pear
- ☐ Pear Kale & Cucumber
- ☐ Pear Mango Strawberry
- ☐ Prunes
- ☐ Prune & Pear
- ☐ Pumpkin
- ☐ Sweet Potato
- ☐ Variety Pack, stage 1
- ☐ Variety Pack, stage 2

Classics: Stage 2

- ☐ Apples
- ☐ Apple & Banana
- ☐ Apple & Blueberry
- ☐ Apple & Cherry
- ☐ Apple Mango Kiwi
- ☐ Apple Pear Banana
- ☐ 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



Comfor's For Baby

- ☐ Banana, stage 2
- ☐ Banana Blackberry Puree



Earth's Best Organic

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



Gerber

1st & 2nd Foods

- ☐ Apples
- ☐ Apple Avocado
- ☐ Apple Blueberry
- ☐ Apple Peach Squash
- ☐ Apple Spinach Kale
- ☐ Apple Strawberry Banana

- ☐ Apple Strawberry Rhubarb
- ☐ Applesauce
- ☐ Apples & Cherries
- ☐ Apricot Mixed Fruit
- ☐ Bananas
- ☐ Banana Avocado Spinach
- ☐ Banana Carrot Mango
- ☐ Banana Mixed Berries
- ☐ Banana Orange Medley
- ☐ Banana Plum Grape
- ☐ Bananas With Apples & Pears
- ☐ Butternut Squash
- ☐ Butternut Squash Orange
- ☐ Carrot Mango Pineapple
- ☐ Carrot Pear Blackberry
- ☐ Carrots
- ☐ Farmers Market Fruit & Vegetable Variety Pack
- ☐ Fruit Blends Apple Cherry Berry
- ☐ Fruit & Veggies Puree Classics Sampler Pack
- ☐ Garden Vegetables
- ☐ Green Beans
- ☐ Mangos
- ☐ Mango Guava
- ☐ Mixed Vegetables
- ☐ Organic Pear
- ☐ Organic Peas
- ☐ Peaches
- ☐ Pears
- ☐ Pear Pineapple
- ☐ Pear Squash
- ☐ Pear Zucchini Corn
- ☐ Pear Parsnip Blueberry
- ☐ Peas
- ☐ Pineapple
- ☐ Prune
- ☐ Prunes with Apples
- ☐ Pumpkin
- ☐ Pumpkin Banana
- ☐ Squash Apple Corn
- ☐ Squash Pear Pineapple
- ☐ Super Blends Fruit & Veg Puree Variety Pack
- ☐ Sweet Potatoes
- ☐ Sweet Potato Apple Pumpkin
- ☐ Sweet Potato Mango Kale
- ☐ Sweet Potatoes & Corn
- ☐ Tropical Adventure Puree Favorite Variety Pack
- ☐ Variety Pack

My 1st

- ☐ Fruit Starter Kit
 - ☐ Veggies Starter Kit
- ### Natural
- ☐ Apple
 - ☐ Apple Prune
 - ☐ Apple Spinach Kale
 - ☐ Apple Strawberry Banana
 - ☐ Apple Zucchini Peach
 - ☐ Banana
 - ☐ Banana Blueberry
 - ☐ Carrot
 - ☐ Corn
 - ☐ Fruit & Veggie Blend Variety Pack
 - ☐ Fruit & Veggie Variety Pack
 - ☐ Green beans
 - ☐ Mango
 - ☐ Pear
 - ☐ Pear Carrot Pea
 - ☐ Pear Zucchini
 - ☐ Sweet Potato
 - ☐ Sweet Potato Banana Orange
 - ☐ Squash Pear Pineapple

Organic

- ☐ Apple
- ☐ Apple Blueberry & Spinach
- ☐ Apple Carrot Squash
- ☐ Apple Kale Fig
- ☐ Apple Peach
- ☐ Apple Prune
- ☐ Apple Raspberry Acai Berry
- ☐ Apple Spinach with Kale
- ☐ Apple Strawberry
- ☐ Apple Strawberry Beet
- ☐ Apple Sweet Potato Pear
- ☐ Apple Wild Blueberry
- ☐ Apple Zucchini Spinach
- ☐ Apple Zucchini Spinach Strawberry
- ☐ Banana
- ☐ Banana Mango
- ☐ Banana Squash
- ☐ Butternut Squash
- ☐ Carrots
- ☐ Carrot Apple Mango
- ☐ Fruit & Veggie Favorite
- ☐ Mango Apple Carrot Kale
- ☐ Pear Blueberry Apple Avocado

- ☐ Pear Carrot Peas
- ☐ Pear Mango Avocado
- ☐ Pear Peach Strawberry
- ☐ Pear Purple Carrot Raspberry
- ☐ Pear Spinach
- ☐ Pear Zucchini Mango
- ☐ Pumpkin Banana Carrot
- ☐ Sweet Potato Apple Carrot
- ☐ Sweet Potato Apple Carrot Cinnamon
- ☐ Veggie Power Squash Apple Sweet Potato
- ☐ Veggie Power Squash Pear Peaches



Good & Gather

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



Happy Baby Organics

- ☐ Apple & Blueberries
- ☐ Apple & Spinach
- ☐ Apple Guava Beets
- ☐ Apple Kale Avocados
- ☐ Apple Mango Beets
- ☐ Apple Pumpkin Carrots
- ☐ Apple Spinach Kale
- ☐ Banana & Strawberries
- ☐ Banana & Sweet Potatoes
- ☐ Bananas Beets Blueberries
- ☐ Bananas Sweet Potatoes Papaya
- ☐ Carrots
- ☐ Carrots & Peas
- ☐ Green Beans
- ☐ Green Beans Pears Spinach
- ☐ Mango
- ☐ Pears
- ☐ Pears & Kale
- ☐ Pears & Prunes

- ☐ Pears Kale Spinach
- ☐ Pears Peas Broccoli
- ☐ Pears Pineapple Avocados
- ☐ Pears Squash Blackberries
- ☐ Pears Zucchini Peas
- ☐ Pears Mango Spinach
- ☐ Pears Pumpkin Passion Fruit
- ☐ Prunes
- ☐ Squash Mango Papaya
- ☐ Squash Pears Apricots
- ☐ Sweet Potatoes
- ☐ Sweet Potato Mango Carrot
- ☐ Sweet Potato Blueberry Beets



Nature's Heart Organic

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



Nature's Promise

- ☐ Apple and Broccoli Pouch
 - ☐ Apple and Carrot Pouch
 - ☐ Apple Sweet Potato and Corn
 - ☐ Pear Blueberry Carrot
 - ☐ Pear Spinach & Green Pea
- ### Organic
- ☐ Apple Blueberry
 - ☐ Apple Mango
 - ☐ Bananas
 - ☐ Banana & Pumpkin
 - ☐ Carrots
 - ☐ Pears
 - ☐ Squash
 - ☐ Sweet Potatoes

Once Upon a Farm Organic

- ☐ Apple Banana Kale
- ☐ Apple Blueberry Sweet Potato
- ☐ Apple Strawberry Banana Beet
- ☐ Pear Strawberry Carrot
- ☐ Pear Carrot Mango
- ☐ Pear Squash Raspberry



Parents' Choice

Organic

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

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 Cauliflower Leek
- ☐ Apple Spinach Avocado
- ☐ Banana Pumpkin
- ☐ Guava Pear Pumpkin
- ☐ Mango Zucchini Corn
Turmeric
- ☐ Peach Banana Apricot
- ☐ Peach Pumpkin Carrot
Cinnamon
- ☐ Pea Kiwi Pear Avocado
- ☐ Pear & Mango
- ☐ Pear Carrot Blueberry
- ☐ Pear Purple Carrot
Blueberry

- ☐ Pear Spinach Pea
☐ Sweet Potato Apple Corn

Baby Just

- ☐ Mangos
- ☐ Peaches
- ☐ Potatoes
- ☐ Prunes



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
- ☐ Banana Strawberry Beetroot
- ☐ Banana Strawberry Blueberry
- ☐ Natural Bananas
- ☐ Butternut Squash Apple Raspberry
- ☐ Carrots
- ☐ Fruits Apple
- ☐ Green Beans
- ☐ Mixed Vegetables
- ☐ Pear Spinach
- ☐ Pears



ruth *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 Strawberry
 - ☐ Apple Berry
 - ☐ Apple Blueberry
 - ☐ Apple Blueberry Spinach
 - ☐ Apple Butternut Squash Raspberry
 - ☐ Apple Carrot Mango Twin-Pack
 - ☐ Apple Mango
 - ☐ Apple Mango Spinach
 - ☐ Apple Pear Banana
 - ☐ Apple Strawberry Spinach Pouch
 - ☐ Apple Carrot
 - ☐ Apple Mango
 - ☐ Apple Pear Banana
 - ☐ Apple Zucchini Spinach Strawberry
 - ☐ Applesauce
 - ☐ Bananas
 - ☐ Banana Pouch
 - ☐ Banana Apple Plum
 - ☐ Banana Peach Apricot
 - ☐ Banana Strawberry Beet
 - ☐ Carrots
 - ☐ Mixed Vegetables
 - ☐ Pear Blueberry Spinach

- ☐ Apple Prune
- ☐ Apple Strawberry
- ☐ Apple Sweet Potato
- ☐ Apple Sweet Potato
Twin-Pack
- ☐ Apple Wild Blueberry
- ☐ Apple Zucchini Spinach
Strawberry

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

Organic

- ☐ Apple
- ☐ Apple Apricot
- ☐ Apple Banana
- ☐ Apple Banana Strawberry
- ☐ Apple Banana Blueberry
- ☐ Apple Blueberry
- ☐ Apple Blueberry Spinach Pouch
- ☐ Apple Carrot
- ☐ Apple Mango
- ☐ Apple Pear Banana
- ☐ Apple Zucchini Spinach Strawberry
- ☐ Applesauce
- ☐ Bananas
- ☐ Banana Pouch
- ☐ Banana Apple Plum
- ☐ Banana Peach Apricot
- ☐ Banana Strawberry Beet
- ☐ 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

[illegible]

