

January 2026

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



ebtEDGESM App

- ☐ 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.
- ☐ The ebtEDGESM App can be added to **multiple devices** to give families access to benefit and account details.



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

Need help?

For questions about the NC eWIC card:

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

For questions about WIC food benefits while grocery shopping:

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

For questions about your WIC food benefits, or if you move or change your address:

Contact your local WIC clinic.

For general information about the North Carolina WIC program:

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

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: 2000003

User: 1000

Terminal: 00001103

Sequence: 0317

WIC PURCHASE

Card Account: xxxxxxxxxxxx1317

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 f/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

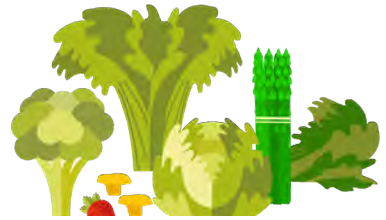
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Fresh Produce: What's In Season?

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 AND 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 in cans, glass or plastic containers with artificial sweeteners.

- × 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 papercartons.

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
- ☐ 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
- ☐ 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
- ☐ 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

Juice



Freedoms Choice

- ☐ Apple
- ☐ Grape
- ☐ Tomato



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
- ☐ Peach Apple
- ☐ Strawberry Banana
- ☐ Strawberry Watermelon
- ☐ Tropical
- ☐ White Grape
- Organics
- ☐ Apple
- ☐ Fruit Punch



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



Lowe's 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

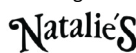
Sensibles

- ☐ 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
- ☐ Organic Apple
- ☐ Peach Mango
- ☐ Pineapple
- ☐ Red Raspberry
- ☐ Strawberry Watermelon
- ☐ White Grape
- ☐ Wild Cherry

Juice

Notes



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

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

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

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
 - ☐ 100% Apple Cherry
 - ☐ 100% Apple Cranberry
 - ☐ 100% Apple Passion Mango
 - ☐ 100% Apple Strawberry Banana
 - ☐ 100% Berry Blend
 - ☐ 100% Black Cherry Cranberry
 - ☐ 100% Blueberry Pomegranate
 - ☐ 100% Cranberry
 - ☐ 100% Cranberry Pomegranate
 - ☐ 100% Cranberry Raspberry
 - ☐ 100% Grape
 - ☐ 100% Orange
 - ☐ 100% Orange with Calcium
 - ☐ 100% Pineapple
 - ☐ 100% Pineapple Orange
 - ☐ 100% Strawberry Rhubarb
 - ☐ 100% White Grape
 - ☐ Pineapple Orange Banana



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



- Publix
- ☐ Orange



- SE Grocers
- ☐ Apple
 - ☐ Grape
 - ☐ Orange
 - ☐ Orange Pulp Free
 - ☐ Orange With Calcium
 - ☐ Unsweetened Pineapple



- Seneca
- ☐ 100% Apple



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



- Texsun 100% Juice
- ☐ Apple
 - ☐ Orange
 - ☐ Orange Pineapple



- Tipton Grove
- ☐ 100% Apple
 - ☐ 100% Orange



- 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

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, 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 peanut, nut, and seed butter
- × Peanut, nut, and seed butter combinations (jelly, chocolate, marshmallow).
- × Peanut, nut, and seed butter spread.
- × Peanut, nut, and seed butter with artificial sweeteners.
- × 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 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, Nut, and Seed 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™**
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
- ☐ Reduced Salt/Sugar Creamy



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

Notes

Bread, Buns, Bagels and Rolls

Approved

- ✓ 14 oz. - 24 oz. loaf.
- ✓ 100% whole grain and/or whole wheat bread.

Not Approved

- ✗ Bread with artificial sweeteners
- ✗ Organic.

Select from these brands.



Arnold

- ☐ Stone Ground 100% Whole Wheat
- ☐ Small Slice 100% Whole Wheat
- ☐ Whole grains 100% Whole Wheat Bread



Baker's Choice

Baker's Choice

- ☐ Whole Wheat



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
- ☐ 100% Whole Grain Wheat



Lowes Foods

- ☐ 100% Whole Wheat



Market Pantry

- ☐ 100% Whole Wheat Bread



Nature's Own

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



Our Family

- ☐ 100% Whole Wheat
- ☐ 100% Whole Wheat Country Style



Pepperidge Farm

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



Roman Meal

- ☐ Sungrain 100% Whole Wheat



Sara Lee

- ☐ 100% Whole Wheat



Schmidt

- ☐ 100% Whole Grain White Wheat
- ☐ Classic 100% Whole Wheat



Sunbeam

- ☐ 100% Whole Wheat



Wegmans

- ☐ 100% Soft Wheat



Wonder

- ☐ 100% Whole Wheat

Notes

Buns

Approved

- ✓ 14 oz. to 24 oz. package
- ✓ 100% whole grain and/or whole wheat buns.

Not Approved

- × Buns with artificial sweeteners
- × Organic.



Arnold Select

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

Bagels

Approved

- ✓ 14 oz. to 24 oz. package
- ✓ 100% whole-grain and/or whole-wheat bagels

Not Approved

- × Bagels with artificial sweeteners
- × Organic



Thomas'

- ☐ 100% Whole Wheat Bagels

Tortillas

Approved

- ✓ 14 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

- ☐ 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 oz. - 24 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



Food Lion

- ☐ Old Fashioned



Great Value

- ☐ Old Fashioned
- ☐ Quick



Harris Teeter

- ☐ Old Fashioned



McCann's

- ☐ Irish Oatmeal



Mom's Best

- ☐ Oats
- ☐ Old Fashioned



Quaker

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



Silver Palate

- ☐ Thick and Rough

Notes

Aprobado

- No aprobado**

- ## Barilla

- ## Essential Everyday

- ## Food Lion

- Great Value

- Harris Teeter

- Hodgson Mill

- HT Traders

- Laura Lynn

- Lowes

- ## Our Family

- Publix

- ## Racconto

- Ronzoni

-
- 13

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 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

- ☐ 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



Lowes 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-Boil 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.
- ✗ Cereals with artificial sweeteners
- ✗ 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

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 Oat
- ☐ Tasteos Toasted Oat



Freedom's Choice

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

Fred Meyer

Fred Meyer

- ☐ Toasted Oats



Fry's

- ☐ Toasted Oats



General Mills

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

Hannaford

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



Harris Teeter

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

Avena

- ☐ 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

Notes

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
- ☐ Branlin' Oats



Laura Lynn

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



Lowes Foods

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



Malt O Meal

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

Plant-Based Milk Alternative

Approved

- ✓ 64 oz. containers, unflavored.

Not Approved

- × Flavored.
- × Containing artificial sweeteners.
- × Organic.

Select from these brands

Soy milk



- 8th CONTINENT SOY MILK
- 8th Continent
- ☐ Soy milk



- Great Value
- ☐ Original Soy milk



- Silk
- ☐ Original Soy milk

Tofu

Approved

- ✓ 14 oz. – 16 oz.
- ✓ Must contain a minimum of 100 mg of calcium per 100 grams of tofu

Not Approved

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

Select from these brands



- Azumaya
- ☐ Extra Firm
- ☐ Firm



- Franklin Farms
- ☐ Extra Firm
- ☐ Firm
- ☐ Medium Firm
- ☐ Soft



- House Foods
- ☐ Extra Firm
- ☐ 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)9

- ✓ Evaporated milk.*

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

Not Approved

- × Organic.

Plant-Based Cheese Alternative

Approved

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

Not Approved

- × Plant-based curd cheese
- × Organic plant-based cheese

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

bettergoods

Better Goods

- ☐ Whole Milk Plain Greek Yogurt



Brown Cow

- ☐ Whole Milk Plain
- ☐ Whole Milk Vanilla



Cabot Creamery

- ☐ Greek Yogurt Plain



Chobani

- ☐ Greek Madagascar Vanilla Cinnamon
- ☐ Greek Low-Fat Plain
- ☐ Greek Non-Fat Plain
- ☐ Greek Strawberry Blended
- ☐ Greek Vanilla Blended
- ☐ Greek Whole Milk Plain
- ☐ Zero Sugar Non-fat Strawberry
- ☐ Zero Sugar Non-fat Vanilla



Coburn Farms

- ☐ Plain Low Fat
- ☐ Vanilla Low Fat



Dannon

- ☐ Low Fat All Natural Plain
- ☐ Nonfat All Natural Plain
- ☐ Whole Milk All Natural Plain
- ☐ Low Fat Strawberry
- ☐ Whole Milk Vanilla
- Activia Low/Non Fat**
- ☐ Black Cherry
- ☐ Blueberry
- ☐ Fruit Bottom Pineapple Coconut
- ☐ 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
- ☐ Mango
- ☐ Mixed Berry
- ☐ Peach
- ☐ Prunes
- ☐ Strawberry
- ☐ Strawberry Banana
- ☐ Vanilla
- Oikos**
- ☐ Greek Nonfat Plain
- ☐ Greek Nonfat Vanilla
- ☐ Pro Plain



Essential Everyday

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



Fage

- ☐ Nonfat Plain



Food Club

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



Food Lion

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



Harris Teeter

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



Kroger

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



LALA Lowfat

- ☐ Plain



Laura Lynn

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



Lowes Foods

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



Mountain High

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



Nostimo

Nostimo

- ☐ Greek Nonfat Plain
- ☐ Greek Nonfat Vanilla

Plant-Based Yogurt Alternative

Approved

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



Our Family

- ☐ Greek nonfat plain
- ☐ Greek Plain
- ☐ Nonfat Plain
- ☐ Nonfat Vanilla



SE Grocers

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



Southern Home

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



Two Good

- ☐ Plain Greek



Wegmans

- ☐ Greek Nonfat, Plain



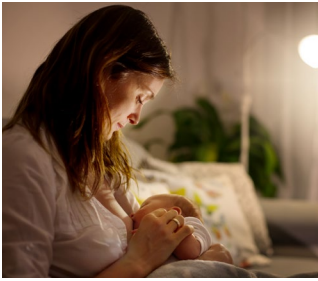
Yoplait

- ☐ Fat Free Plain

Yoplait Go-Gurt tubes

- ☐ Simply Strawberry
- ☐ Simply Variety Pack

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



- Home 360
- ☐ Baby Rice
 - ☐ Oatmeal



- Kuddles
- ☐ Rice



- Tippy Toes
by TappCaro
- ☐ 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
- ☐ Pumpkin, Zucchini & Apple
- ☐ Squash, Peas & Pears
- ☐ Veggies 9 Pouches Variety Pack
- ☐ Zucchini, Spinach & Banana

Beech-Nut continued

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

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

Classics

- ☐ Apple & Banana
- ☐ Apple & Blueberry
- ☐ Apple & Cherry
- ☐ Apple, Mango & Kiwi
- ☐ Apple, Pear & Banana
- ☐ Apples
- ☐ Apricot, Pear & Apple
- ☐ Banana & Mixed **Berry**

Beech-Nut continued

- ☐ 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

Gerber continued

- ☐ 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

- ☐ Fruit Starter Kit
- ☐ Veggies Starter Kit

Natural

- ☐ Apple
- ☐ Apple Spinach Kale
- ☐ Apple Strawberry Banana
- ☐ Apple Zucchini Peach
- ☐ Banana
- ☐ Corn
- ☐ Fruit & Veggie Blend Variety Pack

Gerber continued

- ☐ Fruit & Veggie Variety Pack
- ☐ Mango
- ☐ Pear Carrot Pea
- ☐ Pear Zucchini
- ☐ Sweet Potato Banana Orange
- ☐ Squash Pear Pineapple
- ☐ Sweet Potato Banana Orange

Organic

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



Happy Baby Organics

- ☐ Apple & Blueberries
- ☐ Apple & Spinach
- ☐ Apple, Guavas & Beets
- ☐ Apple, Kale & Avocados
- ☐ Apple, Mangos & Beets
- ☐ Apple, Pumpkin & Carrots
- ☐ Apple Spinach and Kale
- ☐ Banana & Strawberries
- ☐ Banana & Sweet Potatoes
- ☐ Bananas, Beets & Blueberries
- ☐ Bananas, Sweet Potatoes, Papaya
- ☐ Carrots
- ☐ Carrots & Peas
- ☐ Green Beans
- ☐ Mango
- ☐ Pears
- ☐ Pears & Kale
- ☐ Pears & Prunes
- ☐ Pears, Kale & Spinach
- ☐ Pears, Peas and Broccoli
- ☐ Pears, Pineapple Avocados
- ☐ Pears, Squash & Blackberries
- ☐ Pears, Zucchini & Peas
- ☐ Pears Mangos & Spinach
- ☐ Pears Pumpkin Passion Fruit
- ☐ Prunes
- ☐ Sweet Potatoes



Nature's Heart Organic

- ☐ Apple
- ☐ Apple & Mango
- ☐ Banana
- ☐ Banana & Squash
- ☐ Banana, Apple, Raspberry
- ☐ Mango Apple Pear
- ☐ 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 and Carrot
- ☐ Pear Spinach and Green Pea
- Organic
- ☐ Apple Blueberry
- ☐ Apple Mango
- ☐ Banana & Pumpkin
- ☐ Bananas
- ☐ Carrots
- ☐ Pears
- ☐ Squash
- ☐ Sweet Potatoes



Once Upon a Farm Organic

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

- ☐ 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



- ☐ 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



- ☐ 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
- ☐ Banana Strawberry Blueberry
- ☐ Bananas
- ☐ Natural 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
- ☐ 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



- ☐ Apple
☐ Banana
☐ Banana & Plum

[illegible]



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Division of Child and Family Well-Being
Community Nutrition Services Section • www.ncdhhs.gov/nc-wic-cacfp
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