

January 2026

# SHOPPING GUIDE

## FOR HEALTHY FOODS



**WIC shopping made easy!**

**Download the ebtEDGE<sup>SM</sup> 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



ebtEDGE<sup>SM</sup> App

- Keep your last store receipt.
- Log on to [www.ebtedge.com](http://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.ncdhs.gov/nc-wic-cacfp](http://www.ncdhs.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: 0817

**WIC PURCHASE**  
Card Account: xxxxxxxxxxxx1817

Settlement Date: 9/1/2017/  
Reference Number: 230820170817

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 CHERRIOS	Item #: 8977657856878
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
	RUSSET 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



## 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.

**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.

## 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
- Cranberry Apple
- Cranberry Grape
- Cranberry Pomegranate
- Cranberry Raspberry
- Naturally Cranberry



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

## 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).

- ✗ Infant fruits and vegetables.
- ✗ Ornamental and decorative fruits and vegetables.
- ✗ Pickled vegetables, olives.



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
- Tomato
- Vegetable
- White Grape
- White Grape Peach

## Juice



Freedom's 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



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



Market Pantry  
 Apple  
 Grape  
 Apple Cider  
 Calcium/Vit D Orange  
 Pulp Freed  
 Pulp Free Orange  
 Some Pulp Orange  
 Spiced Apple Cider  
 White Grape



Morning Fresh  
 Pure Orange  
 Pure Orange Country Style  
 Pure Orange Original  
 Orange From Concentrate



Mott's  
 Apple  
 Apple Cherry  
 Apple Mango  
 Apple White Grape  
 Fruit Punch

**Sensibles**

6  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



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**

Southern Home

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



Texsun

- Apple
- Orange
- Orange Pineapple



That's Smart

- Grape



Tipton Grove 100%

- Apple
- Grape
- Premium Orange



Tree Top 100%

- Apple
- Berry
- Grape



V8

- Low Sodium Original
- Original
- Spicy Hot Vegetable



Valu Time

- Grape



Welch's

- Apple
- Black Cherry Concord Grape
- Grape
- Concord Grape with Fiber
- Grape with Calcium
- Red Grape
- Super Berry
- White Grape
- White Grape Cherry
- White Grape Peach
- White Grape
- Raspberry



White House

- Apple

## Shelf Stable Concentrate 100% Juice



Langers

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



Old Orchard

- 100% Cherry
- Pomegranate



Wegman's

- Apple
- Apple with Calcium
- Orange
- Orange Country Style



Welch's

- 100% Apple
- 100% Fruit Fantastic
- 100% Grape

## Notes

## Juice

### Frozen, Concentrate

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



Always Save

- Apple
- Orange

### Best Choice

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 EVERDAY®

Essential Everyday

- Apple
- Country Style Orange
- Grape
- No Pulp Orange
- Orange with Calcium
- Original Orange

### Food Club

Food Club

- Grape
- Orange Concentrate
- Unsweetened Apple Concentrate



Food Lion

- Apple
- Orange
- Orange with Pulp



Freedom's Choice

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



Goya

- Orange



Great Value

Great Value

- 100% Apple
- 100% Calcium Orange
- 100% Country Style Orange
- 100% Grape
- 100% Orange
- 100% Pulp Free Orange



Harris Teeter

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

- 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



Aveeno 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



## 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

- 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





## 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

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 Tasteeos
- Regular Instant Oatmeal
- Simply Living Oat
- Tasteeos Toasted Oat



Freedom's Choice

- Bran Flakes
- Frosted Shredded Wheat
- Toasted Oats



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



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
- Tasteeos
- Toasted Oats



Grain Berry

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



Great Value

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



Hannaford

- Bran Flakes
- Frosted Shredded Wheat
- Nutty Nuggets
- Straw Frosted Shredded Wheat
- Tasteeos Toasted Oat
- Toasted Wheat
- Wheat Flakes

## Notes

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## Breakfast Cereal



Kellogg's

- All Bran Complete Wheat Flakes
- Complete Bran
- Corn Flakes
- Corn Flakes Cinnamon
- Frosted Mini Wheats**
- Bite Size Strawberry
- Bite Size Pumpkin Spice
- Blueberry
- Blueberry Muffin
- Chocolate
- Cinnamon
- Cinnamon Roll
- Chocolate
- Filled Mixed Berry
- Golden Honey
- Little Bites
- Mixed Berry
- Original
- Original Little Bites
- Pumpkin Spice
- Strawberry
- Touch Of Fruit Raisin
- Touch Of Fruit Raspberry
- Special K Banana
- Special K Original



Kiggins

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



Laura Lynn

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



Lowes Foods

- Bran Flakes
- Nutty Nuggets
- Tasteeos 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 Tasteeos
- Strawberry Shredded Wheat
- Tasteeos 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**
- 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**
- Ralston**
- Frosted Shredded Wheat Bite Size
- Oat Wise
- Tasteeos
- Wheat Bran Flakes
- Wheat Flakes



- SE 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

## Oatmeal



- Food Club**
- Regular Instant



- Food Lion**
- Regular Instant



- Harris Teeter**
- Original Instant



- Our Family**
- Original Instant Oatmeal



- Publix**
- Publix**
- Original Instant Oatmeal



- Quaker**
- Quaker**
- Original Instant Oatmeal
- Multigrain Original
- Cinnamon Squares
- Golden Maple Squares
- Brown Sugar Squares



- SE GROCERS**
- 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  
SOYMILK  
8th Continent

Soymilk



Great Value

Original Soymilk



Silk

Original Soymilk

## 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.

## 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

## 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



House Foods

- Extra Firm
- Firm
- Medium Firm



Nature's Soy

- Firm
- Soft



Vitasoy

- Firm
- Soft

## Azumaya®

Azumaya

- Extra Firm
- Firm



Franklin Farms

- Extra Firm
- Firm
- Medium Firm
- Soft

## 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

- Brown Cow
- Whole Milk Plain
- Whole Milk Vanilla



### Cabot Creamery

- Greek Yogurt Plain

## Chobani

### 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

- 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



Yoplait

- Fat Free Plain
- Yoplait Go-Gurt tubes**
- Simply Strawberry
- Simply Variety Pack



## Two Good

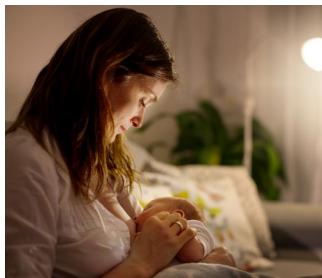
### Plain Greek



Wegmans

Greek Nonfat, Plain

## 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

- 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 Corm
- 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
- 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



Simple Truth

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



## Tippy Toes

- Apple Apricot
- Apple Banana
- Apple Banana
- Apple Banana  
Strawberry
- Apple Berry
- Apple Blueberry
- Apple Blueberry Spinach
- Apple Butternut Squash  
Raspberry
- Apple Carrot Mango  
Twin-Pack
- Apple Mango
- Apple Mango
- Apple Mango Spinach
- Apple Pear Banana
- Apple Pear Banana
- Apple Prune
- Apple Prune
- Apple Strawberry
- Apple Sweet Potato
- Apple Sweet Potato  
Twin-Pack
- Apple Wild Blueberry
- Apple Zucchini Spinach  
Strawberry
- Applesauce
- Banana
- Banana Strawberry  
Beetroot
- Banana Strawberry  
Blueberry
- Bananas
- Naturals Bananas
- Butternut Squash Apple  
Raspberry
- Carrots
- Carrots
- Fruits Apple
- Green Beans
- Mixed Vegetables
- Mixed Vegetables
- Mixed Vegetables
- Pear Spinach
- Pears
- Pears
- Peas

### *Continuación de Tippy Toes*

- 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



Up & Up

- Apple
- Banana
- Banana & Plum

## Notes



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