



WIC AUTHORIZED FOODS LIST

BETTER NUTRITION | BRIGHTER FUTURE



EFFECTIVE FEBRUARY 2026

 **MARYLAND**
BETTER NUTRITION, BRIGHTER FUTURE

 **Maryland**
DEPARTMENT OF HEALTH

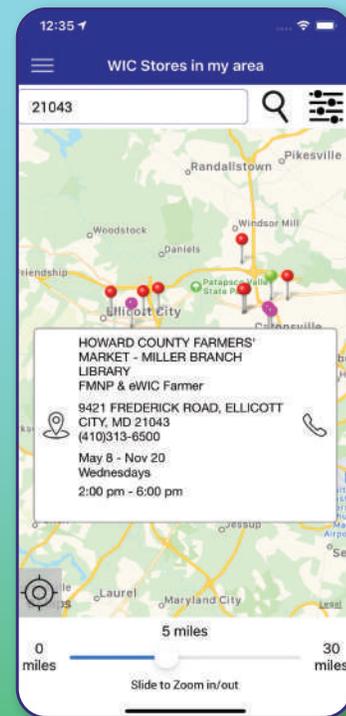
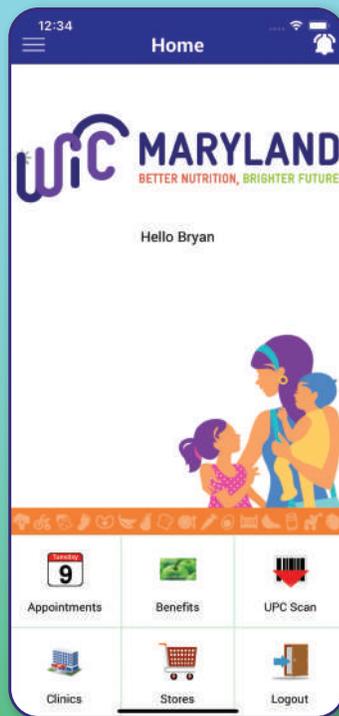
Download the Maryland WIC app!

To find and download the Maryland WIC mobile app, go to Google Play or the App Store, depending on your type of mobile device.



Use the app to:

- Check your monthly benefits and balances. It is always up to date!
- See what foods are WIC approved. All information from the Authorized Foods List is in the app!
- Scan new foods in the grocery store to see if they are WIC approved.



Join the WIC Client Portal!

WIC provides nutrition education, breastfeeding support, healthy supplemental foods, and health referrals for pregnant women, new mothers, infants, and children under the age of five. To access the Maryland WIC client portal, go to wicclientportal.health.maryland.gov.

Use the portal to:

- Determine eligibility for WIC and enroll in Maryland WIC Program for New Applicants.
- Add your new baby to your WIC account.
- Schedule a new WIC appointment, view past WIC appointments, and cancel or reschedule appointments.
- Submit a request for help from WIC staff.
- Check your monthly benefits and balances. It is always up to date!
- Upload and sign documents to get ready for your upcoming appointment.

Please check our website www.mdwic.org for updates to the Authorized Foods List.

WIC fraud prevention is everyone's responsibility!

By following these rules, you help the Maryland WIC program help you and others.

- **DO NOT** sell or give away your WIC foods and benefits. Selling or giving away WIC foods is illegal and may result in one or more of the following: disqualification from the WIC Program, repayment of benefits, or criminal charges.
- **DO NOT** buy or try to buy food items that are not WIC approved with your benefit.
- **DO NOT** return your WIC foods to the store for a refund or store credit.
- **REPORT** stores and other WIC participants that you know are not following the rules to your local WIC agency by scanning the QR code below and submitting a complaint form.



Shopping List Terms

BAG	-	bag
CAN	-	can
CTR	-	container
DOZ	-	dozen
GAL	-	gallon
HGL	-	half gallon
OZ	-	ounces
QT	-	quart
\$\$\$	-	dollars
4PK	-	4 pack
6PK	-	6 pack

Nutritious foods like what you get from WIC can help your family be healthy.

Eating the right foods can help babies and children grow and learn better.

WIC foods include:

- **Fruits and Vegetables** for vitamins and minerals to help your body stay healthy
- **Dairy** products that provide calcium and vitamin D for strong bones
- **Protein** to build muscles and organs
- **Whole grains** for fiber and vitamins
- **Cereal** for iron and other vitamins for healthy blood

You will still need to buy other foods. WIC foods are meant to add to what you already buy. WIC staff can give you referrals for other programs that can help you feed your family.

Organic food is allowed for the following:

- Fresh, frozen, canned, and dried fruits and vegetables
- Fresh herbs
- Baby Food - fruits, vegetables, and meats
- Baby Food Cereal
- Tofu

WIC foods with artificial, reduced-calorie, no-calorie sweeteners, or artificial food dyes, are not approved.



BABY FOODS

BABY FORMULA • BABY FOOD CEREAL
BABY FOOD FRUITS & VEGETABLES
BABY FOOD MEAT

BABY FOODS

BABY FORMULA

BUY:

- Brand, type, and size issued ONLY

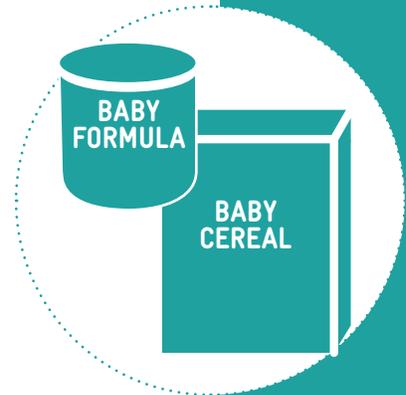
BABY FOOD CEREAL

BUY:

- 8-oz or 16-oz (227 g or 454 g) container
- Dry
- Organic is OK
- Store brand if available

Not WIC Approved:

- With added DHA
- With added fruit
- With formula



Choose to breastfeed.
It is natural, healthy,
and convenient.

BABY FOOD FRUITS & VEGETABLES

BUY:

- 4-oz (113 g) containers
 - 2-packs of 2-oz (113 g) containers are OK
 - 2-packs of 4-oz (227 g) containers are OK
- Plain vegetables or mixed vegetables (example: carrots and sweet potatoes)
- Plain fruit or mixed fruits (example: pears and bananas)
- Mixed fruit and vegetables (example: apples and spinach)
- Organic is OK
- Store brand if available

Not WIC Approved:

- With DHA
- With added meat, yogurt, cereal, pasta, or rice
- Dinners, desserts, soups, or stews
- Pouches or smoothies
- Refrigerated baby foods
- Multi-packs larger than 2-packs of 4-oz (227 g) containers

BABY FOOD MEATS

BUY:

- 2.5-oz (71 g) single container
- Plain chicken, turkey, beef, lamb, veal, or ham
- With gravy or broth is OK
- Organic is OK
- Store brand if available

Not WIC Approved:

- With added DHA
- With added vegetables, fruit, rice, cereal, or pasta
- Dinners, meat sticks, soups, or stews
- Pouches



A 2-pack of 2-oz (113 g) containers equals 1 container.
2-pack of 4-oz (227 g) containers equals 2 containers.

FRUITS & VEGETABLES

FRESH • FRESH HERBS • FROZEN • DRIED • CANNED

FRUITS & VEGETABLES

BUY:

- Any brand
- Organic is OK

FRESH

BUY:

- Loose or pre-packaged
- Whole or cut
- Vegetables and fruit packaged with herbs are OK

NOT WIC Approved:

- With dips, sauces, or dressings
- With cheese, nuts, or croutons
- Salad bar items, fruit baskets, or decorative items

FRESH HERBS

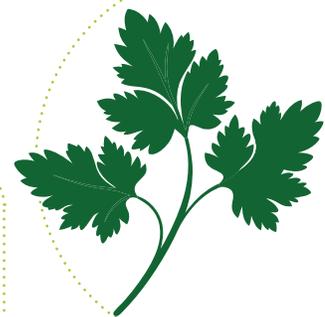
BUY:

- Fresh
- In a plastic container/bunch
- Blends of approved herbs are ok

NOT WIC Approved:

- Dried herbs or spices
- Potted herbs
- Seeds
- With fats or oils
- With added sugars

Basil	Marjoram
Bay Leaf	Mint
Chives	Oregano
Cilantro	Parsley
Dill	Rosemary
Fennel	Sage
Garlic	Thyme
Ginger Root	Tarragon
Lemon Grass	Turmeric Root



BUY fresh, frozen, canned, and dried fruits and vegetables with your WIC Fruit & Vegetable benefit.

FROZEN

BUY:

- Plain
- Low sodium is OK
- Added herbs and spices are OK

Not WIC Approved:

- With sugar or syrup
- With artificial, reduced-calorie, or no-calorie sweeteners
- With rice, pasta, breading, or other grains
- With sauces, cheese, or milk
- With butter, fat, oil, or meat
- Soup

DRIED

BUY:

- Plain dried fruits or vegetables

Not WIC Approved:

- With added fats or oils
- With added sugars
- With added nuts
- With artificial, reduced-calorie, or no-calorie sweeteners
- Fruit leathers or roll-ups

CANNED

BUY:

- Water or juice packed
- Low sodium is OK
- Added herbs and spices are OK

Not WIC Approved:

- Water or juice as the first ingredient
- With sugar or syrup
- With artificial, reduced-calorie, or no-calorie sweeteners
- With butter, fat, oil, or meat
- With rice, pasta, or other grains
- With vinegar
- Pickled vegetables, relishes, olives, or catsup/ketchup
- Soup
- Pouches



DAIRY

COW'S MILK • CHEESE • PLANT-BASED MILKS • TOFU • YOGURT

COW'S MILK

BUY:

- Type and size issued
- Store brand if available
- Fat content as shown on your shopping list

BUY if issued:

- Lactose-reduced or lactose-free
- Dry
- Evaporated
- Ultra-High Temperature (UHT)

Not WIC Approved:

- 100% grass fed or organic
- Specialty milks, such as with added DHA, A2, ultra-filtered, or protein-fortified
- Cultured milks such as acidophilus, buttermilk, or kefir
- Flavored or sweetened
- Raw (unpasteurized) milk
- Sweetened condensed milk
- Filled evaporated milk
- Glass containers



CHEESE

BUY:

- 8-oz or 16-oz (227 g or 454 g) package
- Domestic cow milk ONLY: American, Cheddar, Colby, Monterey Jack, Muenster, Mozzarella, Provolone (non-smoked), or Swiss
- Block, sliced, shredded, stick, string, cubed or cracker size slices are OK
- Low fat, reduced fat, and low sodium are OK
- Blends of approved cheeses are OK (like Colby-Jack)
- Store brand if available

Not WIC Approved:

- Organic
- Imported
- From the deli
- Made from goat or sheep milk
- Individually wrapped slices if not 100% cheese
- Processed cheese product, spread, or food
- Fresh mozzarella
- Cream, ricotta, or cottage cheese
- With added flavoring, nuts, peppers, dried fruit, or crackers

PLANT BASED MILKS

BUY:

Shelf-stable quarts 32-oz (946 mL) or refrigerated half gallons 64-oz (1.89 L)

- Brands and types shown here ONLY
- Types and sizes as issued

Not WIC Approved:

- Organic

Shelf-stable quarts:



Pacific Foods

- Ultra Soy Milk Original



Silk

- Soy Original

Refrigerated half gallons:



8th Continent

- Soymilk Original



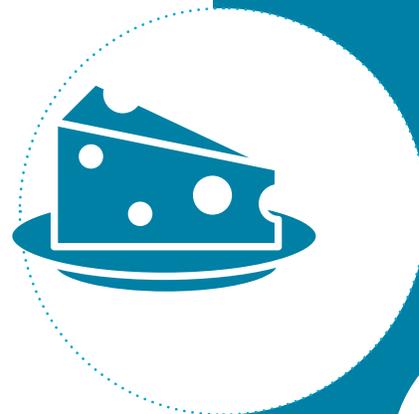
Bettergoods

- Plant-based Soymilk Original



Silk

- Kids Oatmilk Blend Original 59-oz (1.75 L)
- Soy Original, Vanilla



TOFU

BUY:

- 10-oz (284 g) container or larger
- Block tofu
- Organic is OK
- Brands and types shown here ONLY

Not WIC Approved:

- Any other form other than block (cubed)
- With added fats, sugar, oil, or salt
- With added flavorings, sauces, or seasonings



Franklin Farms

- Firm, Medium Firm, Extra Firm, Soft
- Organic: Firm, Pressed Firm, Medium Firm, Extra Firm



House Foods

- Premium: Firm, Medium Firm, Extra Firm
- Organic: Firm, Medium Firm, Extra Firm



Nature's Promise

- Organic: Firm, Extra Firm



Nature's Soy

- Firm, Extra Firm, Soft



O Organics

- Organic: Firm, Sprouted Super Firm Vac Pack, Extra Firm



Simple Truth Organic

- Organic: Firm, Extra Firm



SoyBoy

- Organic: Firm



Wegmans

- Organic: Firm



Woodstock

- Organic: Firm, Extra Firm



YOGURT

BUY:

- 32-oz (907 g), single containers
- Brands and types shown here ONLY
- Fat content as shown on your shopping list

Not WIC Approved:

- Greek, Icelandic (Skyr), or Swiss style
- 100% grass fed or organic
- Multi-packs
- Lactose free, plant-based, goat, or sheep milk
- Drinkable, pouch, tubes, or baby
- With added DHA
- With artificial, reduced-calorie, or no-calorie sweeteners
- With added mix-in ingredients such as granola, candy pieces, honey, or nuts



FAT FREE & NON FAT YOGURT



Best Yet

- Plain

A SHOPPER'S BRAND
bowl & basket.

Bowl & Basket

- Plain



Essential Everyday

- Plain



Food Club

- Plain



Food Lion

- Plain



Giant

- Plain, Vanilla



Great Value

- Plain



Lucerne

- Plain

LOW FAT YOGURT



Best Yet

- Vanilla

A SHOPRITE BRAND
bowl & basket.

Bowl & Basket

- Plain, Vanilla, Strawberry



Dannon

- Plain



Essential Everyday

- Blended Vanilla, Blended Strawberry, Blended Blueberry



Food Club

- Blended Vanilla, Blended Strawberry



Food Lion

- Vanilla



Giant

- Plain



LALA

- Plain



Lucerne

- Plain, Strawberry



Wegmans

- Plain



Weis

- Plain

WHOLE MILK YOGURT

A SHOPRITE BRAND
bowl & basket.

Bowl & Basket

- Plain



Brown Cow

- Plain, Vanilla, Maple



Lucerne

- Plain



Weis

- Plain



If you find yogurt not on the list, use the mobile app scanner to see if it is WIC approved!

PROTEIN

EGGS • PEANUT & SUNFLOWER SEED BUTTERS
BEANS, PEAS, & LENTILS • CANNED FISH

EGGS

BUY:

- One dozen carton
- White or brown
- Medium or large
- Cage free is OK
- Store brand if available

Not WIC Approved:

- Organic, free range, or pasture raised
- Low fat or cholesterol free, omega-3, pasteurized, fertile, or other specialty eggs
- Small, extra large, or jumbo size eggs

PEANUT & SUNFLOWER SEED BUTTERS

BUY:

- 16-oz to 18-oz (454 g to 510 g) container
- Type issued ONLY
- Plain, smooth, crunchy, extra crunchy, or creamy
- Low sodium and low sugar are OK
- Natural and fresh ground are OK
- Store brand if available



PEANUT & SUNFLOWER SEED BUTTERS

Not WIC Approved:

- Organic
- Peanut butter spreads
- Nut butters other than peanut
- Seed butters other than sunflower seed
- With non-hydrogenated oil or Palm oil
- Reduced fat
- With artificial, reduced-calorie, or no-calorie sweeteners
- Honey roasted, mixed with marshmallow, jelly, jam, honey, or chocolate
- Powdered or dry

BEANS, PEAS, & LENTILS

BUY:

- Dry, 16-oz or 32-oz (454 g or 907 g) bag
- Canned, packed in water, 15-oz to 16-oz (425 g to 454 g) can
- Beans like kidney, pinto (any color), black, red, navy, garbanzo (chickpeas), lima, butter, great northern, cannellini, mung, or fava
- Peas like split peas or black-eyed peas
- Lentils
- Fat-free refried beans
- Store brand if available

Not WIC Approved:

- Organic
- Water as the first ingredient
- Pork and beans, baked beans, or chili beans
- Soup, soup mixes, or with flavor packets
- Beans with sauce, vegetables, meat, sugar, fat, or oil

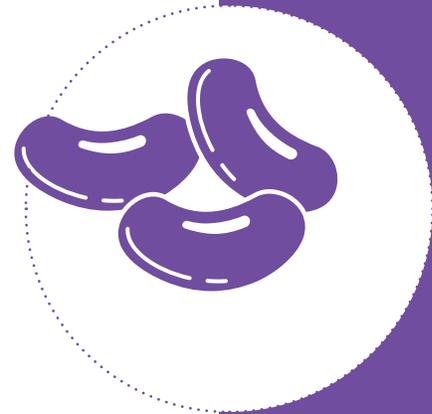


4 cans of beans

or



1 lb bag of dry beans



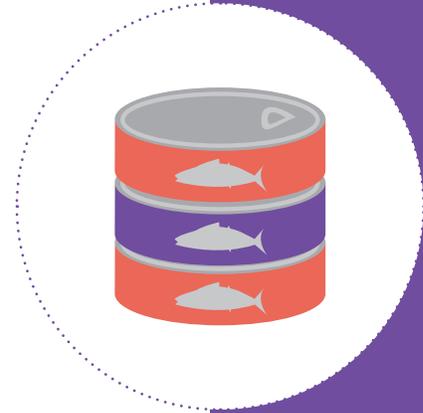
CANNED FISH

BUY:

- Chunk light tuna, 5-oz to 6-oz (142 g to 170 g) cans, 4-packs of 5-oz (567 g) cans, or 12-oz (340 g) cans
- Pink salmon, 5-oz to 7.5-oz (142 g to 213 g) cans, 4-packs of 5-oz (567 g) cans, or 14.75-oz (418 g) cans
- Sardines, 3.75-oz to 5.5-oz (106 g to 156 g) cans or 15-oz (425 g) cans
- Packed in water or oil
- Sardines and Chunk Light Tuna with added spices, sauces, and flavorings such as tomato, mustard, herb, or lemon
- Regular or lower in sodium is OK
- Store brand if available

Not WIC Approved:

- Organic
- Albacore or white tuna
- Red salmon
- Gourmet
- Pouch, bowl, or kit
- Pink salmon with added spices, sauces, or flavorings



POSSIBLE WAYS TO BUY FISH

20-ounces (567 g):	15-ounces (425 g):	10-ounces (284 g):	6-ounces (170 g):
 4-pack of 5-oz (567 g) cans of tuna or salmon OR  1 can 15-oz (425 g) of sardines and 1 can 5-oz (142 g) of tuna or salmon OR  2 cans 5-oz (142 g) of tuna and 2 cans 5-oz (142 g) of salmon OR  1 can 7.5-oz (213 g) of salmon and 2 cans 3.75-oz (106 g) of sardines and 1 can 5-oz (142 g) of tuna	 1 can 15-oz (425 g) of sardines OR  1 can 14.75-oz (418 g) of salmon OR  3 cans 5-oz (142 g) of tuna or salmon OR  1 can 5-oz (142 g) of tuna or salmon, 1 can 6-oz (170 g) of tuna or salmon, and 1 can 3.75-oz (106 g) of sardines	 2 cans 5-oz (142 g) of tuna or salmon OR  1 can 3.75-oz (106 g) sardines and 1 can 6-oz (170 g) of tuna or salmon	 1 can 6-oz (170 g) of tuna or salmon

WHOLE GRAINS

BROWN RICE • WHITE QUINOA • BULGUR • BUCKWHEAT
CORNMEAL • SOFT CORN & WHOLE WHEAT TORTILLAS
100% WHOLE WHEAT BREAD & ROLLS • WHOLE WHEAT PITA
OATS • WHOLE WHEAT PASTA

WHOLE GRAINS

BROWN RICE, WHITE QUINOA, BULGUR, BUCKWHEAT, & CORNMEAL

BUY:

- 12-oz to 32-oz (340 g to 907 g) package
- Dry, plain
- Store brand if available

NOT WIC Approved:

- Organic
- Ready-to-serve, precooked, or boil-in-bag
- Degerminated or degermed cornmeal
- Whole grain flours
- With added flavors, sauce, spice packets, or vegetables
- With added sugars, fats, oils, or salt (sodium)

SOFT CORN & WHOLE WHEAT TORTILLAS

BUY:

- 16-oz (454 g) package
- Brands and types shown here ONLY

Not WIC Approved:

- Organic
- Hard shell tortillas
- Enriched wheat tortillas
- White flour tortillas
- With added flavorings

A SHOPRITE BRAND
bowl & basket.

Bowl & Basket

- Whole Wheat



Celia's

- White Corn
- Yellow Corn
- Whole Wheat



Essential Everyday

- Corn Soft Taco
- Whole Wheat Soft Taco



Food Club

- White Corn Fajita Style
- Whole Wheat Wrap Style



Giant

- Yellow Corn Small Fajita
- White Corn Small Fajita
- Whole Wheat Medium Soft Shell Taco



Great Value

- Whole Wheat



La Banderita

- White Corn
- Yellow Corn
- 100% Whole Wheat Soft Taco
- 100% Whole Wheat Fajita



Signature Select

- Whole Wheat Soft Taco



Weis

- Whole Wheat

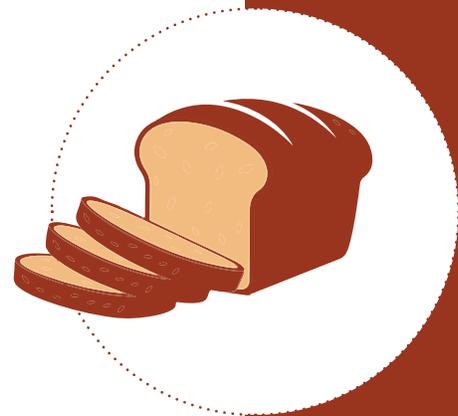
100% WHOLE WHEAT BREAD & ROLLS

BUY:

- 12-oz to 24-oz (340 g to 680 g) bread package
- 12-oz to 16-oz (340 g to 454 g) bun/roll package
- Must have "100% Whole Wheat" on the front label

NOT WIC Approved:

- Organic
- Bagels, English muffins, or Naan bread
- Enriched or White bread and rolls



Things to look for when buying whole wheat bread:

STEP 1:
Check the front label
100% whole wheat

STEP 2:
Check ounces (oz)
or grams (g) in product



STEP 3:
Check the ingredient list
Whole wheat flour is the first
ingredient listed

	Amount per serving	% Daily Value		% Daily Value		
Nutrition Facts	Total Fat	2.5 g	3%	Total Carbohydrate	23 g	8%
	Saturated Fat	0.5 g	3%	Dietary Fiber	4 g	14%
	Trans Fat	0 g		Total Sugars	4 g	
				Includes 4 g Added Sugars		
				Protein	5 g	0%

Calories 130

Vitamin D 0 mcg 0% • Calcium 40 mg 4% • Iron 1.3 mg 8% • Potassium 125 mg 2% • Thiamin 0.1 mg 8% • Riboflavin 0.1 mg 8% • Niacin 2 mg 15% • Folate 10 mcg DFE 2% (0 mcg folic acid)

MADE FROM: WHOLE WHEAT FLOUR, WATER, SUGAR, WHEAT GLUTEN, YEAST, VEGETABLE OILS (SOYBEAN AND/OR CANOLA), MOLASSES. CONTAINS 2% OR LESS OF: OAT FIBER, SALT, MONOGLYCERIDES, CALCIUM PROPIONATE AND SORBIC ACID TO EXTEND FRESHNESS, SODIUM STEAROYL LACTYLATE, SOY LECITHIN, WHEY, CITRIC ACID, BUTTER. **CONTAINS: WHEAT, MILK, SOY.**

WHOLE WHEAT PITA

BUY:

- 12-oz to 18-oz (340 g to 510 g) pita package
- Brands and types shown here ONLY



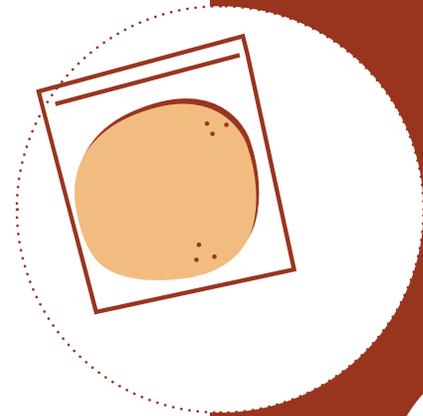
Mission

- Whole Wheat Pita



Sam's Choice

- Whole Wheat Greek Style Pita



OATS

BUY:

- 16-oz to 32-oz (454 g to 907 g) package
- Dry, plain
- Brands and types shown here ONLY

NOT WIC Approved:

- Organic
- Steel-cut oats
- With added flavors, sugar, or fats
- With added fruit or nuts



Best Yet

- Old Fashioned Oats



Food Club

- Old Fashioned Oats
- Quick Oats



Food Lion

- Old Fashioned Oats
- Quick Oats



Full Circle Market

- Old Fashioned Oats Gluten Free



Giant

- Old Fashioned Oats
- Quick Oats



Giant Eagle

- Old Fashioned Oats
- Quick Oats



Good & Gather

- Old Fashioned Oats
- Quick Oats





Harris Teeter

- Old Fashioned Oats
- Quick 1 Minute Oats



Mom's Best

- Old Fashioned Oats
- Quick Oats



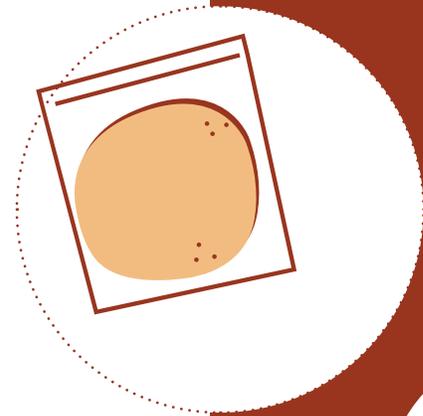
Quaker

- Old Fashioned Oats
- Quick 1 Minute Oats
- Quick 1 Minute Oats Gluten Free



Signature Select

- Old Fashioned Oats
- Quick Oats



WHOLE WHEAT PASTA

BUY:

- 16-oz (454 g) package
- Whole wheat flour or whole durum wheat flour must be only flour ingredients listed
- Any shape

Not WIC Approved:

- Organic
- With added flavors, seasonings, or vegetables
- With added sugars, fats, oils, salt, protein, or fiber
- Refrigerated or frozen pasta/meals
- Pasta made from any other flour



Bowl & Basket



Harris Teeter



Essential Everyday



Ronzoni Healthy Harvest



Food Lion



Signature Select



Giant



Weis



Great Value

If you find whole grains not on the list, use the mobile app scanner to see if it is WIC approved!

POSSIBLE WAYS TO BUY 24-OUNCES (680 g) OF WHOLE GRAINS

1 Loaf
of 24-oz (680 g) bread



1 Package
of 24-oz (680 g) grain



YOU PICK ANY TWO

1 Package
of 12-oz (340 g) grain



1 Package
of 12-oz (340 g) rolls



1 Package
of 12-oz (340 g) pita



1 Package
of 12-oz (340 g) bread



POSSIBLE WAYS TO BUY 48-OUNCES (1361 g) OF WHOLE GRAINS

2 Loaves
of 24-oz
(680 g) bread



1 Loaf
of 24-oz (680 g) bread
+
1 Bag
of 12-oz (340 g) grain
+
1 Package
of 12-oz (340 g) roll



2 Bags
of 15-oz (425 g)
buns/rolls
+
1 Package
of 18-oz
(510 g) oats



1 Loaf
of 24-oz
(680 g) bread
+
1 Bag
of 24-oz
(680 g) grain



1 Loaf
of 20-oz (567 g) bread
+
1 Package
of 12-oz (340 g) pita
+
1 Box
of 16-oz (454 g) pasta



YOU PICK ANY THREE

1 Loaf
of 16-oz
(454 g) bread



1 Package
of 16-oz
(454 g) oats



1 Package
of 16-oz
(454 g) tortilla



1 Bag
of 16-oz
(454 g) grain



1 Box
of 16-oz
(454 g) pasta



1 Bag
of 15-oz to 16-oz
(425 g to 454 g)
buns/rolls



Grain = brown rice / bulgur / buckwheat / white quinoa / cornmeal

JUICE

100% JUICE

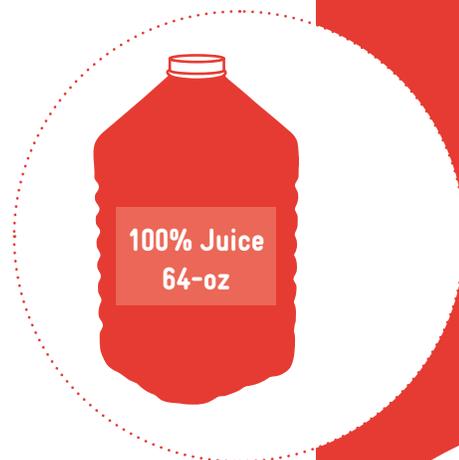
100% ORANGE JUICE OR 100% GRAPEFRUIT JUICE

BUY:

- 64-oz (1.89 L) container
- Unsweetened
- 100% Orange Juice and 100% Grapefruit Juice: ANY brand is OK
- Added calcium and vitamins are OK
- Added fiber is OK
- Store brand if available

Not WIC Approved:

- Organic
- Fresh-squeezed
- With added sugar
- With artificial, reduced-calorie, or no-calorie sweeteners
- Cocktails, punch, drink, or light



100% JUICE

BUY:

- 64-oz (1.89 L) container
- 100% juice, unsweetened
- Brands and flavors shown here ONLY
- Added calcium and vitamins are OK
- Added fiber is OK

Not WIC Approved:

- Organic
- With added sugar
- With artificial, reduced-calorie, or no-calorie sweeteners
- Cocktails, punch, drink, or light



Apple & Eve

- Apple
- Apple, Natural Style
- Big Bird's Apple
- Cranberry Apple
- Cranberry Blend
- Cranberry Grape
- Cranberry Pomegranate
- Cranberry Raspberry
- Elmo & Abby's Mango Strawberry
- Elmo & Tango's Punch
- Grover's White Grape
- Pineapple Tangerine
- Strawberry Passion
- Watermelon Grape



Best Yet

- Apple
- Grape
- Orange Mango
- Orange Pineapple
- Pineapple
- Tomato
- Vegetable
- White Grape

A SHOPRITE BRAND
bowl & basket.

Bowl & Basket

- Apple
- Grape
- Pineapple



- Pineapple from Concentrate
- Tomato
- Vegetable
- White Grape

Campbell's

- Tomato
- Tomato Low Sodium



Essential Everyday

- Apple
- Apple Cider
- Grape
- Cranberry Flavored Juice Blend
- Pineapple
- Tomato
- Vegetable
- White Grape



Food Club

- Apple
- Grape
- Pineapple
- Tomato
- Vegetable
- White Grape



Food Lion

- Apple
- Cranberry Juice Blend
- Grape



- Honeycrisp Apple Juice Blend
- Pineapple
- Ruby Red Grapefruit Blend
- Tomato
- Vegetable
- White Grape
- White Grape Peach



Freedom's Choice

- Apple
- Grape
- Tomato



Giant

- Apple
- Apple Cider
- Apple from Concentrate
- Grape
- Tomato
- Vegetable
- White Grape



Giant Eagle

- Apple
- Gala Style Apple
- Granny Smith Style Apple
- Grape
- White Grape



Great Value

- Apple
- Apple Not From Concentrate
- Cranberry
- Cranberry Pomegranate
- Mango Peach
- Pear
- Pineapple
- Tomato
- Vegetable
- Vegetable Low Sodium
- White Grape
- White Grape Peach



Harris Teeter

- Apple
- Cranberry
- Cranberry Grape
- Grape
- Pineapple
- Tomato
- Vegetable
- White Grape
- White Grape Peach



Juicy Juice

- Apple
- Apple Raspberry
- Berry
- Cherry
- Fruit Punch
- Grape
- Kiwi Strawberry
- Mango
- Orange Tangerine
- Peach Apple
- Strawberry Banana
- Strawberry Watermelon
- Tropical
- White Grape



Langers

- Apple
- Apple Berry Cherry
- Apple Cranberry
- Apple Grape
- Apple Kiwi Strawberry
- Apple Orange Pineapple
- Apple Peach Mango
- Concord Grape
- Cranberry
- Cranberry Raspberry
- Fruit Punch
- Grape
- Pineapple



Libby's

- Pineapple



Market Pantry

- Pineapple



Mott's

- Apple
- Apple Cherry
- Apple Mango
- Apple White Grape
- Fruit Punch
- Strawberry Kiwi
- Pineapple Passionfruit



Nature's Nectar

- Apple
- Grape
- White Grape



Northland

- Blueberry Blackberry Acai
- Cranberry
- Cranberry Grape
- Cranberry Pomegranate
- Cranberry Raspberry
- Pomegranate Blueberry



Ocean Spray

- Cranberry
- Cranberry Cherry
- Cranberry Concord Grape
- Cranberry Elderberry
- Cranberry Mango
- Cranberry Pineapple
- Cranberry Pomegranate
- Cranberry Raspberry
- Cranberry Watermelon



Old Orchard

- Apple
- Apple Cranberry
- Berry
- Black Cherry Cranberry
- Grape
- Kiwi Strawberry
- Red Raspberry
- Strawberry Watermelon
- White Grape
- Wild Cherry



Ruby Kist

- Apple
- Orange Flavored Juice
- Purple Grape
- White Grape



Signature Select

- Apple
- Apple Cider
- Cherry Pomegranate Elderberry, Antioxidant
- Cranberry
- Cranberry Grape
- Cranberry Raspberry
- Grape
- Pineapple
- Tomato
- Vegetable
- Vegetable Low Sodium
- White Grape



Smart Way

- Apple



That's Smart

- Grape



Tipton Grove

- Apple
- Cranberry
- Grape
- Pineapple
- White Grape



V8

- Vegetable
- Vegetable Low Sodium
- Vegetable Spicy Hot



Wegmans

- Apple
- Cherry
- Cranberry
- Cranberry Apple
- Cranberry Concord Grape
- Fruit Punch
- Grape
- Orange Peach Mango

Wegmans

Wegmans

- Ruby Red Grapefruit Blend
- White Grape Cranberry
- White Grape Peach

weis
quality

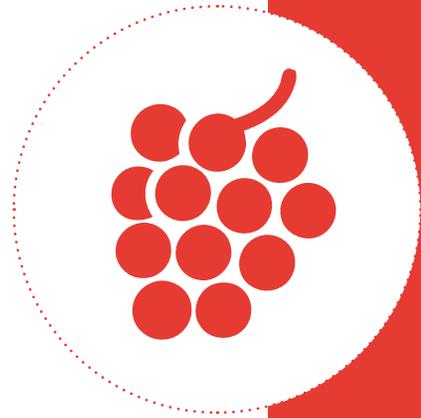
Weis

- Apple
- Cranberry
- Cranberry Apple
- Cranberry Grape
- Cranberry Raspberry
- Grape
- White Grape

Welch's

Welch's

- Concord Grape
- Concord Grape with Calcium
- Concord Grape with Fiber
- Red Grape
- White Grape
- White Grape Peach



WIC

Juice should be limited to 4 ounces of 100% juice a day.

CEREAL

COLD CEREAL • HOT CEREAL

CEREAL

COLD CEREAL

BUY:

- 12-oz (340 g) size or larger (cold cereal)
- Brands and types shown here ONLY
- Multi-packs of larger sizes are OK

Not WIC Approved:

- Organic
- Smaller than 12-oz (340 g) size (cold cereal)
- Individual single serving size packages
- Multi-packs of individual serving sizes
- With artificial, reduced-calorie, or no-calorie sweeteners

GF Gluten Free Cereal  Whole Grain Cereal



Best Yet: Bran Flakes  | Corn Flakes | Crispy Rice | Frosted Shredded Wheat Bite Size  | Toasted Oats 

A SHOPRITE® BRAND
bowl & basket.



Bowl & Basket: Corn Flakes | Crispy Corn Squares **GF** | Crispy Rice | Crispy Rice Squares **GF** | Frosted Shredded Wheat Bite Size  | Toasted Oats Original 



GF Gluten Free Cereal

Whole Grain Cereal



Essential Everyday: Corn Flakes | Crispy Rice | Crunchy Corn Squares | Crunchy Rice Squares | Frosted Shredded Wheat Bite Size | Toasted Oats



Food Club: Bran Flakes | Corn Flakes | Corn Squares **GF** | Crisp Rice | Frosted Shredded Wheat Bite Size | Honey & Oats with Almonds | Honey & Oats with Honey Oat Clusters | Rice Squares **GF** | Toasted Oats



Food Lion: Bran Flakes | Crispy Rice | Frosted Shredded Wheat Bite Size | Oats & More with Almonds | Oats & More with Honey | Tastees | Toasted Rice Squares **GF**



Freedom's Choice: Bran Flakes | Corn Flakes | Crisp Rice | Crispy Honey Oats and Flakes with Almonds | Frosted Shredded Wheat | Toasted Oats

GF Gluten Free Cereal 🌾 Whole Grain Cereal



General Mills: Blueberry Chex **GF** | Bluey Kix 🌾 | Cheerios **GF** | Cheerios Hearty Nut Medley Maple Cinnamon 🌾 | Cheerios Veggie Blends Apple Strawberry **GF** | Cheerios Veggie Blends Blueberry Banana **GF** | Cinnamon Chex **GF** | Corn Chex **GF** | Kix 🌾 | Multi Grain Cheerios **GF** | Rice Chex **GF** | Strawberry Vanilla Chex **GF** | Total Whole Grain 🌾 | Wheat Chex 🌾 | Wheaties 🌾



Giant: Bran Flakes 🌾 | Corn Flakes **GF** | Corn Squares **GF** | Crispy Rice | Frosted Shredded Wheat Bite Sized 🌾 | Honey Crunchin' Oats Almond | Oats & O's 🌾 | Rice Squares **GF**



Giant Eagle: Bran Flakes 🌾 | Corn Flakes | Crispy Rice | Frosted Shredded Wheat Bite Size 🌾 | Honey Oats & Flakes | Honey Oats & Flakes with Almonds | Toasted Oats 🌾



Grain Berry: Apple Cinnamon Toasted Oats 🌾 | Cinnamon Frosted Shredded Wheat 🌾 | Multi-Bran Flakes 🌾 | Original Toasted Oats 🌾

GF Gluten Free Cereal Whole Grain Cereal



Great Value: Bran Flakes | Corn Flakes | Corn Squares **GF** | Frosted Shredded Wheat Bite Size | Rice Crisps | Rice Squares **GF** | Toasted O's



Harris Teeter: Bran Flakes | Corn Flakes | Crispy Rice | Frosted Shredded Wheat Bite-Sized | Honey Oat Cluster Crunch with Almonds | Oatmeal Squares Brown Sugar | Rice Squares | Toasted Oats



IGA: Bran Flakes | Corn Flakes | Crispy Rice | Frosted Shredded Wheat Bite Size | Toasted Oats



Kellogg's: Corn Flakes | Frosted Mini-Wheats Bite Size Blueberry Muffin | Frosted Mini-Wheats Bite Size Pumpkin Spice (seasonal) | Frosted Mini-Wheats Bite Size Strawberry | Frosted Mini-Wheats Little Bites | Frosted Mini-Wheats Original | Rice Krispies | Raisin Bran | Special K Original | Special K Original Multi-Grain Touch of Cinnamon

WIC allowed cereals are low in sugar and high in iron. At least 75% of WIC-allowed cereals are whole grain. Look for the wheat symbol!

GF Gluten Free Cereal

Whole Grain Cereal



Malt-O-Meal: Frosted Mini Spooners | Raisin Bran



Post: Bran Flakes | Grape Nuts | Grape Nuts Flakes | Great Grains Banana Nut Crunch | Great Grains Cranberry Almond Crunch | Great Grains Crunchy Pecan | Great Grains Raisin Date Pecan | Great Grains Red Berry Almond Crunch | Honey Bunches of Oats Honey Roasted | Honey Bunches of Oats Vanilla | Honey Bunches of Oats with Almonds | Raisin Bran



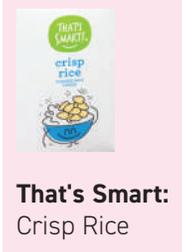
Quaker: Life Multigrain Cereal - Original | Mighty Life Strawberry Blueberry Bliss | Mighty Life Very Vanilla | Oatmeal Squares Brown Sugar | Oatmeal Squares Honey Nut



Red & White: Corn Flakes | Crisp Rice



Signature Select: Bran Flakes | Corn Flakes | Crispy Rice | Oats & More with Almonds | Oats & More with Honey | Rice Pockets | Toasted Oats



That's Smart: Crisp Rice



Weis: Corn Flakes | Crispy Rice | Frosted Shredded Wheat Bite Size | Honey Oats & Flakes with Almonds | Toasted Oats | Wheat Bran Flakes | Wheat Flakes

HOT CEREAL

BUY:

- 9.5-oz (269 g) size or larger (hot cereal)
- Brands and types shown here ONLY
- Multi-packs of larger sizes are OK
- Multi-packs of individual serving sizes are OK

Not WIC Approved:

- Organic
- Smaller than 9.5-oz (269 g) size (hot cereal)
- Individual single serving size packages

GF Gluten Free Cereal



Best Yet
Instant
Oatmeal
Original



Bowl & Basket
Instant
Oatmeal
Original



Cream of Rice
Cream of Rice



Cream of Rice
Cream of Rice
Instant



Cream of Wheat
Cream of
Wheat 2-1/2
minute



Cream of Wheat
Cream of
Wheat Instant



Cream of Wheat
Whole Grain
Cream of
Wheat 2-1/2
minute

Whole Grain Cereal



**Essential
Everyday**
Instant
Oatmeal
Original



Food Club
Instant
Oatmeal
Original



Food Lion
Instant
Oatmeal
Regular



Giant
Instant
Oatmeal
Original
Flavor



Giant Eagle
Instant
Oatmeal
Original



Great Value
Instant
Grits
Original



Great Value
Instant
Oatmeal
Original



Harris Teeter
Instant
Oatmeal
Original



Malt-O-Meal
Farina



Quaker
Instant Grits
Original



Quaker
Instant
Oatmeal
Original

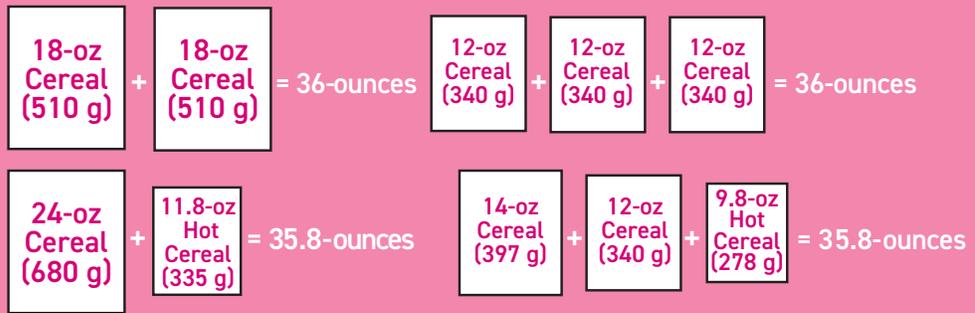


**Signature
Select**
Instant
Oatmeal
Original



Wegmans
Instant
Oatmeal
Original

Possible ways to buy up to 36-ounces (1021 g) of cereal



Oats: Buy with your WIC whole grains benefit. See the Whole Grains - Oats page for details.



Questions?

Ask your local WIC staff or call the Maryland WIC office at **1-800-242-4942** or visit our website at **www.mdwic.org**



For the most up to date foods list, scan the QR code.



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- (1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or
- (2) email: program.intake@usda.gov.

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(C-06/0226)

