



WIC AUTHORIZED FOODS LIST

EFFECTIVE OCTOBER 2021



BETTER NUTRITION
BRIGHTER FUTURE



Shopping List Terms

BAG	-	bag
CAN	-	can
CTR	-	container
DOZ	-	dozen
GAL	-	gallon
HGL	-	half gallon
OZ	-	ounces
PKG	-	package
QT	-	quart
\$\$\$	-	dollars
4PK	-	4 pack
6PK	-	6 pack
8PK	-	8 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.



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.
- **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.

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.





INFANT FOODS

INFANT CEREAL • INFANT FORMULA
INFANT FRUITS & VEGETABLES • INFANT MEAT

INFANT FOODS

FRUITS &
VEGETABLES

DAIRY

PROTEIN

WHOLE GRAINS

JUICE

CEREAL

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



INFANT FRUITS & VEGETABLES

BUY:

- 4-ounce containers
 - 2-packs of 2-ounce containers are OK
 - 2-packs of 4-ounce 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
- Multi-packs larger than 2-packs of 4-ounce containers



INFANT FOODS

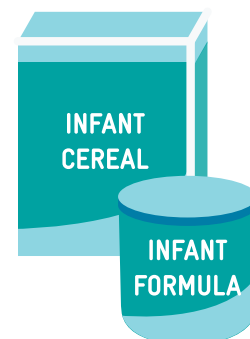
INFANT CEREAL

BUY

- 8- or 16-ounce container
- Dry
- Organic is OK
- Store brand if available

Not WIC Approved:

- With added DHA
- With added fruit
- With formula



INFANT FORMULA

BUY

- Brand, type, and size issued ONLY

INFANT MEAT

BUY:

- 2.5-ounce 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-ounce containers equals 1 container.
A 2-pack of 4-ounce containers equals 2 containers.

The background of the page is white, decorated with several large, abstract, organic shapes in two shades of green: a vibrant lime green and a slightly darker forest green. These shapes are scattered across the page, some resembling stylized leaves or fruit segments. The main title is centered in the lower half of the page.

FRUITS & VEGETABLES

FRESH • CANNED • FROZEN

FRUITS &
VEGETABLES

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, party platters, fruit baskets, or decorative items
- Herbs by themselves

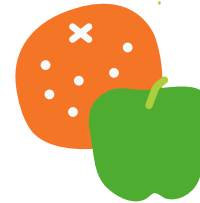
CANNED

BUY:

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

Not WIC Approved:

- Water 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



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, or breading
- With sauces, cheese, or milk
- With butter, fat, oil, or meat
- Soup
- Herbs by themselves



BUY fresh, frozen, and canned fruits and vegetables with your WIC fruit & vegetable benefit.



Juice: BUY with your WIC juice benefit. See JUICE pages for details.
Beans: BUY with your WIC beans benefit. See PROTEIN pages for details.



DAIRY

MILK • CHEESE • SOY BEVERAGE • TOFU • YOGURT

DAIRY

MILK

BUY:

- Type and size issued
- Organic is OK
- Store brand if available

BUY if issued:

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



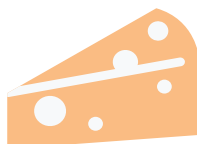
Not WIC Approved:

- 100% grass fed
- Specialty milks such as with added DHA, A2, ultra-filtered, or protein-fortified
- Cultured milks such as acidophilus, buttermilk, or kefir
- Flavored or sweetened
- Almond and other nut milks
- Non-dairy milks such as rice, oat, pea protein
- Raw (unpasteurized) milk
- Sweetened condensed milk
- Filled evaporated milk
- Glass containers

CHEESE

BUY:

- 8- or 16-ounce package
- Domestic cow's milk: 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)
- Organic is OK
- Store brand if available



Not WIC Approved:

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

SOY BEVERAGE

BUY:

Shelf-stable quarts or refrigerated half gallons

- Brands and types shown here ONLY

Not WIC Approved:

- Almond and other nut milks
- Other non-dairy milks (such as rice, oat, pea protein)

Shelf-stable quarts:



Pacific Foods

- Ultra Soy Original



Silk

- Soy Original

Refrigerated half gallons:



8th Continent

- Soy Original
- Vanilla Soy



Great Value

- Original Soy



Silk

- Soy Original



TOFU



BUY:

- 12- to 16-ounce container
- Brands and types shown here ONLY

Not WIC Approved:

- With added fats, sugar, oil, or salt
- With added flavorings, sauces, or seasonings



Azumaya

- Extra Firm



Franklin Farms

- Firm, Medium Firm, Extra Firm, Soft



House Foods

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



- Premium: Soft, Firm, Medium Firm, Extra Firm

Morinaga

- Silken Soft, Silken Firm, Silken Lite Firm, Silken Extra Firm
- Organic: Silken



Nasoya

- Organic: Silken, Firm, Extra Firm Twin Pack, Extra Firm Vac Pack



Nature's Promise

- Organic: Firm, Extra Firm



O Organics

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



Simple Truth Organic

- Organic: Firm, Extra Firm, Extra Firm Twin Pack



SoyBoy

- Organic: Firm, Extra Firm



Wegmans

- Organic: Firm, Extra Firm



Woodstock

- Organic: Firm, Extra Firm

YOGURT

BUY:

- 32-ounce single containers
- Brands and types shown here ONLY
- Organic is OK
- Fat content as shown on your shopping list

Not WIC Approved:

- Greek or Greek style
- 100% grass fed
- Multi-packs
- Lactose free, soy, goat, or sheep milk
- Yogurt in drinkable or pouch containers
- With added DHA
- With artificial, reduced-calorie, or no-calorie sweeteners
- With added mix-in ingredients such as granola, candy pieces, honey, or nuts



LOW FAT, FAT FREE & NON FAT YOGURT:



Activia

- Low Fat: Vanilla



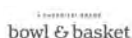
Axelrod

- Low Fat: Plain, Vanilla
- Fat Free: Plain, Vanilla



Best Yet

- Low Fat: Vanilla
- Non Fat: Plain



Bowl & Basket

- Low Fat: Plain, Vanilla, Strawberry
- Non Fat: Plain



Coburn Farms

- Low Fat: Plain, Vanilla



Dannon

- Low Fat: Plain, Vanilla
- Non Fat: Plain



Essential Everyday

- Low Fat: Plain, Vanilla, Strawberry, Blueberry
- Non Fat: Plain



Food Club

- Low Fat: Vanilla, Blended Strawberry
- Fat Free: Plain



Food Lion

- Low Fat: Vanilla
- Non Fat: Plain



Giant

- Low Fat: Plain
- Non Fat: Plain, Vanilla



Giant Eagle

- Low Fat: Vanilla Blended, Strawberry Blended, Peach Blended
- Non Fat: Plain



Great Value

- Low Fat: Vanilla, Strawberry, Strawberry Banana, Peach
- Non Fat: Plain



Harris Teeter

- Organic Low Fat: Vanilla
- Non Fat: Plain



J&J

- Non Fat: Coffee, Vanilla, Strawberry



La Yogurt

- Low Fat: Plain, Vanilla, Banana, Mango
- Non Fat: Plain



Mehadrin

- Low Fat: Plain, Vanilla, Coffee



Sabor Latino (La Yogurt)

- Low Fat: Plain, Vanilla, Strawberry, Mango



Lucerne

- Low Fat: Vanilla, Strawberry
- Non Fat: Plain



Nature's Promise

- Organic Low Fat: Vanilla



Stonyfield Organic

- Low Fat: Plain, Vanilla
- Non Fat: Plain, Vanilla



Wegmans

- Low Fat: Plain, Vanilla
- Non Fat: Plain



Weis

- Low Fat: Plain, Strawberry, Blueberry, Peach
- Non Fat: Vanilla



Yoplait

- Low Fat: Vanilla, Strawberry, Strawberry Banana, Blueberry, Harvest Peach

WHOLE MILK YOGURT



Axelrod

- Plain

bowl & basket.

Bowl & Basket

- Plain



Dannon

- Plain, Vanilla



Essential Everyday

- Plain



Giant Eagle

- Plain



Harris Teeter

- Organic: Plain



La Yogurt

- Plain, Vanilla, Coconut, Strawberry



Lucerne

- Plain, Vanilla



Nature's Promise

- Organic: Plain



O Organics

- Organic: Plain, Vanilla



Stonyfield Organic

- Plain, Vanilla, Strawberry, Banilla



Wallaby

- Organic: Plain, Vanilla



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 BUTTER • BEANS, PEAS & LENTILS
CANNED FISH

PROTEIN

EGGS



BUY:

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

Not WIC Approved:

- 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

Green or wax beans, or sweet peas:
BUY with your WIC fruit & vegetable benefit

PEANUT BUTTER



BUY:

- 16- to 18-ounce container
- Plain, smooth, crunchy, extra crunchy, or creamy
- Low sodium and low sugar are OK
- Organic, natural, or fresh ground are OK
- Store brand if available

Not WIC Approved:

- Peanut butter spreads
- Nut butters other than peanut
- With non-hydrogenated oil or Palm oil
- Reduced fat
- Honey roasted, mixed with marshmallow, jelly, jam, honey, or chocolate
- Powdered or dry

BEANS, PEAS & LENTILS



BUY:

- Dry, 16-ounce bag
- Canned, packed in water, 15- to 16-ounce can
- Beans like kidney, pinto (any color), black, navy, garbanzo, lima, or cannellini
- Peas like split peas, black-eyed peas, or chickpeas
- Lentils
- Low sodium and no salt added are OK
- Organic is OK
- Store brand if available

Not WIC Approved:

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

CANNED FISH



BUY:

- Chunk light tuna, in water, 5- to 6-ounce cans or 4-packs of 5-ounce cans
- Pink salmon, in water, 5- to 7.5-ounce cans, 4-packs of 5-ounce cans, or 14.75-ounce cans
- Sardines, in water, 3.75-ounce cans
- Organic is OK
- Store brand if available

Not WIC Approved:

- Albacore or white tuna
- Red salmon
- With added flavor or sauce
- Gourmet
- Pouch, bowl, or kit

Possible ways to buy up to 30 ounces of fish:

5 6-ounce
cans tuna



2 14.75-ounce
cans salmon



8 3.75-
ounce cans
sardines



1 4 pack of
5-ounce
cans tuna



+ 2 5-ounce
cans salmon



1 14.75-ounce
can salmon



+ 4 3.75-ounce
cans sardines





WHOLE GRAINS

SOFT CORN & WHOLE WHEAT TORTILLAS
BREAD & ROLLS • OATS • BROWN RICE
WHOLE WHEAT & WHOLE GRAIN PASTA

WHOLE GRAINS

WHOLE GRAINS

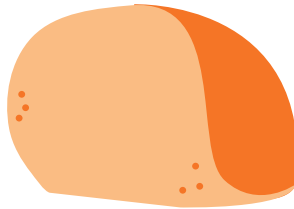
SOFT CORN &
WHOLE WHEAT TORTILLAS

BUY:

- 1-pound (16-ounce) package
- Brands and types shown here ONLY
- Organic is OK

Not WIC Approved:

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



Celia's

- White Corn
- Yellow Corn
- Whole Wheat



Chi-Chi's

- White Corn
- Whole Wheat Fajita Style



Don Pancho

- White Corn
- Whole Wheat



Essential Everyday

- White Corn
- Whole Wheat



Food Club

- White Corn Taco Style
- White Corn Fajita Style
- Whole Wheat



Food Lion

- Whole Wheat Fajita Size



Giant

- White Corn
- Whole Wheat Medium Soft Shell



Giant Eagle

- 100% Whole Wheat Flour



Great Value

- Whole Wheat



IGA

- White Corn
- Whole Wheat Taco Style



La Banderita

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



La Burrita

- Yellow Corn



Mayan Farm

- Whole Wheat



Mi Casa

- Whole Wheat



Mission

- Yellow Corn Extra Thin
- Whole Wheat Restaurant Style
- Whole Wheat Soft Taco



Ortega

- Whole Wheat



ShopRite Trading Company

- Whole Wheat Flour Medium Soft Taco Size



Siempre Auténtico

- Whole Wheat Flour Medium Soft Taco Size



Signature Select

- Whole Wheat



Tio Santi

- Whole Wheat



Weis

- Whole Wheat



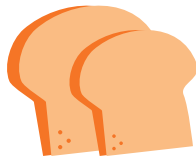
BREAD & ROLLS

BUY:

- 16-ounce bread packages
- 15- to 16-ounce bun/roll packages
- Brands and types shown here ONLY
- Organic is OK

Not WIC Approved:

- Bagels, English muffins, pitas, naan breads
- Enriched wheat bread and rolls
- White bread and rolls



Arnold

- 100% Whole Wheat Sandwich Buns



Best Yet

- 100% Whole Wheat Bread



Bimbo

- 100% Whole Wheat Bread



Bowl & Basket

- 100% Whole Wheat Bread



Food Lion

- 100% Whole Wheat Bread



Franczox

- 100% Whole Wheat Bread



Giant

- 100% Whole Wheat Bread
- 100% Whole Wheat Hamburger Rolls
- 100% Whole Wheat Hot Dog Rolls



Gourmet

- 100% Whole Wheat Bread



Hauswald's

- 100% Whole Wheat Bread



IGA

- 100% Whole Wheat Bread



Lewis Bake Shop

- 100% Whole Wheat Bread



Nature's Own

- 100% Whole Wheat Bread
- Life Sugar Free 100% Whole Grain Bread
- 100% Whole Wheat Hamburger Buns



Nickles

- Country Style 100% Whole Wheat Bread



Pepperidge Farm

- Stone Ground 100% Whole Wheat Bread
- Very Thin 100% Whole Wheat Bread



Redner's

- 100% Whole Wheat Bread



Sara Lee

- 100% Whole Wheat Bread



Schmidt Old Tyme

- 100% Whole Wheat Bread
- 100% Whole Wheat Hamburger Rolls



ShopRite

- 100% Whole Wheat Hot Dog Rolls
- 100% Whole Wheat Sandwich Rolls



Signature Select

- 100% Whole Wheat Bread



Stern's

- 100% Whole Wheat Bread
- 100% Whole Wheat Rolls



Weis

- 100% Whole Wheat Bread



Wonder

- 100% Whole Wheat Bread

OATS

BUY:

- 1-pound (16-ounce) package
- Dry, plain
- Brands and types shown here ONLY
- Organic is OK

Not WIC Approved:

- With added flavors, sugar, or fats
- With added fruit or nuts



Better Oats

- Organic Old Fashioned Oats
- Organic Quick Oats

Mom's Best

- Old Fashioned Oats
- Quick Oats

Quaker

- Oat Bran

BUY 16-ounce Oat containers
with your WIC Whole Grain benefit.

BROWN RICE

BUY:

- 1-pound (16-ounce) package
- Dry, plain
- Organic is OK
- Store brand if available

Not WIC Approved:

- Ready-to-serve, precooked, or boil-in-bag
- With added flavors, sauce, spice packets, or vegetables



WHOLE WHEAT & WHOLE GRAIN PASTA

BUY:

- 1-pound (16-ounce) package
- Brands and types shown here ONLY
- Organic is OK

Not WIC Approved:

- With added flavors, seasonings, or vegetables
- With added sugars, fats, oils, salt, protein, or fiber
- Refrigerated or frozen pasta/meals
- Legume or nut flours



Barilla

- Whole Grain: Elbows, Linguine, Penne, Rotini, Spaghetti, Thin Spaghetti



Bowl & Basket

- Whole Wheat: Penne Rigate, Spaghetti



Essential Everyday

- Whole Wheat: Elbow Macaroni, Penne Rigate, Rotini, Spaghetti, Thin Spaghetti



Full Circle Market

- Organic Whole Wheat: Angel Hair, Spaghetti



Giant Eagle

- Whole Wheat: Elbow Macaroni, Penne Rigate, Rotini, Spaghetti



Good & Gather

- Whole Wheat: Rotini, Spaghetti
- Organic Whole Wheat: Farfalle, Spaghetti



Great Value

- Whole Wheat: Elbows, Penne Rigate, Thin Spaghetti



Harris Teeter

- Whole Grain: Penne Rigate, Rotini, Spaghetti
- Organic Whole Wheat: Angel Hair, Penne, Rotini, Spaghetti



Nature's Basket

- Organic Whole Wheat: Penne Rigate, Rotini, Spaghetti



Nature's Promise

- Organic Whole Wheat: Penne, Thin Spaghetti



O Organics

- Organic Whole Wheat: Linguine, Penne Rigate, Rotini, Spaghetti, Thin Spaghetti



Ronzoni Healthy Harvest

- 100% Whole Grain: Linguine, Penne Rigate, Rotini, Spaghetti, Thin Spaghetti



ShopRite

- Whole Wheat: Rotini, Thin Spaghetti



Signature Select

- Whole Wheat: Elbow Macaroni, Linguine, Penne Rigate, Rotini, Spaghetti, Thin Spaghetti



Wegmans

- Organic Whole Wheat: Farfalle, Fusilli, Linguini, Orzo, Penne, Spaghetti



Weis

- Whole Wheat: Angel Hair, Penne, Rotini, Spaghetti
- Organic Whole Wheat: Angel Hair, Spaghetti



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



JUICE

JUICE FOR WOMEN • JUICE FOR CHILDREN

JUICE

JUICE FOR WOMEN

APPLE, GRAPE, PINEAPPLE, CRANBERRY, TOMATO, VEGETABLE AND JUICE BLENDS

BUY:

- 11.5- to 12-ounce frozen concentrate container
- 48-ounce container
- 100% juice, unsweetened
- Apple, Grape (purple, red, or white), Pineapple, Cranberry, Tomato, Vegetable juice and blends of juices
- Added calcium and vitamins are OK
- Added fiber is OK
- Organic is OK

Not WIC Approved:

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

11.5- to 12-ounce frozen concentrate container: in brands and flavors shown here ONLY



Dole

- Pineapple
- Pineapple Orange



Essential Everyday

- Apple



Food Club

- Apple



Freedom's Choice

- Apple



Giant

- Apple
- Grape



Giant Eagle

- Apple
- Grape
- Pineapple



Great Value

- Apple



Harris Teeter

- Apple



Langers

- Apple
- Autumn
- Grape
- Pineapple
- Spring
- Summer
- Winter



Market Pantry

- Apple
- Grape



Old Orchard

- Apple
- Apple Cherry

- Apple Cranberry
- Apple Kiwi Strawberry
- Apple Peach Mango
- Apple Raspberry
- Apple Strawberry Banana
- Berry
- Black Cherry Cranberry
- Blueberry Pomegranate
- Cherry Pomegranate
- Cranberry Blend
- Cranberry Raspberry Grape
- Pineapple
- Pineapple Orange
- Pineapple Orange Banana



Seneca

- Apple



ShopRite

- Apple



Signature Select

- Apple



Tipton Grove

- Apple



Tree Top

- Apple



Wegmans

- Apple



Weis

- Apple

48-ounce container: in brands and flavors shown here ONLY



Apple & Eve

- Apple
- Cranberry Apple
- Cranberry Blend
- Cranberry Raspberry



Freedom's Choice

- Apple



Giant Eagle

- Apple



Juicy Juice

- Apple
- Organic: Apple
- Cherry
- Grape
- Kiwi Strawberry
- Punch
- Organic: Punch



Northland

- Cranberry



Ruby Kist

- Apple
- Grape
- Pineapple



Seneca

- Apple

ORANGE OR GRAPEFRUIT JUICE

BUY:

- 11.5- to 12-ounce frozen concentrate container
- 48-ounce container
- 100% juice, unsweetened
- Orange, grapefruit, and blends of orange and grapefruit juices
- ANY brand is OK
- Added calcium and vitamins are OK
- Added fiber is OK
- Organic is OK
- Store brand if available

Not WIC Approved:

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



JUICE FOR CHILDREN

APPLE, GRAPE, PINEAPPLE, CRANBERRY, TOMATO, VEGETABLE AND JUICE BLENDS

BUY:

- 64-ounce frozen concentrate container
- 100% juice, unsweetened
- Apple, Grape (purple, red, or white), Pineapple, Cranberry, Tomato, Vegetable juice and blends of juices
- Brands and flavors shown here ONLY
- Added calcium and vitamins are OK

- Added fiber is OK
- Organic is OK

Not WIC Approved:

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



Apple & Eve

- Apple
- Big Bird's Apple
- Cookie Monster's Berry
- Cranberry Apple
- Cranberry Blend
- Cranberry Grape
- Cranberry Pomegranate
- Cranberry Raspberry

- Elmo & Abby's Mango Strawberry
- Elmo's Punch
- Grover's White Grape
- Organic: Fruit Punch



Best Yet

- Cranberry
- Cranberry Grape



Campbell's

- Tomato
- Tomato Low Sodium



Essential Everyday

- Apple
- Grape
- Pineapple
- Tomato
- Vegetable



Everfresh

- Apple
- Kiwi Strawberry



Food Club

- Apple
- Grape
- Pineapple
- Tomato



Food Lion

- Apple
- Cherry Flavored Apple
- Fruit Punch
- Grape
- Tomato
- White Grape Peach



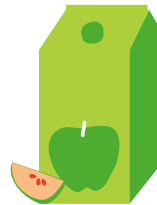
Freedom's Choice

- Apple
- Grape



Giant

- Apple
- Grape
- Tomato



Giant Eagle

- Apple
- Cherry Flavored Blend
- Grape
- Punch



Great Value

- Apple
- Cranberry Pomegranate
- Mango
- Pear
- Tomato
- Vegetable
- Vegetable Low Sodium



- White Grape Peach

Harris Teeter

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



IGA

- Apple
- Grape
- Pineapple
- Tomato



Juicy Juice

- Apple
- Apple Raspberry
- Berry
- Cherry
- Grape
- Kiwi Strawberry
- Mango
- Peach Apple
- Punch
- Strawberry Banana
- Strawberry Watermelon
- Tropical



Langers

- Apple
- Apple Berry Cherry
- Apple Cranberry
- Apple Grape
- Apple Kiwi Strawberry
- Apple Orange Pineapple
- Apple Peach Mango
- Berry
- Cranberry
- Cranberry Acai

- Cranberry Berry
- Cranberry Grape
- Cranberry Raspberry
- Fruit Punch
- Grape
- Pineapple
- Pineapple Orange
- Prune
- Tomato
- Vegetable
- Vegetable Low Sodium
- Vegetable Spicy



Libby's

- Pineapple



Life Every Day

- Apple
- Grape
- Pineapple



Market Pantry

- Apple
- Cranberry Blend
- Grape
- Tomato



Mott's

- Apple
- Apple Cherry
- Apple Mango
- Apple White Grape



Northland

- Blueberry
- Blackberry Acai
- Cranberry
- Cranberry Blackberry
- Cranberry Grape
- Cranberry Mango
- Cranberry Pomegranate



- Cranberry Raspberry
- Pomegranate Blueberry
- Raspberry Blueberry

O Organics

- Organic: Cranberry Mango



Ocean Spray

- Apple
- Cranberry
- Cranberry Blackberry
- Cranberry Cherry
- Cranberry Concord Grape



- Cranberry Mango
- Cranberry Pineapple
- Cranberry Pomegranate
- Cranberry Raspberry
- Cranberry Watermelon
- Grape

Old Orchard

- Apple
- Apple Cranberry
- Berry
- Black Cherry Cranberry



- Blueberry Pomegranate
- Cranberry Pomegranate
- Grape
- Kiwi Strawberry
- Peach Mango
- Red Raspberry
- Wild Cherry

Price Rite

- Apple
- Grape



Red & White

- Apple



Redner's

- Apple



Ruby Kist

- Apple
- Grape



Seneca

- Apple



ShopRite

- Apple
- Cranberry
- Grape
- Tomato
- Vegetable Low Sodium



- Cranberry Grape
- Cranberry Raspberry
- Grape
- Pineapple
- Tomato
- Vegetable
- Vegetable Low Sodium

That's Smart

- Grape



Tipton Grove

- Apple
- Grape
- Pineapple
- Vegetable



Tree Top

- Apple



V8

- Vegetable
- Vegetable Low Sodium
- Vegetable Spicy Hot



Wegmans

- Apple
- Berry
- Cherry
- Fruit Punch
- Grape



Weis

- Apple
- Cranberry



- Cranberry Apple
- Cranberry Grape
- Cranberry Raspberry
- Grape
- Vegetable

Welch's

- Black Cherry Concord Grape
- Grape
- Super Berry
- White Grape Cherry
- White Grape Peach



Signature Select

- Apple
- Cranberry

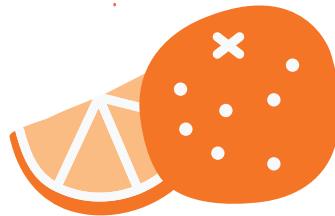
ORANGE OR GRAPEFRUIT JUICE

BUY:

- 64-ounce container
- 100% juice, unsweetened
- Orange, grapefruit, and blends of orange and grapefruit juices
- ANY brand is OK
- Added calcium and vitamins are OK
- Added fiber is OK
- Organic is OK
- Store brand if available

Not WIC Approved:

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





CEREAL

COLD CEREAL • HOT CEREAL

CEREAL

CEREAL

COLD CEREAL

BUY:

- 12-ounce size or larger
- Brands and types shown here ONLY
- Multi-packs of larger sizes are OK
- Organic is OK

Not WIC Approved:

- Smaller than 12-ounce size
- Individual single serving size packages
- Multi-packs of individual serving sizes

GF **Gluten Free Cereal**
Whole Grain Cereal



Berry Berry Kix

General Mills



Blueberry Chex

General Mills



Cheerios

General Mills



Cinnamon Chex

General Mills



Corn Chex

General Mills



Honey Kix

General Mills



Kix

General Mills



Multi Grain Cheerios

General Mills



Multigrain Cheerios with Strawberries

General Mills



Rice Chex

General Mills



Sesame Street Berry Numbers

General Mills



Sesame Street Cinnamon Letters

General Mills



Total Whole Grain

General Mills



Wheat Chex

General Mills



Wheaties

General Mills



Hearts & O's Honey Toasted

Kashi



Hearts & O's Warm Cinnamon

Kashi



All-Bran Complete Wheat Bran Flakes

Kellogg's



Corn Flakes

Kellogg's



Corn Flakes Cinnamon

Kellogg's



Crispix

Kellogg's



**Frosted Mini
Wheats Filled
Mixed Berry**
Kellogg's



**Frosted Mini-
Wheats Bite
Size Blueberry**
Kellogg's



**Frosted Mini-
Wheats Bite
Size Cinnamon
Roll**
Kellogg's



**Frosted
Mini-Wheats
Bite Size
Pumpkin Spice
(seasonal)**

Kellogg's



**Frosted
Mini-Wheats
Bite Size
Strawberry**
Kellogg's



**Frosted Mini-
Wheats Little
Bites**
Kellogg's



**Frosted
Mini-Wheats
Original**
Kellogg's



Rice Krispies
Kellogg's



**Special K
Banana**
Kellogg's



**Special K
Original**
Kellogg's



**Special K
Protein Honey
Almond
Ancient Grains**
Kellogg's



**Special K
Protein
Original Multi-
Grain Touch of
Cinnamon**
Kellogg's



Crispy Rice
Malt-O-Meal



**Frosted Mini
Spooners**
Malt-O-Meal



**Strawberry
Mini Spooners**
Malt-O-Meal



Grape Nuts
Post



**Grape Nuts
Flakes**
Post



**Great Grains
Banana Nut
Crunch**
Post



**Great Grains
Crunchy Pecan**
Post



**Honey Bunches
of Oats Honey
Roasted**
Post



**Honey Bunches
of Oats Pecan
& Maple
Brown Sugar**
Post



**Honey Bunches
of Oats Vanilla**
Post



**Honey Bunches
of Oats Whole
Grain Honey
Crunch**
Post



**Honey Bunches
of Oats with
Almonds**
Post



**Life Multigrain
Cereal - Original**
Quaker





Oatmeal Squares Brown Sugar
Quaker



Oatmeal Squares Cinnamon
Quaker



Oatmeal Squares Golden Maple
Quaker



Oatmeal Squares Honey Nut
Quaker



HOT CEREAL

BUY:

- 11.8-ounce size or larger
- Brands and types shown here ONLY
- Multi-packs of individual serving sizes are OK
- Multi-packs of larger sizes are OK
- Organic is OK

Not WIC Approved:

- Smaller than 11.8-ounce size
- Individual single serving size packages



Instant Oatmeal Regular
Best Yet



Cream of Rice
Cream of Rice



Cream of Rice Instant
Cream of Rice



Cream of Wheat 1 Minute
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
Cream of Wheat



Whole Grain Cream of Wheat Instant
Cream of Wheat



Instant Grits Original
Food Club



Instant Oatmeal Regular Flavor
Food Club



Instant Grits Original Flavor
Food Lion



Instant Oatmeal Regular Flavor
Food Lion



Instant Farina Original Flavor
Giant



Instant Oatmeal Regular Flavor
Giant



Instant Oatmeal Original Flavor
Giant Eagle



Instant Grits Original
Harris Teeter



Instant Oatmeal Original Flavor
Harris Teeter



Instant Oatmeal Original Flavor
IGA



Farina
Malt-O-Meal



Original Hot Wheat
Malt-O-Meal



3 Minutos
Quaker



Instant Grits Original
Quaker



Original Instant Oatmeal Signature Select



Instant Oatmeal Original Flavor
Weis



Instant Oatmeal Original
Quaker



Original Instant Oatmeal
Wegmans



Oats in 16-ounce containers: BUY with your WIC whole grains benefit. See the Whole Grains - Oats page for details.

Possible ways to buy up to 36-ounces (oz.) of cereal

18 oz. Cereal	+	18 oz. Cereal	=36-ounces	12 oz. Cereal	+	12-oz. Cereal	+	12 oz. Cereal	= 36-ounces	24 oz. Cereal	+	11.8 oz. Hot Cereal	=35.8-ounces
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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;
- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

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