

Arizona WIC Programs

Food List



This food list is effective October 1, 2016. Vendors may not carry all items listed and/or pictured on the WIC food list.

WIC Participant Responsibilities

Before you shop:

1. Look carefully at the "First Date to Use" and "Last Date to Use" dates printed on your checks or eWIC receipt to make sure you are using the current month's WIC benefits at the store.
2. Shop only at WIC-approved stores.
3. Your WIC office will let you know the locations where you can use your benefits. Look for the "We Accept WIC" decal at the grocery store.
4. Tell the clinic staff if you would like someone else to be able to pick up or use your WIC benefits.

If you are using an eWIC card

While you shop:

1. Read your benefits carefully to know which foods you can get. You can check your WIC balance at the store by sliding your card at the checkout stand and entering your PIN. You can also get your balance from the customer service number on your card.
2. You may buy only foods and quantities listed on the balance section of the eWIC receipt. You do not have to buy all your foods at one time.

At the checkout stand:

1. Tell the cashier right away that you are using an eWIC card.
2. Ask the cashier if you need to separate WIC foods from other foods you're buying. Each store is different and may have a different process.
3. Listen to the cashier for when to swipe your eWIC card and enter your PIN.
4. After foods are rung up, review the transaction before approving. After approving, the WIC food items purchased will be deducted from your account.
5. You will be handed a new receipt with the remaining benefit balance and the dates benefits expire. Keep your receipt so you know the remaining balance and expiration date for your next shopping trip.

If you are using WIC checks

While you shop:

1. Read your checks carefully. Each family member may be provided with different foods.
2. Buy only foods and amounts listed on the WIC checks.

At the checkout stand:

1. Separate WIC foods from other foods you're buying.
2. Tell the cashier right away that you are using WIC checks and show your WIC ID folder (or Arizona state-issued ID for Arizona WIC).
3. You can sign your check once the cashier writes the date and amount on the check. Make sure the amount written on the check matches the total from the cash register. Do not sign your checks before you go to the store.

If you have problems at the grocery store:

Talk to the store manager if you have a problem at the store. Report the date, time and names of store people involved and save your store receipt. Contact your WIC office if you are still not satisfied.

If you want to know if a particular brand of food is eligible, please contact your WIC office or visit the following corresponding food list databases:

Arizona WIC foods

azwic.gov/foods

Inter Tribal Council of Arizona

itcaonline.com/wic/foods

Navajo Nation WIC foods

nndoh.org/wic.html



Arizona WIC
QR Code

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Infant Cereal and Formula



Infant Cereal

Can Buy

**Gerber or Beech-Nut,
single grain cereal, 8 or
16 oz.**

- Oatmeal
- Rice
- Whole wheat

Cannot Buy

- Infant cereal with added fruit, sugar, yogurt, formula or DHA/ARA
- Jars, cans or single serving cups
- High protein
- Mixed cereals
- Multi-grain
- Organic

Infant Formula

**Only brand, type and size as specified on your WIC benefits
All formula listed on your WIC check must be purchased**



Breastmilk

Keep a good thing going

24-Hour breastfeeding Hotline

1-800-833-4642

Infant Foods



Infant Fruits and Vegetables

Can Buy

Any of the following single or mixed variety of 4 oz. Stage 2 infant fruits and vegetables

- Beech-Nut Classics
- Gerber
- Tippy Toes

Cannot Buy

- Foods with added salt, sugar or starches
- Desserts, dinners and food combinations
- Added formula, cereal or DHA/ARA
- Smoothies
- Organic
- Pouches
- Beech-Nut Naturals



Infant Food Meats

Allowable for fully breastfeeding infants only

Can Buy

Any of the following 2.5 oz. single ingredient infant meats (added broth and gravy allowed) in any stage

- Beech-Nut Classics
- Gerber
- Tippy Toes

Cannot Buy

- Foods with added salt or sugar
- Dinners and food combinations
- Meat sticks
- Organic

ITCA WIC ONLY:

Fresh bananas, if listed on the check, including those that are in a bunch, single, and organic.

Note: Plantains, baby and red bananas are not allowed



Milk



Can Buy

**Store or house brand⁺,
refrigerated milk
in containers as specified
on your WIC benefits**

- Pasteurized fluid cow's milk
 - Fat-free
 - Low-fat (1%)
 - Reduced-fat (2%)
 - Whole

Any Brand Specialty Items

- Lactose-free cow's milk (½ gallon)
- Evaporated milk (12 oz. can)
- Powdered dry milk (9.6 to 25.6 oz. box)
- UHT/Sterile/Long Shelf Life Milk

Cannot Buy

- Chocolate milk
- Flavored milk
- Buttermilk
- Acidophilus milk
- Half and half
- Rice milk
- Raw milk
- Sweetened condensed milk
- Creamers
- Filled milk
- Organic milk
- Nut or grain milk (like almond or rice)
- Coconut milk

⁺Look for the 'WIC Approved' sign



Type of milk as specified on your WIC benefits

Half gallons and quarts only when specified on your WIC benefits

Milk Alternatives

Only when specified on your WIC benefits



Soy Milk

Can Buy

- Pacific Ultra Soy 32 oz. shelf stable, original and vanilla only
- 8th Continent, ½ gallon, refrigerated, original and vanilla only
- Silk, ½ gallon, refrigerated, original only

Cannot Buy

- Soy milk with added DHA/ARA
- Organic or Light
- 8th Continent chocolate, fat-free or complete vanilla
- Silk Soymilk in other flavors

Goat Milk Arizona WIC only

Can Buy

- Meyenberg, quart, refrigerated

Cannot Buy

- Evaporated
- Powdered
- Canned

Tofu

Can Buy

The following brands of water-packed, any texture (i.e., soft, medium, firm or extra firm) calcium-set tofu in a 16 oz. size only

- Azumaya
- House Foods

Cannot Buy

- Tofu with added fats, sugars, oils or sodium
- Organic tofu

Yogurt



Can Buy

Any flavor of the following brands of 32 oz. quart-sized yogurt*

- Any of the following store brands
 - Food Club
 - Great Value
 - Kroger
 - Market Pantry
 - Lucerne
- Brown Cow
- Dannon
- LALA
- Mountain High
- Yoplait

Cannot Buy

- Yogurt with mix-ins such as granola, candy pieces, honey, nuts and similar ingredients
- Greek
- Organic
- Drinkable

***Type of yogurt as specified on your WIC benefits**

If whole milk yogurt is specified on your benefits, choose Brown Cow Cream Top, Dannon All Natural Plain, or Mountain High Original yogurts

Cheese



Monterey Jack



Mozzarella



Cheddar



Colby & Monterey Jack



Colby



String

Can Buy

**Store or house brand⁺,
pasteurized,
pre-packaged, 1 lb.
(16 oz.) regular, reduced
fat or low sodium**

- Cheddar (mild, medium, sharp, extra sharp, longhorn or white)
- Monterey Jack
- Mozzarella (includes string cheese)
- Colby
- Blended cheese (blend of any type listed above)

Cannot Buy

- Diced, grated, shredded or sliced
- Cheese from the deli counter
- Random weight cheese
- Cheese with added peppers or other ingredients
- Imported cheese
- Processed American cheese, processed cheese food, cheese product or cheese spread
- Cream cheese
- Cheese sticks (besides string cheese) or swirls
- Packages less than 16 oz.
- Organic cheese

⁺Look for the 'WIC Approved' sign



Juice

11.5-12 oz. Frozen Concentrate

Only these brands of 100% juice; no added sugar or sweetener



Apple

- Langers
- Old Orchard
- Seneca
- Shurfine
- Tree Top
- Western Family

Grape

- Old Orchard
- Western Family
- Welch's (including purple or white grape)

Pineapple

- Dole
- Old Orchard

Orange*

- Any brand

Grapefruit*

- Any brand

Allowable containers include plastic bottles, cartons and cans only
Cannot buy organic juices or juice blends

*Calcium fortified allowed

Juice Continued

64 oz. Shelf Stable or Refrigerated

Only these brands of 100% juice; no added sugar or sweetener



Apple

- Langers
- Seneca
- Shurfine
- Tree Top**
- Western Family

Grape

- Langers (including purple or white grape)
- Shurfine
- Welch's (including purple or white grape)
- Western Family

Pineapple

- Langers

Tomato

- Campbell's

Orange*

- Any brand

Grapefruit*

- (shelf stable only)
- Any brand

Allowable containers include plastic bottles, cartons and cans only
 Cannot buy organic, juice blends, Tree Top 3 Apple Blend**, Odwalla or Naked brands of juice

*Calcium fortified allowed

Juice Continued

Small Juices

Only these brands of 100% juice; no added sugar or sweetener
Only when specified on your WIC benefits



- Six-packs of 5.5-6 oz. containers of Dole Pineapple, Donald Duck Orange and V8 juice (any type)

Navajo Nation WIC only:



- Eight-packs of 4.23 oz. containers of Juicy Juice (any flavor)

Tips

- WIC recommends no more than 4 to 6 oz. of juice per day for children 1 to 6 years old.
- Freeze juice into juice bars as a healthy alternative to high-fat snacks.
- Mix juices together to create fun flavors and variety.

Fruits and Vegetables

Buying Guide

The buying guide will help you get the most food with your fruit and vegetable benefits. This chart can help you figure out the cost of an item priced by the pound. When choosing fresh fruits and vegetables, follow these steps:

- Place the item on the grocery scale
- Round the weight up to the nearest pound or half pound
- Estimate the cost of the item based on the chart
- There may be differences in weight between the scales in the produce section and at the register. The scale at the register will determine the actual weight and cost of the fruits and vegetables.

Price per lb.	1 lb.	1½ lbs.	2 lbs.	2½ lbs.	3 lbs.	3½ lbs.	4 lbs.
.49	.49	.74	.98	1.23	1.47	1.72	1.96
.59	.59	.89	1.18	1.48	1.77	2.07	2.36
.69	.69	1.04	1.38	1.73	2.07	2.42	2.76
.79	.79	1.19	1.58	1.98	2.37	2.77	3.16
.89	.89	1.34	1.78	2.23	2.67	3.12	3.56
.99	.99	1.49	1.98	2.48	2.97	3.47	3.96
1.09	1.09	1.64	2.18	2.73	3.27	3.82	4.36
1.19	1.19	1.79	2.38	2.98	3.57	4.17	4.76
1.29	1.29	1.94	2.58	3.23	3.87	4.52	5.16
1.39	1.39	2.09	2.78	3.48	4.17	4.87	5.56
1.49	1.49	2.24	2.98	3.73	4.47	5.22	5.96
1.59	1.59	2.39	3.18	3.98	4.77	5.57	6.36
1.69	1.69	2.54	3.38	4.23	5.07	5.92	6.76
1.79	1.79	2.69	3.58	4.48	5.37	6.27	7.16
1.89	1.89	2.84	3.78	4.73	5.67	6.62	7.56

Weights: What's helpful to know

ounces = oz.

pound = lb.

16 ounces = 1 pound

pound = #

Fruits



Fresh Fruits

Can Buy

Any variety of fresh fruit

- Whole
- Cut-up
- Single pieces
- Bagged or pre-packaged
- Organic

Cannot Buy

- Dried fruit
- Fruit-nut mixtures
- Fruit with dipping sauce
- Fruit for purchase on salad bars
- Ornamental fruits
- Fruit baskets
- Party trays
- Items such as blueberry muffins
- Fruit with added sugar, fat, oil or salt

Tips

- At breakfast, top your cereal with bananas or peaches. Add blueberries to pancakes. Mix fresh fruit with plain fat-free or low-fat yogurt.
- While shopping, allow children to pick out a new fruit to try later at home.
- Buy fresh fruits in season. They cost less and are likely to be at their peak flavor.

Fruits Continued



Frozen Fruits

Arizona and Navajo Nation WIC only

Can Buy

Any brand

- Any size and type of container
- Any single or mixed variety
- Organic

Cannot Buy

- Fruit with:
 - added sugar, fat, oil or salt
 - artificial sweeteners such as Splenda or NutraSweet
 - any other added ingredients
- Smoothies



Canned Fruits*

Arizona and Navajo Nation WIC only

Can Buy

Any brand

- Any size and type of container (shelf stable or refrigerated)
- Any single or mixed variety packaged in juice or water
- Natural or unsweetened applesauce
- Organic

Cannot Buy

- Fruit:
 - packed in syrup such as heavy, light or extra light
 - with added sugar, fat, oil or salt
 - packed in sweetened fruit juice or nectar
 - with artificial sweeteners such as Splenda or NutraSweet
- Cranberry sauce or pie filling

*Allowable containers include cans, cups, jars or pouches

Vegetables



Fresh Vegetables

Can Buy

Any variety of fresh vegetables

- Whole
- Cut-up
- Single
- Bagged or pre-packaged, including lettuce
- Organic

Cannot Buy

- Kits with dressings or dipping sauce
- Herbs and spices
- Edible blossoms such as squash blossoms (broccoli, cauliflower and artichokes are allowed)
- Creamed or sauced vegetables
- Vegetable-grain mixtures
- Breaded vegetables
- Vegetables for purchase on salad bars
- Salad kits
- Ornamental vegetables, such as chilies on a string
- Painted pumpkins
- Party trays
- Vegetables with added sugar, fat, oil or salt

Tips

- Depending on their age, children can help shop for, clean, peel or cut up vegetables.
- Use cut-up vegetables as part of afternoon snacks.
- Shred carrots or zucchini into meatloaf, casseroles, quick breads and muffins.

Vegetables Continued



Frozen Vegetables

Arizona and Navajo Nation WIC only

Can Buy

Any brand

- Any size and type of container
- Any single or mixed variety
- Steamer bags
- Organic

Cannot Buy

- Breaded or seasoned vegetables
- French fries, tater tots or hash browns
- Vegetables with:
 - sauce such as cheese, butter or teriyaki sauce
 - added sugar, syrup, oil, fat, pasta, rice or any other ingredients



Canned Vegetables*

Arizona and Navajo Nation WIC only

Can Buy

Any brand

- Any size and type of container
- Regular and low sodium
- Any single or mixed variety
- Tomato sauce, paste, puree, whole, crushed, diced or stewed tomatoes
- Organic

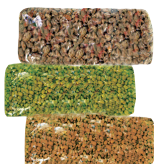
Cannot Buy

- Vegetables with added fat, sugar** or oil
- Added pastas or rice
- Pickled or creamed vegetables
- Vegetables in sauce
- Pizza sauce, soups, ketchup, relish and olives

* Allowable containers include cans, cups, jars or pouches

** Sugar allowed for sweet peas and corn only

Dry Legumes, Peanut Butter and Eggs



Dry Beans/Peas/Lentils

Can Buy

Any eligible brand, any variety

- 16 oz. package

Cannot Buy

- Green, yellow or wax beans
- Fresh or frozen beans
- Refried beans
- Bean soup mixes with flavoring packets/spices
- Organic beans
- Bulk

Peanut Butter

Can Buy

Any eligible brand, 16 to 18 oz.

- Plain, creamy, chunky or super chunky styles
- Low sodium
- Low sugar
- Natural

Cannot Buy

- Peanut butter spread
- Peanut butter with added jams, jellies, chocolate, marshmallows, DHA, omega-3 or honey
- Peanut butter in tubes
- Organic peanut butter

Eggs

Can Buy

Store or house brand⁺, dozen-size carton

- Fresh, raw, white chicken eggs
- Medium or large

Cannot Buy

- Specialty eggs (low cholesterol, DHA, organic, free range, cage free, nest and fertile)
- Extra large or jumbo
- Brown eggs
- Eggs in six-pack cartons
- Egg substitutes

⁺ Look for the 'WIC Approved' sign



Canned Beans



Canned Beans

Only when specified on your WIC benefits

Can Buy

**Any brand, any variety,
plain or low sodium in up
to 16 oz. size**

Varieties such as:

- Black
- Black-eyed peas
- Cannellini
- Garbanzo (Chickpeas)
- Great Northern
- Kidney (red or white)
- Lima
- Navy
- Pink
- Pinto
- Red

Cannot Buy

- Refried beans
- Peas or lentils
- Green peas, green beans or wax beans
- Baked, Cajun, barbeque or ranch style
- Beans with added fat, oils, seasonings, spices, meat, fruits or vegetables
- Pork and beans
- Chili beans
- Organic

For Arizona and Navajo Nation eWIC only:

For each container of dry beans/peas/lentils on your eWIC card, you can buy either a 16 oz. container of dry beans/peas/lentils or 4 cans in up to a 16 oz. size each.

Each can of beans counts as 0.25 of a container.

1.00 container = 4 cans	0.50 container = 2 cans
0.75 container = 3 cans	0.25 container = 1 can

Canned Fish



Tuna

Can Buy

Any eligible brand

- Chunk light only
- Plain, water-packed
- Regular or low sodium

Cannot Buy

- Solid white or Albacore tuna
- Tuna with soy protein added
- Oil-packed tuna
- Prime fillet
- Lunch kit tuna mix
- Tuna packed in pouches
- Tuna with added ingredients
- Flavored or seasoned tuna

Pink Salmon

Can Buy

Any eligible brand

- Pink salmon only
- Plain, water-packed
- Regular or low sodium

Cannot Buy

- Salmon with added ingredients
- Red salmon
- Salmon in pouches
- Flavored or seasoned salmon
- Atlantic salmon
- Fillets

Sardines

Can Buy

Any eligible brand

- 3.75 oz. cans, flavored, seasoned or plain

Cannot Buy

- Brisling
- Norwegian

Cereal

Hot Cereal

11.8 oz. box or larger; up to 36 combined oz.



Can Buy

- Cream of Wheat Original (in Instant individual packets, 1 minute and 2.5 minute varieties)
- Malt-O-Meal Original
- Quaker Instant Oatmeal Original individual packets

Cannot Buy

- Hot cereals less than 11.8 oz.
- Added raisins, fruit or nuts
- Variety packs
- Organic cereals



= whole grain cereal. Whole grains are higher in fiber and nutrients important for heart and digestive health.

Tips

- To help identify whole grains, look for the word "whole" at the beginning of the ingredient list.
- Teach older children to read the ingredient list on cereals or snack food packages and choose those with whole grains at the top of the list.
- Try rolled oats or a crushed, unsweetened whole grain cereal as breading for baked chicken, fish or eggplant.

Cereal Continued

Cold Cereal

14 oz. or larger bags or boxes; up to 36 combined oz.

Listed store
brands of
Toasted Oats



whole grain



= whole grain cereal. Whole grains are higher in fiber and nutrients important for heart and digestive health.

Listed store
brands of
Crispy Rice



Cereal Continued

Cold Cereal

14 oz. or larger bags or boxes; up to 36 combined oz.

Can Buy

- **Any of the following store brands of Crispy Rice:** Best Yet, First Street, Great Value, Western Family
- **Any of the following store brands of Toasted Oats:** Best Yet, First Street, Food Club, Great Value, Hy-Top, Kroger, Market Pantry, Signature Kitchens, Western Family, WinCo
- **General Mills:** Total, Kix (Plain), Cheerios (Plain, MultiGrain), Chex (Corn, Rice, Wheat)
- **Kellogg's:** Corn Flakes, Special K Original, All-Bran Complete, Wheat Flakes, Frosted Mini-Wheats Original, Rice Krispies
- **Malt-O-Meal:** Frosted Mini Spooners, Crispy Rice
- **Post:** Great Grains Banana Nut Crunch, Honey Bunches of Oats (Honey Roasted, Almond, Whole Grain Almond Crunch, Whole Grain Honey Crunch, Whole Grain Vanilla Bunches), Grape-Nuts Original, Grape-Nuts Flakes
- **Quaker:** Life (Original), Oatmeal Squares (Brown Sugar, Cinnamon)

Cannot Buy

- Cold cereals less than 14 oz.
- Variety packs
- Frosted cereals except those listed in the CAN BUY section
- Organic cereals

CEREAL

You may combine multiple sized containers to equal up to 36 oz. **Examples:**

$$18 + 18 = 36$$

$$16 + 18 = 34$$

Whole Grains



100% Whole Wheat Bread

Can Buy

Any of the following loaves of bread in a 16 oz. size only

- Any eligible store or house brand labeled 100% whole wheat bread
- Bimbo
100% Whole Wheat
- Nature's Own
100% Whole Wheat
- Oroweat
100% Whole Wheat
- Ozark Hearth
100% Whole Wheat
- Roman Meal SunGrain
100% Whole Wheat
- Sara Lee
100% Whole Wheat
- Wonder
100% Whole Wheat

Cannot Buy

- Gluten-free
- Diet, light or low carb
- Mini loaves
- Pita or flat bread
- English muffins
- Sandwich thins or rounds
- Bagels
- Buns
- Rolls
- Organic

Whole Grains Continued



Brown Rice

Can Buy

Any of the following brands of brown rice (long or short grain) in a 16 oz. size only

- Any store or house brand
- Blue Ribbon
- Mahatma
- Shurfine
- Springfield

Cannot Buy

- Instant brown rice
- Rice in plastic containers
- Seasoned or flavored rice
- White rice
- Basmati and jasmine rice
- Organic rice



Whole Wheat Flour Tortillas

Can Buy

Any of the following whole wheat flour tortillas in a 16 oz. size only*

- Essential Everyday
- Guerrero Tortillas de Harina Integral
- IGA
- Kroger
- La Banderita Fajita
- Mission
- Santa Fe Tortilla Company
- Sunrise Bakery

Cannot Buy

- Tortilla chips
- Tostada or taco shells
- White flour tortillas
- Flavored tortillas (such as spinach or tomato)
- Organic tortillas

***Whole wheat flour must be the only flour listed in the ingredient list**

Whole Grains Continued

Soft Corn Tortillas

Can Buy

Any of the following yellow or white soft corn tortillas in a 16 oz. size only*

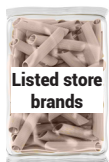
- Casa Rica
- Don Pancho
- Essential Everyday
- Guerrero
- La Banderita
- La Burrita
- Mama Lola's
- Mission
- Santa Fe Tortilla Company

Cannot Buy

- Tortilla chips
- Tostada or taco shells
- Organic tortillas



***Corn (masa) flour, ground corn or whole corn flour must be listed as the first ingredient**



Whole Wheat Pasta

Can Buy

Any variety of the following brands of whole wheat pasta in a 16 oz. size only

- Any of the following store brands: Essential Everyday, Great Value, Kroger, Natural Directions, O Organics, Simple Truth Organics, Shurfine, Simply Balanced, Western Family
- Barilla
- DeLallo
- Hodgson Mill

Cannot Buy

- Pastas that list any other flour besides whole wheat and/or whole durum wheat flour in the ingredients
- Pastas with added sugars, fats, oils or salt