



FOOD LIST



Effective
October 1, 2026



WIC Participant Responsibilities

Before you shop:

1. Check your benefit balance and the date your benefits expire.
2. Shop only at WIC-approved stores. Your WIC office will let you know the locations where you can use your benefits. Look for the "We Accept eWIC" decal at the grocery store.
3. Tell the WIC office if you would like someone else to be able to pick up or use your WIC benefits.

To check your family balance, the Food List and more, download the EzWIC app or WIC Shopper app.

EzWIC app
Arizona WIC
Navajo Nation WIC



WIC Shopper app
ITCA WIC



Scan this code with your smart phone
to download the WIC Shopper app

While you shop:

1. Read your benefits carefully to know which foods and quantities you can purchase.
 - a. You can check your WIC balance at the store by swiping your card at the checkout stand and entering your PIN, calling the customer service number on your card, or using your WIC program's shopping app.
2. 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. Use your eWIC card before other methods of payment.
2. Wait for the cashier to ask you to swipe your eWIC card and enter your PIN.
3. After foods are rung up, review the transaction before approving. After approving, the WIC food items purchased will be deducted from your account.
4. You will be given a new receipt with the remaining benefit balance and the date your benefits expire. Keep your receipt so you know the remaining balance and expiration date for your next shopping trip.

Note: Self-checkout may be allowed at some WIC-approved stores. Please look for signs near the self-checkout to see if it is approved or ask a store employee.

If you want to know if a certain brand of food is eligible, please contact your WIC office or use the resources listed for your program below.



Arizona WIC

- Contact the WIC Shoppers' Helpline (866) 927-8390
Monday - Friday 7 a.m. - 7 p.m.
Saturday 8 a.m. - 1 p.m.
azwicshoppershelpline@azdhs.gov
- Check the EzWIC app
- [Contact your WIC office](#)



Inter Tribal Council of Arizona WIC

- Contact your WIC office
- Check the WIC Shopper app
- Call 1 (800) 360-6150



Navajo Nation WIC

- Email your WIC office at nwicnpdocuments@navajo-nsn.gov
- Call your WIC office at (928) 871-6698 or 1 (800) 307-4231
- Check the EzWIC app

If you have problems at the grocery store:

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

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/ad-3027.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

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. fax:
(833) 256-1665 or (202) 690-7442; or
3. email:
program.intake@usda.gov

This institution is an equal opportunity provider.

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Infant Cereal and Formula

Infant Cereal

Included

Any of the following brands and varieties of infant cereal:

- 8 or 16 ounce size
- organic

Not Included

- added fruit, vegetables, lentils, or yogurt
- added probiotics, sugar, formula, or DHA/ARA
- high protein
- jars, cans, or single serving cups



MultiGrain
Oatmeal



Grits
MultiGrain
Oatmeal
Rice

Infant Formula

Only the brand, type, and size included in your WIC benefits.



24-Hour
Breastfeeding Hotline
1-800-833-4642
gobreastmilk.org

Infant Fruits and Vegetables

Included

Any of the following brands of infant fruits and vegetables:

- stage 1 or stage 2
- single or mixed fruits and vegetables
- 2 or 4 ounce size
- single, 2-packs, or multi-packs
- natural or organic

Not Included

- added formula, cereal, DHA/ARA, probiotics or yogurt
- added salt, sugar, or starches
- desserts, dinners, food combinations, or smoothies
- pouches

Beech-Nut®



Gerber®



Good & Gather®



HappyBABY®



organics



Parent's CHOICE®



tippy toes®



You can mix and match up to the amount included in your benefits.

128oz = 64 2oz containers or 32 4oz containers

64oz = 32 2oz containers or 16 4oz containers

Infants 6 months and older can get benefits for fresh, frozen, or canned fruits and vegetables. Ask a WIC staff member for more information.

Infant Meats

Allowable for fully breastfeeding infants only.

Included

Any of the following brands of single ingredient infant meats:

- 2.5 ounce size
- any stage
- added broth and gravy
- organic

Not Included

- added salt or sugar
- dinners or food combinations
- meat sticks

Beech-Nut®



Gerber®



You can mix and match meat types up to the amount included in your benefits.

40oz = 16 jars

Milk

Size and type of milk is specified in your WIC benefits.



Included

Any brand, refrigerated milk

- pasteurized fluid cow's milk (includes organic in the gallon size only)
 - fat-free
 - low-fat (1%)
 - reduced-fat (2%)*
 - whole

Other milk types:

- evaporated milk (up to 12 ounce size, includes lactose free)
- powdered dry milk (9.6 to 56.4 ounce size)
- UHT/sterile/long shelf-life milk (includes lactose free)
- lactose free cow's milk (half gallon size)
 - Navajo Nation WIC also authorizes 96 ounce lactose free milk

Not Included

- acidophilus milk
- buttermilk
- creamers or half and half
- filled milk
- flavored milk
- nut or grain milk (such as almond, coconut, or rice milk)
- organic milk in sizes other than a gallon
- raw milk
- sweetened condensed milk

*For Arizona WIC and Navajo Nation WIC: 2% organic milk must be specified in your benefits.

For ITCA WIC: organic does not need to be specified in your milk benefits.

Kefir

Fat content is specified in your WIC benefits.

Included

Lifeway Kefir 32 ounce (1 quart) size:

- any flavor
- fat free
- low fat (1%)
- whole (3.25%)
- organic

Not Included

- grassfed
- oat kefir
- other brands or sizes of kefir



Soy Milk

Included

Any of the following brands and types of soy milk in the sizes listed.

Not Included

- added DHA/ARA
- organic or light
- soy milk in other flavors

For Arizona WIC and Navajo Nation WIC:
Soy Milk is listed in gallons in your benefits.

32oz (1 quart) = 0.25 gallon (gal)

64oz (half gallon) = 0.5 gallon (gal)

8th
CONTINENT
SOYMILK



half gallon
refrigerated,
original

bettergoods



half gallon
refrigerated,
original

Pacific
FOODS



32oz shelf
stable,
original

Silk



half gallon,
refrigerated,
original, un-
sweetened,
and vanilla

Pea/Oat Milk

Must be specified in your WIC benefits.

Included

Silk Kids pea/oat blend
59 ounce size

Not Included

Other brands or types of pea/
oat milk.

Silk



Milk Alternatives | page 2

Tofu

Included

Any of the following brands of calcium set tofu:

- 14 to 16 ounce size
- medium, firm, or extra firm
- organic

Azumaya
Tofu



Good &
Gather



House Foods



nasoya



O
organics



simple truth
organic



Goat Milk

Arizona WIC only

Fat content is specified in your WIC benefits.

Included

Meyenberg brand of goat milk

Not Included

Other brands of goat milk.

Meyenberg



low fat and
whole, one
quart



whole powdered
12oz



whole evaporated
12oz

Low Fat and Nonfat Yogurt | page 1

Fat content is specified in your WIC benefits.

24 to 32 ounce Yogurt

Included

Any of the following brands of regular or Greek yogurt as specified below:

- 24 to 32 ounce size
- any flavor, unless specified

You can mix and match yogurt options up to the amount included in your benefits.

For example, 32oz of yogurt could be:

- one 32oz yogurt
- two 16oz packs
- six 5.3oz yogurts
- five 6oz yogurts

Not Included

- flavors or types other than what is specified
- yogurt mix-ins such as granola, candy pieces, honey, nuts, or similar ingredients
- yogurts that are drinkable

Store brands:



Kroger Regular



Lucerne Regular and Light



WinCo Regular

ACTIVIA



Proactive

Chobani



Greek

DANNON



Low Fat/Nonfat



Light + Fit Greek (vanilla only)

LALA



Low Fat

MOUNTAIN HIGH



Low Fat/Fat Free

OIKOS



Pro (does not include plain)



Triple Zero

Stonyfield ORGANIC



Organic Regular

Tillamook



Good & Creamy

too good



Blended

Yoplait



Original

ZOI GREEK YOGURT.



Greek

Single Serving Yogurt and Yogurt Packs

Included

Any of the following brands of single serving sized yogurts and single serving yogurt packs:

- any flavor

Not Included

- any Go-Gurt other than Simply Go-Gurt
- yogurt mix-ins such as granola, candy pieces, honey, nuts, or similar ingredients
- yogurt pouches
- yogurts that are drinkable

Store brands: _____



Food Club
Regular Light



Great Value
Regular Light



Lucerne
Regular Light

ACTIVIA



Low Fat/
Nonfat

Chobani



20g
Protein



Less
Sugar



Non Fat
Greek



Zero
Sugar

Danono



Low Fat



Simply Go-GURT

OIKOS



Pro



Triple Zero



Organic Kids



Good & Creamy

too good



Blended



Fruit on the
Bottom



Zero
Sugar



Original Kids

Plant-Based Yogurt

Included

Silk Dairy Free:

- plain and vanilla flavors only
- any size

Not Included

Other brands or flavors of plant-based yogurt.

Silk



Whole Milk Yogurt

Fat content is specified in your WIC benefits.

24 to 32 ounce Yogurt

Included

Any of the following brands of regular or Greek yogurt as specified below:

- 24 to 32 ounce size
- any flavor

Not Included

- non-dairy yogurt
- yogurt mix-ins such as granola, candy pieces, honey, nuts, and similar ingredients
- yogurts that are drinkable

Chobani



Greek

DANNON



Whole Milk

MOUNTAIN HIGH



Original

Stonyfield ORGANIC



Whole Milk Regular

Single Serving Yogurt and Yogurt Packs

Included

Stonyfield Organic Kids Cups:

- 4 ounce 6-pack
- any flavor

Not Included

Any other brand of single serving yogurt.



Cheese



Included

Any brand of cheese:

- 8, 16, or 32 ounce size
- block, shredded, sliced, or string
- regular, reduced fat, or low sodium
- organic

Any of the following types of cheese:

- Cheddar (mild, medium, sharp, extra sharp, Longhorn, or white)
- Colby (includes Longhorn)
- Monterey Jack
- Mozzarella (includes string cheese)
- Muenster
- Provolone
- Swiss
- Blended cheese (blend of any types listed above)

Not Included

- added peppers or other ingredients
- cheese from the deli counter
- cheese spread
- cheese sticks (except mozzarella string cheese)
- cream cheese
- diced cheese
- imported cheese
- processed American cheese, processed cheese food, cheese product
- random weight cheese
- unpasteurized cheese or cheese made from raw milk

Type of juice is specified in your WIC benefits.

11.5 to 12 ounce frozen juice and 64 ounce shelf stable juice

Included

Any of the following brands of 100% juice:

- flavors and types listed below
- allowable containers include plastic bottles, cartons, and cans

WIC participants can get benefits for fresh, frozen, or canned fruits and vegetables instead of juice. Ask a WIC staff member for more information.

Not Included

- juice cocktail
- added sugar or sweetener
- Boathouse Farms, Odwalla or Naked brands of refrigerated orange juice
- cold-pressed orange juice
- light juice
- organic juice (unless indicated)
- Tree Top 3 apple blend or honeycrisp
- V8 Splash

Apple

Store brands:



Essential Everyday



First Street
(includes apple cider)



Food Club



Freedom's Choice



Great Value



Kroger
(includes apple cider)



Market Pantry



Signature Select
(includes apple
cider)



Smart Way



WinCo

Juice | page 2

Type of juice is specified in your WIC benefits.

**11.5 to 12 ounce frozen juice and
64 ounce shelf stable juice**

Apple

**Juicy
Juice**



LANGERS



MOTT'S



**OLD
ORCHARD**



TREETOP



Grape

Store brands:



Essential Everyday



First Street



Food Club



Freedom's Choice



Great Value



Kroger



Market Pantry



Signature Select



WinCo

Juice | page 3

Type of juice is specified in your WIC benefits.

**11.5 to 12 ounce frozen juice and
64 ounce shelf stable juice**

Grape



Orange/Grapefruit

Calcium fortified allowed

11.5 to 12 ounce frozen:

- any brand



52 to 64 ounce shelf stable or refrigerated:

- any brand, excluding Boathouse Farms, Odwalla, or Naked

Shopping tip: 64oz = half gallon



Mixed Flavors

Store brand:



Essential Everyday



First Street



Great Value



Kroger



Signature Select



WinCo

Juice | page 4

Type of juice is specified in your WIC benefits.

**11.5 to 12 ounce frozen juice and
64 ounce shelf stable juice**

Mixed Flavors

**Juicy
Juice**



LANGERS



MOTT'S



Ocean Spray



OLD ORCHARD



TREETOP
SINCE 1960



V8

original,
low sodium,
and spicy
hot flavors



Welch's
FAMILY FARMHOUSE



Pineapple

Store brands:



Food
Club



Great
Value



Kroger



Market
Pantry



Signature
Select

LANGERS



Libby's



OLD ORCHARD



Type of juice is specified in your WIC benefits.

**11.5 to 12 ounce frozen juice and
64 ounce shelf stable juice**

Tomato

Store brands:



First
Street



Freedom's
Choice



Great
Value



Signature
Select

Campbell's



Type of juice is specified in your WIC benefits.

Juice Packs

Included

Any of the following brands of 100% juice in the sizes listed.

Not Included

- added sugar or sweetener
- juice cocktail
- light juice
- organic juice



Apple
6.75oz 8-pack

Campbell's



Tomato
5.5oz 6-pack



Pineapple and
Pineapple blends
6oz 6-pack

**Juicy
Juice**



4.23oz 8-pack



6.75oz 8-pack

**Minute
Maid**



6oz 8-pack



6.75oz 8-pack

TREETOP
EST. 1980



6.75oz 8-pack



original, low sodium, spicy hot
5.5oz 6-pack 5.5oz 8-pack

Shopping tip for Arizona WIC and Navajo Nation WIC:

When you purchase a juice pack, the total number of ounces is deducted from your benefits.

For example, a 6 ounce 6-pack decreases your benefit total by 36 ounces. You may end up with ounces left in your benefits at the end of the month. Ask a WIC staff member for more information.

Fruit

Fresh Fruit



Included

Any variety of fresh fruit:

- whole
- cut-up
- single pieces
- bagged and pre-packaged
- organic

Not Included

- added sugar, fat, oil, or salt
- dried fruit
- fruit baskets
- fruit for purchase on salad bars
- fruit with dipping sauce
- fruit-nut mixtures
- ornamental fruits

Frozen Fruit



Included

Any variety of frozen fruit:

- any single or mixed variety
- any size and type of container
- organic

Not Included

- added sugar, fat, oil, or salt
- any other added ingredients
- artificial sweetener such as aspartame, Splenda, or stevia

Canned Fruit



Included

Any variety of canned fruit:

- any single or mixed variety packaged in juice
- any size and type of container (shelf stable or refrigerated)
- unsweetened applesauce
- organic

Not Included

- added sugar, fat, oil, or salt
- artificial sweetener such as aspartame, Splenda, or stevia
- cranberry sauce or pie filling
- fruit packaged in heavy, light, or extra light syrup
- fruit packaged in sweetened fruit juice or nectar

Fresh Vegetables



Included

Any variety of fresh vegetables:

- whole
- cut-up
- single pieces
- bagged and pre-packaged
- organic

Not Included

- added sugar, fat, oil, or salt
- breaded, creamed, or sauced vegetables
- kits with dressings or dipping sauces
- ornamental vegetables, such as chilies on a string
- painted pumpkins
- vegetable-grain mixtures
- vegetables for purchase on salad bars

Fresh Herbs



Included

Including but not limited to the following fresh herbs and spices:

- | | |
|--------------|--------------|
| • Basil | • Marjoram |
| • Bay Leaves | • Mint |
| • Chamomile | • Oregano |
| • Chipilin | • Papalo |
| • Fresco | • Parsley |
| • Chives | • Pipicha |
| • Cilantro | • Rosemary |
| • Culantro | • Ruta Rue |
| • Dill | • Sage |
| • Epazote | • Tarragon |
| • Fennel | • Thyme |
| • Ginger | • Watercress |
| • Lemongrass | |

Not Included

- dried herbs and spices
- potted herb plants

Frozen Vegetables



Included

Any variety of frozen vegetables:

- any single or mixed variety
- any size and type of container
- steamer bags
- organic

Not Included

- added sugar, oil, fat, pasta, or rice
- breaded vegetables
- french fries, tater tots, or hash browns
- sauce such as cheese, butter, or teriyaki sauce

Canned Vegetables



Included

Any variety of canned vegetables:

- any single or mixed variety
- any size and type of container
- added sugar allowed for sweet peas or corn
- regular or low sodium
- tomato sauce, paste, puree, whole, crushed, and diced tomatoes
- organic

Not Included

- added fat or oil
- added pasta or rice
- added sugar for any vegetable other than sweet peas or corn
- pickled or creamed vegetables
- pizza sauce, soups, ketchup, relish, or olives
- vegetables in sauce

Beans, Peanut, Nut and Seed Butter

Dry Beans



Included

Any brand of dried beans, peas, or lentils:

- 16, 24, or 32 ounce size
- organic

Shopping Tip:

16oz = 1 container (CTR/CNT)
24oz = 1.5 container (CTR/CNT)
32oz = 2 container (CTR/CNT)

Not Included

- bean soup mixes with flavoring packets/spices
- beans in bulk bins
- fresh or frozen beans
- green, yellow, or wax beans
- refried beans

Canned Beans



Included

Any brand, any variety of canned beans:

- up to 16 ounce size
- allowable containers include cans, cups, jars, or pouches
- plain or low sodium
- organic

Shopping Tip:

1 can of beans = 0.25 container (CTR/CNT)

Not Included

- added fat, oils, meat, fruits, or vegetables
- baked, Cajun, barbeque, or ranch style beans
- chili beans
- peas, green beans, or wax beans
- pork and beans
- refried beans

Shopping Tip for Beans, Peanut, Nut and Seed Butter:

For each container (CTR/CNT) on your eWIC card, you can buy either a 16 ounce bag of dry beans, peas or lentils, 4 cans of beans (up to 16 ounce size each), a 14 to 18 ounce jar of peanut butter, or a 9 to 16 ounce jar of nut or seed butter.*

* For Arizona WIC: only if nut and seed butter is specified in your WIC benefits.

Beans, Peanut, Nut and Seed Butter

Peanut Butter



Included

Any brand of peanut butter:

- 14 to 18 ounce size
- plain, creamy, crunchy, chunky, or super chunky
- low sodium, low sugar
- natural or organic

Not Included

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

Nut and Seed Butter



Navajo Nation and ITCA WIC Included

Any brand of almond, cashew, walnut or sunflower seed butter:

- 9 to 16 ounce size
- organic

Not Included

- flavored nut or seed butter
- added jams, jellies, chocolate, marshmallows, DHA, omega-3, or honey

Arizona WIC Included

Nut or seed butter is specified in your WIC benefits.

Any of the following brands of almond, cashew, sunflower seed, or walnut butter in a 9 to 16 ounce size:

- Crazy Go Nuts Walnut Butter
- Good & Gather Almond Butter
- Good & Gather Cashew Butter
- Open Nature Almond Butter
- Open Nature Cashew Butter
- Sam's Choice Almond Butter
- Sam's Choice Cashew Butter
- Simple Truth Almond Butter
- Simple Truth Cashew Butter
- Simple Truth Organic Sunflower Butter
- Sun Butter
- Sun Harvest Almond Butter
- Wild Harvest Almond Butter

Eggs



Included

Any brand of eggs:

- dozen size
- fresh, raw chicken eggs
- white or brown
- medium, large, extra large, or jumbo
- organic, free range, and cage free



Not Included

- egg substitutes
- nest and fertile
- six-pack size

Fish

Tuna



Included

Any brand, any size:

- light only
- regular or low sodium
- packed in water or oil
- plain or flavored
- allowable containers include cans, cups, jars, or pouches

Not Included

- added beans, pasta, or rice
- added soy protein
- Albacore tuna
- artificial or plant-based tuna
- lunch or snack kit tuna mix
- prime fillet
- tuna with crackers or other foods

Pink Salmon



Included

Any brand, any size:

- pink salmon only
- regular or low sodium
- packed in water or oil
- plain or flavored
- allowable containers include cans, cups, jars, or pouches

Not Included

- Atlantic salmon
- fillets
- red salmon

Sardines



Included

Any brand, any size:

- flavored, seasoned, or plain

Not Included

- Brisling
- Norwegian

Hot Cereal

Included

Any of the following brands of hot cereal in a 9 ounce or larger size.

Not Included

- added raisins, fruit, or nuts
- less than 9 ounce size
- variety packs

You can mix and match cereal options up to the amount included in your benefits.

Store brand instant oatmeal, original flavor, individual packets: —



Bashas'



Essential
Everyday



First
Street



Food Club



Great
Value



Kroger



Signature
Select



WinCo

CREAM
RICE



original

CREAM
WHEAT



original
1 minute



original
2.5 minute



original instant
individual packets



whole grain
2.5 minute

QUAKER



instant
grits
original
and butter



instant
oatmeal
original

Malt-O-Meal



original

★ = 100% folic acid per serving
■ = Gluten free

● = Organic
◆ = Whole grain cereal

Cold Cereal

Included

Any of the following brands of cold cereal in 9 ounce or larger size.

Not Included

- cereal cups
- frosted cereals, except those listed as allowable
- less than 9 ounce size
- variety packs

Store brand of Toasted Oats ♦:



First Street



Food Club



Great Value



Kroger



Signature Select



WinCo



Bluey Cheerios
hearty nut medley
multi-grain original



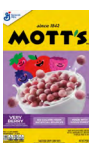
Cheerios
original
Cheerios Veggie Blends
apple strawberry
blueberry banana



Chex
blueberry
cinnamon
corn
rice



Chex
strawberry vanilla
wheat
Fiber One
honey clusters
Kix



Mott's
apple cinnamon
very berry
Total
Wheaties

★ = 100% folic acid per serving
■ = Gluten free

● = Organic
♦ = Whole grain cereal

Cold Cereal

You can mix and match cereal options up to the amount included in your benefits. Examples:

$$9 + 9 + 9 + 9 = 36 \quad | \quad 24 + 12 = 36 \quad | \quad 18 + 18 = 36$$

Grain Berry
with Amazing ONYX Sorghum



★ **Grain Berry**
cinnamon frosted
multi-bran flakes

Kashi



● **Kashi**
apple cinnamon
loops
blueberry clusters



● **Kashi**
cocoa clusters
honey toasted

Kellogg's



Complete Bran
Corn Flakes
original
Crispix



★ **Frosted Mini Wheats**
blueberry muffin
cocoa
little bites original



★ **Frosted Mini Wheats**
original
pumpkin spice
strawberry
Raisin Bran
original



★ **Rice Krispies**
Special K
cinnamon and pecan
original
protein touch of
cinnamon

★ = 100% folic acid per serving
■ = Gluten free

● = Organic
◆ = Whole grain cereal

Cold Cereal



Crispy Rice
Frosted Mini Spooners
 original
 strawberries and
 cream
Raisin Bran



Bran Flakes
Grape Nuts
 flakes
 original



Great Grains
 banana nut crunch
 cranberry almond
 crunch
 crunchy pecan
 raisins, dates &
 pecans



Great Grains
 red berry almond
 crunch
Honey Bunches of Oats
 almond
 cinnamon bunches
 honey roasted



Honey Bunches of Oats
 maple & pecans
 strawberries
 vanilla
Raisin Bran



Life
 original
 strawberry
 blueberry bliss
 very vanilla



Quaker Oatmeal Squares
 brown sugar
 cinnamon
 honey nut

★ = 100% folic acid per serving
 ■ = Gluten free

● = Organic
 ◆ = Whole grain cereal

■ 100% Whole Wheat and 100% Whole Grain Bread ■



Included

Any brand, any size 100% whole wheat or 100% whole grain:

- bagels
- bread (including gluten free and organic)
- buns
- English muffins
- pita
- sandwich thins

Not Included

- bread that does not say 100% whole wheat or 100% whole grain on the label
- gluten free bread that does not say 100% whole grain on the label

Brown Rice or Wild Rice



Included

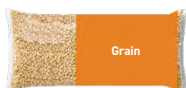
Any brand of brown or wild rice:

- 14 to 32 ounce size
- instant, quick, boil in bag, or regular cooking
- short or long grain
- organic

Not Included

- basmati or jasmine rice
- seasoned or flavored rice
- white rice

Other Grains



Included

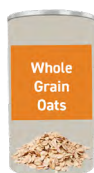
Any brand, any size of whole grain:

- barley
- buckwheat
- bulgur
- sorghum
- wheat berries

Not Included

- flour
- grains in bulk bins
- soup kits

Oatmeal



Included

Any brand, any size 100% whole grain oats, including:

- old fashioned
- quick cooking
- steel cut
- organic

Not Included

- added flax or chia
- flavored
- granola
- instant
- oat flour
- overnight oats
- protein oats

Quinoa



Included

Any color and size of the following brands of quinoa, includes organic:

- Bashas'
- Good and Gather
- Great Value
- Kroger
- O Organics
- Simple Truth Organic
- Sun Harvest Organic

Not Included

Quinoa and rice blends

Whole Wheat Pasta



Included

Any brand, any size of whole wheat pasta, includes organic.

Not Included

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

Soft Corn Tortillas



Included

Any brand blue, white, or yellow soft corn tortillas in a 14 ounce or larger size, includes organic.

Not Included

- tortilla chips
- tostada or taco shells

Whole Wheat Flour Tortillas



Included

Any brand whole wheat flour tortillas in a 14 ounce or larger size, includes organic. Whole wheat flour must be the only flour listed in the ingredient list.

Not Included

- flavored tortillas (such as spinach or tomato)
- tortilla chips
- tostada or taco shells
- white flour tortillas

Corn Flour



Included

Any of the following brands of yellow, white, or blue corn meal or corn masa flour, any size:

- Albers Corn Meal
- Aunt Jemima Corn Meal
- Blue Mountain Corn Meal
- Bob's Red Mill Organic Masa Harina/Corn Flour
- Bob's Red Mill Whole Grain Medium Grind Cornmeal
- El Mexicano Masa Casera
- Food Club Corn Meal
- Golden Grain Corn Meal
- Good and Gather Corn Meal
- Goya Masarica Instant Corn Masa Flour
- Goya Pre-cooked Corn Meal
- Great Value Instant Corn Masa Flour
- Kroger Corn Meal
- Maizada Instant Corn Masa
- Martha White Corn Meal
- Masa Brosa Instant Corn Masa
- Maseca Antojitos, Instant Corn Masa Flour, Nixta Masa, and Tamal
- Minsa Instant Corn Masa Flour
- Pan Pre-cooked Corn Meal
- Pearl Milling Corn Meal
- Ramona Farms Corn Meal
- Quaker Corn Meal
- Quaker Masa Harina De Maiz Corn Tortilla Mix
- Shawnee Best Corn Meal
- Signature Select Corn Meal
- Torti Masa Corn Masa Flour
- Valley Mills Ground Corn

Not Included

- any brand not listed as allowable

WIC promotes breastfeeding as the optimal infant feeding choice.

The WIC Program provides:



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peer counselors



Lactation
consultants



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support groups



Educational
materials



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