

# FOOD LIST

**Effective  
October 1, 2025**



## 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](mailto: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
- Or call 1 (800) 360-6150



#### Navajo Nation WIC

- Email your WIC office at [nwiczndocuments@navajo-nsn.gov](mailto:nwiczndocuments@navajo-nsn.gov)
- Call your WIC office at (928) 871-6698 or 1 (800) 307-4231
- Or 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](mailto: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



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](http://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®



o  
organics



Parent's  
choice®



simple truth  
organic



tippy toes®



Wild  
Harvest



**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



### Included

**Any brand, refrigerated milk in quarts, half gallons, or gallons as specified in your WIC benefits:**

- 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
- chocolate milk
- creamers
- filled milk
- flavored milk
- half and half
- 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.



## 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)



half gallon  
refrigerated,  
original

bettergoods



half gallon  
refrigerated,  
original

Pacific  
FOODS



32oz shelf  
stable,  
original

Silk



half gallon  
refrigerated,  
original

## 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

## Tofu

### Included

**Any of the following brands of calcium set tofu:**

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



### Not Included

- added fats, sugars, oils, or sodium
- Nasoya super firm tofu
- soft or silken tofu

## 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



# 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
- one 6oz 4-pack and one 5.3 or 6oz yogurt
- 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 Light



WinCo Regular

### Chobani



Greek

### DANNON



Low Fat/Nonfat



Light + Fit Greek (vanilla only)

### LALA



Low Fat (plain only)

### MOUNTAINHIGH



Low Fat/Fat Free

### OIKOS



Pro (does not include plain)



Triple Zero

### Tillamook



Good & Creamy

### too good



Blended

### Yoplait



Original

### ZOI

GREEK YOGURT.



Greek

## Low-Fat and Nonfat Yogurt | page 2

### 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

#### Chobani



20g  
Protein



Less  
Sugar



Non Fat  
Greek



Zero  
Sugar

#### DANNON



Activia  
(with fruit only)



Low Fat



Simply Go-GURT

#### OIKOS



Pro



Triple Zero



Organic Kids



Good & Creamy



Blended



Original or Light



Original Kids

### Plant-Based Yogurt

#### Included

##### **Silk Dairy Free:**

- plain flavor 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.

**Stonyfield ORGANIC**



## 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

## Juice | page 1

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



Food Club



Freedom's Choice



Great Value  
(includes honeycrisp and organic)



Kroger  
(includes apple cider)



Signature Select



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**



**TREE TOP**



### Grape

Store brands:



Essential  
Everyday



Food Club



Freedom's  
Choice



Great Value



Kroger



Signature Select



WinCo

**LANGERS**



**OLD  
ORCHARD**



**Welch's**



## 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

#### 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



Great  
Value



Kroger



Signature  
Select



WinCo

**Juicy  
Juice**



**LANGERS**



**MOTT'S**



**Ocean Spray**



**OLD ORCHARD**



**TREE TOP**



**V8**

original,  
low sodium,  
and spicy  
hot flavors



**Welch's**



## 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**

### Pineapple

Store brands:



Great Value



Kroger



Signature Select



### Tomato

Store brands:



Freedom's Choice



Great Value



Signature Select

*Campbell's*



## Juice | page 5

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



Tomato  
5.5oz 6-pack



Pineapple



Pineapple Orange  
6oz 6-pack



Apple  
6.75oz 8-pack



4.23oz 8-pack



6.75oz 8-pack



6oz 8-pack



6.75oz 8-pack



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.

WIC and the American Academy of Pediatrics recommend limiting juice to less than 4 ounces daily for toddlers 1 to 3 years old, and less than 6 ounces daily for children 4 to 6 years old.

## 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
- Nutty Gourmet Walnut 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
- 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



original



original  
1 minute



original  
2.5 minute



original instant  
individual packets



whole grain  
2.5 minute



instant  
grits  
original  
and butter



instant  
oatmeal  
original



original

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

◆ = Whole grain cereal  
● = Organic

## 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**  
multi-grain original  
original



**Cheerios Veggie Blends**  
apple strawberry  
blueberry banana  
**Chex**  
blueberry



**Chex**  
cinnamon  
corn  
rice  
wheat



**Fiber One**  
honey clusters  
**Kix**  
original  
**Total**  
**Wheaties**



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

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

♦ = Whole grain cereal  
● = Organic

## Cold Cereal

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

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

**Kashi**



**Kashi**  
blueberry clusters  
cocoa clusters  
honey toasted

**Kellogg's**



**Complete Bran**  
**Corn Flakes**  
original  
**Crispix**



**Frosted Mini Wheats**  
blueberry muffin  
cocoa  
golden honey



**Frosted Mini Wheats**  
little bites original  
original  
pumpkin spice



**Frosted Mini Wheats**  
strawberry  
**Rice Krispies**  
**Special K**  
original  
protein touch of  
cinnamon

**Malt O Meal**



**Crispy Rice**  
**Frosted Mini Spooners**  
original  
strawberries and  
cream



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

◆ = Whole grain cereal  
● = Organic

## Cold Cereal



◆ **Grape Nuts**  
flakes  
original



★ **Great Grains**  
banana nut crunch  
crunchy pecan  
**Honey Bunches of Oats**  
almond



★ **Honey Bunches of Oats**  
cinnamon bunches  
honey roasted  
maple and pecans  
vanilla



◆ **Life**  
original  
**Quaker Oatmeal Squares**  
brown sugar

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

◆ = Whole grain cereal  
● = Organic

### ■ 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:**

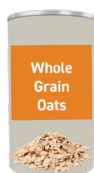
- barley
- buckwheat
- bulgur
- sorghum
- wheat berries

#### 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:**

- Good and Gather
- Great Value
- Kroger
- Nature's Truth
- O Organics
- Simple Truth 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 yellow or white 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
- Blue Mountain Corn Meal
- Bob's Red Mill Organic Masa Harina
- Bob's Red Mill Whole Grain Medium Grind Cornmeal
- 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
- King Arthur Baking Company Organic Masa Harina Flour
- Kroger Corn Meal
- Maizada Instant Corn Masa
- Martha White Corn Meal
- Masa Brosa Instant Corn Masa
- Maseca Instant Corn Masa Flour, Nixta Masa, and Tamal
- Minsa Instant Corn Masa Flour
- Pan Pre-cooked Corn Meal
- Pearl Milling 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.**

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### **The WIC Program provides:**



Breastfeeding  
peer counselors



Lactation  
consultants



Classes and  
support groups



Educational  
materials



Breast  
pumps



The enhanced  
exclusively  
breastfeeding WIC  
food package

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### **Contact your local WIC clinic to learn more.**

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**24-Hour  
Breastfeeding Hotline**  
**1-800-833-4642**  
**[gobreastmilk.org](http://gobreastmilk.org)**

