



FOOD LIST

Effective
October 1, 2020



WIC Participant Responsibilities

Before you shop:

1. Check your benefit balance and the date your benefits expire before you shop.
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 eWIC” 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.

To check your family balance, the Food List and more, download the EzWIC app (Arizona WIC Program and Navajo Nation WIC) or WIC Shopper app (ITCA WIC).



EzWIC app



WIC Shopper app

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 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 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. Wait for the cashier to ask you 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 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 vendors. 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 check the food list database for your WIC program, shown below:



Arizona WIC foods
azwic.gov/foods



Arizona WIC
QR Code



Inter Tribal Council of Arizona WIC foods
itcaonline.com/wic/foods



Navajo Nation WIC foods
ndoh.navajo-nsn.gov/

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 staff involved and save your store receipt. Contact your WIC office if you are still not satisfied.

Product requests can be sent to the following addresses:

Arizona WIC:

wicservicedesk@azdhs.gov

Inter Tribal Council of Arizona, Inc. WIC:

wicupc@itcaonline.com

Navajo Nation WIC:

ndoh.navajo-nsn.gov/

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Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter 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; (2) Fax: (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

Any of the following brands and varieties of infant cereal, in the 8 oz. or 16 oz. size (including organic)

Not Included

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



Gerber
MultiGrain



Gerber
Oatmeal



Gerber
Rice



Gerber
Whole Wheat



Beech-Nut
Multigrain



Beech-Nut
Oatmeal



Beech-Nut
Rice



Earth's Best
Multi-Grain



Earth's Best
Oatmeal



Earth's Best
Rice

Infant Formula

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



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

Infant Fruits and Vegetables

**Any of the following brands,
single or mixed variety
(including organic) of 4 oz.
Stage 2 infant fruits and
vegetables**

Not Included

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



Beech-Nut



Earth's Best



Gerber



Parent's Choice



Tippy Toes



Yummy
Naturals

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

256 oz. = 64 jars or 32 two-packs

128 oz. = 32 jars or 16 two-packs

64 oz. = 16 jars or 8 two-packs

**Infants 9 months and older can get cash value benefits
towards fresh fruits and vegetables instead of half of
their infant fruits and vegetables. Ask your clinic for more
information.**

Infant Meats

Allowable for fully breastfeeding infants only

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

Not Included

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



Beech-Nut



Earth's Best



Gerber



Tippy Toes

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

77.5 oz. = 31 jars

Milk



Any brand, refrigerated milk in container sizes as specified on your WIC benefits

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

Other Milk Types

- Evaporated milk (12 oz. can)
- Powdered dry milk (9.6 to 25.6 oz. package)
- UHT/Sterile/Long shelf-life milk
- Lactose-free cow's milk (1/2 gallon container)
- Navajo Nation WIC only: Lactose-free cow's milk (1/2 gallon and 96 oz. containers)

Not Included

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

Milk Alternatives

Soy Milk

Any of the following brands and types in the sizes indicated

Not Included

- Soy milk with added DHA/ARA
- Organic or Light
- Silk Soymilk in other flavors



8th Continent,
½ gallon, refrigerated,
Original and
Vanilla only



Pacific Ultra
Soy, 32 oz.
shelf stable,
Original only



Silk,
½ gallon,
refrigerated,
Original only

Goat Milk

Arizona WIC only

Meyenberg, quart,
refrigerated

Not Included

- Evaporated
- Powdered



Low-Fat



Whole

Tofu

Any of 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

Not Included

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



Azumaya



House
Foods



O Organics



Sunrise

Nonfat and Low-fat Yogurt*

Any of the following brands of nonfat and low-fat regular and Greek yogurt in any flavor

Not Included

- Yogurt with mix-ins such as granola, candy pieces, honey, nuts and similar ingredients
- Yogurts that are drinkable
- Organic yogurt
- Gogurt Slushies
- Non-dairy yogurt

32 oz. quart-sized (any flavor)

Any of the following store brands:

Food Club, Great Value, Kroger, Lucerne, Market Pantry, Open Nature, Simple Truth, Simply Balanced, and WinCo



Chobani



Dannon



Dannon
Light & Fit



Dannon
Oikos



Dannon
Oikos Triple Zero



Greek Gods



Mountain
High



Tillamook



Yoplait



Zoi

Packs (any flavor)



Dannon Activia
4 oz. 4-packs
(including regular,
Lactose Free, Fruit
on the Bottom,
and Light)



Yoplait 4 oz.
8-packs



Yoplait Go-Gurt
tubes 2 oz.
16-packs



Yoplait Go-Gurt
tubes 2 oz.
8-packs

***Fat content is specified on your WIC benefits.**

Whole Milk Yogurt*

Any of the following brands of whole milk regular and Greek yogurt in any flavor

Not Included

- Yogurt with mix-ins such as granola, candy pieces, honey, nuts and similar ingredients
- Yogurts that are drinkable
- Organic yogurt
- Non-dairy yogurt

32 oz. quart-sized (any flavor)

The following store brands:

Food Club, Lucerne, Simply Balanced, and WinCo



Brown Cow
Cream Top



Chobani



Dannon



Dannon
Oikos



Greek Gods



Mountain
High Original



Zoi

Packs (any flavor)



Noosa 4 oz.
4-packs (including blended
and fruit on the bottom)

***Fat content is specified on your WIC benefits.**

Cheese



Any brand of pasteurized, pre-packaged, block and shredded cheese, 1 lb. (16 oz.), regular, reduced fat, and low sodium

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

Not Included

- Diced 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
- Cheese spread
- Cream cheese
- Cheese sticks (except mozzarella string cheese)
- Packages less than 16 oz.
- Organic cheese

Juice (page 1 of 3)

11.5 to 12 oz. Frozen Concentrate and 64 oz. Shelf Stable

Any of the following brands of 100% juice;
no added sugar or sweetener

**Allowable containers include
plastic bottles, cartons, and
cans only**

Not Included

- Organic juice
- Juice cocktail
- Tree Top 3 Apple Blend
- Odwalla or Naked brands
of refrigerated orange
juice
- V8 Splash

Apple



Food Club



Langers



Old Orchard



Seneca



Shurfine



Tree Top



Food Club



Juicy Juice



Langers



Mott's



Old Orchard



Seneca



Shurfine



Tree Top

Grape



Food Club



Old Orchard



Welch's



Food Club



Langers



Old Orchard



Shurfine



Welch's

Pineapple



Langers



Dole



Old Orchard

Juice (page 2 of 3)

**11.5 to 12 oz. Frozen Concentrate
and 64 oz. Shelf Stable**

**Any of the following brands of 100% juice;
no added sugar or sweetener**

Tomato



Campbell's

Orange*/Grapefruit*



Orange
Any Brand



Grapefruit
Any Brand



Orange
Any Brand



Grapefruit
Any Brand

Shelf Stable or Refrigerated

*Calcium fortified allowed

Mixed Flavors



Juicy
Juice



Old Orchard



V8
(Original, Low
Sodium, and
Spicy Hot flavors)**



Dole



Old Orchard

**No V8 Splash

Juice (page 3 of 3)

6-Packs of 5.5 to 6 oz. Containers

Only when specified on your WIC benefits

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



Dole
Pineapple



Donald Duck
Orange



V8 (Original, Low
Sodium, and Spicy
Hot flavors)

Navajo Nation and ITCA WIC Only

8-packs 4.23 oz. containers



Juicy Juice
(any flavor)

WIC recommends limiting juice to 4 ounces daily for toddlers 1 to 3 years old, and 4 to 6 ounces daily for children 4 to 6 years old.

Fruits (page 1 of 2)

Fresh Fruits



Any variety of fresh fruit

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

Not Included

- 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

Fruits (page 2 of 2)

Frozen Fruits



Any brand

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

Not Included

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

Canned Fruits*

Arizona and Navajo Nation WIC only



Any brand

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

Not Included

- 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
 - artificial sweeteners such as NutraSweet, Splenda, or Stevia
- Cranberry sauce or pie filling

***Allowable containers include cans, cups, jars, and pouches.**

Vegetables (page 1 of 2)

Fresh Vegetables



Any variety of fresh vegetables

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

Not Included

- Kits with dressings or dipping sauces
- Herbs or 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

Vegetables (page 2 of 2)

Frozen Vegetables



Any brand

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

Not Included

- 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, or rice

Canned Vegetables*

Arizona and Navajo Nation WIC only



Any brand

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

Not Included

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

***Allowable containers include cans, cups, jars, and pouches.**

**** Sugar allowed for sweet peas and corn only.**

Beans

Dry Beans, Peas, Lentils



**Any brand, any variety
(including organic), in a 16 oz.
package size**

Not Included

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

Canned Beans



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

Not Included

Varieties such as:

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

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

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 (up to a 16 oz. size each).

Each can of beans counts as 0.25 of a container.

2.00 containers = 8 cans	1.00 container = 4 cans
1.75 containers = 7 cans	0.75 container = 3 cans
1.50 containers = 6 cans	0.50 container = 2 cans
1.25 containers = 5 cans	0.25 container = 1 can

Peanut Butter and Eggs

Peanut Butter



Any brand, 16 to 18 oz.

- Plain, creamy, crunchy, chunky, and super chunky
- Low sodium
- Low sugar
- Natural

Not Included

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

Eggs



Any brand, dozen-size carton

- Fresh, raw, white chicken eggs
- Fresh, raw, brown chicken eggs
- Medium, large, extra large, or jumbo

Not Included

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

Canned Fish

Tuna



Any brand, any size, up to the amount listed on your WIC benefits

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

Not Included

- 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



Any brand, any size, up to the amount listed on your WIC benefits

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

Not Included

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

Sardines



Any brand

- 3.75 oz. cans, flavored, seasoned, and plain

Not Included

- Brisling
- Norwegian

Cereal (page 1 of 3)

Hot Cereal

11.8 to 36 oz. boxes

Any of the following brands of hot cereal. You may combine several sizes of containers to equal up to 36 oz.

Not Included

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



Cream of Rice



Cream of Wheat
Original
1 Minute



Cream of Wheat
Original
2.5 minute



Cream of Wheat
Original
Instant Individual
Packets



Malt O Meal
Original




Quaker
Instant Grits
Original



Quaker
Instant Oatmeal
Original

 = Gluten free.

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

Cereal (page 2 of 3)

Cold Cereal

12 to 36 oz. bags and boxes

Any of the following brands of cold cereal. You may combine several sizes of containers to equal up to 36 oz.

Examples:

$$12 + 12 + 12 = 36$$

$$18 + 18 = 36$$

$$16 + 18 = 34$$

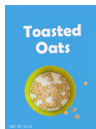
Not Included

- Cold cereals less than 12 oz.
- Variety packs
- Frosted cereals except those listed as allowable
- Organic cereals



Any of the following store brands of

Crispy Rice: Best Yet, First Street, Food Club, Great Value, Kroger, Market Pantry, Shurfine, Signature Select and WinCo



Any of the following store brands of

Toasted Oats: First Street, Food Club, Kroger, Shurfine, Signature Select, and WinCo



All Bran Complete Wheat Flakes



Banana Nut Crunch



Cheerios Multi-Grain



Cheerios Plain



Corn Chex



Rice Chex



Wheat Chex



Corn Flakes



Malt O Meal Crispy Rice

- = 100% folic acid per serving.
- = Gluten free.
- = Whole grain cereal. Whole grains are higher in fiber and nutrients that are important for heart and digestive health.

Cereal (page 3 of 3)

Cold Cereal

12 to 36 oz. bags and boxes



Malt O Meal
Frosted Mini
Spooners



Frosted
Mini Wheats
Original



Grape Nuts
Flakes



Grape Nuts
Original



Honey Bunches
of Oats
Almond



Honey Bunches
of Oats
Honey Roasted



Honey Bunches
of Oats
Whole Grain
Almond Crunch



Honey Bunches
of Oats
Whole Grain
Honey Crunch



Honey Bunches
of Oats
Whole Grain
Vanilla Bunches



Kix - Plain



Life Original



Quaker
Oatmeal Squares
Brown Sugar



Quaker
Oatmeal Squares
Cinnamon



Rice Krispies



Special K



Total

● = 100% folic acid per serving.

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

Whole Grains (page 1 of 4)

100% Whole Wheat Bread

**Any of the following brands
100% whole wheat bread in
a 16 oz. loaf**

Not Included

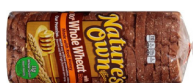
- Gluten free
- Diet, light, or low carb
- Mini loaves
- Pita or flat bread
- English muffins
- Sandwich thins or rounds
- Bagels
- Buns
- Rolls



Any Store Brand



Bimbo



Nature's Own



Ozark Hearth



Sara Lee

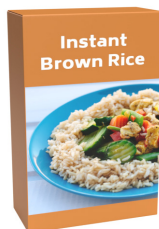
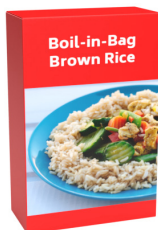


Wonder

Brown Rice



**Any brand of brown rice
(instant, quick, boil-in-bag,
or regular cooking), long or
short grain, in a 14 to 16 oz.
package size**



Not Included

- Seasoned or flavored rice
- White rice
- Basmati or jasmine rice
- Organic rice

Whole Grains (page 2 of 4)

Whole Wheat Pasta

Any of the following brands of whole wheat pasta (including organic) in a 16 oz. package size

Not Included

- 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



Any of the following store brands: Full Circle, Great Value, Kroger, O Organics, P\$st, Shurfine, Signature Select, Simple Truth Organics, Simply Balanced, Sun Harvest, and WinCo



Barilla



Delallo



Hodgson Mill



Ronzoni

Whole Grains (page 3 of 4)

Soft Corn Tortillas

Any of the following brands of yellow and white soft corn tortillas in a 16 oz. package size

Not Included

- Tortilla chips
- Tostada or taco shells
- Organic tortillas



Casa Rica



Don Pancho



Dos Ranchitos



El Super



Food Club



Guerrero



IGA



Kroger



La Banderita



La Burrita



Mama Lola's



Mission



Santa Fe Tortilla Company

Whole Grains (page 4 of 4)

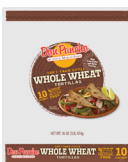
Whole Wheat Flour Tortillas

Any of the following brands whole wheat flour tortillas in a 16 oz. package size

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

Not Included

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



Don Pancho



Food Club



Great Value



Guerrero Tortillas
de Harina Integral



IGA



Kroger



La Banderita



Mission



Santa Fe Tortilla
Company



Signature Kitchens

WIC promotes breastfeeding as the optimal infant feeding choice.

The WIC Program provides the
following. Contact your local
clinic to learn more.



**Breastfeeding
Peer
Counselors**



**Lactation
Consultants**



**Classes &
Support
Groups**



**Educational
Materials**



**Breast Pumps
for Moms**



**Mothers who are
exclusively breastfeeding
get the enhanced
WIC food package**



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

