



WIC Acceptable Foods Card

This card is available in 21 languages, visit: www.health.ny.gov/wic

For the most up to date list of WIC approved foods, please visit <https://nyswicvendors.com/upc-resources/>

Milk

Can buy:

- **Your WIC shopping list shows the fat content and type of milk you must buy**
- **Any brand**
- **COW'S MILK:** Buy the largest container available when possible (gallons, 96 oz, half gallons, or quarts)
- **LACTOSE FREE MILK:** Buy largest container available when possible
- **KOSHER (Cholov Yisroel):** If printed on your WIC shopping list
- **GOAT MILK:** Meyenberg 12 oz container only
- **EVAPORATED/CANNED MILK:** 12 oz container only
- **DRY/POWDERED MILK:** 25.6 oz container only

CANNOT BUY:

- Flavored
- Organic
- Sweetened or condensed
- Buttermilk
- Added calcium
- Reduced fat (2%) milk

Eggs

Can buy:

- **Any brand**
- **1 dozen** (12 count) containers only
- **Medium or Large**
- **White or brown**

CANNOT BUY:

- Jumbo and extra-large
- Organic
- High cost specialty eggs (reduced cholesterol, cage free/free range, Omega-3 vegetarian fed)

Peanut Butter

Can buy:

- **Any brand**
- **16-18 oz container**
- **Crunchy, chunky, creamy, smooth**
- **Natural**
- **Reduced fat**

CANNOT BUY:

- Peanut spreads
- Freshly ground or whipped peanut butter
- Flavored peanut butter
- Organic peanut butter
- Peanut butter with palm oil or added ingredients such as vitamins, minerals, Omega 3, DHA, or EPA

Soy Beverage

Can buy:

The following brands and types:

- **8TH CONTINENT:**
Soy milk – Original and Vanilla (64 oz refrigerated)
- **PACIFIC NATURAL FOODS:**
Ultra Soy – Original and Vanilla (32 oz shelf-stable)
- **SILK:**
Soy milk – Original (32 or 64 oz refrigerated)
Soy milk – Original (128 oz refrigerated multi-pack)
Soy milk – Original Shelf Stable 32 oz
- **WESTSOY:**
Organic Soy milk – Plain (32 or 64 oz shelf-stable)
Soy milk – Vanilla (32 or 64 oz shelf-stable)

Cheese

Can buy:

- **8, 16, 24, or 32 oz packages only**
- **Any brand**
- **Pasteurized Process American, Monterey Jack, Mozzarella, Cheddar, Colby, Swiss, Muenster, Provolone, or blends of any of these cheeses**
- **Blocks or slices**
- **KOSHER (Cholov Yisroel) CHEESE** If printed on your WIC shopping list

CANNOT BUY:

- Imported cheese
- Cheese foods, products, or spreads
- Cracker cuts
- Shredded/grated/cubed, string, or stick cheese
- Flavored cheese
- Organic cheese
- Individually wrapped cheese
- Deli cheese

Canned Fish

Can buy:

- **Any brand**
- **Fish with salt or vegetable broth**
- **Fish packed in water or oil**
- **Fish with bones and skin**
- **The following types and sizes:**
 - **Light Tuna:** Any brand (5 and 6 oz cans)
 - **Pink Salmon:** Any brand (5, 6, and 7.5 oz cans)
 - **Sardines:** Any brand (3.75 oz cans)

CANNOT BUY:

- Albacore tuna
- Blueback salmon
- Red Salmon
- Added flavorings
- Added ingredients

Exclusively breastfeeding women get extra foods that help build the milk supply needed by their growing baby.

Yogurt

Can buy:

- **The fat content listed on your shopping list**
- **32 oz containers**
- **The following brands and types:**
 - **Annie's:** Homegrown Organic Whole Plain Yogurt
 - **Arz:** Original Whole Fat Plain Yogurt
 - **Avenue A:** Nonfat Plain Greek Yogurt, Nonfat Vanilla Greek Yogurt
 - **Axelrod:** Lowfat Plain Yogurt, Nonfat Plain Yogurt, Whole Plain Yogurt
 - **Barody:** Plain Yogurt
 - **Best Yet:** Lowfat Plain Yogurt, Nonfat Plain Greek Yogurt, Nonfat Plain Yogurt
 - **Brown Cow:** Cream On Top Whole Fat Plain Yogurt, Lowfat Plain Yogurt, Nonfat Plain Yogurt, Whole Milk Vanilla Yogurt
 - **Butterworks Farm:** Nonfat Plain Yogurt, Whole Fat Plain Yogurt
 - **Byrne Hollow:** Lowfat Plain Greek Yogurt
 - **Cabot:** 2% Lowfat Plain Yogurt, Nonfat Plain Yogurt, Whole Fat Plain Yogurt
 - **Chobani:** 2% Lowfat Plain Greek Yogurt, Nonfat Plain Greek Yogurt, Nonfat Vanilla Greek Yogurt, Whole Fat Plain Greek Yogurt
 - **Coburn Farms:** Lowfat Plain Yogurt, Nonfat Plain Greek Yogurt
 - **Cowbella:** Nonfat Plain Yogurt
 - **Cream O'Land:** Lowfat Plain Yogurt
 - **Crowley:** Lowfat Plain Yogurt
 - **Dannon:** 1.5% Lowfat Plain Yogurt, Nonfat Plain Greek Yogurt, Nonfat Plain Yogurt, Whole Fat Plain Yogurt
 - **Desi Natural Dahi:** Lowfat Plain Yogurt, Nonfat Plain Yogurt, Whole Fat Plain Yogurt
 - **Essential Everyday:** Lowfat Plain Yogurt, Nonfat Plain Greek Yogurt, Nonfat Plain Yogurt, Nonfat Strawberry Greek Yogurt, Nonfat Vanilla Greek Yogurt, Whole Plain Greek Yogurt, Whole Plain Yogurt
 - **Esti:** Whole Plain Greek Yogurt
 - **Farmland:** Dahi Whole Fat Plain Yogurt
 - **Fit and Active:** Nonfat Plain Yogurt
 - **Food Club:** Lowfat Plain Yogurt, Nonfat Plain Greek Yogurt, Nonfat Plain Yogurt
 - **Food Lion:** Nonfat Plain Yogurt
 - **Foodtown:** Lowfat Plain Yogurt, Nonfat Plain Greek Yogurt, Nonfat Plain Yogurt, Nonfat Vanilla Greek Yogurt, Whole Fat Plain Yogurt
 - **Freedom Hill Farm:** Plain Yogurt
 - **Fresh Made:** Lowfat Plain Yogurt
 - **Friendship:** Lowfat Plain Yogurt
 - **Gopi:** Indian Style Lowfat Plain Yogurt, Indian Style Nonfat Plain Yogurt, Indian Style Whole Fat Plain Yogurt
 - **Great Value:** Nonfat Plain Greek Yogurt, Nonfat Plain Yogurt, Organic Lowfat Yogurt, Whole Fat Plain Greek Yogurt
 - **Green Gods:** Lowfat Plain Greek Yogurt
 - **Green Mountain Creamery:** Nonfat Plain Greek Yogurt, Nonfat Plain Yogurt, Plain Greek Yogurt, Whole Plain Yogurt
 - **Greenway:** Whole Fat Plain Yogurt
 - **Guru:** Whole Milk Plain Yogurt
 - **Hammond Dairy:** Whole Fat Plain Yogurt
 - **Hannaford:** Lowfat Plain Yogurt, Nonfat Plain Greek Yogurt, Nonfat Plain Yogurt, Nonfat Strawberry Greek Yogurt, Nonfat Vanilla Greek Yogurt, Whole Plain Greek Yogurt, Whole Vanilla Greek Yogurt
 - **Hawthorne Valley:** Whole Fat Plain Yogurt
 - **Horizon:** Nonfat Plain Yogurt, Organic Nonfat Plain Yogurt, Organic Whole Fat Plain Yogurt
 - **Ithaca:** Whole Fat Plain Yogurt
 - **Key Foods:** Lowfat Plain Yogurt, Nonfat Plain Yogurt
 - **Kingdom Creamery:** Whole Fat Plain Yogurt
 - **Kirkland:** Nonfat Plain Greek Yogurt
 - **La Yogurt:** Lowfat Plain Yogurt, Nonfat Plain Yogurt, Whole Fat Plain Yogurt
 - **Lacto:** Plain Yogurt
 - **Lala:** Lowfat Plain Yogurt
 - **Lucerne Dairy:** Lowfat Plain Yogurt, Lowfat Strawberry Yogurt, Nonfat Plain Greek Yogurt, Nonfat Plain Yogurt, Whole Milk Yogurt
 - **Maple Hill:** Organic Whole Plain Yogurt
 - **Market Pantry:** Nonfat Plain Yogurt
 - **Merve:** Plain Yogurt
 - **Mountain High:** Lowfat Plain Yogurt, Nonfat Plain Yogurt, Original Whole Fat Plain Yogurt
 - **My Essentials:** Lowfat Plain Yogurt, Nonfat Plain Yogurt
 - **Nancy's:** Nonfat Plain Yogurt, Organic Lowfat Plain Yogurt, Organic Nonfat Plain Yogurt, Whole Plain Yogurt
 - **Nature's Place:** Organic Nonfat Vanilla Greek Yogurt, Organic Whole Plain Greek Yogurt, Organic Whole Plain Yogurt
 - **Nature's Promise:** Organic Nonfat Plain Greek Yogurt, Organic Nonfat Vanilla Greek Yogurt, Organic Lowfat Plain Yogurt, Organic Plain Greek Yogurt, Organic Whole Plain Greek Yogurt, Organic Whole Plain Yogurt
 - **North Country Creamery:** Whole Plain Yogurt, Whole Vanilla Yogurt
 - **Nostimo:** Nonfat Plain Greek Yogurt
 - **O Organics:** Nonfat Plain Greek Yogurt, Nonfat Vanilla Greek Yogurt, Whole Milk Plain Yogurt
 - **Oikos:** Nonfat Plain Greek Yogurt, Nonfat Plain Yogurt, Nonfat Vanilla Greek Yogurt, Whole Fat Plain Greek Yogurt
 - **Open Nature:** 2% Plain Greek Yogurt, Nonfat Plain Greek Yogurt, Whole Fat Plain Greek Yogurt
 - **Our Family:** Nonfat Plain Greek Yogurt, Nonfat Plain Yogurt
 - **Penn Maid:** Nonfat Plain Yogurt
 - **PICs:** Lowfat Plain Yogurt, Nonfat Plain Greek Yogurt, Nonfat Plain Yogurt, Nonfat Vanilla Greek Yogurt, Plain Greek Yogurt, Whole Fat Plain Yogurt, Whole Vanilla Greek Yogurt
 - **Powerful:** Nonfat Plain Greek Yogurt, Whole Fat Plain Greek Yogurt
 - **Price Rite:** Lowfat Plain Yogurt
 - **Redwood Hill:** Plain Yogurt
 - **Romis:** Lowfat Plain Yogurt, Whole Fat Plain Yogurt
 - **Ronnybrook Farm Dairy:** Whole Fat Plain Yogurt
 - **Seven Stars:** Organic Lowfat Plain Yogurt, Organic Whole Fat Plain Yogurt
 - **ShopRite:** Lowfat Plain Yogurt, Nonfat Plain Greek Yogurt, Nonfat Plain Yogurt, Whole Plain Yogurt, Whole Plain Greek Yogurt
 - **Shurfine:** Lowfat Plain Yogurt, Nonfat Plain Yogurt
 - **Simply Balanced:** Nonfat Plain Greek Yogurt
 - **Stonyfield Organic:** Creamy Lowfat Plain Yogurt, Nonfat Plain Greek Yogurt, Nonfat Plain Yogurt, Whole Milk French Vanilla Yogurt, Whole Milk Plain Yogurt

Yogurt, *continued*

Can buy:

- **The fat content listed on your shopping list**
- **32 oz containers**
- **The following brands and types:**
 - **Stop and Shop:** Nonfat Plain Greek Yogurt, Whole Fat Plain Greek Yogurt, Lowfat Plain Yogurt, Nonfat Plain Yogurt, Nonfat Vanilla Greek Yogurt, Whole Vanilla Greek Yogurt
 - **Super Associated:** Lowfat Plain Yogurt, Nonfat Plain Yogurt
 - **Taste of Inspirations:** Nonfat Plain Yogurt, Plain Greek Yogurt, Whole Milk Plain Yogurt
 - **Tillamook:** Lowfat Plain Yogurt
 - **Tops:** Lowfat Plain Yogurt, Nonfat Plain Greek Yogurt, Nonfat Plain Yogurt, Nonfat Vanilla Greek Yogurt, Whole Milk Plain Yogurt
 - **Traditional:** All Natural Dahi Yogurt
 - **Trimona:** Bulgarian Whole Fat Plain Yogurt
 - **Two Good:** Lowfat Plain Greek Yogurt, Lowfat Vanilla Greek Yogurt
 - **Upstate Farms:** Nonfat Plain Greek Yogurt
 - **Urban Meadow:** Nonfat Plain Yogurt, Lowfat Plain Yogurt
 - **Voskos:** Nonfat Plain Greek Yogurt
 - **Wallaby:** Organic Whole Milk Plain Greek Yogurt, Organic Lowfat Plain Greek Yogurt, Organic Nonfat Plain Greek Yogurt, Organic Whole Milk Plain Yogurt
 - **Wegmans:** Lowfat Plain Yogurt, Nonfat Plain Greek Yogurt, Nonfat Plain Yogurt, Organic Lowfat Blended Plain Super Yogurt, Organic Whole Plain Greek Yogurt, Probiotic Lowfat Plain Yogurt, Whole Fat Plain Greek Yogurt
 - **Weis:** Nonfat Plain Greek Yogurt, Nonfat Vanilla Greek Yogurt, Probiotic Lowfat Plain Yogurt, Probiotic Nonfat Plain Yogurt, Whole Fat Plain Greek Yogurt, Whole Plain Probiotic Yogurt
 - **White Mountain:** Bulgarian Nonfat Plain Yogurt
 - **Wholesome Pantry:** Organic Whole Fat Plain Yogurt, Organic Lowfat Plain Yogurt
 - **Yoplait:** Less Sugar Strawberry and Strawberry Banana Yogurt 4 oz 8 pack (32 oz total), Nonfat Plain Yogurt

KOSHER (Cholov Yisroel) YOGURT if printed on your shopping list.

Can buy:

- **32 oz containers**
- **The following brands and types:**
 - **Gevina Farms:** Nonfat Plain Greek Yogurt
 - **J and J:** Nonfat Plain Yogurt
 - **Mehadrin:** Lowfat Plain Yogurt, Nonfat Plain Greek Yogurt
 - **Normans:** Lowfat Plain Greek Yogurt, Lowfat Vanilla Greek Yogurt, Nonfat Plain Greek

CANNOT BUY:

- Mix-in ingredients (granola/candy, etc.)
- Drinkable/squeezable
- Frozen yogurt
- Artificial sweeteners

Mature Beans, Peas, and Lentils

Can buy dry:

- **Any brand**
- **1 lb. bag of mature beans, peas, and lentils**

Can buy canned:

- **Any brand**
- **15-16 oz can of mature beans, peas, lentils, plain refried beans, pigeon peas, and lima beans**

CANNOT BUY:

- Baked beans
- Pork and beans
- Added sugars, fats, lard, meat, or oils
- Green beans, green peas, snap beans, yellow beans, and wax beans may not be purchased with your "beans, peas, lentils, peanut butter benefit"; you may use your WIC Fruits and Vegetables Cash Value Benefit to purchase these types of foods

Tofu

Can buy:

- **8, 10, 14, 16 oz packages**
- **The following brands and types:**
 - **Azumaya:** Silken, Firm, Extra Firm
 - **Franklin Farms:** Soft, Medium Firm, Firm, Extra Firm
 - **Heiwa**
 - **House Foods:** Organic Firm, Organic Medium Firm, Organic Soft, Premium Extra Firm, Premium Firm, Premium Medium Firm, Premium Soft
 - **Nasoya:** Organic Cubed Super Firm, Organic Extra Firm, Organic Firm, Organic Lite Firm, Organic Silken, Organic Super Firm, Soft
 - **Natures Promise:** Organic Firm
 - **O Organics:** Extra Firm, Firm, Silken, Super Firm Sprouted
 - **San Su:** Extra Firm, Firm, Soft
 - **Wegmans:** Organic Firm
 - **Woodstock:** Organic Extra Firm, Organic Firm

Baby Food – Vegetables and Fruits

Can buy:

- **4 oz containers:**
 - 2 oz 2 packs (total 4 oz) of baby food counts as 1 container
 - 4 oz 2 packs (total 8 oz) of baby food counts as 2 containers
- **Organic**
- **Any single fruit or vegetable**
- **Any combination of different vegetables and fruits**
- **The following brands:**
 - Beech Nut, Gerber, Earth's Best, Happy Baby, Nature's Promise, Once Upon A Farm, Tippy Toes, Wild Harvest
- **Kosher (Cholov Yisroel):** First Choice

CANNOT BUY:

- Pouches
- Mixtures including non-fruit or non-vegetable ingredients such as meat, yogurt, rice, noodles

Baby Food – Meats

Can buy:

- **2.5 oz containers**
- **Organic**
- **Any meat with broth or gravy**
- **The following brands:** Beech Nut, Earth's Best, Gerber

Infant Cereal

Can buy:

- **Gerber:** Cereal for Baby
- **8 or 16 oz containers**
- **Plain varieties only: oatmeal, rice, whole grain, or multigrain**

CANNOT BUY:

- Organic
- Extra ingredients such as DHA, fruit, formula, or added protein

Breakfast Cereals

Can buy:

- 12 oz boxes or larger

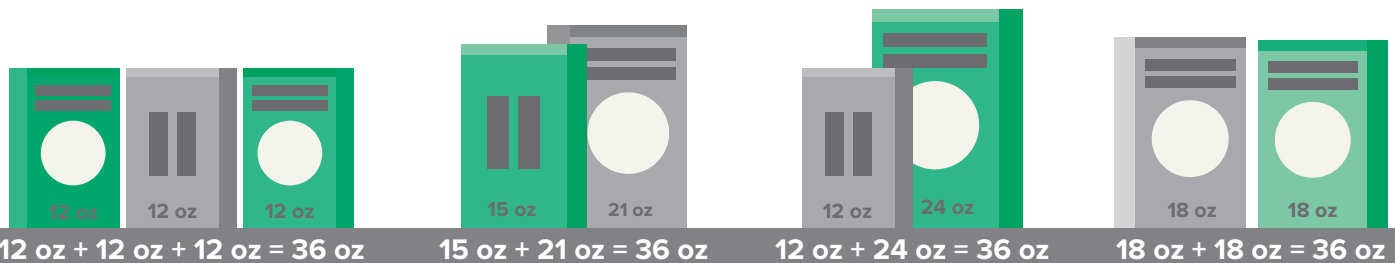
Whole grain cereal is indicated by a *

CANNOT BUY:

- Organic
- Single serve packets

Helpful Shopping Hints!

How to get your full 36 oz of cereal:



National/Specialty Brands

Can buy:

- **The following national brands and types:**
 - **General Mills:** *Berry Berry Kix, Blueberry Chex, *Cheerios, Cinnamon Chex, Corn Chex, Fiber One Honey Clusters, *Honey Kix, *Kix, Multi Grain Cheerios, Rice Chex, *Total Whole Grain, Vanilla Chex, *Wheat Chex, *Wheaties
 - **Kellogg's:** *All Bran Complete Wheat Bran Flakes, Corn Flakes, Crispix, *Frosted Mini Wheats, *Frosted Mini Wheats Filled, *Frosted Mini Wheats Little Bites, *Honey Almond Ancient Grains, *Original Frosted Mini Wheats, Rice Krispies, *Special K Banana, *Special K Multi Grain, *Special K Original
 - **Kemach:** *Bran Flakes, Corn Flakes, Crisp Rice, *Multi Grain Toasted Oats, *Toasted Oats, *Wheat Flakes
 - **Malt O Meal:** *Frosted Blueberry Mini Spooners, *Frosted Mini Spooners, *Frosted Strawberry Mini Spooners
 - **Post:** *Grape Nuts, *Grape Nuts Flakes, *Great Grains Banana Nut Crunch, *Great Grains Crunchy Pecan, *Bunches of Oats Honey Roasted, *Honey Bunches of Oats Vanilla Bunches, *Honey Bunches of Oats with Almonds
 - **Quaker:** *Life Original Multigrain Cereal, *Life Strawberry Multigrain Cereal, *Life Vanilla Multigrain Cereal, *Oatmeal Squares Brown Sugar, *Oatmeal Squares Cinnamon, *Oatmeal Squares Honey Nut
 - **Ralston:** Corn Biscuits, Corn Flakes, *Frosted Shredded Wheat, Toasted Whole Grain Oats, *Wheat Bran Flakes
 - **Sunbelt:** *Simple Granola
 - **Taanug:** Crisp Rice

Store Brands

Can buy:

• The following store brands and types:

- **Avenue A:** Corn Flakes, *Toasted Oats
- **Best Yet:** *Bite Size Shredded Wheat, *Bran Flakes, Corn Flakes, Crispy Rice, *Frosted Shredded Wheat, *Honey Oats and Flakes, *Honey Oats and Flakes with Almonds, *Strawberry Frosted Shredded Wheat, *Toasted Oats
- **Clear Value:** Corn Flakes, *Toasted Oats
- **Essential Everyday:** Corn Flakes, Crispy Hexagons, Crispy Rice, Crunchy Corn Squares, *Crunchy Oat, *Crunchy Oat Squares, Crunchy Rice Squares, *Crunchy Wheat Squares, *Frosted Shredded Wheat, *Honey Oats and Flakes, *Honey Oats Flakes Almond, Nutty Nuggets, *Strawberry Frosted Shredded Wheat, *Toasted Oats, *Wheat and Bran Flakes
- **Food Club:** *Bite Size Frosted Shredded Wheat, *Bran Flakes, Corn Flakes, Corn Squares, Crisp Rice, *Frosted Shredded Wheat, *Honey and Oats, *Honey and Oats With Almonds, Oatmeal Squares, Rice Squares, *Strawberry Frosted Shredded Wheat, Toasted Oats, Twin Grain Crisp, *Wheat Squares
- **Food Lion:** *Bite Size Frosted Shredded Wheat, *Bran Flakes, Corn Flakes, *Oats and More With Almonds, *Oats and More With Honey, *Strawberry Frosted Shredded Wheat, *Tosteeos, *Toasted Oats, Toasted Rice
- **Foodtown:** Corn Flakes, *Crunchy Oat Squares, *Frosted Shredded Wheat, Oats and More with Almonds, *Tosteeos, *Toasted Oats
- **Great Value:** *Almond Crunchy Honey Oats, *Bite Size Shredded Wheat, *Bran Flakes, Corn Flakes, Corn Squares, *Crunchy Honey Oats, *Crunchy Oat Squares, *Frosted Shredded Wheat, *Os Oats, Rice Squares, *Toasted Oats, *Toasted Whole Grain Oat Spins
- **Hannaford:** *Bite Size Frosted Shredded Wheat, Corn Flakes, Crispy Hexagons, Crispy Rice, Easy Living Oat Squares, *Frosted Shredded Wheat, *Nutty Nuggets, Oats and More With Almonds, Oats and More With Honey, *Strawberry Frosted Shredded Wheat, *Tosteeos, Toasted Corn, Toasted Rice, *Toasted Wheat Squares, *Wheat Bran Flakes, Wheat Flakes
- **Hy Top:** *Bite Size Frosted Shredded Wheat, *Bran Flakes, Corn Flakes, *Frosted Shredded Wheat, *Honey Oats and Flakes with Almonds, *Toasted Oats
- **IGA:** *Bite Size Frosted Shredded Wheat, *Bite Size Shredded Wheat, *Bran Flakes, Corn Flakes, Corn Squares, Crispy Corn and Rice, Crispy Rice, Honey Oats and Flakes, Honey Oats and Flakes With Almonds, *Original Toasted Oats, Rice Squares, *Toasted Oats
- **Key Foods:** *Bite Size Frosted Shredded Wheat, Corn Flakes, *Toasted Oats
- **Kiggins:** *Bite Size Frosted Shredded Wheat, *Bite Size Shredded Wheat, Corn Flakes, Crispy Rice, *Frosted Shredded Wheat, Honey Oat Crunch, *Toasted Rolling Oats
- **Krasdale:** Corn Flakes, Honey Oats and Flakes, *Toasted Oats
- **Market Pantry:** Corn Flakes, *Frosted Shredded Wheat, *Toasted Oats
- **My Essentials:** *Frosted Shredded Wheat
- **Parade:** *Bite Size Shredded Wheat, Corn Flakes, *Toasted Oats
- **PICS:** Crispy Honey Oats and Flakes, Crispy Rice, *Frosted Shredded Wheat, Toasted Corn Crisps, Toasted Rice Crisps, *Wheat Bran Flakes
- **Price Chopper:** Corn Flakes, *Good Choice Oat Squares, *Strawberry Frosted Shredded Wheat, *Whole Grain Toasted Oats
- **Price Rite:** *Bran Flakes, Corn Flakes, *Frosted Shredded Wheat, Honey Oat Clusters With Almonds, *Shredded Wheat, *Toasted Oats
- **Red and White:** Corn Flakes, *Toasted Oats
- **Safeway:** *Wheat Pockets
- **Shop Rite:** *Bran Flakes, Crispy Corn Squares, Crispy Rice Squares, *Bite Size Frosted Shredded Wheat, Corn Flakes, Honey Oat Clusters, Honey Oat Clusters With Almonds, *Toasted Oats
- **Shurfine:** *Bite Size Frosted Shredded Wheat, *Bite Size Shredded Wheat, Corn Flakes, Corn Squares, Crispy Rice, Honey Oats and Flakes, Oats and More With Almonds, Oats and More With Honey, Rice Squares, *Toasted Oats, *Wheat Bran Flakes, *Wheat Squares
- **Signature Kitchens:** Corn Flakes, Oats And Almonds, Oats And More With Honey, Shredded Wheat Bites, *Toasted Oats
- **Signature Select:** *Bran Flakes, Corn Pockets, Crispy Rice, *Frosted Shredded Wheat Bite Size, *Nutty Nuggets, Rice Pockets, Toasted Oats
- **Stop and Shop:** *Bran Flakes, Corn Flakes, Corn Squares, Crisps, Crispy Rice, *Frosted Shredded Wheat, Honey Crunchin Oats, Honey Crunchin Oats Almond, Instant Oatmeal Packs, *Multigrain Oats and Os, *Nutty Nuggets, *Oat Squares, *Oats and Os, Rice Squares, *Whole Grain Shredded Wheat
- **That's Smart:** Corn Flakes, Crisp Rice, *Toasted Oats
- **Tops:** *Bite Size Frosted Shredded Wheat, *Bite Size Strawberry Frosted Shredded Wheat, *Bite Size Shredded Wheat, Corn Flakes, Corn Squares, Crisp Rice, *Friendly Harvest Bran Flakes, *Oat Squares, Oats and More Honey Roasted, Oats and More With Almonds, Rice Squares, *Strawberry Frosted Shredded Wheat, *Toasted Oats, *Twin Grain Crisp
- **Urban Meadow:** Corn Flakes, *Toasted Oats
- **Valu Time:** *Bran Flakes, Corn Flakes, Crisp Rice, *Frosted Shredded Wheat, *Toasted Oats
- **Wegmans:** *Bite Size Frosted Shredded Wheat, *Bite Size Shredded Wheat, Corn Flakes, *FYFGA Oat Crisps, *FYFGA Strawberry Shredded Wheat, *Oat Crisps, *Oats and Honey, *Oats and Honey with Almonds, *Toasted Oats
- **Weis:** *Bite Size Frosted Shredded Wheat, Corn Flakes, Honey Oats and Flakes, Honey Oats and Flakes with Almonds,
- **Weis Quality:** *Bite Size Frosted Shredded Wheat, Bite Size Toasted Corn, Bite Size Toasted Rice, Crispy Corn and Rice, Crispy Rice, *Multigrain Toasted Oats, *Strawberry Frosted Shredded Wheat, *Toasted Oats, *Wheat Bran Flakes, *Wheat Flakes
- **Western Beef:** Corn Flakes, *Toasted Oats
- **White Rose:** Corn Flakes, *Frosted Shredded Wheat, *Toasted Oats

Hot Cereals

Can buy:

- **11.8 oz boxes or larger**
- **The following brands and types:**
 - **Cream Of Rice:** Hot Cereal, Instant Packs
 - **Cream Of Wheat:** 1 Minute Cereal, 2.5 Minutes Cereal, Instant Packs, Whole Grain 2.5 Minute Cereal
 - **Essential Everyday:** Instant Grits Packs, Instant Oatmeal Packets
 - **Food Club:** Instant Oatmeal Packets
 - **Great Value:** Regular Instant Oatmeal Packs
 - **Hannaford:** Creamy Wheat, Regular Instant Oatmeal Packs
 - **IGA:** 100% Natural Old Fashioned Oatmeal, 100% Natural Whole Grain Quick Oats, Original Instant Oatmeal Packs
 - **Malt O Meal:** Farina Original Hot Wheat Cereal, Original Hot Wheat Cereal
 - **Maypo:** Instant Maple Oatmeal, Maple Oatmeal With Quinoa, Vermont Style Maple Oatmeal
 - **My Essentials:** Regular Instant Oatmeal Packs
 - **PICS:** Instant Regular Oatmeal Packs
 - **Price Rite:** Regular Instant Oatmeal Packs
 - **Quaker:** Instant Oats With Iron, Original Instant Oatmeal Packs
 - **Shop Rite:** Original Instant Oatmeal Packs,
 - **Shurfine:** Original Instant Oatmeal Packs
 - **Signature Select:** Instant Oatmeal Packs
 - **Tops:** Original Instant Oatmeal Packs
 - **Weis Quality:** Original Instant Oatmeal Packs

Brown Rice

Can buy:

- **Any brand**
- **14-16 oz or 28-32 oz packages**
- **Plain brown rice in boxes or bags**
- **Instant, quick, or regular cooking**

CANNOT BUY:

- Added sugars, fats, oils, or salt

Whole Grain Tortillas

Can buy:

- **16 oz (1 lb.) packages**
- **The following brands and types:**
 - **Celias:** White Corn, Yellow Corn, Whole Wheat
 - **Chi Chis:** White Corn, Whole Wheat Fajita Style
 - **Del Campo:** Corn
 - **Don Pancho:** White Corn, Whole Wheat
 - **Essential Everyday:** Soft White Corn, Whole Wheat
 - **Food Club:** White Corn, Whole Wheat Fajita Style
 - **Guerrero:** White Corn
 - **Great Value:** 100% Whole Wheat, Whole Wheat
 - **Hannaford:** Whole Wheat Fajita Style
 - **Herdez:** White Corn
 - **IGA:** White Corn, Whole Wheat Taco Style
 - **Key Foods:** Whole Wheat
 - **La Banderita:** Corn, Soft Corn, Yellow Corn, Whole Wheat Fajita, Whole Wheat Soft Taco
 - **La Milpa:** Traditional Nixtamal
 - **Mayan Farm:** Whole Wheat
 - **MexAmerica:** Whole Wheat With Honey
 - **Mission:** Soft Corn Extra Thin, 100% Whole Wheat Flour, Restaurant Style Whole Wheat
 - **Natures Promise:** All Natural Corn
 - **Ortega:** Whole Wheat
 - **ShopRite:** Trading Co Whole Wheat
 - **Shurfine:** Whole Wheat Fajita
 - **Siempre Autentico:** Whole Wheat Flour
 - **Signature Select:** Whole Wheat Taco
 - **Stop and Shop:** White, Yellow Corn, Whole Wheat Flour
 - **Tia Rosa:** Whole Wheat Taco
 - **Tio Santi:** Whole Wheat Flour
 - **Tops:** Whole Wheat
 - **Weis Quality:** Whole Wheat

Whole Grain Bread Products

Can buy:

- **16 oz (1 lb.) packages**
- **The following brands and types:**
 - **America's Choice:** 100% Whole Wheat Bread
 - **Arnold:** Stoneground 100% Whole Wheat Bread
 - **Best Yet:** 100% Whole Wheat Bread
 - **Bimbo:** 100% Whole Wheat Bread
 - **Bogopa:** 100% Whole Wheat Bread
 - **Bowl and Basket:** 100% Whole Wheat Bread
 - **Cherry Valley:** 100% Whole Wheat Bread
 - **Food Lion:** 100% Whole Wheat Bread
 - **Foodtown:** 100% Whole Wheat Bread
 - **Jerusalem Franczoz Health Bread:** 100% Whole Wheat, Germinated Whole Wheat
 - **Full Circle:** Flax and Grain Bread
 - **Gold Medal:** 100% Wheat Bread with Flax, 100% Whole Wheat Bread
 - **Gourmet:** 100% Whole Wheat Bread
 - **Hannaford:** 100% Whole Wheat Bread
 - **Hauswald's:** 100% Whole Wheat Bread
 - **Holsum:** 100% Whole Wheat Bread
 - **Ideal:** 100% Whole Wheat Bread
 - **IGA:** 100% Whole Wheat Bread
 - **King Kullen:** 100% Whole Wheat Bread
 - **Krasdale:** 100% Whole Wheat Bread
 - **Monks:** Multigrain Bread, Wheat Wholegrain Bread
 - **Pas Yisroel:** Gold Label 100% Whole Wheat Bread, Green Label Whole Wheat Bread, Multigrain Bread
 - **Penn Street:** 100% Whole Wheat Bread
 - **Pepperidge Farm:** Jewish Rye Whole Grain Bread, Light Style Soft Wheat Bread, Stone Ground Whole Wheat Bread, Very Thin Whole Wheat Bread
 - **PICS:** 100% Whole Wheat Bread
 - **Roman Meal:** Sungrain 100% Whole Wheat Bread
 - **Rubschlager:** 100% Rye Rye Ola Black Rye Bread, 100% Rye Rye Ola Flax Bread, 100% Rye Rye Ola Sunflower Bread, 100% Whole Wheat Bread, Cocktail Pumpernickel Bread, Cocktail Rye Bread, Cocktail Whole Grain Bread, Danish Style Pumpernickel Bread, European Style Whole Grain Bread, Rye Rye Ola Pumpernickel Bread, Westphalian Pumpernickel Bread
 - **Sara Lee:** 100% Whole Wheat Bread
 - **Schmidt Old Tyme:** 100% Whole Wheat Bread
 - **Schwebels:** 100% Whole Wheat Bread
 - **ShopRite:** 100% Whole Wheat Bread
 - **Signature Select:** 100% Whole Wheat Bread
 - **Stern's:** 100% Whole Wheat Bread, Whole Wheat Rolls
 - **Stop and Shop:** 100% Whole Wheat Bread, No Salt Added Whole Wheat Bread
 - **Super Bread V:** 100% Whole Wheat Bread
 - **Tops:** 100% Whole Wheat Bread
 - **Urban Meadow:** 100% Whole Wheat Bread
 - **Weis:** Quality 100% Whole Wheat Bread
 - **Windmill Farms:** Whole Wheat Hamotzie Bread, Whole Wheat Mezonos Bread, Whole Wheat Rolls
 - **Wonder:** 100% Whole Wheat Bread
 - **Yossi's:** Pita Multigrain Bread
 - **Zomick's:** 100% Whole Wheat Hamotzie Bread, 100% Whole Wheat Mezonos Bread, 100% Whole Wheat Rolls

Whole Wheat Pasta

Can buy:

- **16 oz (1 lb.) packages**
- **The following brands:**
 - **Allegra**
 - **America's Choice**
 - **Anna**
 - **Barilla**
 - **Bella Terra**
 - **Bionaturae**
 - **Bowl and Basket**
 - **Brad's**
 - **Cadia**
 - **Campagna**
 - **Colavita**
 - **DeLallo**
 - **Delverde**
 - **Essential Everyday**
 - **Fit And Active**
 - **Food Club**
 - **Fratelli Mantova**
 - **Full Circle**
 - **Garofalo**
 - **Gia Russa**
 - **Great Value**
 - **Heartland**
 - **Hodgson Mill**
 - **La Molisana**
 - **Landau**
 - **Luigi Vitelli**
 - **Mishpacha**
 - **Natures Promise**
 - **O Organics**
 - **Pasta Isabella**
 - **Pastaio**
 - **Racconto**
 - **Ronzoni**
 - **ShopRite**
 - **Shurfine**
 - **Signature Select**
 - **Simply Balanced**
 - **Wegmans**
 - **Weis**

CANNOT BUY:

- Added sugars, fats, oils, or salt

Fruits and Vegetables (Cash Value Benefit)

Can buy:

- Your WIC shopping list will specify 'Fresh only' or "Fresh/frozen/canned"
- Organic

Fresh Vegetables and Fruits

Can buy:

- Any variety of fresh vegetables and fruits
- Whole or cut up
- Bagged salad mixtures, bagged vegetables

CANNOT BUY:

- Party trays
- Items from the salad bar
- Fruit baskets
- Decorative vegetables or fruits
- Dried produce
- Nuts (including peanuts, fruit/nut mixtures)
- Herbs, spices, or salad dressings

Canned Fruits

Can buy:

- Any brand packed in water or juice
- Any variety of fruit, fruit mixtures
- Products with artificial sweeteners
- Any size/container/package type (except single-serve pouches). The container can be metal, glass, or plastic.
- Fruit must be the first ingredient
- Applesauce: 'No sugar added' or 'Unsweetened' varieties only

CANNOT BUY:

- Cranberry sauce
- Pie filling
- Fruit packed in syrup
- Added sugars or salt
- Added oils/fats
- Single serve pouches

Canned Vegetables

Can buy:

- May be regular or low sodium/salt
- Any brand
- Any variety of vegetable, vegetable mixtures
- Any size
- Any size/container/package type (except single-serve pouches). The container can be metal, glass, or plastic.
- Vegetable must be the first ingredient
- Canned tomatoes (paste, puree, whole, crushed, stewed, diced, sauce, salsa)

CANNOT BUY:

- Pickled or creamed vegetables
- Baked beans/pork and beans
- Soups
- Ketchup, relishes, olives
- Added fats, oils, sugars
- Mature beans/peas/lentils (for example: black beans, garbanzo beans, kidney beans)

Frozen Fruits

Can buy:

- Any container/package type
- Any size
- Any brand
- Fruit must be the first ingredient
- Any variety of fruit, fruit mixtures

CANNOT BUY:

- Ingredients other than fruit
- Added sugar, honey, or syrup

Frozen Vegetables

Can buy:

- Any brand
- Any container/package type
- With or without salt
- Frozen beans, peas and lentils are allowed
- Any size
- Any variety of vegetable, vegetable mixtures
- Vegetable must be the first ingredient

CANNOT BUY:

- Added sugars, fats, or oils
- Added sauces or breading

Juice

Can buy:

- The size and type listed on your WIC shopping list
- 100% juice
- Juice with 80% or more vitamin C

CANNOT BUY:

- Organic

Any store brand, includes store names and these brands:

- | | | | |
|----------------------|--------------------|-------------------|--------------------|
| • 7 Select | • Food Lion | • Member's Mark | • Shurfine |
| • Best Choice | • Freedom's Choice | • Nature's Own | • Signature Select |
| • Best Yet | • Good and Gather | • Parade | • Super A |
| • Bogopa | • Great Value | • PICs | • Tipton Grove |
| • Cherry Valley | • Hytop | • Red & White | • Urban Meadow |
| • Essential Everyday | • Krasdale | • Sam's Choice | • White Rose |
| • Food Club | • Market Pantry | • Shopper's Value | |

Juice for Women

Shelf Stable Concentrates 11.5 oz containers

- **Welch's:** any flavor

Frozen Concentrates 11.5-12 oz containers

- **Any Brand:** Grapefruit, Orange, Pineapple
- **Dole:** Any Flavor Juice Blends
- **Langers:** Apple, Autumn Blend, Grape, Spring Blend, Summer Blend, Winter Blend
- **Any Store Brand:** Apple, Grape, Juice Blends
- **Old Orchard:** Apple, Grape, Juice Blends with Green Lid
- **Seneca:** Apple

Juice for Children

Frozen Concentrates 16 oz containers

- **Any brand:** Apple, Grape, Grapefruit, Juice Blends, Orange, Pineapple

Fluid 64 oz Containers

- **Any Brand:** Grapefruit, Orange, Pineapple
- **Any Store Brand:** Apple, Grape, Juice Blends, Vegetable
- **Apple and Eve:** Apple, Big Bird Apple, Cookie Monster Berry, Cranberry and More, Cranberry Apple, Cranberry Blend, Cranberry Grape, Cranberry Pomegranate, Cranberry Raspberry, Elmo's Fruit Punch, Grover's White Grape
- **Campbell's:** Low Sodium Tomato, Tomato
- **Harvest Classic:** Apple, Apple Orange Pineapple, Cranberry Apple, Cranberry Blend, Cranberry Grape, Cranberry Raspberry
- **Juicy Juice:** Apple, Apple Raspberry, Berry, Cherry, Fruit Punch, Grape, Kiwi Strawberry, Mango, Orange Tangerine, Passion Dragonfruit, Peach Apple, Strawberry Banana, Strawberry Watermelon, Tropical Fruit Punch, White Grape
- **Langers:** Apple, Apple Berry Cherry, Apple Cranberry, Apple Cranberry Grape, Apple Grape, Apple Kiwi Strawberry, Apple Orange Pineapple, Berry, Fruit Punch, Low Sodium Vegetable, Spicy Vegetable, Vegetable
- **Lucky Leaf:** Apple
 - **Mott's:** Apple
- **Musselman's:** Apple
- **Northland:** Blueberry Blackberry Acai, Cranberry, Cranberry Blackberry, Cranberry Grape, Cranberry Pomegranate, Cranberry Raspberry, Cranberry Mango, Pomegranate Blueberry, Raspberry Blueberry
- **Ocean Spray:** Apple, Concord Grape, Cranberry, Cranberry Blackberry, Cranberry Cherry, Cranberry Concord Grape, Cranberry Mango, Cranberry Pineapple, Cranberry Pomegranate, Cranberry Raspberry
- **Old Orchard:** Acai Pomegranate, Apple, Apple Cranberry, Berry Blend, Black Cherry Cranberry, Blueberry Pomegranate, Cherry Pomegranate, Cranberry Pomegranate, Grape, Kiwi Strawberry, Orange Tangerine, Peach Mango, Red Raspberry, Strawberry Watermelon, White Grape, Wild Cherry
- **Ruby Kist:** Apple, Grape, White Grape
- **Seneca:** Apple
- **V8:** Low Sodium Vegetable, Spicy Hot Vegetable, Vegetable
- **Welch's:** Concord Grape, Red Grape, Super Berry, White Grape, White Grape Peach