### Milk

Your WIC check lists the fat content you must buy

- **Any brand:**
  - MILK: Buy the largest container available (gallons, 96 ounces, half gallons, or quarts) or the size listed on the WIC check
  - EVAPORATED/CANNED MILK: 12-ounce container only
  - DRY/POWDERED MILK: 25.6-ounce container only
  - LACTOSE FREE MILK: Buy the largest container available or the size on the WIC check
  - KOSHER MILK: Buy the largest container available or the size on the WIC check

**NOT ALLOWED:** Flavored, organic, or sweetened condensed milk; buttermilk or milk with added calcium; reduced fat (2%) milk

### Cheese

- **Any brand:**
  - Pasteurized Process American, Monterey Jack, Mozzarella, Cheddar, Colby, Swiss, Muenster, Provolone, or blends of any of these cheeses
  - Purchase in blocks or slices
  - Must add up to the number of ounces on check (can be 1 or more packages)
  - KOSHER CHEESE: if printed on your WIC check or if the store does not carry any other kind of cheese

**NOT ALLOWED:** Imported cheese; cheese foods, products or spreads; cracker cuts; shredded, grated, cubed, string, or stick cheese; flavored or organic cheese; individually wrapped slices

### Yogurt

Your WIC check lists the fat content you must buy

- **Any brand:**
  - Exactly 32-ounce container or any combination of sizes that adds up to exactly 32 ounces.
  - **Any brand:** plain, plain Greek, organic plain, organic plain Greek
  - **KOSHER YOGURT:** if printed on your WIC check or if the store does not have non-kosher items available

**NOT ALLOWED:** Flavored (such as vanilla, fruit), mix-in ingredients (granola, candy, etc.), drinkable/squeezable yogurt, frozen yogurt

### Soy Beverage

- **8TH CONTINENT:**
  - Soymilk – Original and Vanilla (32-ounce shelf-stable)
  - Soymilk – Original and Vanilla (64-ounce refrigerated)

- **PACIFIC NATURAL FOODS:**
  - Ultra Soy – Original and Vanilla (32-ounce shelf-stable)

- **SILK:**
  - Soymilk – Original (32 or 64-ounce refrigerated)
  - Soymilk – Original (128-ounce refrigerated multi-pack)

- **WESTSOY:**
  - Organic Plus Soymilk – Plain (32 or 64-ounce shelf-stable)
  - Plus Soymilk – Vanilla (32 or 64-ounce shelf-stable)

### Eggs

- **Any brand:**
  - **Medium or Large:** White or brown

**NOT ALLOWED:** Jumbo and extra-large eggs; high-cost specialty eggs (including organic, reduced cholesterol, cage free/free range, Omega-3)

### Peanut Butter

- **16-18-ounce jar**

- **Any brand:** crunchy, chunky, creamy, smooth, natural and reduced fat varieties are allowed.

**NOT ALLOWED:** Peanut spread; freshly ground or whipped peanut butter; peanut butter mixed with jelly, marshmallow, chocolate or honey; organic peanut butter; peanut butter with added vitamins and minerals, or other added ingredients (Omega 3, DHA & EPA, Palm Oil, etc.)

### Beans, Peas, and Lentils

To lower salt intake, rinse canned beans, peas, lentils

- **Dry:** Any brand, 1-pound bag of mature beans, peas, lentils
- **Canned:** Any brand, 15-16-ounce can of mature beans, peas, lentils

**NOT ALLOWED:** Baked beans, pork and beans; canned beans containing added sugars, fats, meat, or oils. Green beans, green peas, snap beans, yellow beans, and wax beans may not be purchased with a WIC check that says "Beans, Peas, Lentils"; you may use your WIC Vegetables and Fruits check to purchase these types of foods

### Canned Fish

To lower fat intake, choose water-packed fish

- **Light Tuna:** Any brand (5 and 6-ounce cans)
- **Pink Salmon:** Any brand (5, 6, and 7.5-ounce cans)
- **Sardines:** Any brand (3.75-ounce cans)

**May be packed in water or oil**
**May contain bones and skin**

**NOT ALLOWED:** Albacore tuna, blueback salmon, red salmon; flavored; with added ingredients

### Tofu

- **14-16-ounce package**

- **AZUMAYA:** Tofu – Firm, Extra Firm
- **HOUSE:** Premium or Organic Tofu – Soft, Medium Firm, Firm, Extra Firm
- **NATURE’S PROMISE:** Organic Tofu – Firm
- **NASOYA:** Organic Tofu – Silkken, Lite Firm, Firm, Extra Firm
- **SAN SUI:** Tofu – Soft, Firm, Extra Firm
- **WEGMANS:** Organic Tofu – Firm

Exclusively breastfeeding women get extra foods that help build the milk supply needed by their growing baby.
**Baby Food – Vegetables and Fruits**

4-ounce containers

- **BEECH-NUT or GERBER:**
  - Any single fruit or vegetable
  - Any combination of different vegetables and fruits
  - Two-packs of baby food counts as two containers

**NOT ALLOWED:** Organic; pouches; mixtures including non-fruit or non-vegetable ingredients such as meat, yogurt, rice, noodles

**BANANAS:** Some checks will also provide fresh whole bananas

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**Infant Formula**

Your WIC check lists the brand, size, and form (powder, concentrate, or ready to use) that you must buy.

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**Baby Food – Meats**

2.5-ounce containers

- **BEECH-NUT or GERBER:** Any meat with broth or gravy

- **Kosher Baby Food Meats:** If printed on your WIC check OR if the store does not carry Beech-Nut or Gerber

- **FIRST CHOICE:** Chicken with Gravy, Turkey with Gravy

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**Infant Cereal**

Check must say Gerber Cereal for Baby

8 and 16-ounce containers are allowed

- **GERBER:** Cereal for Baby only
  - Plain varieties only: oatmeal, rice, whole wheat, or multigrain
  - Two-packs of baby food counts as two containers

**NOT ALLOWED:** Organic; extra ingredients such as DHA, fruit, formula, or added protein

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**Baby Food – Cereals**

To increase fiber intake, choose whole grain cereal. All cereals are ‘whole grain’ unless marked with the symbol ☐

**Store Brands**

Any store brand can be purchased for the following kinds of cereals

- **Corn Flakes** - plain
- **Wheat Flakes** - plain
- **Oat Flakes** - plain
- **Shredded Wheat** - plain or frosted
- **Oat O’s** - plain. Also called: Toasted Oats, Tasteeos, Oats & O’s

- **Oat Squares** – plain. Also called: Crisp Oat Squares, Crunchy Oat Squares, Oat Crisps

- **Multigrain Flakes with Oat Clusters** – with or without almonds. Honey Crunchin’ Oats, Honey & Oats, Honey Oat Clusters, Honey Oats & Flakes, Krispy Honey-Oats, Oats & More, Oats & Honey

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**Breakfast Cereals**

- **Purchase 12-ounce boxes or larger**

**NOT ALLOWED:** Organic cereal, boxes with single serving packets

**National/Specialty Brands**

- **GENERAL MILLS:** Cheerios (regular only), Total Whole Grain, Corn Chex, Rice Chex, Wheat Chex, Dora the Explorer
- **KELLOGG’S:** Corn Flakes (regular only), Frosted Mini-Wheats Original (Little Bites)
- **KEMACH:** Corn Flakes, Toasted Oats, Wheat Flakes
- **MALT-O-MEAL:** Mini Spooners (Frosted, Strawberry Cream, Blueberry Cream), Oat Blenders (Honey, Honey & Almonds)
- **POST:** Grape-Nuts (regular only), Grape-Nuts Flakes, Honey Bunches of Oats with Vanilla Bunches
- **RALSTON:** Corn Flakes
- **SUNBELT:** Simple Granola
- **TAAANUG:** Corn Flakes, Toasted Oats

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**Hot Cereals**

- **CREAM OF WHEAT:**
  - Cream of Wheat Whole Grain (2 ½ minute)
- **MAYPO:**
  - Instant Maple Oatmeal, Vermont Style Maple Oatmeal
- **QUAKER:**
  - Instant Oats with Iron
### Whole Grain Tortillas 16-ounce package

- **CELIA'S**: White Corn Tortillas, Yellow Corn Tortillas
- **CHI-CHI's**: White Corn Tortillas
- **DEL CAMPO TORTILLAS**: Corn Tortillas
- **DON PANCHO**: Whole Wheat (Flour Gordita Whole Wheat) Tortillas
- **ESSENTIAL EVERYDAY**: Soft White Corn Tortillas, 100% Whole Wheat Flour Tortillas
- **GREAT VALUE**: 100% Whole Wheat Tortillas
- **GUERRERO**: White Corn Tortillas
- **HERDEZ**: White Corn Tortillas
- **KEY FOODS**: Whole Wheat Tortillas
- **LA BANDERITA**: Corn Tortillas, 100% Whole Wheat Fajita Flour Tortillas, 100% Whole Wheat Soft Taco Flour Tortillas
- **MEXAMERICA**: 100% Whole Wheat with Honey Tortillas
- **MISSION**: 100% Whole Wheat Flour Tortillas
- **NATURE's PROMISE**: Corn All Natural Tortillas
- **ORTEGA**: Whole Wheat Tortillas
- **SIEMPRE AUTENTICO**: Whole Wheat Flour Tortillas
- **STOP & SHOP**: White Corn Tortillas (Shelf Stable & Dairy), Whole Wheat Flour Tortillas
- **TIO SANTI**: 100% Whole Wheat Flour Tortillas
- **TOPS**: Whole Wheat Tortillas
- **WEGMAN's**: Whole Wheat Tortillas

### Whole Grain Bread Products 16-ounce package

1 pound (1 lb.) is the same as 16 ounces (16 oz.)

- **AMERICA'S CHOICE**: 100% Whole Wheat Bread
- **BEST YET**: 100% Whole Wheat Bread
- **BIMBO**: 100% Whole Wheat Bread
- **CENTRAL MARKET CLASSICS**: 100% Whole Wheat Bread
- **FOODLION**: 100% Whole Wheat Bread
- **FULL CIRCLE**: Flax & Grain Bread
- **GOLD MEDAL BAKERY**: 100% Wheat Bread with Flax
- **GOURMET**: 100% Whole Wheat Bread
- **HANNAFORD**: 100% Whole Wheat Bread
- **HAUSWALD'S**: 100% Whole Wheat Bread
- **HOLSUM**: 100% Whole Wheat Bread
- **JERUSALEM**: Franczoz Health Bread 100% Whole Wheat, Franczoz Health Bread Germinated Whole Wheat
- **MONKS**: Multigrain bread, Wheat Wholegrain Bread
- **PAS YISROEL**: 100% Multi Grain Bread All Natural, 100% Whole Wheat Bread
- **PENN STREET**: 100% Whole Grain Wheat Bread
- **PICS by Price Chopper**: 100% Whole Wheat Bread
- **ROMAN MEAL**: 100% Whole Wheat Bread
- **RUBSCHLAGER**: Westphalian Style Pumpernickel Bread, Danish Style Pumpernickel, European Style Whole Grain, 100% Whole Wheat Bread, Cocktail Whole Grain Bread, Cocktail Rye Bread, Cocktail Pumpernickel Bread, 100% Rye Rye-Ola Flax Bread, 100% Rye Rye-Ola Pumpernickel Bread, 100% Rye Rye-Ola Black Rye Bread, 100% Rye Rye-Ola Sunflower Bread
- **SARA LEE**: 100% Whole Wheat Bread
- **SCHWEBEL'S**: 100% Whole Wheat Bread
- **SHOPRITE**: 100% Whole Wheat Bread
- **STERN'S**: Whole Wheat Bread, Whole Wheat Rolls
- **STOP & SHOP**: 100% Whole Wheat Bread (No Salt Added), 100% Whole Wheat (in store fresh bakery)
- **SUPER BREAD**: 100% Whole Wheat Bread
- **WINDMILL FARMS**: 100% Stone Ground Whole Wheat Hamotzle, 100% Stone Ground Whole Wheat Mezonos
- **ZOMICK'S**: 100% Whole Wheat Bread Hamotzle, 100% Whole Wheat Bread Mezonos, 100% Whole Wheat Rolls

### Brown Rice 14-16-ounce or 28-32-ounce package

- **Any brand**: Plain brown rice in boxes or bags; may be instant, quick, or regular cooking

  **NOT ALLOWED**: Added ingredients such as sugars, fats, oils, or salt

### Whole Wheat Pasta 16-ounce package only

- **Any brand**: Whole Wheat Pasta in any style/shape. Made from whole wheat or whole wheat durum flour. Organic is allowed.

  **NOT ALLOWED**: Added ingredients such as sugars, fats, oils, or salt
### 11.5-Ounce Containers (Shelf-stable concentrates)
- ✔ WELCH'S: Any flavor

### 11.5-12-Ounce Containers (Frozen concentrates)
- Grapefruit, Orange, Pineapple: ✔ ANY BRAND
- Apple: ✔ ANY STORE BRAND* and the FOLLOWING BRANDS:
  - LANGERS ✔ OLD ORCHARD ✔ SENECA
- Grape: Purple & White:
  - ✔ ANY STORE BRAND* and the FOLLOWING BRANDS:
    - LANGERS ✔ OLD ORCHARD ✔ WELCH'S
- Juice Blends: ✔ ANY STORE BRAND* and the FOLLOWING BRANDS:
  - DOLE: Any flavor
  - LANGERS: Autumn Blend, Spring Blend, Summer Blend, Winter Blend
  - OLD ORCHARD: All flavors with dark green lid
  - WELCH'S: All flavors with yellow lid

### 16-Ounce Containers (Frozen concentrates)
- Grapefruit, Orange, Pineapple: ✔ ANY BRAND
- Apple & Juice Blends: ✔ ANY BRAND

### NOT ALLOWED: Organic Juice

#### 64-Ounce Plastic Bottles
- Grapefruit, Orange, Pineapple: ✔ ANY BRAND
- Apple: ✔ ANY STORE BRAND* and the FOLLOWING BRANDS:
  - APPLE & EVE ✔ LANGERS ✔ LUCKY LEAF ✔ MOTT'S ✔ MUSSELMAN'S
  - JUICY JUICE ✔ OLD ORCHARD ✔ SENECA ✔ SESAME STREET
- Juice Blends: ✔ ANY STORE BRAND* and the FOLLOWING BRANDS:
  - LANGERS: Apple Berry Cherry, Apple Cranberry, Apple Kiwi Strawberry, Apple Grape, Apple Orange Pineapple, Disney Apple Cranberry Grape
  - JUICY JUICE: Apple Berry, Berry, Cherry, Fruit Punch, Kiwi Strawberry, Mango, Orange Tangerine, Strawberry Banana, Tropical
  - OLD ORCHARD: Acai Pomegranate, Apple Cranberry, Berry Blend, Blueberry Pomegranate, Cherry Pomegranate, Peach Mango, Wild Cherry,
  - SESAME STREET: Cookie Monster Berry, Elmo's Punch

### NOT ALLOWED: Grape juice (except in juice blends), refrigerated cartons

#### Acceptable Foods for Vegetables & Fruits Checks (Cash Value Vouchers)
- ✔ Check will specify 'Fresh only' or 'Fresh/Frozen/Canned'
- ✔ Organic vegetables and fruits are allowed
- ✔ 'Canned' means food that has been preserved in an airtight container. The container could be metal, glass or plastic.

### Fresh Vegetables and Fruits
- ✔ Any variety of fresh vegetables and fruits
- ✔ May be whole or cut up
- ✔ Bagged salad mixtures, bagged vegetables

### Canned Fruits
- ✔ Any brand packed in water or juice
- ✔ Any variety of fruit, fruit mixture
- ✔ Products with artificial sweeteners
- ✔ Any size/container/package type (except single-serving pouches)
- ✔ Fruit must be the first ingredient
- ✔ Applesauce: 'No sugar added' or 'Unsweetened' varieties only
- ✔ Not allowed: Cranberry sauce; pie filling; any syrup (heavy, light, "naturally light", extra light, etc.); added sugar ("lightly sweetened in fruit juice", nectar, etc.), added salt, fat, oils; single-serving pouches

### Canned Vegetables
- ✔ Any brand
- ✔ May be regular or low sodium/salt
- ✔ Any variety of vegetable, vegetable mixtures
- ✔ Any size
- ✔ Any container/package type
- ✔ Vegetable must be the first ingredient
- ✔ Canned tomatoes (paste, puree, whole, crushed, stewed, diced, sauce, salsa)

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

### Frozen Vegetables
- ✔ 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
- ✔ Not allowed: Added sugars, fats or oils; cheese sauce or any other type of sauce; breaded

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