

# Ohio WIC Program Authorized Foods List

## Least Expensive Brand Preferred

### Milk

#### Cow's Milk

- Plain, white, pasteurized, Vitamin D fortified milk only
- Gallon containers only (unless ½ gallons are specified)
- Low Fat (1% or ½ %) or Skim unless Whole milk or Reduced Fat (2%) is specified

#### **NOT ALLOWED**

- Flavored
- Organic
- Super Skim
- Fat Free Plus

#### Non-Fat Dry Milk

- Only when specified
- 25.6 oz. size only

#### Low Lactose or Lactose Free Milk

- Only when specified
- Gallon and Half Gallon containers

#### Soy Milk

- Only when specified

#### **ALLOWED:**

- 8<sup>th</sup> Continent – Original and Vanilla flavors only
- Silk- Original flavor only

### Tofu

16 oz. package size only: Can be combined up to the total number of ounces issued

#### **ALLOWED:**

<b>Azumaya</b>	Silken
<b>House Foods</b>	Premium Firm, Premium Extra Firm, Medium Firm
<b>Vitasoy</b>	Firm Natural, Wet Pack Extra Firm

### Eggs

- Large Grade A or AA
- White Chicken Eggs
- 1 dozen carton size

#### **NOT ALLOWED:**

- Organic
- Pasteurized
- Pickled
- Hard Boiled
- Low Cholesterol
- Egg Substitutes
- Cage Free or Free Range
- Fortified or Enhanced with Omega 3
- With added Vitamins or Minerals

### Cheese

Regular or Low Fat  
16 oz. size only

#### **ALLOWED:**

Domestic Blocks or Slices of only the following types:

- |               |            |
|---------------|------------|
| American      | Cheddar    |
| Colby         | Colby Jack |
| Monterey Jack | Mozzarella |
| Muenster      | Provolone  |
| Swiss         |            |

#### **NOT ALLOWED:**

- |                 |               |
|-----------------|---------------|
| Organic         | Shredded      |
| Cracker Cut     | Cubed         |
| Deli            | Crumble       |
| Low Sodium      | Cheese Spread |
| Cream Cheese    | String Cheese |
| Farmer's Cheese | Butter        |

Cheese foods or products like Velveeta  
Individually wrapped slices  
Goat, sheep or yogurt cheese

## Fruits and Vegetables

Participants can choose from any combination of fresh, frozen or canned fruits and vegetables up to the maximum dollar amount authorized. Participants cannot exceed the maximum dollar amount when using the WIC Nutrition Card (WNC). Participants cannot receive cash or credit refunds for any amount not used.

### Fruits

#### Fresh

##### ALLOWED

- Whole
- Pre-cut or sliced fruit
- Individual serving sizes without sauces or dips

##### NOT ALLOWED

- Fruit trays or party trays
- Fruit baskets
- Decorative or ornamental: e.g., painted pumpkins
- Salad bar items
- Fruit with added nuts
- Baked goods with added fruit
- Dried fruit including leathers and roll ups
- Prunes, raisins, dried cranberries or any other dried fruit
- Edible blossoms or flowers
- Fruits with sauces or dips

#### Frozen

##### ALLOWED

- Any variety without added sugar

##### NOT ALLOWED

- Fruit with added sugar
- Sorbets or fruit bars
- Baked goods with fruit (e.g., pies)

#### Cans, Jars, Plastic Containers

##### ALLOWED

- Fruit in juice, juice concentrate or nectar
- Fruit in water with artificial sweetener
- Individual serving sizes without sauces or dips

##### NOT ALLOWED

- Fruit in gelatin
- Sorbets, fruit chillers, fruit crisps or parfaits
- Fruit with added sugar or nuts
- Fruit in heavy, light or extra light syrup
- Fruit leathers or roll ups
- Dried fruits – prunes, raisins, cranberries or any other dried fruit
- Fruit with sauces or dips
- Pie filling

### Vegetables

#### Fresh

##### ALLOWED

- Whole, pre-cut, or sliced vegetables
- Fresh, white potatoes, sweet potatoes and yams
- Individual serving sizes without sauces or dips

##### NOT ALLOWED

- Vegetable trays or party trays
- Decorative or ornamental (e.g. garlic on a string)
- Salad bar items
- Herbs or spices
- Edible blossoms or flowers
- Vegetables with sauces or dips

#### Frozen

##### ALLOWED

- Plain, single ingredient vegetable or mixed vegetables

##### NOT ALLOWED

- Sweet potato fries
- Vegetables with added sauces, seasonings, fats and oils, nuts, potatoes, rice, pasta or other grains
- Breaded Vegetables

#### Cans, Jars, Plastic Containers

##### ALLOWED

- Regular, low Sodium or no added salt
- Tomato Sauce or Tomato Paste
- Individual serving sizes without sauces or dips

##### NOT ALLOWED

- Any variety of canned white potatoes
- Mixed vegetables with potatoes
- Dried potatoes or dried onions
- Creamed vegetables or vegetables with sauces or dips
- Herbs or spices
- Vegetables with added fats or oils
- Spaghetti Sauce or Pizza Sauce
- Soups
- Sauerkraut, pickled beets or other pickled vegetables
- Olives
- Catsup or other condiments
- Canned beans (e.g., navy, kidney, etc.)
- Salsa

## **Peanut Butter, Dried Beans, Canned Beans, Fish**

**Least Expensive Brand Preferred**

### **Peanut Butter**

16 oz. to 18 oz. containers only  
Regular or Natural  
Smooth, Creamy, Crunchy or Chunky  
Reduced Fat  
Low Sodium  
Low Sugar

#### **NOT ALLOWED:**

- Spreads
- Whipped
- Added Jelly
- Marshmallow
- Honey or other foods
- Fortified or enhanced varieties

### **Dried Beans or Peas**

16 oz. packages only

#### **NOT ALLOWED:**

- Beans or Peas with added seasonings

### **Canned Beans**

Canned beans may be combined up to the number of ounces issued

#### **NOT ALLOWED:**

- Baked Beans
- Beans with added seasonings, sauce, fats or meats
- Jarred beans

### **Fish**

Canned Tuna:

Chunk Light packed in water only  
5 oz. or 6 oz. can size only

Canned Salmon:

Pink Salmon only  
14.75 oz. can size only

#### **NOT ALLOWED:**

- Red Salmon
- Tuna in Pouches

**Juice – Shelf Stable or Refrigerated Cartons  
Least Expensive Brand Preferred**

All juices listed below must meet the following criteria:

- 100% unsweetened juice
- 64 ounce plastic bottles only
- Orange Juice can be any brand

**NOT ALLOWED:**

- Fruit Drinks
- Sweetened Juices
- Cocktails or Powders

<b>Always Save</b>	Apple
<b>Apple and Eve</b>	Apple, Cranberry Grape, Cranberry Peach Mango, Cranberry Pomegranate, Cranberry Raspberry, Cranberry Wild Berry, Naturally Cranberry
<b>Best Choice</b>	Apple, Berry Blend, Cherry Blend, Grape, Grape Blend, Grapefruit, Pineapple, Punch Blend, White Grape
<b>Best Yet</b>	Apple, Cranberry, Cranberry Grape, Cranberry Raspberry, Grape, Grapefruit, White Grape
<b>Campbell's</b>	Tomato (Regular and Low Sodium), V-8 (Regular)
<b>Diane's Garden</b>	Vegetable
<b>Essential Everyday</b>	Apple, Berry Blend, Cherry Blend, Cranberry, Grape, Grape Blend, Pineapple, Punch Blend, White Grape, White Grapefruit
<b>Everfresh</b>	Apple
<b>Food Club</b>	Apple, Cranberry, Cranberry Grape, Grapefruit, Cranberry Raspberry, Grape, White Grape
<b>Giant Eagle</b>	Apple, Cranberry, Grape, Grapefruit, White Grape
<b>Great Value</b>	Apple, Cranberry, Cranberry Concord Grape, Grape, White Grape, White Grape Peach
<b>IGA</b>	Apple, Grape, White Grape
<b>Juicy Juice</b>	Apple, Apple Raspberry, Berry, Cherry, Cranberry Apple, Grape, Kiwi Strawberry, Mango, Orange Tangerine, Passion Dragonfruit, Peach Apple, Punch, Strawberry Banana, Strawberry Watermelon, Tropical, White Grape
<b>Kroger</b>	Apple, Berry, Cranberry, Grape, Grapefruit, Pineapple, White Grape, White Grape Peach
<b>Langers</b>	Apple, Apple Cranberry, Apple Grape, Apple Orange Pineapple, Grape, Pineapple, Ruby Red Grapefruit, Red Grape, Tomato, Vegetable (Regular and Low Sodium), White Grape, White Grapefruit
<b>Meijer</b>	Apple, Berry-Genuine, Cherry-Genuine, Fruit Punch-Genuine, Grape-Genuine, Grape, Ruby Red Grapefruit, White Grape, White Grape Peach
<b>Motts</b>	Apple
<b>Musselman's</b>	Apple
<b>Northland</b>	Cranberry, Cranberry Blackberry, Cranberry Blueberry, Cranberry Cherry, Cranberry Grape, Cranberry Pomegranate, Cranberry Raspberry
<b>Old Orchard</b>	Apple, Apple Cranberry, Berry Blend, Blueberry Pomegranate, Cherry Pomegranate, Cranberry Pomegranate, Grape, Kiwi Strawberry, Peach Mango, Pineapple, Red Raspberry, White Grape, Wild Cherry
<b>Our Family</b>	Apple, Grape, Grapefruit, Pink Grapefruit, White Grape, 100% Juice Blend
<b>Seneca</b>	Apple
<b>Shop n' Save</b>	Apple, Berry Blend, Cherry Blend, Cranberry Blend, Cranberry Grape Blend, Cranberry Raspberry Blend, Punch Blend, Pineapple, White Grape, White Grapefruit
<b>Shurfine</b>	Apple, Grape, Pineapple, White Grape
<b>Spartan</b>	Apple, Cranberry, Cranberry Grape, Cranberry Raspberry, Grape, Grapefruit, Sooo Juicy Berry, Sooo Juicy Cherry, Sooo Juicy Grape, Sooo Juicy Punch, Vegetable, White Grape
<b>Tipton Grove</b>	Apple, Grape
<b>Valu Time</b>	Grape
<b>Welch's</b>	Grape, Red Grape, White Grape

**Juice – Frozen**  
**Least Expensive Brand Preferred**

All Juices Listed Below must meet the following criteria;

- 100% unsweetened juice
- 11.5 or 12 oz. only-Must reconstitute to 48 oz.
- Orange Juice can be any brand

<b>Best Yet</b>	Apple, Grape, Grapefruit
<b>Dole</b>	Pineapple, Pineapple Orange
<b>Essential Everyday</b>	Apple
<b>Food Club</b>	Apple, Grapefruit
<b>Great Value</b>	Apple, Grape
<b>IGA</b>	Apple
<b>Kroger</b>	Apple, Grape, Grapefruit, Pineapple
<b>Langers</b>	Apple, Apple Cranberry, Apple Orange Pineapple, Grape, Pineapple, White Grape
<b>Meijer</b>	Apple
<b>Old Orchard</b>	Apple, Apple Cherry, Apple Cranberry, Apple Kiwi Strawberry, Apple Passion Mango, Apple Raspberry, Apple Strawberry Banana, Berry Blend, Blueberry Pomegranate, Cranberry Pomegranate, Cranberry Raspberry, Grape, Pineapple, Pineapple Orange, Pineapple Orange Banana, White Grape
<b>Our Family</b>	Apple
<b>Seneca</b>	Apple
<b>Shop n' Save</b>	Apple
<b>Shurfine</b>	Apple
<b>Tipton Grove</b>	Apple
<b>Welch's</b>	Grape, White Grape, White Grape Cranberry, White Grape Peach, White Grape Raspberry

**Cereal – Cold**  
**Least Expensive Brand Preferred**  
**May be combined up to the number of oz. issued**

<b>Best Choice</b>	Bite Sized Frosted Shredded Wheat, Enriched Bran Flakes, Corn Crisps, Crisp Rice, Rice Crisps, Happy O's, Honey Oat Clusters, Honey Oat Clusters with Almonds, Right Choice, Wheat Crisps
<b>Essential Everyday</b>	Bran Flakes, Corn Flakes, Crunchy Rice Squares, Honey Oats and Flakes with Almonds, Honey Oats and Flakes, Frosted Bite Size Shredded Wheat, Crunchy Corn Squares, Crispy Rice, Oats and More with Almonds, Oats and More with Honey
<b>Food Club/Best Yet</b>	Bite Size Frosted Shredded Wheat, Corn Squares, Rice Squares, Crisp Rice, Toasted Oats, Essential Choice Oat, Corn Flakes, Honey & Oat Flakes, Enriched Bran Flakes
<b>General Mills</b>	Cheerios, Corn Chex, Kix, Multi-Grain Cheerios, Rice Chex, Total Whole Grain, Wheat Chex, Wheaties
<b>Giant Eagle</b>	Bran Flakes, Corn Flakes, Frosted Bite Size Shredded Wheat, Honey Oat Medley, Toasted Oats
<b>Great Value</b>	Bran Flakes, Corn Flakes, Crisp Rice, Crunchy Honey Oats, Crunchy Oat Squares, Frosted Shredded Wheat, Toasted Corn, Toasted Whole Grain Oat, Toasted Rice, Toasted Wheat
<b>IGA</b>	Bite Size Frosted Shredded Wheat, Corn Flakes, Crispy Rice, Enriched Bran Flakes, Square Shaped Corn, Square Shaped Rice, Tasteeos, Toasted Oats
<b>Kellogg's</b>	All Bran Complete Wheat Flakes, Corn Flakes, Frosted Mini-Wheats ( Bite Size), Rice Krispies, Rice Krispies Gluten Free, Special K
<b>Kroger</b>	Bite Size Frosted Shredded Wheat, Corn Bitz, Honey Crisp Medley, Honey Crisp Medley with Almonds, Living Well, Rice Bitz, Toasted Oats
<b>Malt-O-Meal</b>	Crispy Rice, Frosted Mini Spooners, Honey & Oat Blenders, Honey & Oat Blenders with Almonds
<b>Meijer</b>	Bite Size Frosted Shredded Wheat, Corn Flakes, Corn Squares, Crisp Rice, Enriched Bran Flakes, Rice Squares, Toasted Oats, Wheat Squares
<b>Mornin Gem/Kiggins</b>	Crispy Rice
<b>Natures Crunch/Kiggins</b>	Bran Flakes, Bite Size Frosted Shredded Wheat
<b>Our Family</b>	Wheat Biscuits, Corn Biscuits, Rice Biscuits, High Fiber Bran Flakes, Corn Flakes, Frosted Bite Size Shredded Wheat, Toasted Rice Flakes, Crispy Rice, Oats and More with Almonds, Oats and More with Honey, Toasted Oats
<b>Post</b>	Banana Nut Crunch, Bran Flakes, Honey Bunches of Oats with Almonds, Honey Bunches of Oats Honey Roasted
<b>Quaker</b>	Life, Oatmeal Squares, Oatmeal Squares Brown Sugar, Oatmeal Squares Cinnamon
<b>Ralston</b>	Corn Biscuits, Corn Flakes, Crispy Rice, Enriched Wheat Bran Flakes, Oat Wise, Rice Biscuits, Tasteeos
<b>Shopn' Save</b>	Crispy Rice, Corn Flakes, Crunchy Corn Squares, Crunchy Rice Squares, Bran Flakes, Frosted Bite Size Shredded Wheat, Oats and More with Almonds, Oats and More with Honey
<b>Shurfine</b>	Crisp Rice, Toasted Oats, Honey Oats & Flakes, Enriched Bran Flakes, Corn Flakes, Crunchy Rice, Crunchy Corn, Frosted Shredded Wheat Bite Size, Wheat Squares

**CEREAL – HOT**

B & G Foods	Cream of Wheat – 18 oz. or 28 oz. size only
Farina Mills	Creamy Hot Wheat Original – 18 oz. or 28 oz. size only
Malt –O- Meal	Original Hot Wheat – 18 oz., 28 oz. or 36 oz. size only

## Whole Grains - Can be combined up to the number of oz. issued

### Least Expensive Brand Preferred

<b>Bread</b>	
<b>16 oz. Size Only</b>	
Aunt Millie's	Healthy Goodness Whole Grain White Healthy Goodness 100% Whole Wheat
Best Choice	100% Whole Wheat
Best Yet	100% Whole Wheat
Bimbo	100% Whole Wheat
Bunny	100% Whole Wheat
Essential Everyday	100% Whole Wheat
Food Lion	100% Whole Wheat
Hannaford	100% Whole Wheat
Healthy Life	Sugar Free 100% Whole Grain Wheat, 100% Whole Grain Whole Wheat
Holsum	100% Whole Wheat
Kroger	100% Whole Wheat Round Top
Meijer	100% Whole Wheat; Whole Grain White
My Essentials	100% Whole Wheat
Nature's Own	100% Whole Grain Sugar Free
Nickels	Country Style 100% Whole Wheat
Our Family	100% Whole Wheat
Ozark Hearth	100% Whole Wheat
Pepperidge Farm	Jewish Rye Whole Grain Rye Seeded Stone Ground 100% Whole Wheat Very Thin Sliced 100% Whole Wheat
Roman Meal	Sungrain 100% Whole Wheat
Sara Lee	Classic 100% Whole Wheat
Schwebel's	Roman Meal Sungrain 100% Whole Wheat 100% Whole Wheat
Shurfresh	100% Whole Wheat
Spartan	100% Whole Wheat
Sunbeam	100% Whole Wheat
Weight Watchers	100% Whole Wheat
Wonder	100% Whole Wheat

### **BUNS**

16 oz. Size Only

Arnold	Whole Wheat Hamburger Buns
Healthy Life	100% Whole Wheat Sandwich Buns

**NOT ALLOWED:**

- Items with added fruits, nuts, spices or icings

### **Brown Rice**

16 oz. Size Only

Plain

Any Brand

**NOT ALLOWED:**

- White Rice
- Wild Rice

<b>Tortillas</b>	
<b>16 oz. Size Only</b>	
Best Choice	Corn, 100% Whole Wheat
Celia's	White Corn, Yellow Corn, Whole Wheat Flour
Chi Chi's	White Corn Soft Taco Style, Whole Wheat Fajita Style
Don Pancho	White Corn, Whole Wheat
Food Club	Soft Taco Size Whole Wheat
Essential Everyday	Soft White Corn, Whole Wheat Tortilla
Giant Eagle	Whole Wheat
Hannaford	Whole Wheat
Kroger	Whole Wheat
La Banderita	Corn, Fajita Whole Wheat
La Burrita	Corn
Meijer	Corn, White Corn, Whole Wheat
Mi Casa	100% Whole Wheat
Mission	White Corn, Whole Wheat, Yellow Corn Extra Thin
My Essentials	Whole Wheat
Ortega	Whole Wheat
Pepito	Corn, Soft Taco Size Whole Wheat Flour
Shurfine	Corn, Hand Made Whole Wheat Fajita Style
Shurfresh	Whole Wheat Authentic Fajita Style
Tam-X-ico's	Yellow Corn

### **Oatmeal**

16 oz. Size Only

Plain

Any Brand

**NOT ALLOWED:**

- Packets
- Individual Serving Sizes
- Items with added fruits, nuts, spices
- Steel Cut

# Infant Cereal, Infant Fruits, Infant Vegetables, Infant Meats

## Infant Cereal

Gerber Brand Only

8 oz. Containers Only

**ALLOWED:** All Flavors of Iron Fortified Cereal

- Rice
- Oatmeal
- Whole Wheat
- Multi-Grain
- Barley

**NOT ALLOWED**

- With Added Fruit
- With Added DHA/ARA
- Cereal in Jars
- Variety Packs

## Infant Fruits

Beech Nut Brand Only

4 oz. Glass Jars Only

**ALLOWED:** Only the Specific Types as Listed Below

Apples

Apple and Banana

Apple and Blueberry

Apple and Cherry

Apple, Mango and Kiwi

Apple, Pear and Banana

Apricot with Pear and Apple

Banana and Mixed Berry

Chiquita® Bananas

Chiquita® Bananas and Strawberry

Mango

Peaches

Pears

Pear and Pineapple

Pear and Raspberry

## Infant Vegetables

Beech Nut Brand Only

4 oz. Glass Jars Only

**ALLOWED:** Only the Specific Types as Listed Below

Corn and Sweet Potato

Garden Vegetables

Sweet Potatoes

Sweet Peas

Squash

Mixed Vegetables

Sweet Carrots

Green Beans

## Infant Meats

Beech Nut Brand Only

2.5 oz. Glass Jars Only

**ALLOWED:** Only the Specific Types as Listed Below

Beef and Beef Broth

Chicken and Chicken Broth

Turkey and Turkey Broth

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