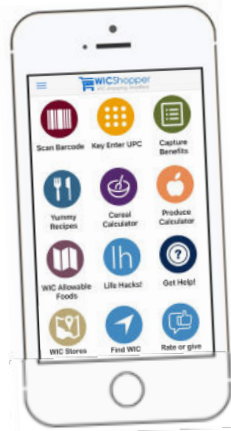




**WICShopper** is a mobile app that lets you scan products to verify that they are WIC-authorized, view the Authorized Food List, get recipe ideas, calculate produce, and more!

### Download it today!

- Always check your “EBT Card Benefits” printout and/or receipts to verify the individual items you have on your WIC Nutrition Card.
- If you are experiencing difficulties purchasing an item with your WIC Nutrition Card or scanning an item, please visit “I couldn’t buy this!” in the WICShopper App to submit the issue.



I couldn't buy this!



**Department of Health**

Women, Infants, and Children Program (WIC)

This institution is an equal opportunity provider.



# Authorized Food List

Least Expensive Brand Preferred



**Department of Health**

Women, Infants, and Children Program (WIC)

## DAIRY



### Cow's Milk

- White, chocolate, pasteurized, vitamin D fortified milk only.
- Gallon containers only (unless half gallons are specified).
- Low fat (1% or ½ %) or skim unless whole milk or reduced fat (2%) as specified.
- \* Gallon = 128 ounces, Half Gallon = 64 ounces.

**NOT ALLOWED:** flavored, organic, super skim, fat free plus.



### Non-fat Dry Milk

- Only when specified.
- 25.6 ounce size only.



### Low Lactose or Lactose Free Milk

- Only when specified.
- Gallon and half gallon containers.













### Soy Milk

- Only when specified.
- Original and vanilla flavors only.
- Original flavor and chocolate flavor.



### Yogurt

- Low fat or fat-free unless *whole fat* is specified.
- 32 ounce containers only.

	Greek nonfat plain yogurt.
	<i>Whole milk plain, whole milk vanilla, whole milk maple.</i>
	Non-fat greek plain, non-fat greek peach, non-fat greek strawberry, non-fat greek vanilla, low-fat greek plain. <i>Whole milk plain zero sugar non-fat strawberry zero sugar non-fat vanilla, less sugar low-fat greek madagascar vanilla and cinnamon.</i>
	Low-fat plain, low-fat vanilla.
	Non-fat plain, low-fat strawberry, low-fat vanilla, <i>whole milk plain, whole milk vanilla.</i>
	Non-fat strawberry, non-fat vanilla.
	Non-fat plain, non-fat vanilla.
	Low-fat plain, low-fat vanilla, low-fat peach, low-fat raspberry, low-fat strawberry, low-fat blueberry.
	Low-fat strawberry, non-fat vanilla, non-fat plain, low-fat vanilla.
	Greek <i>whole milk plain</i> , greek non-fat plain, greek blended non-fat vanilla, green blended non-fat strawberry, low-fat vanilla, non-fat plain.

## WHOLE GRAINS



Whole wheat spaghetti, whole wheat capellini, whole wheat penne rigate, whole wheat rotini.



100% whole wheat penne, 100% whole wheat rotini, 100% whole wheat spaghetti.



Whole wheat spaghetti, whole wheat thin spaghetti, whole wheat penne rigate, whole wheat rotini.



Whole wheat capellini, whole wheat elbows, whole wheat farfalle, whole wheat linguine, whole wheat penne rigate, whole wheat rigatoni, whole wheat rotini, whole wheat spaghetti.



100% whole grain penne rigate, 100% whole grain spaghetti, 100% whole grain thin spaghetti, 100% whole grain rotini, 100% whole grain linguine.



Whole wheat penne rigate, whole wheat rotini, whole wheat spaghetti, whole wheat thin spaghetti.



Whole wheat capellini, whole wheat spaghetti.



### Brown Rice

16 ounce; plain; any brand.



- Instant brown rice.
- Boil n bag brown rice.

- Whole grain brown 16 ounces.



**NOT ALLOWED:** white rice.



### Oatmeal

16 ounces, any brand.

**NOT ALLOWED:** items with added fruits, nuts, spices, steel cut.



- Oats-Quick 1-Minute oats 18 ounces.
- Oats-Quick 1-Minute gluten free 18 ounces.

## WHOLE GRAINS



### Whole Wheat Pasta

16 ounce.



	Whole wheat spaghetti.
	Whole grain rotini, whole grain medium shells, whole grain penne, whole grain elbows, whole grain thin spaghetti, whole grain linguine, whole grain angel hair, whole grain spaghetti.
	Whole wheat rotini, whole wheat spaghetti.
	Whole wheat spaghetti, whole wheat macaroni, whole wheat elbow macaroni, whole wheat rotini, wheat penne rigate, whole wheat thin spaghetti, whole wheat vermicelli.
	100% whole wheat penne rigate, 100% whole wheat rotini, 100% whole wheat spaghetti.
	100% whole wheat spaghetti, 100% whole wheat elbow macaroni, 100% whole wheat penne rigate, 100% whole wheat rotini.
	Whole wheat elbows, whole wheat linguine, whole wheat penne, whole wheat rotini, whole wheat spaghetti, whole wheat thin spaghetti.
	Whole wheat penne rigate, whole wheat rotini-tight, whole wheat thin spaghetti, whole wheat spaghetti.

## DAIRY

	Non-fat plain, non-fat vanilla, low-fat strawberry, low-fat vanilla, low-fat peach, low-fat strawberry banana.
	<i>Greek whole milk plain, greek whole milk vanilla, greek non-fat plain, greek non-fat vanilla, whole milk vanilla, whole milk plain, low-fat plain, low-fat vanilla, carbmaster low-fat vanilla, carbmaster low-fat peach, carbmaster low-fat strawberry, non-fat plain.</i>
	Low-fat strawberry, low-fat plain, low-fat mango, low-fat vanilla.
	Non-fat strawberry yogurt, low-fat plain yogurt, non-fat vanilla greek yogurt, non-fat plain greek yogurt.
	Low-fat strawberry, low-fat strawberry banana, low-fat blueberry, low-fat plain, light vanilla, low-fat vanilla, <i>whole milk plain.</i>
	<i>Whole milk plain, whole milk vanilla, whole milk strawberry, low-fat vanilla, low-fat plain.</i>
	Fat-free vanilla, fat-free plain, <i>whole milk plain,</i> greek non-fat plain, greek non-fat vanilla bean.
	Non-fat plain, non-fat strawberry, non-fat vanilla.
	Low-fat blueberry, low-fat peach, low-fat vanilla, greek non-fat plain, greek non-fat vanilla, non-fat strawberry, non-fat vanilla, non-fat plain.
	Organic plain nonfat yogurt, Organic vanilla nonfat yogurt, Organic plain lowfat yogurt, Organic vanilla lowfat yogurt, Organic plain <i>whole milk</i> probiotic yogurt, Organic vanilla <i>whole milk</i> probiotic yogurt, Organic strawberry <i>whole milk</i> probiotic yogurt, Organic <i>whole milk</i> probiotic yogurt vanilla.
	Low-fat plain, low-fat vanilla.
	Low-fat harvest peach, low-fat strawberry, low-fat strawberry banana, low-fat vanilla, low-fat blueberry, non-fat plain.

### Cheese

- Regular or low fat, 16 ounce size only.
- Domestic blocks or slices of only the following types: American; cheddar; Colby; Colby Jack; Monterey Jack; mozzarella; Muenster; provolone; or 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.

## EGGS



- Large, grade A or AA,
- White chicken eggs, cage-free.
- One dozen carton size.

**NOT ALLOWED:** organic; pasteurized; pickled; hard boiled; low cholesterol; fortified or enhanced with Omega 3; with added vitamins or minerals; free range; egg substitutes.

## TOFU



16 ounce package size only, can be combined up to the total number of ounces issued.



Silken.



Premium firm; premium extra firm; medium firm.



Extra firm; medium firm; firm; soft.



Firm natural; wet pack extra firm.

## PEANUT BUTTER



- 16 ounce to 18 ounce 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; palm oils.

## FISH



### Canned Tuna

Chunk light packed in water only; 5 ounce or 6 ounce can size only.



### Canned Salmon

Pink salmon only; 14.75 ounce can size only.

**NOT ALLOWED:** red salmon; tuna in pouches.

## BEANS



### Dried Beans or Peas

16 ounce packages only.

### Canned Beans

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

**NOT ALLOWED:** baked beans; beans with added seasonings, sauces, fats or meats.

## WHOLE GRAINS



Corn, fajita whole wheat, yellow corn, whole wheat flour.



Corn.



Corn, white corn, whole wheat.



Whole wheat.



White corn, whole wheat, yellow corn extra thin.



Whole wheat.



Whole wheat.



Whole wheat flour soft taco, yellow corn, white corn.



Corn, soft taco size whole wheat flour.



Hand-made whole wheat fajita style corn.



Whole wheat authentic fajita style.



Yellow corn.

## WHOLE GRAINS



Sandwich buns.



Hot dog buns.

**NOT ALLOWED:** Items with added fruits, nuts, spices, or icings.



- 100% whole wheat buns.
- 100% whole wheat hot dog buns.



- 100% whole wheat hoagie rolls.
- 100% whole wheat hot dog buns.
- 100% whole wheat slider sandwich buns.



- 100% whole wheat buns 16 oz.



**Tortillas:**  
16 ounce.



Corn,  
100% whole wheat.



White corn,  
yellow corn,  
whole wheat flour.



White corn soft taco style,  
whole wheat fajita style.



White corn,  
whole wheat.



Soft white corn,  
whole wheat.



Whole wheat.



Whole wheat.



Whole wheat.



6-inch white corn,  
whole wheat.



Whole wheat,  
gluten free yellow corn.



6-inch yellow corn.

## 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 receive cash or credit refunds for any amount not used.



### Fresh

Any variety of fresh fruits or vegetables.  
Whole, cut, bagged, or packaged.

**NOT ALLOWED:** Fruit and vegetable party trays or individual servings sizes with sauces or dips; fruit baskets; decorative or ornamental fruits or vegetables; garlic on a string; salad bar items; fruit with added nuts; baked goods with added fruit; dried fruit; edible blooms or flowers, herbs or spices.



### Frozen

Any variety of fruits or vegetables.

**NOT ALLOWED:** Fruits: with syrup, added sugar, fruit bars, baked goods with fruit (e.g. pies).

Vegetables: added sugar, butter, oil, sauces or glaze; with pasta, noodles, nuts, rice, cheese, or meat; sweet potato fries, french fries, or shaped potatoes.



### Cans, Jars, Plastic Containers

Fruit in juice;  
Juice concentrate or nectar;  
Fruit in water with artificial sweetener;

**NOT ALLOWED:** Fruits: in gelatin, sorbets, fruit crisp, fruit parfaits, fruit with added sugar or nuts, fruit in heavy, light or extra light syrup, pie fillings.










Vegetables: with any oil or brine, vinegar, pickles and pickled vegetables, creamed vegetables, beans, peas, lentils, baked beans, pork and beans, refried beans, ketchup, relishes, olives; pizza, lasagna, spaghetti sauce, or salsa.

## JUICE










### Shelf Stable Juice

- All juices listed 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, grape, orange.
	<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, orange, punch blend, white grape, tomato, vegetable.
	<b>Best Yet</b> Apple, cranberry, cranberry grape, grape, grapefruit, white grape.
	<b>Campbell's</b> Regular tomato, low-sodium tomato, regular V-8, V-8 spicy hot, V-8 low sodium.
	<b>Diane's Garden</b> Vegetable.
	<b>Essential Everyday</b> Apple juice, berry blend, cherry blend, cranberry blend, grape blend, punch blend, white grape, pineapple, white grapefruit.
	<b>Everfresh</b> Apple.
	<b>Food Club</b> Apple, pineapple, cranberry, cranberry grape, cranberry raspberry, grape, vegetable, white grape, white grapefruit.










## WHOLE GRAINS

	farmhouse 100% whole wheat bread, Jewish rye whole grain rye seeded, light style 100% whole wheat bread, light style soft wheat bread, stone ground 100% whole wheat, thin sliced whole grain 100% whole wheat bread, thin sliced whole grain 15 grain bread, thin sliced whole grain oatmeal bread, very thin sliced 100% whole wheat, whole grain 100% whole wheat bread, whole grain 15 grain bread, whole grain honey whole wheat bread, whole grain German dark wheat bread, whole grain oatmeal bread, whole grain soft sprouted grain bread, whole grain rye seeded, 100% whole wheat cinnamon with raisins swirl bread.
	Sungrain 100% whole wheat.
	100% whole wheat bread, classic 100% whole wheat.
	Roman meal sungrain 100% whole wheat, 100% whole wheat.
	100% whole wheat.
	100% whole wheat.
	100% whole wheat rolls, 100% whole wheat bread.
	100% whole wheat.
	100% whole wheat.
	100% whole wheat.

## WHOLE GRAINS

	100% whole wheat bread, double fiber bread.
	100% whole wheat.
	100% whole wheat.
	100% whole wheat.
	100% whole wheat.
	Sugar free 100% whole grain wheat, 100% whole grain whole wheat.
	100% whole wheat.
	Homestyle 100% whole wheat.
	100% whole wheat.
	100% whole wheat.
	100% whole wheat, whole grain white.
	100% whole wheat.
	100% whole wheat, 100% whole grain sugar free, 100% whole wheat bread with honey.
	100% whole wheat.
	100% whole wheat.

## JUICE

	<b>Giant Eagle</b> Apple, cranberry, gala style apple, granny smith apple, grape, white grape, white grapefruit.
	<b>Great Value</b> Apple, grape, white grape, white grape peach, cranberry, cranberry blend, pineapple.
	<b>Harvest Classic</b> Apple orange pineapple, concord grape, cranberry, cranberry apple, pineapple.
	<b>HyTop</b> Apple, black cherry concord grape, grape, pineapple, tomato, vegetable, white grape, white grape cherry.
	<b>IGA</b> Apple, fresh apple, grape, grapefruit, pineapple, 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, vegetable, low sodium vegetable, spicy vegetable, grape, white grape, white grape peach.
	<b>Langers</b> Apple, apple cranberry, apple grape, apple orange pineapple, grape, orange, pineapple, red grape, ruby red grapefruit, tomato, vegetable, low sodium vegetable, white grape.
	<b>Libby's</b> Pineapple.

## JUICE

	<p><b>Meijer</b> Apple, cranberry, genuine berry, genuine cherry, genuine fruit punch, genuine grape, grape, ruby red grapefruit, pineapple, prune, raspberry cranberry, spicy vegetable, tomato, tropical blends pineapple, vegetable, low sodium vegetable, white grape, white grape peach.</p>
	<p><b>Mott's</b> Apple.</p>
	<p><b>Musselman's</b> Apple.</p>
	<p><b>Nature's Nectar</b> Apple, grape, white grape.</p>
	<p><b>Northland</b> Cranberry raspberry, cranberry, cranberry blackberry, cranberry cherry, cranberry grape, cranberry pomegranate, cranberry blueberry.</p>
	<p><b>Ocean Spray</b> Apple, concord grape, cranberry raspberry, cranberry blackberry, cranberry cherry, cranberry blackberry, cranberry cherry, cranberry concord grape, cranberry mango, cranberry pineapple, cranberry pomegranate, cranberry watermelon, cranberry elderberry.</p>
	<p><b>Old Orchard</b> Apple, grape, pineapple, white grape, apple cranberry, berry blend, black cherry cranberry, blueberry pomegranate, cherry pomegranate, cranberry pomegranate, grape, kiwi strawberry, strawberry watermelon, orange tangerine, peach mango, pineapple, red raspberry, white grape, wild cherry, immune health citrus, immune health superfruit, immune health tropical fruit.</p>
	<p><b>Our Family</b> Apple, fresh pressed apple cider, grape, grapefruit, pink grapefruit, white grape, 100% juice blend, vegetable.</p>
	<p><b>Seneca</b> Apple.</p>
	<p><b>Shurfine</b> Apple, grape, pineapple, white grape.</p>




























## WHOLE GRAINS

### Bread:

16 ounce where available.

Can be combined up to the number of ounces issued; least expensive brand preferred.



 16 ounces		Healthy goodness whole grain white. Healthy goodness 100% whole wheat.
		100% whole wheat.
		100% whole wheat.
 18 ounces		100% whole wheat.
		Quaker Oats 100% whole grain oats.
		Bimbo 100% whole wheat bread.
 20 ounces		Market Mill whole wheat bread.
		Nature's Own 100% whole wheat.
		100% whole wheat.
		Sara Lee 100% whole wheat bread.
		Brownberry 100% whole wheat bread. Brownberry double fiber bread.
 24 ounces		Kroger 100% whole wheat bread honey. Kroger 100% whole wheat bread round top.
		Our Family country style 100% whole wheat bread.
		Private Selection 100% whole wheat wide pan bread. Private Selection 100% whole wheat bread.
		Blue Ribbon whole grain brown rice.
		Kroger long grain brown rice.
 32 ounces		Mahatma brown rice. Mahatma jasmine brown rice.
		Meijer long grain natural brown rice.
		Our family brown rice.
		Shurfine brown rice.
		Spartan long grain brown rice
		Success whole grain brown rice. Brown rice boil in bag.



## HOT CEREAL



Oats-instant oatmeal original, 11.8 ounces (Individual packets);  
oats-instant oatmeal original, 23.7 ounces (Individual packets);  
grits-original instant 10 ounces, 12 ounces, 36 ounces.

**meijer** Oats-Quick 18 ounces; Oats-Instant Oatmeal Original, 11.8 ounces. (individual packets).

## WHOLE GRAINS

The key below provides examples of how to redeem your full 32 ounces of whole grains.

### Whole Grains Key

8 ounces	12 ounces	+  32 ounces
14 ounces	16 ounces	+  32 ounces
18 ounces	20 ounces	+  32 ounces
24 ounces	32 ounces	+  32 ounces

8 ounces		White corn tortilla.
12 ounces		IGA instant oatmeal regular 12 packets.
14 ounces		Lewis Bake Shop 100% whole wheat bread half loaf.
		Food Club instant brown rice.
		Freedom's Choice instant brown rice.
		Kroger boil in bag brown rice microwaveable. Kroger brown rice microwaveable.
		Minute brown rice.
		Our Family instant brown rice.
		Success whole grain brown rice.
16 ounces		Blue Ribbon whole grain brown rice.
		Kroger 100% whole wheat bread.
		Mahatma brown rice.
		Our Family wheat tortillas fajita style. Our Family yellow corn tortillas. Our Family white corn tortillas.
		Quaker 3-minute oatmeal.

## JUICE











	<b>Tipton Grove</b> Apple, cranberry, grape, white grape.		<b>Tree Top</b> Apple, apple grape.
	<b>V-8</b> Original 100% Vegetable Juice. Low sodium 100% Vegetable Juice. Spicy Hot 100% Vegetable Juice.		
	<b>Valuetime</b> Grape.		
	<b>Welch's</b> Concord grape with calcium, grape, white grape, white grape peach, red grape, super berry, tropical trio.		

## JUICE-FROZEN

All juices listed below must meet the following criteria: 100% unsweetened juice; 11.5 ounce or 12 ounce only; must reconstitute to 48 ounces; orange juice can be any brand.

	<b>Always Save</b> Orange.
	<b>Best Choice</b> Apple, orange.
	<b>Best Yet</b> Apple, grape, orange, grapefruit.
	<b>Dole</b> Pineapple, pineapple orange.
	<b>Essential Everyday</b> Apple, orange.
	<b>Food Club</b> Apple, grapefruit, orange.
	<b>Giant Eagle</b> Orange.
	<b>Great Value</b> Apple, grape, orange.
	<b>HyTop</b> Apple, orange.

## JUICE — FROZEN

	<b>IGA</b> Apple, orange.
	<b>Kroger</b> Apple, grape, grapefruit, pineapple, pineapple orange.
	<b>Langers</b> Apple, apple cranberry, apple orange, pineapple, grape, orange, pineapple, white grape.
	<b>Meijer</b> Apple, orange.
	<b>Old Orchard</b> Apple, apple cherry, apple cranberry, apple kiwi strawberry, apple passion mango, apple raspberry, apple strawberry banana, berry blend, black cherry cranberry, blueberry pomegranate, cranberry pomegranate, cranberry raspberry, grape, pineapple, pineapple orange, pineapple orange banana, strawberry rhubarb, white grape.
	<b>Our Family</b> Apple, orange.
	<b>Seneca</b> Apple, orange.
	<b>Shurfine</b> Apple, orange.
	<b>Tipton Grove</b> Apple, orange.
	<b>Welch's</b> Apple, grape, white grape, white grape cranberry, white grape peach, white grape raspberry.

## JUICE — CONCENTRATE





Shelf stable; 100% unsweetened juice; 11.5 ounce or 12 ounce only; must reconstitute to 48 ounces.

	<b>Welch's</b> Apple, fruit fantastic, grape, tropical passion.
	<b>Giant Eagle</b> Pineapple, apple, grape.

## CEREALS



## HOT CEREALS

	<b>Cream of Wheat</b> -Cream of Wheat (1 Minute) (28 ounces). -Cream of Wheat (10 Minute) (28 ounces).
	<b>Quaker</b> -Oat Bran Hot Cereal (16 ounces). -Instant Grits Original (18 ounces). -Instant Grits Original 12 (1-ounce packets). -Instant Grits Original (9.8-ounce packets). -Instant Grits Super Family Original (24 packets). -Instant Oatmeal packets (9.8 ounces).
	<b>Farina</b> -Cream of Wheat (18/28 ounces).
	<b>Malt-o-Meal</b> -Cream of Wheat Original (18/28/36 ounces).

CEREALS



CEREALS

Least expensive brand preferred; may be combined up to the number of ounces issued.

*Best Choice*



CEREALS



CEREALS

