



# Authorized Food List

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



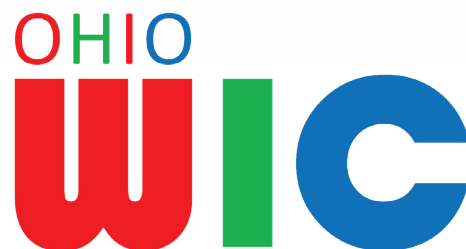
Download it today!

- Always check your "EBT Card Benefits" printout and/or receipts to verify the individual items you have on your WIC Nutrition Card.
- We want to hear from you! Please give us your opinion on the new format of our Authorized Foods List by going to the link below and taking our survey:

<https://www.surveymonkey.com/r/RXJDJC9>



Department of Health



Women, Infants, and Children Program

Least Expensive Brand Preferred



This institution is an equal opportunity provider.

## 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

**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 only

### 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;

	100% Whole Wheat Thin Spaghetti; 100% Whole Wheat Vermicelli
	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; 100% Whole Grain Thin Spaghetti
	Select Pasta Spaghetti Whole Wheat; Select Pasta Capellini Whole Wheat; Select Pasta Penne Rigate Whole Wheat; Select Pasta Rotini Whole Wheat
	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
	Harvest 100% Whole Grain Penne Rigate; 100% Whole Grain Spaghetti; 100% Whole Grain Thin Spaghetti; 100% Whole Grain Rotini; 100% Whole Grain Linguine
	Whole Wheat Spaghetti; Whole Wheat Thin Spaghetti; Whole Wheat Penne Rigate; Whole Wheat Rotini
	Capellini Whole Wheat; Spaghetti Whole Wheat
	<b>Brown Rice</b> 16 ounce; Plain; Any brand <b>NOT ALLOWED:</b> White Rice,
	
	<b>Oatmeal</b> 16 ounce <b>NOT ALLOWED:</b> Items with added fruits, nuts, spices, steel cut
	

## Whole Grains

	Corn; Fajita Whole Wheat
	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
	<b>Whole Wheat Pasta</b> 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 Spaghetti; Whole Wheat Thin Spaghetti; Whole Wheat Macaroni; Whole Wheat Penne; Whole Wheat Rotini; 100% Whole Wheat Elbow Macaroni; 100% Whole Wheat Rotini; 100% Wheat Penne Rigate;

## TOFU



Azumaya Tofu

House Foods

Franklin FARMS

vitasoY

- 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



## 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 are able to use the maximum dollar amount when using the WIC Nutrition Card (WNC) at vendors who are Split Tender enabled. Participants cannot receive cash or credit refunds for any amount not used.



### FRESH

Whole; Pre-cut or sliced; Individual serving sizes without sauces or dips; white potatoes; sweet potatoes; and yams

**NOT ALLOWED:** Fruit and vegetable trays or party trays; Fruit baskets; Decorative or ornamental (e.g., painted pumpkins); Garlic on a string; 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 and vegetables with sauces or dips; Herbs or spices



### FROZEN

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

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



## Whole Grains

	100% Whole Wheat
	100% Whole Wheat
	100% Whole Wheat
	100% Whole Wheat
	100% Whole Wheat
<div>  <b>Buns:</b> 16 ounce         </div> <div>   </div> <div>           100% Whole Wheat Sandwich Buns           <span style="margin-left: 100px;">100% Whole Wheat Hot Dog Rolls</span> </div> <p><b>NOT ALLOWED:</b> Items with added fruits, nuts, spices, or icings</p>	
<div>  <b>Tortillas:</b> 16 ounce         </div> 	
	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
	Soft Taco Size Whole Wheat
	Whole Wheat
	Whole Wheat
	6 inch White Corn
	Whole Wheat; Gluten Free Yellow Corn












	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
	Country Style 100% Whole Wheat
	100% Whole Wheat
	100% Whole Wheat
	Jewish Rye Whole Grain Rye Seeded; Stone Ground 100% Whole Wheat; Very Thin Sliced 100% Whole Wheat
	Sungrain 100% Whole Wheat
	100% Whole Wheat Bread; Classic 100% Whole Wheat
	Roman Meal Sungrain 100% Whole Wheat; 100% Whole Wheat

## 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><u>Always Save</u></b> Apple, Grape, Tomato, Vegetable
	<b><u>Adam and Eve</u></b> Apple, Cranberry Grape, Cranberry Peach Mango, Cranberry Pomegranate, Cranberry Raspberry, Cranberry Wild Berry, Naturally Cranberry
	<b><u>Best Choice</u></b> Apple, Berry Blend, Cherry Blend, Grape, Grape Blend, Grapefruit, Pineapple, Punch Blend, White Grape
	<b><u>Best Yet</u></b> Apple, Cranberry, Cranberry Grape, Cranberry Raspberry, Grape, Grapefruit, White Grape
	<b><u>Campbell's</u></b> Tomato (regular and low sodium), V-8 (regular)
	<b><u>Diane's Garden</u></b> Vegetable
	<b><u>Essential Everyday</u></b> Apple, Berry Blend, Cherry Blend, Cranberry, Grape, Grape Blend, Pineapple, Punch Blend, White Grape, White Grapefruit
	<b><u>Everfresh</u></b> Apple
	<b><u>Food Club</u></b> Apple, Cranberry, Cranberry Grape, Grapefruit, Cranberry Raspberry, Grape, White Grape

## JUICE

	<b><u>Giant Eagle</u></b> Apple, Cranberry, Grape, Grapefruit, White Grape
	<b><u>Great Value</u></b> Apple, Cranberry, Cranberry Concord Grape, Grape, White Grape, White Grape Peach
	<b><u>IGA</u></b> Apple, Fresh Apple, Grape, Grapefruit, Pineapple, White Grape
	<b><u>Juicy Juice</u></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><u>Kroger</u></b> Apple, Berry, Cranberry, Grape, Grapefruit, Pineapple, White Grape, White Grape Peach, Vegetable (Regular, Low Sodium, and Spicy),
	<b><u>Langers</u></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><u>Libby's</u></b> All Natural 100% Pineapple
	<b><u>Meijers</u></b> Apple, Berry-Genuine, Cherry-Genuine, Fruit Punch-Genuine, Grape-Genuine, Grape, Ruby Red Grapefruit, White Grape, White Grape Peach
	<b><u>Mott's</u></b> Apple

















## Whole Grains


















		Quaker Oats 100% Whole Grain Oats
		Bimbo 100% Whole Wheat Bread
		Sara Lee 100% Whole Wheat Bread
		Nature's Own 100% Whole Wheat
		Private Selection 100% Whole Wheat Wide Pan Bread Private Selection 100% Whole Wheat Bread
		Kroger 100% Whole Wheat Bread Honey Kroger 100% Whole Wheat Bread Round Top
		Our Family Country Style 100% Whole Wheat Bread
		Brownberry 100% Whole Wheat Bread Brownberry Double Fiber Bread
		Blue Ribbon Whole Grain Brown Rice
		Mahatma Brown Rice Mahatma Jasmine Brown Rice
		Success Whole Grain Brown Rice
	<b><u>BREAD:</u></b> 16 ounce where available. Can be combined up to the number of ounces issued; Least Expensive Brand Preferred	
	Healthy Goodness Whole Grain White; Healthy Goodness 100% Whole Wheat	
	100% Whole Wheat	
	100% Whole Wheat	
	100% Whole Wheat	
	100% Whole Wheat Bread; Double Fiber Bread	

## 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
		Minute Brown Rice
		Success Whole Grain Brown Rice
		Kroger Boil in Bag Brown Rice Microwaveable Kroger Brown Rice Microwaveable
		Food Club Instant Brown Rice
		Our Family Instant Brown Rice
 16 ounces		Freedom's Choice Instant Brown Rice
		Blue Ribbon Whole Grain Brown Rice
		Mahatma Brown Rice
		Quaker 3 minute Oatmeal
		Kroger 100% Whole Wheat Bread
		Our Family Wheat Tortillas Fajita Style Our Family Yellow Corn Tortillas Our Family White Corn Tortillas











## JUICE

	<b><u>Musselman's</u></b> Apple
	<b><u>Northland</u></b> Cranberry, Cranberry Blackberry, Cranberry Blueberry, Cranberry Cherry, Cranberry Grape, Cranberry Pomegranate, Cranberry Raspberry
	<b><u>Old Orchard</u></b> Apple, Apple Cranberry, Berry Blend, Black Cherry Cranberry, Blueberry Pomegranate, Cherry Pomegranate, Cranberry Pomegranate, Grape, Kiwi Strawberry, Orange Tangerine, Peach Mango, Pineapple, Red Raspberry, White Grape, Wild Cherry
	<b><u>Our Family</u></b> Apple, Fresh Pressed Apple Cider, Grape, Grapefruit, Pink Grapefruit, White Grape, 100% Juice Blend, Vegetable
	<b><u>Seneca</u></b> Apple
	<b><u>Shurfine</u></b> Apple, Grape, Pineapple, White Grape
	<b><u>Tipton Grove</u></b> Apple, Grape
	<b><u>Valu Time</u></b> Grape
	<b><u>Welch's</u></b> Grape, Grape Juice with added Calcium, Red Grape, Super Berry, Tropical Trio, White Grape, White Grape Peach



## 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><u>Best Yet</u></b> Apple, Grape, Grapefruit
	<b><u>Dole</u></b> Pineapple, Pineapple Orange
	<b><u>Essential Everyday</u></b> Apple
	<b><u>Food Club</u></b> Apple, Grapefruit
	<b><u>Great Value</u></b> Apple, Grape
	<b><u>IGA</u></b> Apple
	<b><u>Kroger</u></b> Apple, Grape, Grapefruit, Pineapple, Pineapple Orange
	<b><u>Langers</u></b> Apple, Apple Cranberry, Apple Orange Pineapple, Grape, Pineapple, White Grape
	<b><u>Meijer</u></b> Apple
	<b><u>Old Orchard</u></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

## CEREALS



## HOT CEREALS



18 ounce or  
28 ounce size

18 ounce or  
28 ounce size

18 ounce,  
28 ounce or  
36 ounce size

## CEREALS



## JUICE-FROZEN



### Our Family

Apple



### Seneca

Apple



### Shurfine

Apple



### Tipton Grove

Apple



### Welch's

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



### Welch's

Apple, Fruit Fantastic, Grape, Tropical Passion



## CEREALS

Least Expensive Brand Preferred;  
May be combined up to the number of ounces issued

**Best Choice**



**Essential EVERYDAY**



**Food Club**



**General Mills**  
Making Food People Love



**GIANT EAGLE**



## CEREALS

**Great Value**



**IGA**



**Kellogg's**



**Kroger**

