EFFECTIVE JAN 2026

WIC Approved Food List

Women Infants and Children

Yogurt

Type listed on your WIC benefits – whole milk, low-fat, nonfat.

Yogurt must be assigned at the clinic as a substitute for some of your milk benefit and issued to your eWIC account.

1 year olds may redeem any yogurt type, children above age 2 and women may redeem low-fat or nonfat yogurt only.

Low-fat and Nonfat Quart

32 ounces (Quart)

Best Choice
Low-fat:
Peach
Strawberry
Strawberry Banana
Vanilla
Nonfat:
Plain

Best Yet
Low-fat:
Plain
Vanilla
Nonfat:
Vanilla

Coburn Farms
Low-fat:
Plain

Dannon All Natural
Low-fat and Nonfat:
Plain

Food Club
Low-fat:
Strawberry
Vanilla

Great Value
Nonfat:
Plain

Hiland
Nonfat:
Plain

LALA
Low-fat:
Plain

Lucerne
Nonfat:
Plain
Vanilla

Mountain High
Low-fat:
Plain
Vanilla
Nonfat:
Plain

Nancy's
Low-fat:
Plain
Vanilla

Yoplait
Low-fat:
Blueberry
Harvest Peach
Strawberry
Strawberry Banana
Vanilla
Nonfat:
Plain

WinCo
Nonfat:
Plain

Low-fat 8-Pack



32 ounces (Eight pack of 4-ounce cups)

Yoplait Kid
Low-fat:
- Cotton Candy and Wild Berry
- Strawberry and Blueberry
- Strawberry and Cotton Candy
- Strawberry Banana and Raspberry
- Strawberry Banana and Strawberry

Low-fat and Nonfat 4-Pack

Four pack of 4-ounce cups (16 ounces) x 2 = 32 ounces

Activia
Low-fat:
Black Cherry
Blueberry
Mango
Mixed Berry
Peach
Prune
Strawberry
Strawberry Banana
Vanilla

Activia Light
Nonfat:
Peach
Strawberry
Vanilla



Low-fat and Nonfat Greek Quart

32 ounces (Quart)

Best Choice Greek
Nonfat:
Plain
Vanilla

Best Yet Greek
Nonfat:
Plain
Vanilla

Better Goods Greek
Nonfat:
Plain

Chobani Greek
Low-fat:
Plain
Nonfat:
Plain
Strawberry
Vanilla

Chobani Zero Sugar Greek
Nonfat:
Vanilla
Strawberry

Coburn Farms Greek
Nonfat:
Plain

Dannon Light + Fit Greek
Nonfat:
Vanilla

Food Club Greek
Nonfat:
Plain

Good & Gather Greek
Nonfat:
Plain
Vanilla

Lucerne Greek
Nonfat:
Plain
Strawberry
Vanilla

Oikos Triple Zero Greek
Nonfat:
Vanilla

Great Value Greek
Nonfat:
Plain

WinCo Greek
Nonfat:
Plain

Whole (including Greek) Quart

32 ounces (Quart)

Best Choice
Whole:
Plain

Better Goods Greek
Whole:
Plain

Brown Cow
Whole:
Maple
Plain
Vanilla

Chobani Greek
Whole:
Plain

Dannon All Natural
Whole:
Plain
Vanilla

Good & Gather Greek
Whole:
Plain

Lucerne
Whole Greek:
Plain
Whole:
Plain

Great Value Greek
Whole:
Plain

Nostimo Greek
Whole:
Plain

Mountain High
Whole:
Plain
Strawberry
Vanilla

Milk, Plant-Based Beverages and Cheese

Milk

Milk is issued in quarts or gallons on your benefit.
4 quarts = 1 gallon
3 quarts = 0.75 gallon
2 quarts = 0.5 gallon
1 quart = 0.25 gallon

White Milk

Least Cost Brand

Gallon, ½ Gallon and Quart Sizes
- Percentage as specified on benefit list

Milk substitutions (such as lactose-free, soy milk, plant-based milk, etc.) must be assigned at the clinic and issued to your eWIC account.

Buttermilk

Any Brand

Quart

Evaporated Milk

Least Cost Brand

12-ounce can
- Percentage as specified on benefit list

Lactose-Free Milk

Any Brand

½ Gallon
- Percentage as specified on benefit list

Instant Dry Milk

Least Cost Brand
- Percentage as specified on benefit list

Plant-Based Beverages

Ripple Kids
Original
48 ounce

Ripple Kids
Unsweetened Original
48 ounce

Silk Kids
Original
59 ounce

Soy Milk

8th Continent
Original
64 ounce

Pacific Foods
Ultra Soy Original
32 ounce

Silk
Original
64 ounce

Cheese

Cheese must be assigned at the clinic as a substitute for some of your milk benefit and issued to your eWIC account.

Least Cost Brand

8, 16 or 32-ounce packages only in the following varieties:

- Pasteurized processed American slices
- Block or shredded only of:
  - Cheddar
  - Colby
  - Colby Jack
  - Monterey Jack
  - Mozzarella
  - Muenster
  - Swiss



Not Authorized

- Individually wrapped slices
- Deli
- String
- Processed cheese food

Tofu

Tofu must be assigned at the clinic as a substitute for milk or egg benefit and issued to your eWIC account.

16 ounces only

Azumaya
Firm
Extra Firm
Silken

Franklin Farms
Firm
Extra Firm
Medium Firm
Soft

House Foods America
Firm
Medium Firm
Extra Firm

Nasoya
Silken

Fruits and Vegetables

Fruits

Fresh, Canned and Frozen

- Any variety whole or cut without added fats, oils or sugars (including artificial sweeteners)
- Bagged or prepackaged
- Cut fruits without added dips
- Organic fruits



Vegetables

Fresh, Canned and Frozen

- Any variety whole or cut without added fats, oils or sugars (including artificial sweeteners)
- Bagged or prepackaged
- Vegetables, including salads without dips or dressings
- All potatoes and yams
- Organic vegetables



Fresh Cut Herbs

- Any fresh cut herbs, including basil, dill, chives, parsley, marjoram, tarragon, fennel, cilantro, rosemary, savory, thyme, oregano, sage or mint

Not Authorized

- Salad bar purchases or fruit baskets
- Fresh fruits and/or vegetables packaged with dips, sauces or glazes
- Breaded, creamed or sauced vegetables
- Nuts, seeds, peanuts or fruit-nut mixtures
- Vegetable-grain mixtures (i.e., pasta, rice, noodles, etc.)
- Spices and dried herbs
- Potted plants with fruits, vegetables or herbs
- Ornamental and decorative fruits and vegetables such as chili peppers or garlic on a string, gourds or painted pumpkins
- Edible blossoms and flowers, such as squash blossoms
- Home canned and home preserved fruits and vegetables

Eggs

Least Cost Brand

Medium or Large Dozen

- Grade A or AA
- White and brown

Not Authorized

- Nutrient enhanced or reduced cholesterol eggs

Juice

Juice can be substituted for a portion of cash value benefit dollars. Juice must be assigned at the clinic as a substitute and issued to your eWIC account.

64-ounce Bottles

100% juice only – Pasteurized, no cocktails, unsweetened

Best Choice
Apple
Blends (Berry, Cherry, Grape and Punch)
Cranberry
Grape
Pineapple
Tomato
Vegetable
White Grape
White Grapefruit

Best Yet
Apple
Cranberry
Cranberry Grape
Grape
Grapefruit
Orange
Orange Mango
Orange Pineapple
Pineapple
Pineapple Mango
Tomato
Vegetable
White Grape

Freedom's Choice
Apple
Grape

Great Value
Apple
Cranberry
Cranberry Pomegranate
Cranberry Grape
Grape
Orange Blend
Pear
Ruby Red Grapefruit
Tomato
Vegetable
White Grape
White Grape Peach

Harvest Classic
Apple
Apple Orange Pineapple
Cranberry
Cranberry Apple
Cranberry Grape
Cranberry Raspberry
Grape
Orange
Pineapple
Vegetable
White Grape

Juicy Juice
Any Flavor
100% Juice

Langers
Apple
Apple Berry Cherry
Apple Cranberry
Apple Grape
Apple Kiwi Strawberry
Apple Orange Pineapple
Apple Peach Mango
Concord Grape
Cranberry Plus
Cranberry Raspberry Plus
Grape
Orange
Pineapple
Pineapple Orange
Red Grape
Ruby Red Grapefruit
White Grape

Market Pantry
Apple
White Grape

Old Orchard
Acai Pomegranate
Apple
Apple Cranberry
Berry Blend
Black Cherry Cranberry
Blueberry Pomegranate
Cherry Pomegranate
Cranberry Pomegranate
Grape
Kiwi Strawberry
Mango Tangerine
Orange
Peach Mango
Pineapple
Red Raspberry
Strawberry Watermelon
White Grape
Wild Cherry

Signature Select
Apple
Cherry Pomegranate Elderberry
Cranberry
Cranberry Grape
Cranberry Raspberry
Grape
Grapefruit
Tomato
Vegetable
White Grape

Tipton Grove
Apple
Grape
Pineapple
Vegetable
White Grape

Cold Cereal

GF = Gluten Free

Allowed in 9.8-ounce to 36-ounce size only

Best Choice
Bran Flakes
Corn Crisps
Frosted Shredded Wheat
Happy O's
Rice Crisps
Wheat Flakes

Best Yet
Bran Flakes
Bite Size Shredded Wheat – Frosted
Toasted Oats

Freedom's Choice
Bran Flakes
Frosted Shredded Wheat
Toasted Oats

Food Club
Bran Flakes
Corn Squares
Frosted Shredded Wheat
Rice Squares
Toasted Oats

Great Value
Bran Flakes
Corn Squares GF
Frosted Bite Size Shredded Wheat
Toasted O's
Rice Squares GF

General Mills
Cheerios GF
Multi Grain Cheerios GF
Blueberry Chex GF
Cinnamon Chex GF
Corn Chex GF
Rice Chex GF
Wheat Chex
Fiber One Honey Clusters
Berry Berry Kix
Honey Kix
Kix
Total Whole Grain
Wheat Chex



Kellogg's
All Bran Complete Wheat Flakes
Complete Bran
Frosted Mini Wheats
Frosted Mini Wheats Cinnamon Roll
Frosted Mini Wheats Golden Honey
Frosted Mini Wheats Pumpkin Pie Spice
Frosted Mini Wheats Strawberry
Little Bites Frosted Mini Wheats

Kiggins
Bite Size Shredded Wheat – Frosted
Corn Squares
Rice Squares
Rollin' Oats

Malt-O-Meal
Frosted Mini Spooners

Post
Grape Nuts
Grape Nuts Flakes
Great Grains Banana Nut Crunch
Great Grains Crunchy Pecan

Quaker
Life Cereal Original
Oatmeal Squares Brown Sugar
Oatmeal Squares Honey Nut

Signature Select
Bran Flakes
Frosted Shredded Wheat Bite Size
Toasted Oats
Rice Pockets

Winco
Bran Flakes
Bite Size Frosted Shredded Wheat
Toasted Oats

Hot Cereal

GF = Gluten Free

Allowed in 9.8-ounce to 36-ounce size only
Approved brands of oatmeal packets count as cereal benefit

Cream of Rice
Cream of Rice Original GF

Cream of Wheat
Cream of Wheat 1 Minute
Cream of Wheat 2½ Minute
Cream of Wheat 10 Minute
Cream of Wheat Whole Grain Instant
Cream of Wheat Whole Grain 2½ Minute

Food Club
Instant Oatmeal

Great Value
Instant Oatmeal

Malt-O-Meal
Chocolate
Orginal

Quaker
Instant Oatmeal
Instant Grits

Signature Select
Instant Oatmeal

Winco
Instant Oatmeal



Whole Grains

Bread

12 to 24 ounce packages

Best Choice
100% Whole Wheat

Best Yet
100% Whole Wheat

Bunny
100% Whole Wheat

Food Club
100% Whole Wheat

Great Value
Multigrain
Whole Wheat

Lewis
Healthy Life 100% Whole Wheat
Whole Wheat

Market Pantry
Whole Wheat

Monk's
Wheat Whole Grain

Mrs. Baird's
100% Whole Wheat
Sugar Free Whole Grain Wheat

Nature's Own
100% Whole Grain
100% Whole Wheat with Real Honey
Whole Wheat Hamburger Buns

Oroweat
Multigrain Sandwich Thins
Whole Grain Oatnut
Whole Wheat
Whole Wheat English Muffins
Whole Wheat Hamburger Buns
Whole Wheat Sandwich Thins

Ozark Hearth
100% Whole Wheat
Multigrain Hamburger Buns
Whole Wheat
Whole Wheat Hamburger Buns
Whole Wheat Hotdog Buns

Pepperidge Farm
100% Whole Wheat
Cinnamon Raisin Swirl 100% Whole Wheat
Very Thin Sliced 100% Whole Wheat
Whole 15 Grain
Whole Grain Honey Wheat
Whole Grain Oatmeal

Sara Lee
100% Whole Wheat

Signature Select
100% Whole Wheat

Thomas
Whole Wheat Bagels
Whole Wheat English Muffins

Toufayan
Multi Grain Pita Bread
Whole Wheat Flat Bread
Whole Wheat Pita Bread

Winco
100% Whole Wheat
Whole Wheat
Whole Wheat English Muffins

Wonder
100% Whole Wheat

Gluten free? Contact your WIC office for gluten free options.



Whole Wheat Tortillas

16 to 64-ounce packages

Best Choice
100% Whole Wheat
Whole Wheat

Don Pancho
Whole Wheat
Taco Size

Food Club
Whole Wheat

Great Value
Whole Wheat
Taco Size

Guerrero
Whole Wheat
Taco Size

La Banderita
Whole Wheat Fajita Size
Whole Wheat Tortilla Soft Taco Size

Mama Lupe's
100% Whole Wheat
Taco Size

Mission
Whole Wheat
Fajita Size
Taco Size

Ortega
Whole Wheat

Santa Fe Tortilla Company
Whole Wheat

Tio Santi
100% Whole Wheat
Taco Size

Soft Corn Tortillas GF

16 to 64-ounce packages

Best Choice
Corn

Chi Chi's
White Corn

Don Pancho
White Corn

Great Value
White Corn

Guerrero
Corn

La Banderita
White Corn
Yellow Corn

La Burrita
Corn

Mission
Yellow Corn
White Corn

Ramirez And Sons
Stone Ground Corn

Santa Fe Tortilla Company
White Corn
Yellow Corn

Signature Select
White Corn

Tio Santi
White Corn

GF = Gluten Free

Whole Wheat Pasta

Any Shape – 100% whole wheat

8 to 16-ounce packages

Allegra

Barilla

Best Choice

Better Goods

Food Club

Gia Russa

Good & Gather

Great Value

Hodgson Mill

Racconto

Ronzoni

Signature Select

Winco

Oatmeal

16 to 42-ounce containers

GF = Gluten Free

Approved individual oatmeal packets count as cereal benefit, other packages of oats (i.e.,canisters, bags, etc) count as whole grain benefit

Always Save
Old Fashioned Oats
Quick Oats

Avelina
Old Fashioned Oats[GF]
Quick Cooking Oats[GF]

Best Choice
Old Fashioned Oats
Quick Oats

Best Yet
Old Fashioned Oats
Quick Oats

Bob's Red Mill
Rolled Oats

Food Club
Old Fashioned Oats
Quick Oats

Good & Gather
Old Fashioned Oats
Quick Oats

Great Value
Old Fashioned Oats
Quick Oats

Hodgson Mill
Thick Cut Rolled Oats
Quick Rolled Oats

McCann's
Irish Oatmeal

MOM's Best
Old Fashioned Oats
Quick Oats

Signature Select
Old Fashioned Oats
Quick Oats
Quick Steel Cut Oats

That's Smart
Quick Oats

Winco
Oats
Quick Oats

Quaker
Quick Oats
Steel Cut Oats
Overnight Oats
Rolled Oats

Additional Whole Grain Options

Must have whole grain as primary ingredient by weight.

Not Authorized

- Organic



Additional Whole Grain Options

Options such as Quinoa, Corn Meal, Corn Masa Flour, Wild Rice, Bulgur, Amaranth, Buckwheat available. Use the barcode scanner on the WIC Shopper App for approved items.

Brown Rice

GF = Gluten Free

Any Brand

8.8 to 80-ounce packages

Ben's Original
Boil-in-Bag
Instant
Long Grain

Best Choice
Boil-in-Bag
Instant
Long Grain

Best Yet
Instant
Long Grain

Blue Ribbon
Long Grain

Food Club
Instant
Long Grain

Good & Gather
Instant
Long Grain

Gourmet House
Long Grain

Great Value
Boil-in-Bag
Instant
Long Grain

Gulf Pacific
Long Grain

Lundberg
Long Grain

Mahatma
Long Grain

Minute
Instant
Ready to Serve Cups

Par Excellence
Long Grain

Riceland
Extra Long Grain

Sarita
Long Grain

Signature Select
Long Grain

Success
Long Grain

Texmati
Long Grain

Winco
Instant

Legumes (Beans or Peas)

Dry

Any Brand

One pound bag
- Unflavored

Not Authorized
- Organic
- Soup mixes

Canned Beans and Black-eyed Peas

Any Brand

15 to 16-ounce cans

Not Authorized
- Added meat, sugars, fats or oils
- Green beans (can be purchased with fruit/vegetable dollars)
- Organic
- Refried beans (except fat free refried beans)



Nut and Seed Butters

Peanut Butter

Any Brand

16 to 18-ounce container only
Allowed varieties:
- Creamy or crunchy
- Regular or reduced fat
- Salted or unsalted
- Regular, natural or no sugar added

Not Authorized
- Omega-3
- Organic
- Added chocolate, honey, jelly or marshmallow



Almond and Sunflower Butter

Almond or Sunflower Butters must be assigned at the clinic as a substitute for legume or egg benefit and issued to your eWIC account.

Up to 18 ounces

Not Authorized
- Added marshmallows, honey, jelly, chocolate or similar ingredients

Barney Butter
Smooth Almond

Justin's
Cinnamon Almond
Classic Almond
Classic Vanilla Almond

Maranatha
Coconut Almond
Creamy Almond
Crunchy Almond

Sam's Choice
Creamy Almond

Sunbutter
Creamy Sunflower
Crunchy Sunflower
Natural Sunflower
No Sugar Added Sunflower

Infant Foods

Infant Formula

Any Brand

Redeem as Specified on Food Benefit
- Iron Fortified

Infant Meats

Any Brand – Stage 2 or 2nd Foods

2.5 ounces, multipacks allowable

Not Authorized
- Added DHA and ARA
- Dinners

Infant Cereal

Any Brand **8 or 16-ounce containers**

Allowed varieties:
- Oatmeal
- Mixed Grain
- Multigrain
- Rice
- Barley

Not Authorized
- Added DHA and ARA
- Added fruit or yogurt
- Added milk or formula

Infant Fruits and Vegetables

Any Brand – Stage 2 or 2nd Foods

4 ounce containers, multipacks allowable

Not Authorized
- Added DHA and ARA
- Smoothies/desserts
- Dinners
- Grain blends

Infant foods are calculated by ounce instead of by item on eWIC.

Canned Fish

Tuna

Any Brand

2.5 to 12-ounce can or pouch
- Any Flavor
- Oil or water

Not Authorized
- Albacore
- Organic

Salmon

Any Brand

2.5 to 15-ounce can or pouch
- Pink or White
- Any Flavor
- Oil or water

Not Authorized
- Organic

Sardines

Any Brand

3 to 23-ounce cans
- Any Sauce
- Oil or water

Not Authorized
- Organic

Chub or Atlantic Mackerel

Any Brand

4 to 15-ounce can
- Oil or water

Not Authorized
- Organic

