

EFFECTIVE
Jan 2026

WIC Approved Food List



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, 1/2 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

1/2 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 Jack - Mozzarella - Swiss
 - Colby - Monterey Jack - Muenster



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

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 Wheaties



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

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.



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 2 1/2 Minute
 Cream of Wheat 10 Minute
 Cream of Wheat Whole Grain Instant
 Cream of Wheat Whole Grain 2 1/2 Minute



Food Club
 Instant Oatmeal



Great Value
 Instant Oatmeal



Malt-O-Meal
 Chocolate Original



Quaker
 Instant Oatmeal
 Instant Grits



Signature Select
 Instant Oatmeal



Winco
 Instant Oatmeal



Whole Wheat Tortillas

16 to 64-ounce packages

Best Choice

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

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

GF = Gluten Free



**Santa Fe Tortilla
Company**
White Corn
Yellow Corn



Signature Select
White Corn



Tio Santi
White Corn

Whole Wheat Pasta

Any Shape – 100% whole wheat

8 to 16-ounce packages



Allerga



Barilla

Best Choice

Best Choice
bettergoods
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

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

Any Brand

GF = Gluten Free

8.8 to 80-ounce packages

Ben's Original

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

Best Choice

Best Choice
Boil-in-Bag
Instant
Long Grain

BEST YET

Best Yet
Instant
Long Grain

BLUE RIBBON

Blue Ribbon
Long Grain

food club

Food Club
Instant
Long Grain

Good & Gather

Good & Gather
Instant
Long Grain

GOURMET HOUSE

Gourmet House
Long Grain

Great Value

Great Value
Boil-in-Bag
Instant
Long Grain

gulf pacific

Gulf Pacific
Long Grain

LUNDBERG

Lundberg
Long Grain

Mahatma

Mahatma
Long Grain

Minute

Minute
Instant
Ready to Serve
Cups

Par Excellence

Par Excellence
Long Grain

RICELAND

Riceland
Extra Long Grain

Sarita

Sarita
Long Grain

Signature SELECT

Signature Select
Long Grain

Success

Success
Long Grain

TEXMATE

Texmati
Long Grain

WinCo FOODS

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

