

EFFECTIVE  
July 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:**  
Vanilla  
**Nonfat:**  
Plain  
Vanilla

#### Coburn Farms

**Low-fat:**  
Plain  
**Dannon**  
**Low-fat:**  
Plain  
Vanilla  
**Nonfat:**  
Plain

#### Food Club

**Low-fat:**  
Strawberry  
Vanilla  
**Great Value**  
**Nonfat:**  
Plain

#### Hiland

**Nonfat:**  
Plain

#### LALA

**Low-fat:**  
Mango  
Plain  
Strawberry  
Vanilla

#### Lucerne

**Low-fat:**  
Strawberry  
Vanilla  
**Nonfat:**  
Plain  
Vanilla

#### Mountain High

**Low-fat:**  
Plain  
Vanilla  
**Nonfat:**  
Plain

#### Nancy's

**Low-fat:**  
Plain  
**Nonfat:**  
Plain

#### Yoplait

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

#### 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  
Vanilla

#### Good & Gather Greek

**Nonfat:**  
Plain  
Vanilla

#### Great Value Greek

**Nonfat:**  
Plain  
Strawberry  
Vanilla

#### Lucerne Greek

**Nonfat:**  
Mixed Berry  
Plain  
Strawberry  
Vanilla

#### Oikos Triple Zero Greek

**Nonfat:**  
Vanilla

#### WinCo Greek

**Nonfat:**  
Plain  
Vanilla

### Whole (including Greek) Quart

32 ounces (Quart)

#### Better Goods Greek

**Whole:**  
Plain

#### Brown Cow Whole:

Maple  
Plain  
Vanilla

#### Chobani Greek Whole:

Plain

#### Dannon Whole:

Plain  
Vanilla

#### Good & Gather Greek Whole:

Plain

#### Lucerne Whole Greek:

Plain  
**Whole:**  
Plain  
Vanilla

#### 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 Original  
48 ounce



Ripple Unsweetened  
48 ounce



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



**Harvest Classic**  
Apple  
Apple Grape  
Apple Orange  
Pineapple  
Cranberry  
Grape  
Orange  
Pineapple  
White Grape



**Old Orchard**  
Acai Pomegranate  
Apple  
Apple Cranberry  
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



**Food Club**  
Apple  
Grape  
Orange  
Pineapple  
Tomato  
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



**Freedom's Choice**  
Apple  
Grape



**Good & Gather**  
Orange



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



**Signature Select**  
Cranberry  
Cranberry Grape  
Cranberry  
Raspberry  
Grape  
Grapefruit  
Orange  
Pineapple  
Tomato  
Vegetable  
White Grape



**Tipton Grove**  
Apple  
Grape  
Pineapple  
Vegetable  
White Grape



**Market Pantry**  
Apple  
Grape  
Orange  
Tomato  
White Grape



**WinCo**  
Apple  
Grape  
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  
 Frosted Shredded Wheat  
 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



**General Mills**  
 Bluey  
 Cheerios<sup>GF</sup>  
 Cheerios Hearty Nut Medley  
 Cheerios  
 Multigrain<sup>GF</sup>  
 Cheerios Veggie Blends Apple Strawberry<sup>GF</sup>  
 Cheerios Veggie Blends Blueberry Banana<sup>GF</sup>  
 Blueberry Chex<sup>GF</sup>  
 Cinnamon Chex<sup>GF</sup>  
 Corn Chex<sup>GF</sup>  
 Rice Chex<sup>GF</sup>  
 Strawberry Vanilla Chex<sup>GF</sup>  
 Wheat Chex  
 Fiber One Honey Clusters  
 Kix  
 Mott's Apple Cinnamon  
 Mott's Very Berry  
 Total Whole Grain Wheaties



**Great Value**  
 Bran Flakes  
 Corn Squares<sup>GF</sup>  
 Frosted Bite Size Shredded Wheat  
 Toasted O's  
 Rice Squares<sup>GF</sup>



**Kellogg's**  
 Complete Bran  
 Frosted Mini Wheats  
 Frosted Mini Wheat Blueberry Muffin  
 Frosted Mini Wheats Cocoa  
 Frosted Mini Wheats Pumpkin Pie Spice  
 Frosted Mini Wheats  
 Strawberry  
 Little Bites Frosted Mini Wheats  
 Raisin Bran  
 Special K  
 Cinnamon and Pecan



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



**Malt-O-Meal**  
 Frosted Mini Spooners  
 Raisin Bran



**Post**  
 Grape Nuts  
 Grape Nuts Flakes  
 Great Grains  
 Banana Nut Crunch  
 Great Grains  
 Cranberry Almond Crunch  
 Great Grains  
 Crunchy Pecan  
 Great Grains Raisin Date Pecan  
 Great Grains Red Berry Almond Crunch  
 Raisin Bran



**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

**Best Choice**  
 100% Whole Wheat



**Bunny**  
 100% Whole Wheat



**Food Club**  
 100% Whole Wheat



**Great Value**  
 100% Whole Wheat & Honey 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  
 100% Whole Wheat with Real Honey  
 100% Whole Wheat, Small Loaf  
 Whole Wheat Hamburger Buns



**Oroweat**  
 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  
 100% Whole Wheat Thin Sliced  
 Cinnamon Raisin Swirl  
 100% Whole Wheat  
 Stone Ground  
 100% Whole Wheat  
 Very Thin Sliced  
 100% Whole Wheat  
 Whole 15 Grain  
 Whole Grain Honey Wheat  
 Whole Grain Oatmeal  
 Whole Grain Thin Sliced 15 Grain



**Sam's Choice**  
 Whole Wheat  
 Greek Style Pita



**Sara Lee**  
 100% Whole Wheat  
 100% Whole Wheat, Half Loaf



**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<sup>GF</sup>



**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



**Mountain View Farm**  
 Instant Oatmeal



**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



**Market Pantry**  
100% Whole Wheat  
Whole Wheat



**Mission**  
Carb Balance  
Whole Wheat  
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**  
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



**Allera**



**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

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<sup>GF</sup>  
Quick Cooking  
Oats<sup>GF</sup>

**Best Choice**

**Best Choice**  
Old Fashioned  
Oats  
Quick Oats



**Bob's Red Mill**  
Gluten Free  
Old Fashioned  
Rolled Oats<sup>GF</sup>  
Gluten Free  
Quick Rolled  
Oats<sup>GF</sup>  
Rolled Oats



**Food Club**  
Old Fashioned  
Oats  
Quick Oats



**Good & Gather**  
Old Fashioned Oats  
Quick Oats



**Great Value**  
Old Fashioned Oats  
Quick Oats



**Granvita**  
Rolled Oats



**Hodgson Mill**  
Thick Cut Rolled Oats  
Quick Rolled Oats



**McCann's**  
Irish Oatmeal



**MOM's Best**  
Old Fashioned Oats  
Quick Oats



**Quaker**  
Quick Oats  
Steel Cut Oats  
Overnight Oats  
Rolled Oats



**Signature Select**  
Old Fashioned  
Oats  
Quick Oats  
Quick Steel  
Cut Oats



**That's Smart**  
Quick Oats



**Winco**  
Oats  
Quick 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, Teff, 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

**FLICKERTAIL**

Flickertail  
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**  
FAMILY FARMING

Lundberg  
Long Grain

**Mahatma**

Mahatma  
Jasmine Brown  
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

**TEXMATI**

Texmati  
Long Grain

**WinCo FOODS**

Winco  
Instant  
Long Grain

## 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 (Solid White)
- 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

