

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:

Nonfat:

Plain

Coburn Farms

Low-fat:

Plain

Dannon

Low-fat:

Plain

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:

Light Vanilla
Plain

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
Vanilla

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

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
- String
- Deli
- 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
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



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^{GF}
Cheerios Hearty Nut Medley
Cheerios
Multigrain^{GF}
Cheerios Veggie Blends Apple Strawberry^{GF}
Cheerios Veggie Blends Blueberry Banana^{GF}
Blueberry Chex^{GF}
Cinnamon Chex^{GF}
Corn Chex^{GF}
Rice Chex^{GF}
Strawberry Vanilla Chex^{GF}
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^{GF}
Frosted Bite Size Shredded Wheat
Toasted O's
Rice Squares^{GF}



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
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 Bake Shop

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^{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 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 Banderita
White Corn
Yellow Corn



Mission
White Corn
Yellow 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



Allegria



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

GF = Gluten Free



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



Bob's Red Mill
Gluten Free
Old Fashioned
Rolled Oats^{GF}
Gluten Free
Quick Rolled
Oats^{GF}
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

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
Long Grain

Lundberg
Long Grain

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:

- Grits
- 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

