

100% Whole Grain Choices

Choose 1 of the following 4 choices

100% Whole Wheat Bread

16 ounce packages of 100% Whole Wheat Breads
Label must say "100% Whole Wheat"

BUY THESE ONLY

Giant Stone Ground 100% Whole Wheat
Hauswald's 100% Whole Wheat
Pepperidge Farm Stone Ground 100% Whole Wheat
Shopper's Food Warehouse 100% Whole Wheat
Sara Lee Classic 100% Whole Wheat
Schmidt's Old Tyme 100% Whole Wheat

- X no light (lite), very thin or low calorie bread
- X no sugar-free bread
- X no whole grain or multigrain bread
- X no cinnamon, nuts, raisins or fruit
- X no double fiber
- X no organic

Whole Oats

16 ounce packages of Whole Oats - Dry, Plain
Old-Fashioned, Quick, Instant, Tube or Box

BUY THESE ONLY

Mom's Best Naturals Quick Whole Oats
Mother's Rolled Whole Oats

- X no individual packets (individual packets may be purchased as cereal)
- X no organic

Brown Rice

16 ounce packages of Brown Rice - Dry, Plain
Bag or Box, Regular, Quick-cooking or Instant

BUY THESE ONLY

Goya Natural Long Grain Brown Rice
Safeway Brown Rice
Riceland Natural Whole Grain Brown Rice
Uncle Ben's Natural Whole Grain Brown Rice

- X no boil-in-bag or precooked in pouch
- X no wild rice
- X no added seasonings, flavor, sauce, sugar, vegetables, fat, oil or salt
- X no brown rice mixed with white or wild rice or any other type of rice
- X no organic

Tortillas

16 ounce packages of Yellow Corn, White Corn or
Whole Wheat Tortillas

BUY THESE ONLY

Don Pancho Whole Wheat Tortillas
Don Pancho White Corn Tortillas
La Burrita Corn Tortillas
La Banderita Corn Tortillas
La Banderita Whole Wheat Fajita Tortillas
Chi Chi's (Manny's) Whole Wheat Fajita Tortillas
Happy Whole Grain Corn Tortillas
Happy Whole Wheat Tortillas

- X no flavored tortillas (lime, sun-dried tomato)
- X no white flour tortillas
- X no fried tortillas, tortilla chips, tostadas, "hard shell" tortilla or taco shells
- X no organic

Beans, Peas and Lentils

Choose Dry Beans, Canned Beans
Or Peanut Butter

Beans

Dried: 16 oz packages

Canned: 15, or 15.5 or 16 ounce cans

Beans such as kidney, pinto, black and garbanzo

Any brand and type
Plain or reduced sodium allowed

- X no soups, soup mixes or with flavor packets
- X no added sauce, meat, fat or oil
- X no baked beans or refried beans
- X no organic

**Buy green beans and sweet peas with your
vegetable and fruit check**

Peanut Butter - 18 oz

Any brand
May be creamy, crunchy or chunky
May be low-fat, reduced fat or sodium

- X not mixed with jams, jelly, honey, marshmallows, chocolate or Omega-3
- X no organic

Milk - gallons, half gallons, quarts as listed on check

Children 1 - 2 years old:

Whole cow's milk
Whole lactose-free/Lactaid or evaporated milk
when listed on check

Women and children 2 years and older:

Fat-free (skim), low-fat (1%) or reduced-fat (2%)
cow's milk or buttermilk
Fat-free (skim), low-fat (1%) or reduced-fat (2%)
lactose-free/Lactaid, powdered, or evaporated
milk when listed on check

- X no rice milk, goat milk, sweetened condensed milk, flavored milk or raw milk
- X no organic

Soy Milk - half gallons or quarts as listed on check

BUY THESE ONLY

Refrigerated **Half-Gallons**
8th Continent Original

Shelf-stable **Quarts**
8th Continent Original
Original Happy Soy Organic
Pacific Natural Foods Ultra (organic)

- X no light or fat-free soy milk
- X no flavored soy milk

Tofu - 14 or 16 oz package or two 8 oz packages

BUY THESE ONLY

Refrigerated or shelf-stable

Nasoya: Organic Silken, Lite Silken, Organic Soft, Lite Firm, Organic Firm, Super Firm Cubed

Azumaya: Extra Firm, Firm, Silken

Nature's Promise
(Giant Brand): Organic Tofu Firm

- X No tofu with added fat, sugar, oil or salt

Eggs - Packages of one dozen only

Any brand of white, medium or large chicken eggs

- X no brown eggs, powdered or liquid eggs
- X no specialty eggs such as Naturally Nested, Eggland's Best, reduced cholesterol, cage free / free range or Omega 3
- X no organic

Cheese - 8 or 16 ounce blocks or slices only
Regular or reduced-fat cheese

American, Cheddar, Colby, Monterey Jack,
Mozzarella, Muenster, Provolone or Swiss

- X no package other than 8 or 16 ounces
- X no shredded, crumbled or cubed
- X cheese with flavors, nuts, peppers or crackers
- X no cheese from the deli, string or **individually wrapped slices**
- X no cream cheese, cheese spreads or processed cheese products such as Velveeta
- X no organic or imported (cheese made outside the USA)

Fully Breastfeeding Women

Canned fish for breastfeeding women who don't get baby formula from WIC. All canned fish may be packed in water or oil. May be reduced sodium.

Canned Tuna - 5 oz or 6 oz size only, chunk light tuna only

- X no chunk white or solid white (Albacore), yellowfin or tongol tuna
- X no pouches, easy peel sensations, lunch to go, tuna creations, individual containers with crackers, bowls or kits
- X no flavored or seasoned tuna
- X no fillets

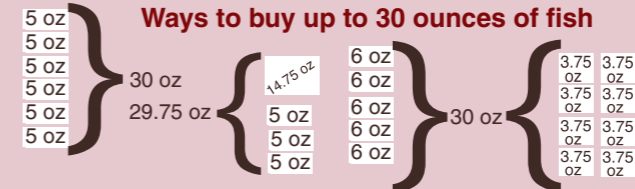
Canned Sardines - 3.75 oz size only, may buy sardines with sauces and flavorings

- X no kippered snacks or fish steaks

Canned Salmon - 14.75 oz size only, pink salmon only

- X no red, sockeye or blue back salmon
- X no pouches, easy peel sensations, lunch to go, salmon creations, individual containers with crackers, bowls or kits
- X no flavored, seasoned or smoked salmon
- X no fillets

Ways to buy up to 30 ounces of fish



"Babies are meant to be breastfed"

Baby Cereal

Buy Gerber 8 oz only
Buy Rice, Oatmeal or Mixed Grain Cereal



- X no cereal with DHA, fruit or formula
- X no jars or cans
- X no organic

Baby Food Vegetables & Fruits

Buy brand and size listed on check
Buy plain vegetables and fruits
Buy combinations of vegetables or fruits (example: peas and carrots or apples and pears)

- X no multi-packs
- X no added sugars, starches or salt
- X no added meat, rice, yogurt, pasta or cereal
- X no dinners, desserts, soup, stew or mixtures
- X no DHA
- X no organic

Baby Food Meat

Baby food meat for fully breastfeeding babies who don't get baby formula from WIC
Buy brand and size listed on check
Buy plain chicken, turkey, beef, lamb, veal or ham

- X no multi-packs
- X no added vegetables, fruit, rice, cereal or pasta
- X no dinners, meat sticks, stew or soup
- X no DHA
- X no organic

Infant Formula

Buy the size and type of formula written on your check.
For special formulas, get a prescription from the doctor.



Similac Advance



Similac Sensitive for Fussiness & Gas



Similac Soy Isomil



"This institution is an equal opportunity provider"



100% Juice

For women and children 1 year old and over
(infants don't need juice)

64 ounce Bottles

48 ounce bottles

(may substitute 46 oz Bottles or Cans)

100% Juice, Unsweetened
Size Shown On Check

Cans or Bottles, Brands and Types Shown Below
Any Pulp Content, With or Without Added Calcium

- X no refrigerated cartons
- X no fresh-squeezed
- X no fruit cocktails, punch, ades, drinks, nectars, pouches, beverages, Hi-C, twisters, cider or coolers
- X no organic

Buy any brand of 100% Orange, Pineapple or Grapefruit Juice



Buy the Brands and Flavors Listed:



Dole
Pineapple

V-8 100% Vegetable Juice
Regular
Low Sodium
Calcium Enriched

Campbell's
Tomato Juice
Regular
Low Sodium



Juicy
Juice
Apple

Seneca
Apple
Grape

Old Orchard
Apple
Grape
White Grape

Welch's
Grape
White Grape



Lucky
Leaf
Apple

Apple &
Eve
Apple

Langers
Apple
Red Grape
White Grape
Grape

Musselman's
Apple

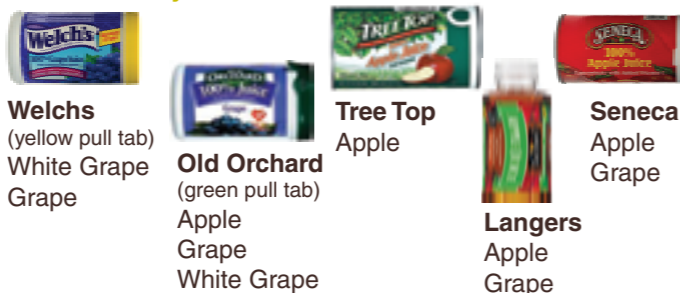
Concentrated Juice

11.5 or 12 ounces Frozen or Shelf Stable
Concentrate (Makes 48 oz)

Buy any brand of 100% Orange, Pineapple or
Grapefruit Juice



Buy The Brands and Flavors Listed:



Welch's
(yellow pull tab)
White Grape
Grape

Old Orchard
(green pull tab)
Apple
Grape
White Grape

Tree Top
Apple

Langers
Apple
Grape

Seneca
Apple
Grape

Shelf Stable Brands



Welch's
Grape
White Grape
Apple



Juicy Juice
Apple

16 ounces of Frozen Juice (Makes 64 oz)



Tree Top
Apple



Seneca
Apple

Cereal

BUY THESE ONLY

Buy bags or boxes, you may combine different cereals



Corn
Chex

Rice
Chex

Multigrain
Chex

Rice
Krispies

Special K

Crispix



Kix

Corn
Flakes

Product 19

Cinnamon

Almonds

Honey
Roasted

Honey Bunches of Oats



Regular
Honey Oat

w/ almonds
Honey Oat

Crispy Rice

Original
Quaker
Instant
Grits

Instant, 1,
2 1/2, or 10 min.
Cream of
Wheat

Blenders

Whole Grain Cereal



Cheerios

Multigrain
Cheerios

Total
Whole
Grain

Wheat
Chex

Wheaties

Honey
Bunches
of Oats
Vanilla
Bunches



All-Bran
Complete
Wheat
Flakes

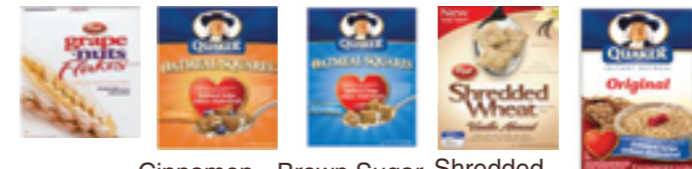
Life

Unfrosted
Mini
Wheats

Banana
Nut
Crunch

Honey
Kix

Grape
Nuts



Grape
Nuts
Flakes

Cinnamon

Brown Sugar
Oatmeal Squares

Shredded
Wheat
Vanilla
Almond

Original
Flavor
Quaker
Instant
Oatmeal

Oatmeal Squares



Whole Grain
Cream of Wheat

Ways to buy up to 36 ounces of cereal



12 oz + 24 oz = 36 ounces
15 oz + 21 oz = 36 ounces
16 oz + 18 oz = 34 ounces

DC WIC
Authorized Foods List

Taste
the new
WIC
Flavor

