The North Carolina WIC program would like to present you with a personal shopping guide. Inside, you will find instructions for using your NC eWIC card as well as guidance for choosing foods and brands available for purchase with your food benefits. Our product list is always being updated to better serve you; please check the NC WIC website regularly for updates: www.nutritionnc.com

Welcome to the Shopping Guide

Before You Go Shopping

Review your food benefit balance and use it to plan a grocery list.

Pay attention to sales on fruits and vegetables as they come into season!

What fruits and vegetables are in season now? See page 6.

Things to take shopping:
- eWIC card
- Mobile Bnft app
- Shopping Guide
- Coupons
- Store discount card
- Reusable bags
- Your grocery list

lettuce
juice
peanut butter
bread
milk
tofu
baby food
# Table of Contents

Introducing North Carolina eWIC ......................................................... 2

How to Use Your eWIC Benefits.............................................................. 2

Shopping with NC eWIC........................................................................... 3

Need Help?................................................................................................. 3

Checking your Benefit Balance................................................................. 4

Cash Value Benefits

Fruits & Vegetables..................................................................................... 6

Juice

Single Strength Juice.................................................................................. 8

Juice Concentrate......................................................................................... 12

Protein Products

Peanut Butter............................................................................................... 14

Canned Fish (Salmon, Tuna)..................................................................... 16

Eggs.............................................................................................................. 16

Mature Legumes (Beans, Peas, Lentils)..................................................... 16

Whole Grain Products

Bread............................................................................................................ 17

Brown Rice................................................................................................ 17

Breakfast Cereal......................................................................................... 20

Whole Wheat Pasta..................................................................................... 21

Tortillas (Soft Corn, Whole Wheat)............................................................ 22

Dairy

Cow’s Milk.................................................................................................. 23

Cheese......................................................................................................... 23

Yogurt.......................................................................................................... 23

Soy

Soy-based Beverage..................................................................................... 25

Tofu.............................................................................................................. 25

Infant Foods

Infant Meats............................................................................................... 26

Infant Fruits and Vegetables..................................................................... 27

Infant Cereal............................................................................................... 28
Introducing North Carolina eWIC

Families will use their eWIC card and PIN to access their food benefits at the grocery store.

How to use your eWIC benefits

Getting Started
NC eWIC cards are provided to participants at their local WIC office. Before you can use your NC eWIC card, you must select a 4-digit Personal Identification Number (PIN). Set up your pin by calling eWIC Customer Service at (844) 230-0813, or by logging on to www.bnft.com, or by downloading the Bnft® App from the App store.

- Choose a 4-digit number that is easy for you to remember but hard for others to guess. Do not share your PIN with anyone or write it on your card.
- If you enter your PIN wrong four times in a row, your card will be locked until midnight.
- If you forget or want to change your PIN, call eWIC Customer Service at (844) 230-0813, log on to www.mybnft.com, or use the Bnft® App to change it.

Using Your Card

- Keep your card in a safe place, like your wallet or purse.
- Keep your card clean, out of direct sunlight, and away from magnets and electronics.
- If your card is lost, stolen or damaged, call eWIC Customer Service at (844) 230-0813 and the card will be replaced by regular mail in five to seven days OR visit your local WIC clinic to have your card replaced.
- If someone finds your card and knows your PIN, they could use your benefits. Those benefits will not be replaced.
- Only the shopper is allowed to enter the PIN for the eWIC card. Store employees may enter the card number manually, but not the PIN.

Your eWIC Benefits
Shopping with NC eWIC

- At the check-out: ALWAYS **swipe your eWIC card first** followed by FNS benefits, cash, and credit/debit payment.
- Use valued-customer cards, coupons, and in-store specials whenever possible.
- If your fruits and vegetables cost more than the allotted WIC benefit amount, you will need to pay the difference.
- Do not return WIC foods to the store for cash, credit, or exchange for other foods.
- If you use a smartphone, get the Bnft® App and use it to scan the bar code on any item on the shelf to check for WIC-eligibility.

**For questions about the NC eWIC card**
Log on to www.mybnft.com, use the Bnft® App or call eWIC Customer Service at (844) 230-0813.

**For questions about WIC food benefits while grocery shopping**
Use the Bnft® App to verify WIC-eligible foods on the shelf or to check your current benefit balance.

**For questions about your WIC food benefits, or if you move or change your address**
Contact your local WIC clinic.

**For general information about the North Carolina WIC program**
Contact your local WIC clinic or visit our website at www.nutritionnc.com

Need help?
Your benefits become available on the Benefit Start Date at 12:01 a.m. and end at 11:59 p.m. on the Benefit End Date.

Benefits that have not been spent DO NOT carry over to the next benefit period.

Check your Benefit Balance

- Keep your last store receipt.
- Call eWIC Customer Service at (844) 230-0813.
- Check the Bnft® App.
- The Bnft® App gives families access to many benefit and account details.
- The Bnft® App can be added to multiple devices to give families access to benefit and account details.

With permission from the WIC participant, other family members can shop using the NC eWIC card.

Checking Your Benefit Balance
When using eWIC, your grocery receipts become a helpful tool, so keep them in your shopping guide. Take a look at these examples:

1. **Beginning Benefit Balance**
   Benefits you can use for this purchase

2. **WIC Items Purchased**
   Benefits you used for this purchase

3. **Ending Benefit Balance**
   Remaining benefits available next time you shop this month.

---

**Checking Your Benefit Balance**

Welcome to My Grocery Store!
125 Oak Street
Mytown, NC

<table>
<thead>
<tr>
<th>Item Description</th>
<th>QTY</th>
<th>UOM</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>PET DAIRY 1% MILK</td>
<td>2.99</td>
<td>CS</td>
<td>2.99</td>
</tr>
<tr>
<td>LGH GRADE A EGGS WHT</td>
<td>2.49</td>
<td>CS</td>
<td>2.49</td>
</tr>
<tr>
<td>RUSSET POTATOES 10Lb</td>
<td>4.69</td>
<td>CS</td>
<td>4.69</td>
</tr>
<tr>
<td>PURINA CAT CHOW 13lb</td>
<td>12.76</td>
<td>CS</td>
<td>12.76</td>
</tr>
</tbody>
</table>

Tax Paid: 0.61
BALANCE DUE: 23.56
WIC: 10.17

---

**Checking your Benefit Balance**

**My Groceries Quick Mart**
5280 Happy Rd
Mytown, NC

<table>
<thead>
<tr>
<th>Date: 9/1/2017</th>
<th>Time: 4:52 pm</th>
<th>Retailer: 2000003</th>
<th>Terminal: 0001103</th>
</tr>
</thead>
</table>

**WIC PURCHASE**

<table>
<thead>
<tr>
<th>Card Account: xxxxxxxxxxxxxxxx123456</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vendor: D968403</td>
</tr>
<tr>
<td>Settlement Date: 9/1/2017</td>
</tr>
<tr>
<td>Reference Number: 230002070127</td>
</tr>
</tbody>
</table>

**Total Requested:** 14.95

**Benefit Summary:**
2.00 GAL FARM FRESH SKIM MILK Item #: 143423523456
2.00 @ $1.99 3.98
36.00 OZ GEN MILLS CHERRIES Item #: 897767856878
2.00 @ $3.99 7.98
2.99 $$$ Archer Farms Apples Item #: 2345689788777
2.99 @ $1.00 2.99
WIC SUBTOTAL: 14.95
WIC TOTAL: 14.95

**ITEMS PURCHASED:** 5

**REMAINING WIC BENEFITS:**
2.00 DOZ Eggs Grade A Large White
2.00 GAL Skim/Non Fat or 1% M
1.00 CTR Beans/Peanuts or Peanut
0.00 OZ Breakfast Cereal
2.00 CTR Juice 48 oz/12 oz C
6.31 $$$ Fruits and Vegetables

WIC BENEFITS EXPIRE ON: 9/25/2017

RESULT: APPROVED
AUTH NUMBER: 125478
TRACE NUMBER: 170517

CARDHOLDER COPY

---

**Checking your Benefit Balance**
### What’s In Season?

#### Spring • The best time for:
- Asparagus **March/April**
- Blueberries **May**
- Broccoli **April/May**
- Cabbage **May**
- Lettuce **April/May**
- Mushrooms **March/April/May**
- Spinach **March/April/May**
- Strawberries **April/May**
- Sweet Potatoes **March/April/May**

#### Summer • The best time for:
- Apples **August**
- Blackberries **June/July**
- Blueberries **June/July**
- Cabbage **June/July/August**
- Cantaloupe **July/August**
- Carrots
- Cucumber **June/July/August**
- Garlic **July/August**
- Green Onions **June/July/August**
- Mushroom **June**
- Nectarines **July/August**
- Onions **June/July**
- Peaches **June/July/August**
- Pears **August**
- Plums **June/July/August**
- Potatoes **June/July**
- Raspberries **June**
- Strawberries **June**
- Sweet Corn **June/July/August**
- Sweet Potatoes **June/July/August**
- Tomatoes **June/July/August**
- Watermelon **July/August**

#### Fall • The best time for:
- Apples **September/October/November**
- Blackberries **September**
- Cabbage **September/October/November**
- Cucumbers **September/October/November**
- Green Onions **September**
- Lettuce **October/November**
- Peaches **September**
- Pears **September/October**
- Raspberries **September**
- Spinach **September**
- Sweet Corn **September**
- Sweet Potatoes **September/October/November**
- Tomatoes **September/October**

#### Winter • The best time for:
- Apples **December/January/February**
- Spinach **January/February**
- Carrots **January**
- Sweet Potatoes **December/January/February**

**FRUITS & VEGETABLES**
Approved FRUITS with no added sugar, fats, oils or salt.

✓ Fresh fruit.
✓ Frozen fruit.
✓ Fruit, juice-packed or water-packed in cans, glass or plastic containers.
✓ Pre-cut, diced or sliced fruit.
✓ Single serving packets.
✓ Organic fruits.

Approved VEGETABLES with no added sugar, fats, oils.

✓ Fresh vegetables.
✓ Frozen mature legumes (beans, peas or lentils).
✓ Frozen vegetables.
✓ Low-sodium vegetables.
✓ Pre-cut, diced, sliced or shredded vegetables.
✓ Canned tomato sauce or canned tomato paste.
✓ Single serving packets.
✓ Vegetables in cans, glass or plastic containers.
✓ Organic vegetables.

Not Approved

✗ Breaded vegetables.
✗ Catsup or other condiments.
✗ Dried fruits.
✗ Dried vegetables.
✗ Dry or canned mature legumes (beans, peas or lentils).

Not allowed with cash-value benefit

✗ Fruit and/or vegetable juices.
✗ Fruit baskets.
✗ Fruit leathers and fruit roll-ups.
✗ Fruit or vegetable items on party trays.
✗ Fruit or vegetable items on salad bars.
✗ Fruits or vegetables mixed with sauces or foods other than other fruits and vegetables.
✗ Fruits or vegetables with added corn syrup, high-fructose corn syrup, maltose, dextrose, sucrose, honey, and/or maple syrup.
✗ Fruit packed in cans, glass or plastic containers with artificial sweeteners.
✗ Herbs used for flavoring.
✗ Infant fruits and vegetables.
✗ Ornamental and decorative fruits and vegetables.
✗ Pickled vegetables, olives.
✗ Soups.

For fruit and vegetable juices, see p. 8. For infant fruits and vegetables, see p. 27.
## JUICE • Single Strength

### Approved
- 48 oz and 64 oz containers.
- Organic juice.
- 100% JUICE, unsweetened, pasteurized.
- Juices fortified with calcium, vitamin D or vitamin C.
- Vegetable juice may be regular or low sodium.
- Packaged in plastic, glass, cans or refrigerated paper cartons.

### Not Approved
- Freshly squeezed juices.
- Juice drinks or cocktails.
- Juices promoted for use by infants.
- Juices with added nutrients/additives other than calcium, vitamin D or vitamin C.
- Juices with artificial sweeteners.
- Sports drinks.

### Select from these brands

#### Always Save
- 100% JUICE 64 oz
  - Apple
  - Grape

#### Apple & Eve
- 100% JUICE 64/48 oz
  - Apple
  - Cranberry Apple
  - Cranberry Grape
  - Cranberry Pomegranate
  - Cranberry Raspberry
  - Naturally Cranberry

#### 100% JUICE 64 oz
- Tomato Juice
- Tomato Juice Low Sodium

#### 100% JUICE 64 oz
- Apple
- Berry
- Cherry
- Grape
- Grapefruit
- Pineapple
- Punch
- Tomato
- Vegetable
- White Grape

#### Best Choice
- 100% JUICE 64/48 oz
  - Apple
  - Apple with Calcium
  - Apple Not from Concentrate
  - Apple Cider
  - Berry
  - Cherry
  - Cranberry
  - Cranberry Raspberry
  - Grape
  - Juice Punch
  - Orange
  - Orange No Pulp with Calcium, Vitamin D
  - Orange No Pulp from Concentrate
  - Orange Some Pulp from concentrate
  - Pineapple
  - Punch
  - Tomato
  - Tomato Low Sodium
  - Vegetable
  - White Grape
  - White Grapefruit

#### Sesame Street
- Big Bird’s Apple
- Cookie Monster’s Berry
- Elmo’s Punch
- Grover’s White Grape

#### Everfresh
- 100% JUICE 64 oz
  - Apple
  - Kiwi Strawberry
  - Orange
Select from these brands

**Food Club**

100% JUICE 64 oz
- Apple
- Grape Unsweetened
- Orange Unsweetened
- Pineapple Unsweetened
- Tomato
- White Grape Unsweetened
- White Grapefruit

100% JUICE 64/48 oz
- Apple
- Apple Cider
- Apple, Premium
- Cranberry
- Cranberry Blend No Sugar Added
- Cranberry Grape No Sugar Added
- Grape No Sugar Added
- White Grape No Sugar Added
- White Grape & Peach No Sugar Added

**Great Value**

100% JUICE 64/48 oz
- Apple No Sugar Added
- Cranberry Blend No Sugar Added
- Cranberry Grape No Sugar Added
- Grape No Sugar Added
- White Grape No Sugar Added
- White Grape & Peach No Sugar Added

**Food Lion**

100% JUICE 64 oz
- Apple
- Berry Blend
- Cherry
- Fruit Punch
- Grape
- Grapefruit
- Orange
- Orange No Pulp
- Orange No Pulp with Calcium and Vitamin D
- Orange with Calcium
- Pineapple
- Tomato
- White Grape
- White Grape Peach

100% JUICE 64/48 oz
- Apple
- Apple No Sugar Added
- Cranberry Blend No Sugar Added
- Cranberry Grape No Sugar Added
- Grape No Sugar Added
- White Grape No Sugar Added
- White Grape & Peach No Sugar Added

**IGA**

100% JUICE 64 oz
- Apple
- Grape
- Orange No Pulp from Concentrate
- White Grape

100% JUICE 64/48 oz
- Apple
- Apple, Organic
- Apple Raspberry
- Berry
- Cherry
- Cranberry Apple
- Fruit Punch
- Fruit Punch, Organic
- Grape
- Kiwi Strawberry
- Mango
- Orange Tangerine
- Passion Dragonfruit
- Peach Apple
- Raspberry
- Strawberry Banana
- Strawberry Watermelon
- Tropical
- White Grape

**Harris Teeter**

100% JUICE 64/48 oz
- Apple
- Apple Cider
- Apple, Premium
- Cranberry
- Cranberry & Concord Grape
- Cranberry Raspberry
- Cranberry Red Delicious Apple
- Grape
- Grapefruit
- Pineapple
- Pure Orange
- Tomato
- Vegetable
- White Grape
- White Grape Peach Blend

**Freedom's Choice**

100% JUICE 48/64 oz
- Apple
Select from these brands

100% JUICE 48/64 oz
- Apple
- Apple Cider
- Berry Flavor Blend
- Cherry Punch Flavor
- Cranberry
- Cranberry Grape
- Cranberry Raspberry
- Fruit Punch Flavor
- Grape Flavor Blend
- Grape
- Grapefruit
- Orange
- Orange from concentrate
- Orange Premium Pasteurized
- Pineapple
- Tomato
- Vegetable
- White Grape
- White Grapefruit

100% JUICE 64 oz
- Orange Original
- Orange with Calcium & Vitamin D
- Ruby Red Grapefruit
- Apple with Vitamin C
- Apple Premium
- Grape
- White Grape
- White Grapefruit

100% JUICE 64/48 oz
- Apple
- Apple Cider
- Berry Flavor Blend
- Cherry Punch Flavor
- Cranberry
- Cranberry Grape
- Cranberry Raspberry
- Fruit Punch Flavor
- Grape Flavor Blend
- Grape
- Grapefruit
- Orange
- Orange from concentrate
- Orange Premium Pasteurized
- Pineapple
- Tomato
- Vegetable
- White Grape
- White Grapefruit

100% JUICE 64 oz
- Apple
- Apple Berry
- Apple Grape

100% JUICE 64 oz
- Original
- Original Low Sodium

100% JUICE 64 oz
- Grape

100% JUICE 48/64 oz
- Apple
- Concord Grape
- Concord Grape with Calcium
- Original Grape
- Smooth Red Grape
- Super Berry
- Tropical Trio
- White Berry
- Crisp White Grape
- White Grape Peach

100% JUICE 64 oz
- Apple
Approved
✓ 11.5/12 oz Counts as 48 ounces.
✓ Organic juice.

An 11.5 or 12 ounce can of Frozen Concentrate with water added makes 48 ounces of Juice.

Select from these brands

100% JUICE
✓ Apple
✓ Orange

100% JUICE
✓ Apple
✓ Orange Country Style
✓ Orange with Extra Pulp
✓ Orange Original
✓ Orange Pulp Free
✓ Orange with Calcium

100% JUICE
✓ Apple
✓ Calcium Fortified Orange
✓ Orange Classic
✓ Orange Country Style
✓ Orange Pulp Free

100% JUICE
✓ Apple
✓ Orange
✓ Orange with Pulp

100% JUICE
✓ Apple
✓ Orange Calcium Enriched
✓ Orange Country Style More Pulp
✓ Orange Original
✓ Orange Pulp Free

100% JUICE
✓ Apple
✓ Orange

100% JUICE
✓ Apple
✓ Calcium Orange
✓ Grape
✓ Orange
✓ Orange Country Style
✓ Pulp Free Orange

100% JUICE
✓ Apple
✓ Grape
✓ Orange Original
✓ Orange Pulp Free

100% JUICE
✓ Apple
✓ Orange Country Style
✓ Orange Calcium
✓ Grape
✓ Orange
✓ Orange Country Style
✓ Pulp Free Orange

100% JUICE
✓ Apple
✓ Orange
✓ Orange Country Style
✓ Orange Calcium
✓ Grape
✓ Orange
✓ Orange Country Style
✓ Pulp Free Orange
### Frozen Concentrate 100% Juice

<table>
<thead>
<tr>
<th>Brand</th>
<th>100% JUICE</th>
</tr>
</thead>
<tbody>
<tr>
<td>OLD ORCHARD</td>
<td>Apple, Apple Cherry, Apple Cranberry, Apple Passion Mango, Apple Raspberry, Apple Strawberry Banana, Berry Blend, Black Cherry, Blueberry Pomegranate, Cranberry, Cranberry Pomegranate, Cranberry Raspberry, Grape, Kiwi Strawberry, Orange, Orange Banana, Orange with Calcium, Pineapple, Pineapple Orange, Pineapple Orange Banana, Strawberry Rhubarb, White Grape</td>
</tr>
<tr>
<td>Publix</td>
<td>Orange</td>
</tr>
<tr>
<td>SENECA</td>
<td>Apple</td>
</tr>
<tr>
<td>Tipton Grove</td>
<td>Apple, Orange</td>
</tr>
<tr>
<td>VALU TIME</td>
<td>Grape, White Grape, White Grape Peach, White Grape Raspberry</td>
</tr>
<tr>
<td>Wegmans</td>
<td>Apple with Calcium, Orange Country Style</td>
</tr>
<tr>
<td>Welch's</td>
<td>Apple, Fruit Fantastic, Grape, Tropical Passion</td>
</tr>
</tbody>
</table>

### Shelf Stable Concentrate 100% Juice

<table>
<thead>
<tr>
<th>Brand</th>
<th>100% JUICE</th>
</tr>
</thead>
<tbody>
<tr>
<td>LANGERS</td>
<td>Apple, Autumn Blend, Grape, Orange, Pineapple, Spring Blend, Summer Blend, Cherry Pomegranate</td>
</tr>
<tr>
<td>OLD ORCHARD</td>
<td>Apple, Autumn Blend, Grape, Orange</td>
</tr>
</tbody>
</table>
Approved
- 16-18 oz containers.
- Natural or organic peanut butter.
- Less-sugar varieties.
- Lower-sodium, sodium-free or salt-free varieties.
- Plain, creamy, crunchy, or chunky.
- Reduced-fat varieties.

Not Approved
- Freshly-ground peanut butter.
- Peanut butter combinations (jelly, chocolate, marshmallow).
- Peanut butter spread.
- Peanut butter with artificial sweeteners.
- Peanut butter with DHA-ARA and/or omega-3 fats.

Select from these brands:

- Always Save
  - Creamy
  - Crunchy
  - Creamy No Salt Added Creamy

- Best Choice
  - Natural Creamy
  - Creamy
  - Crunchy
  - Natural No Salt Added Creamy

- Better Value
  - Creamy
  - Crunchy
  - Natural Creamy

- CHA-CHING
  - Creamy
  - Crunchy

- Clear Value
  - Creamy
  - Crunchy

- Crazy Richards
  - Creamy
  - Extra Crunchy

- Essential Everyday
  - Creamy
  - Creamy Reduced Sugar
  - Crunchy
  - Natural No Salt Added Creamy

- Food Club
  - Creamy
  - Creamy Reduced Sugar
  - Crunchy
  - Natural No Salt Added Creamy

- Food Lion
  - Creamy
  - Creamy Reduced Sugar
  - Crunchy

- Freedom's Choice
  - Creamy
  - Creamy Reduced Sugar
  - Crunchy
  - Natural No Salt Added Creamy
  - Organic Creamy

- Good & Gather
  - Creamy
  - Extra Crunchy
  - Natural
  - Organic
  - Creamy
  - Organic Crunchy
  - Natural Creamy

- Great Value
  - Creamy
  - Crunchy

- Harris Teeter
  - Creamy
  - Crunchy
Canned Fish for fully-breastfeeding women

**Approved**
- 5 oz – 6 oz cans or foil packs.
- Organic.
- Pink Salmon: Any brand, plain, unseasoned, packed in water, with or without bones.
- Chunk-Light Tuna: Any brand, plain, unseasoned, packed in water.

**Not Approved**
- Fish with added ingredients.
- Lunch packs or kits.

Eggs

**Approved**
- One dozen container, chicken eggs only.
- All sizes.
- All grades.
- White or Brown eggs.
- Specialty eggs such as low-cholesterol, cage-free, stress-free, free-range, vitamin-enriched, antibiotic-free, vegetarian-fed-hen, no-growth-hormones, fertile or organic eggs.

**Not Approved**
- Powdered, liquid or hard boiled eggs.

Legumes (Beans, peas, and lentils)

**Approved**
- 16 oz bag or box.
- 15 oz – 16 oz cans.
- Organic dry beans, peas or lentils.

**Not Approved**
- Canned beans with meat or added sugars, fat or oils.
- Frozen legumes (beans, peas or lentils). *May be obtained with cash-value benefits.*
- Green beans or green peas (canned, fresh or frozen). *May be obtained with cash-value benefits.*
- Soup mixes.

See Cash-Value Benefits section for more information.
Select from these brands

Approved
- 16 oz loaf.
- 100% whole-grain and/or whole-wheat bread.
- Organic bread.

Not Approved
- Bagels, buns or rolls.

WHOLE GRAINS • Bread
Approved
✓ 14 oz – 16 oz bag or box.
✓ Plain, whole-grain brown rice.
✓ Instant, quick or regular cooking.
✓ Organic brown rice.

Not Approved
✗ Brown rice with added sugar, fats, oils or salt (sodium).
✗ Mixtures of rice.
✗ Seasoned or flavored rice.

Select from these brands

Boil-in-Bag Instant Brown Rice
Boil-in-Bag Whole Grain Brown Rice
Instant Brown Rice
Whole Grain Brown Rice

Instant Precooked Brown Rice
Long Grain Brown Rice
Brown Rice

Instant Whole Grain Brown Rice

Instant Brown Rice

Approved
✓ Whole Grain Brown Rice
✓ Whole Grain Instant Brown Rice
✓ Instant Brown Rice
✓ Long Grain Brown Rice
✓ Brown Rice
✓ Natural Brown Rice
✓ Whole Grain Brown Rice

Not Approved
✗ Brown rice with added sugar, fats, oils or salt (sodium).
✗ Mixtures of rice.
✗ Seasoned or flavored rice.

Whole Grain Boil-in-Bag Brown Rice
Whole Grain Fast & Natural Instant Brown Rice

Boil in Bag Long Grain Brown Rice
Brown Rice Long Grain
Instant Boil-in-Bag Brown Rice
Instant Brown Rice

Approved
✓ Natural Whole Grain Brown Rice
✓ Whole Grain Boil-in-Bag Brown Rice
✓ Whole Grain Fast & Natural Instant Brown Rice

Not Approved
✗ Brown rice with added sugar, fats, oils or salt (sodium).
✗ Mixtures of rice.
✗ Seasoned or flavored rice.
Approved
✓ 12 to 36 oz bag or box
✓ Organic cereal

Not Approved
✗ Single serving packets

Select from these brands

Always Save
- Toasted Oats
- Toasted Oats

Best Choice
- Bran Flakes
- Frosted Shredded Wheat Bite Size
- Frosted Shredded Wheat Bite Size Strawberry
- Happy O’s
- Live Life
- Nutty Nuggets
- Wheat Crisps
- Wheat Flakes

Food Club
- Bite Size Frosted Shredded Wheat
- Corn Flakes
- Essential Choice Bran Flakes
- Essential Choice Oat Flakes
- Essential Choice Wheat & Crunchy Oatmeal Squares with Brown Sugar
- Toasted Oats
- Wheat Squares

Food Lion
- Bite-Sized Frosted Shredded Wheat
- Bite-Sized Strawberry Frosted Shredded Wheat
- Bran Flakes
- Multigrain Tasteeos
- Tasteeos
- Simply Living
- Simply Living Oat
- Tasteeos Toasted Oat

Fred Meyer
- Living Well
- Toasted Oats

Fruys
- Berry Berry Kix
- Blueberry Chex
- Cheerios
- Cheerios 2-pack
- Cinnamon Chex
- Corn Chex
- Honey Kix
- Kix
- Multi Grain Cheerios
- Multi Grain Cheerios 2-pack
- Rice Chex
- Vanilla Chex
- Wheat Chex
- Wheaties
- Whole Grain Total

Grain Berry
- Apple Cinnamon
- Honey Nut
- Toasted Oats

Great Value
- Bran Flakes
- Crunchy nuggets
- Crunchy oat squares
- Shredded wheat
- Toasted multi-grain
- Toasted multi-grain Spins
- Toasted wheat
- Toasted whole grain Oat
- Wheat Squares
<table>
<thead>
<tr>
<th>Brand</th>
<th>Cereals</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Kellogg's</strong></td>
<td>All-Bran Complete Wheat Flakes, Corn Flakes, Frosted Mini-Wheats, Little Bites, Frosted Mini-Wheats Touch of Fruit in the Middle Raisin, Frosted Mini-Wheats Touch of Fruit in the Middle Raspberry, Mini-Wheats, Rice Krispies, Special K, Special K Protein, Special K Protein Honey Almond, Special K Multigrain, Bite Size Frosted Shredded Wheat, Bran Flakes, Rollin’ Oats</td>
</tr>
<tr>
<td><strong>Market Pantry</strong></td>
<td>Frosted Shredded Wheat, Frosted Strawberry Shredded Wheat, Toasted Oats</td>
</tr>
<tr>
<td><strong>Our Family</strong></td>
<td>4 Corner Crunch Original Cereal, 4 Corner Crunch Original Multi-Grain Cereal, 4 Corner Crunch Original Oat Cereal, Frosted Bite Size Shredded Wheat, High Fiber Bran Flakes, Multi-Grain Toasted Oats, Nutty Nuggets, Strawberry Cream Frosted Bite Size Shredded Wheat, Toasted Oats</td>
</tr>
<tr>
<td><strong>Publix</strong></td>
<td>Bran Flakes, Grape-Nuts, Great Grains Banana Nut Crunch, Honey Bunches of Oats Whole Grain Honey Crunch, Honey Bunches of Oats Whole Grain with Vanilla Bunches, Shredded Wheat Honey Nut</td>
</tr>
<tr>
<td><strong>Harris Teeter</strong></td>
<td>Enriched Bran Flakes, Live Wise, Toasted Oats, Frosted Shredded Wheat Strawberry, Nutty Bites, Oatmeal Squares Brown Sugar</td>
</tr>
<tr>
<td><strong>Hy-Tops</strong></td>
<td>Bite Size Frosted Shredded Wheat, Bran Flakes, Corn Flakes, Crisp Rice, Crispy Honey Oats &amp; Flakes, Toasted Oats</td>
</tr>
<tr>
<td><strong>IGA</strong></td>
<td>Bite Size Frosted Blueberry Shredded Wheat, Bite Size Frosted Shredded Wheat, Bite Size Frosted Strawberry Shredded Wheat, Bite Size Shredded Wheat Bran Flakes, Nutty Nuggets, Tasteeos Toasted Oat</td>
</tr>
<tr>
<td><strong>Lowe’s</strong></td>
<td>Bran Flakes, Frosted Shredded Wheat, Nutty Nuggets, Tasteeos Toasted Oat</td>
</tr>
<tr>
<td><strong>Malt-O-Meal</strong></td>
<td>Blueberry Mini Spooners, Frosted Mini Spooners, Strawberry Cream Mini Spooners</td>
</tr>
<tr>
<td><strong>Post</strong></td>
<td>Bran Flakes, Frosted Wheat, Nutty Nuggets, Original Oat Crunch</td>
</tr>
</tbody>
</table>

**GRAINS • Breakfast Cereal**

Select from these brands.
GRAINS Breakfast Cereal and Whole Wheat Pasta

**Breakfast Cereal**

Select from these brands:
- Life
- Life Multigrain
- Life Multigrain Original
- Life Multigrain Strawberry
- Life Multigrain Vanilla
- Oatmeal Squares Brown Sugar
- Oatmeal Squares Cinnamon
- Oatmeal Squares Golden Maple
- Oatmeal Squares Honey Nut
- Ralston
  - Frosted Shredded Wheat Bite Size
  - Oat Wise
  - Tasteeos
  - Wheat Bran Flakes
  - Wheat Flakes
- Sunbelt Bakery
  - Simple Granola
- Wegmans
  - Bran Flakes
  - Corn Flakes
  - Wheat Crunch Cereal

**Whole Wheat Pasta**

Select from these brands:
- Barilla
  - Whole Grain Angel Hair
  - Whole Grain Elbows
  - Whole Grain Penne Pasta
  - Whole Grain Spaghetti
- Essential Everyday
  - Elbow Macaroni
  - Penne Rigate
  - Rotini
  - Spaghetti
  - Thin Spaghetti
- Great Value
  - Angel Hair Organic
  - Spaghetti Organic
  - Elbow Pasta
  - Linguini Pasta
  - Penne Pasta
  - Rotini Pasta
  - Thin Spaghetti
- Harris Teeter
  - Angel Hair
  - Penne
  - Rotini
  - Spaghetti
  - Spaghetti
  - Whole Grain Penne Pasta
  - Whole Grain Thin Spaghetti
- HT Traders
  - Capellini
  - Fusilli
  - Penne Rigate
  - Rigatoni
  - Spaghetti

**Approved**
- 16 oz package.
- Organic pasta.
- 100% whole-grain and/or whole-wheat pasta.
- All shapes.

**Not Approved**
- Added sugars, fats, oils or salt (sodium).

**Grains**

- Whole Wheat Pasta
  - Whole Grain Angel Hair
  - Whole Grain Elbows
  - Whole Grain Penne Pasta
  - Whole Grain Spaghetti

**Not Approved**

- Added sugars, fats, oils or salt (sodium).
Select from these brands

- **Approved**
  - 16 oz package.
  - Organic tortillas.
  - Soft corn (yellow or white) tortillas.
  - Whole wheat tortillas.
  - Organic.

- **Not Approved**
  - Hard-shelled corn tortillas

---

**Best Choice.**
- Corn Tortillas
- 100% Whole Wheat Tortillas

**Essential EVERDAYS.**
- 100% Whole Wheat Tortillas

**Carlita.**
- 18 Corn Tortillas
- Whole Wheat Tortillas

**Celia’s TORTILLAS.**
- White Corn Tortillas
- Yellow Corn Tortillas
- Whole Wheat Tortillas

**Chi-Chi’s.**
- White Corn Tortillas
- Whole Wheat Tortillas

**Don Pancho.**
- White Corn Tortillas
- Whole Wheat Tortillas

**Food Club.**
- White Corn Tortillas
- Flour Tortillas Whole Wheat

**Great Value.**
- Corn Tortillas

**HY-TOP**
- Corn Tortillas
- Grande Corn
- Tortillas Gluten Free

**LA BANDE RITA.**
- Corn Tortillas

**Mission.**
- 100% Whole Wheat Fajita
- 100% Whole Wheat Medium Soft Taco
- Yellow Corn Extra Thin

**Ortega.**
- Whole Wheat Tortillas

**TIP.**
- Not sure if an item is WIC-approved? Shoppers can use the mobile Bnft® App to scan bar codes and identify WIC-approved items while shopping.
Approved

Cow’s milk: Only the type/quantity specified on your WIC food benefits list. Approved cow’s milk types include organic milk.

Gallon, Half Gallon, or Quart
✓ Skim (nonfat) milk (women and children over age 2).
✓ 1% (lowfat) milk (women and children over age 2).
✓ 2% (reduced-fat) milk (if approved by WIC nutritionist).
✓ Whole milk (children under age 2 or prescribed by a physician).

Half gallon
✓ Lactose-reduced or lactose-free milk*.
   *If approved by WIC nutritionist.
Want this? Contact your local WIC office.

Quart
✓ Ultra-High Temperature milk.*
   *If approved by WIC nutritionist.
Want this? Contact your local WIC office.

12 oz. can (5 cans count as 1 gallon)
✓ Evaporated milk*
   *If approved by WIC nutritionist.
Want this? Contact your local WIC office.

Not Approved
✓ Buttermilk.
✓ Chocolate or other flavored milk.
✓ Goat’s milk.
✓ Milk drinks.
✓ Powdered milk.

Cheese

Approved
✓ 8 oz or 16 oz packages.
✓ Block, sliced (wrapped or unwrapped), snack, cubed, shaped, crumbled, strips, sticks, diced, grated, string or shredded.

Any of the following types of cheese or blends of any of these cheeses:
✓ Brick.
✓ Cheddar.
✓ Colby.
✓ Monterey Jack.
✓ Mozzarella.
✓ Muenster.
✓ Pasteurized processed American.
✓ Provolone.
✓ Swiss.
✓ Lower-sodium varieties.
✓ Reduced-fat and reduced-cholesterol varieties.
✓ Organic cheese.

Not Approved
✓ Cheese foods.
✓ Cheese products.
✓ Cheese spreads.
✓ Cheese with additions such as wine, nuts, seeds, jalapenos, pimentos, herbs, spices, seasonings or flavorings (wine or smoked).
✓ Deli or hoop cheese.
### DAIRY • Yogurt

**Approved**
- 1 quart (32 oz).
- Pasteurized.
- Plain or flavored.
- Organic yogurt.

**Not Approved**
- Drinkable yogurts.
- Yogurts sold with accompanying mix-in ingredients such as granola, candy pieces, honey, nuts and similar ingredients.
- Yogurts with artificial sweeteners.

### Select from these brands

<table>
<thead>
<tr>
<th>Brand</th>
<th>Nonfat</th>
<th>Low Fat</th>
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<tbody>
<tr>
<td>Whole Milk</td>
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<td>Vanilla</td>
</tr>
<tr>
<td>Chobani</td>
<td>Plain Greek</td>
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<td>Nonfat</td>
<td>Plain Organic</td>
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<td></td>
<td>Vanilla</td>
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<td></td>
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<td>Vanilla Blend</td>
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<tr>
<td>Coburn Farms</td>
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<td>Low Fat</td>
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<tr>
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</tbody>
</table>

**Approved 91 quart (32 oz).**
- Pasteurized.
- Plain or flavored.
- Organic yogurt.

**Not Approved**
- Drinkable yogurts.
- Yogurts sold with accompanying mix-in ingredients such as granola, candy pieces, honey, nuts and similar ingredients.
- Yogurts with artificial sweeteners.

---

**Select from these brands**

<table>
<thead>
<tr>
<th>Brand</th>
<th>Nonfat</th>
<th>Low Fat</th>
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<tbody>
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<td>Fat Free Vanilla</td>
</tr>
</tbody>
</table>

---

**Approved 91 quart (32 oz).**
- Pasteurized.
- Plain or flavored.
- Organic yogurt.

**Not Approved**
- Drinkable yogurts.
- Yogurts sold with accompanying mix-in ingredients such as granola, candy pieces, honey, nuts and similar ingredients.
- Yogurts with artificial sweeteners.
## DAIRY • Yogurt

### Select from these brands

- **Nostimo**
  - Low Fat
    - Vanilla
  - Nonfat
    - Plain
    - Vanilla

- **Our Family**
  - Low Fat
    - Blueberry
    - Peach
    - Plain
    - Strawberry
    - Vanilla
  - Nonfat
    - Greek Plain
    - Greek Vanilla
    - Vanilla

- **Stonyfield Organic**
  - Low Fat
    - Plain Greek Organic
    - Vanilla Organic
    - Vanilla Greek Organic
  - Nonfat
    - Plain Organic
    - Plain Greek Organic

- **Yoplait**
  - Low Fat
    - Original Blueberry
    - Original Harvest Peach
    - Original Strawberry
    - Original Strawberry Banana
    - Original Vanilla
  - Nonfat
    - Plain
    - Vanilla

### Approved Soy-Based Beverages

- 64 oz containers, unflavored.
- Organic.

### Not Approved

- Flavored.
- Containing artificial sweeteners.
- With DHA/ARA and/or omega-3.

### Tofu

- **Approved**
  - 14 oz – 16 oz pre-packaged
  - Organic
- **Not Approved**
  - Tofu with added fats, sugars, oils or salt (sodium)
  - Tofu with artificial sweeteners

---

### Approved Soy-Based Beverages

- Original Soymilk

- **Great Value**
  - Original Soymilk

- **Silk**
  - Original Soymilk

### Tofu

- **Approved**
  - Extra Firm
  - Firm
  - Silken
- **Not Approved**
  - Extra Firm
  - Firm
  - Medium Firm
  - Soft

---

<table>
<thead>
<tr>
<th>Brand</th>
<th>Approved Products</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nostimo</td>
<td>Low Fat, Vanilla, Nonfat, Plain, Vanilla</td>
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<tr>
<td>Our Family</td>
<td>Low Fat, Blueberry, Peach, Plain, Strawberry, Vanilla, Greek Plain, Greek Vanilla</td>
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<td>Stonyfield</td>
<td>Low Fat, Plain Greek Organic, Vanilla Organic, Vanilla Greek Organic</td>
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<td>Original Vanilla</td>
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<td>Simple Truth</td>
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<tr>
<td>Franklin Farms</td>
<td>Extra Firm, Firm, Medium Firm, Soft</td>
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<tr>
<td>House Foods</td>
<td>Extra Firm, Firm, Soft, Sprouted Black Soybean Tofu</td>
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<tr>
<td>Wallaby</td>
<td>Organic Yogurt</td>
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<tr>
<td>Wegmans</td>
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<td>SE Grocers</td>
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<tr>
<td>Yoplait</td>
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<td>Our Family</td>
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<tr>
<td>Yoplait</td>
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<td>Banana, Original Vanilla</td>
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<tr>
<td>Simple Truth</td>
<td>Low Fat, Nonfat, Plain, Vanilla</td>
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<tr>
<td>Tricomo</td>
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<tr>
<td>House Foods</td>
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<td>8th CONTINENT</td>
<td>Original Soymilk</td>
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<tr>
<td>Silk</td>
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<tr>
<td>Great Value</td>
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<td>Franklin Farms</td>
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<tr>
<td>8th CONTINENT</td>
<td>Tofu with added fats, sugars, oils or salt (sodium)</td>
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<tr>
<td>Silk</td>
<td>Tofu with artificial sweeteners</td>
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<tr>
<td>Great Value</td>
<td>Tofu with added fats, sugars, oils or salt (sodium)</td>
</tr>
<tr>
<td>House Foods</td>
<td>Tofu with artificial sweeteners</td>
</tr>
</tbody>
</table>
INFANT • Formula/Meats

Formula

Approved
Only the brand, size, type, and quantity specified on your WIC Food Benefits list.

WIC is here to help you achieve your breastfeeding goals.

Call your local WIC agency today and ask about the breastfeeding services, support, and food packages available to you.

Meats
For fully-breastfeeding infants after 6 months of age

Select from these brands

Approved
✓ 2.5 oz containers.
✓ Plain meat with gravy or with broth.
✓ Organic infant meats.

Not Approved
✗ Meat and pasta mixtures.
✗ Meat and vegetable mixtures.
✗ Infant meats with added sugars or salt (sodium).
✗ Infant meats with added DHA/ARA, omega-3 fats, prebiotics and/or probiotics.

2.5 oz Glass Jar
- Chicken & Gravy
- Turkey & Gravy

Stage 2 Classics
2.5 oz Glass Jar
- Beef & Beef Broth
- Chicken & Chicken Broth
- Turkey & Turkey Broth

2.5 oz Glass Jar
- Organic Chicken
- Organic Turkey

Gerber 2nd Foods
Stage 2
2.5 oz Glass Jar
- Beef & Beef Gravy
- Chicken & Chicken Gravy
- Chicken and Turkey Gravy
- Ham & Ham Gravy
- Turkey & Turkey Gravy

4 oz Glass Jar
- Beef with Gravy
- Chicken with Gravy
- Turkey with Gravy
INFANT • Fruits & Vegetables

After 6 months of age

Approved
✓ Any single fruit or blend of fruits.
✓ Any single vegetable or blend of vegetables.
✓ Any combination of fruits and vegetables.
✓ Organic infant fruits and vegetables 3.5 oz–4 oz containers (single).
✓ 2 oz, 3.5 oz, 4 oz containers (2 pack).

Not Approved
✗ Infant fruits and vegetables with added sugar, starchs or salt (sodium).
✗ Infant fruits with artificial sweeteners.
✗ Infant fruits with added DHA/ARA, omega-3 fats, prebiotics and/or probiotics.
✗ Infant fruits with added sugar, starches or salt (sodium).

Select from these brands

Amounts of baby food benefits
How many packages equals the total amount of the baby food benefits?

<table>
<thead>
<tr>
<th>Infant Food</th>
<th>Total Food Benefit Amount</th>
<th>Is Equal To</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>18 2-pack Containers (3.5 oz each/7 oz total) of Infant Fruits/Vegetables</td>
</tr>
<tr>
<td></td>
<td></td>
<td>16 2-pack Containers (4 oz each /8 oz total) of Infant Fruits/Vegetables</td>
</tr>
<tr>
<td>Infant Meats</td>
<td>77.5 oz</td>
<td>31 Containers of 2.5 oz Infant Meats</td>
</tr>
</tbody>
</table>
Cereal after 6 months of age

Approved
- 8 oz. containers
- Plain, dry infant cereal
- Organic infant cereal

Not Approved
× Infant cereal with added fruit or formula

Select from these brands

8 oz Box or Canister
- Complete Multigrain
- Complete Oatmeal
- Complete Rice
- Multi Grain
- Oatmeal
- Rice Cereal

8 oz Box
- Oatmeal
- Rice Cereal

8 oz Box or Canister
- Organic Whole Grain Rice
- Organic Whole grain Multi Grain
- Organic Whole Grain Oatmeal
- Mixed Grain
- Multi Grain
- Oatmeal
- Rice Cereal
- Whole Wheat

8 oz Box
- Oatmeal
- Rice Cereal

8 oz Box
- Oatmeal Cereal
- Rice Cereal

Notes
My Grocery Store  
5601 Main St.  
Mytown, NC

WIC Merchant ID: 1234 Term #: 123  
Trace #: 01010101  
12/12/2020  
Card #: ********1234

1 Gal. Whole Milk $3.09  
Cereal $3.25

Total Balance Due: $6.34  
WIC Benefit Paid: $6.34  
Balance: $0.00

WIC Balance Remaining  
1.00 Gal. Whole Milk  
24.00 Oz. Cereal  
$4.73 Fruit and Vegetables

Benefits Expire at 12:00:00 pm on  
12/31/2020