HEALTHY FOODS SHOPPING GUIDE

FRUITS & VEGETABLES • Fresh / Canned / and Frozen

JUICE • Single strength and Concentrate

PROTEINS • Peanut Butter / Canned Fish / Eggs / Legumes

GRAINS • Bread / Rice / Tortillas / Cereal

DAIRY • Cow’s milk / Cheese / Yogurt

SOY • Beverage / Tofu

INFANT FOODS • Fruits & Vegetables / Meats
Welcome to the Shopping Guide

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

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.
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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). Setup 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 eWIC card PIN number. Store employees may enter the card number manually, but must never enter the PIN for the shopper.

Your eWIC Benefits
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.

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**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.*
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**

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

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

✓ Produce Section: Fresh fruits and vegetables, conventional or organic, whole or pre-cut. Single-serving items allowed.

✓ Grocery Section: Fruits and vegetables packed in juice or water, in can, glass, or plastic containers, with no added sugar, fats, or oils. Fruits with no added salt (i.e. sodium). Vegetables may be regular or low-sodium variety. Single-serving items allowed. Includes canned green beans, green peas, tomato sauce, and tomato paste.

✓ Frozen Section: Frozen fruits, vegetables, or legumes (beans, peas or lentils) with no added sugar, fats, or oils. Low sodium items allowed.

Not Approved

✗ Breaded or dried vegetables, dried fruits, party trays, fruit baskets, salad bar, herbs, ornamental/decorative fruits and vegetables, or fruits/vegetables mixed with sauces, salsa, or other foods.

✗ Pickles or olives.

✗ Dry or canned mature beans, peas, or lentils are not allowed as Cash-value benefits but may be obtained if they are listed on your food benefits list.

NC eWIC accepts organic products for cash-value fruit and vegetable items: all fresh produce, and all canned, jarred, or frozen fruits and vegetables.
Approved

- 48 oz and 64 oz containers
- 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
- Sports drinks
- Organic juice

Select from these brands

100% JUICE 64 oz
- Apple
- Grape

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

100% JUICE 64 oz
- Sesame Street
  - Big Bird’s Apple
  - Cookie Monster’s Berry
  - Elmo’s Punch
  - Grover’s White Grape

100% JUICE 64 oz
- Apple
- Apple with Calcium
- 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

100% JUICE 64 oz
- Apple
- Kiwi Strawberry
- Orange
<table>
<thead>
<tr>
<th>100% JUICE 64 oz</th>
<th>100% JUICE 64/48 oz</th>
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<tbody>
<tr>
<td>Apple</td>
<td>Apple No Sugar Added</td>
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<tr>
<td>Orange</td>
<td>Cranberry Blend No Sugar Added</td>
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<tr>
<td>Pineapple</td>
<td>Cranberry Grape No Sugar Added</td>
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<tr>
<td>Tomato</td>
<td>Grape No Sugar Added</td>
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<tr>
<td>White Grape</td>
<td>White Grape No Sugar Added</td>
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<tr>
<td></td>
<td>White Grape &amp; Peach No Sugar Added</td>
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</tbody>
</table>

### Food Club
- 100% JUICE 64 oz
  - Apple
  - Orange Unsweetened
  - Pineapple Unsweetened
  - Tomato
  - White Grapefruit

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

### Food Lion
- 100% JUICE 64 oz
  - Apple
  - Orange Unsweetened
  - Pineapple
  - Tomato
  - White Grape

### Harris Teeter
- 100% JUICE 64/48 oz
  - Apple
  - Apple, Premium
  - Cranberry
  - Cranberry & Concord Grape
  - Cranberry Raspberry
  - Cranberry Red Delicious Apple
  - Grape
  - Grapefruit
  - Pineapple
  - Pure Orange
  - Tomato
  - White Grape

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

### Juicy Juice
- 100% JUICE 64/48 oz
  - Apple
  - Apple Raspberry
  - Berry
  - Cherry
  - Cranberry Apple
  - Cranberry Raspberry
  - Orange Tangerine
  - Passion Dragonfruit
  - Peach Apple
  - Raspberry
  - Strawberry
  - Strawberry Banana
  - Strawberry Watermelon
  - Tropical
  - White Grape
| JUICE • Single Strength |

**Select from these brands**

### 100% JUICE 64 oz
- Apple
- Apple Harvest, Plus
- Apple Berry Blend
- Apple Cranberry Grape
- Apple Kiwi Strawberry
- Apple Orange Pineapple
- Apple Peach Mango
- Apple Grape
- Disney Fruit Punch
- Grape
- Harvest Apple Plus
- Orange
- Pineapple
- Red Grape
- Ruby Red Grapefruit
- Spicy Vegetable with Serrano Chili Peppers
- Tomato
- Vegetable
- Vegetable Low Sodium
- White Grape

### 100% JUICE 64 oz
- Pineapple Juice

### 100% JUICE 64 oz
- Apple Unsweetened
- Cranberry Blend
- Grape
- Orange
- Orange Grove Select with Pulp
- Orange Original No Pulp
- Orange with Calcium & Vitamin D Pulp Free
- Orange Pulp Free
- Orange Some Pulp
- Tomato
- White Grape

### 100% JUICE 64 oz
- Acai Pomegranate
- Apple
- Apple Cranberry
- Berry Blend
- Black Cherry Cranberry
- Blueberry Pomegranate
- Grape
- Kiwi Strawberry
- Orange
- Orange Strawberry
- Peach Mango
- Pineapple
- Red Raspberry
- White Grape
- Wild Cherry
## Select from these brands

### Our Family
- **100% JUICE 64 oz**
  - Apple
  - Berry Flavor Blend
  - Cherry Punch Flavor
  - Fruit Punch Flavor
  - Grape Flavor Blend
  - Grape
  - Grapefruit
  - Orange
  - Orange from concentrate
  - Orange Premium Pasteurized
  - Pineapple
  - Tomato
  - Vegetable
  - White Grape

### Seneca
- **100% JUICE 64/48 oz**
  - Apple

### Shoppers Value
- **100% JUICE 64 oz**
  - Orange

### Tree Top
- **100% JUICE 64 oz**
  - Apple
  - Apple Berry
  - Apple Grape

### SE Grocers Southern Home
- **100% JUICE 64/48 oz**
  - Apple
  - Apple Premium
  - Apple with Calcium
  - Cranberry Blend
  - Essentials Orange
  - Essentials Orange with Calcium & Vitamin D
  - Grape
  - Grapefruit
  - Orange
  - Orange Original
  - Orange Unsweetened
  - Orange with Calcium
  - White Grape
  - White Grapefruit

### V8
- **100% JUICE 64 oz**
  - Original
  - Original Low Sodium

### Tipton Grove
- **100% JUICE 64 oz**
  - Apple
  - Grape
  - Orange Premium

### Valu Time
- **100% JUICE 64 oz**
  - Grape

### Welch’s
- **100% JUICE 48/64 oz**
  - Crisp White Grape
  - Original Grape
  - Smooth Red Grape
11.5/12 oz Counts as 48

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

Select from these brands

**Always Save**
- 100% JUICE
  - Apple
  - Orange
- 100% JUICE
  - Apple
  - Orange Country Style
  - Orange Original
  - Orange Pulp Free
  - Orange with Calcium

**Best Choice**
- 100% JUICE
  - Apple
  - Orange Country Style with Extra Pulp
  - Orange Original
  - Orange Pulp Free
  - Orange with Calcium

**FOOD LION**
- 100% JUICE
  - Apple
  - Orange
  - Orange with Pulp

**Great Value**
- 100% JUICE
  - Apple
  - Calcium Orange
  - Grape
  - Orange
  - Orange Country Style
  - Pulp Free Orange

**Harris Teeter**
- 100% JUICE
  - Apple
  - Orange Calcium Enriched
  - Orange Country Style More Pulp
  - Orange Original
  - Orange Pulp Free

**Market Pantry**
- 100% JUICE
  - Apple
  - Grape
  - Orange Original
  - Orange Pulp Free
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<thead>
<tr>
<th>Brand</th>
<th>100% JUICE</th>
<th>100% JUICE</th>
<th>Shelf Stable Concentrate 100% Juice</th>
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<td>Orange Country Style Medium Pulp</td>
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<td>Orange Country Style Medium Pulp</td>
<td>Orange Country Style Medium Pulp</td>
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<td><strong>Langers</strong></td>
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<td>Pineapple</td>
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<td>Summer Blend</td>
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<td><strong>Old Orchard</strong></td>
<td>100% JUICE</td>
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<td>Cherry Pomegranate</td>
<td>Orange</td>
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PROTEIN • Peanut Butter

Approved
- 16-18 oz containers
- Less-sugar varieties
- Lower-sodium, sodium-free or salt-free varieties
- Plain, creamy, crunchy, or chunky
- Reduced-fat varieties
- Natural 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
- Organic peanut butter

Select from these brands

- Always Save
  - Creamy
  - Crunchy

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

- Best Choice
  - Natural Creamy
  - Creamy
  - Crunchy

- Clear Value
  - Creamy
  - Crunchy

- Essential Everyday
  - Creamy
  - Extra Crunchy

- Food Lion
  - Creamy
  - Creamy Reduced Sugar
  - Crunchy
Canned Fish for fully-breastfeeding women

**Approved**
- 5 oz – 6 oz cans or foil packs
- 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
- Large, white, grade A chicken eggs

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

### Legumes (Beans, peas, and lentils)

#### Approved
- 16 oz bag or box
- 15 oz – 16 oz cans

**DRY BEANS, PEA, LENTILS**
- Any type of plain, unseasoned mature dry beans, peas or lentils

**CANNED BEANS, PEA, LENTILS**
- Any type of plain, unseasoned mature canned beans, peas or lentils
- Low-sodium mature canned beans, peas or lentils

#### Not Allowed
- 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
- Organic dry beans, peas or lentils

See Cash-Value Benefits section for more information.
WHOLE GRAINS • Bread • Brown Rice

Bread

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

Not Approved
× Bagels, buns or rolls
× Organic bread

Select from these brands

- BIMBO
  - 100% Whole Wheat
  - Classic 100% Whole Wheat

- FOOD LION
  - 100% Whole Wheat
  - Jewish Rye
  - Very Thin 100% Whole Wheat

- PEPPERIDGE FARM
  - Whole Wheat
  - Whole Grain Rye

- ROMAN MEAL
  - 100% Whole Wheat

- SARA LEE
  - 100% Whole Wheat

Brown Rice

Approved
✓ 14 oz – 16 oz bag or box
✓ Plain, whole-grain brown rice
✓ Instant, quick or regular cooking

Not Approved
× Brown rice with added sugar, fats, oils or salt (sodium)
× Mixtures of rice
× Seasoned or flavored rice
× Organic brown rice

Select from these brands

- Best Choice
  - Boil-in-Bag Instant Brown Rice
  - Brown Rice
  - Instant Brown Rice

- BLUE RIBBON
  - Whole Grain Brown Rice

- Essential Everyday
  - Instant Brown Rice
  - Natural Brown Rice

- Food Club
  - Boil-in-Bag Instant Brown Rice
  - Brown Rice

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

WHOLE GRAINS • Bread • Brown Rice
Select from these brands:

- **Food Lion**
  - Boil-in-Bag Brown Rice
  - Long Grain Instant Brown Rice
  - Long Grain Natural Brown Rice

- **Great Value**
  - Boil-in-Bag Instant Brown Rice
  - Brown Rice
  - Instant Brown Rice

- **Laura Lynn**
  - Brown Rice
  - Instant Brown Rice

- **Lowes Foods**
  - Instant Brown Rice

- **Mahatma**
  - Brown Rice

- **Minute**
  - Instant Whole Grain Brown Rice

- **Harris Teeter**
  - Instant Brown Rice

- **Publix**
  - Whole Grain Brown Rice
  - Whole Grain Instant Brown Rice

- **Success**
  - Boil-in-Bag Whole Grain Brown Rice

- **Uncle Ben’s**
  - Natural Whole Grain Brown Rice
  - Whole Grain Boil-in-Bag Brown Rice
  - Whole Grain Fast & Natural Instant Brown Rice

**WHOLE GRAINS • BROWN RICE**
Approved

- 12 oz or larger size bag or box

Not Approved

- Single serving packets
- Organic cereal

Select from these brands

- Frosted Shredded Wheat
- Toasted Oats
- Bran Flakes
- Frosted Shredded Wheat Bite Size
- Happy O’s
- Live Life
- Nutty Nuggets
- Wheat Crisps
- Wheat Flakes

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

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

- Living Well
- Toasted Oats

- Bran Flakes
- Crunchy Nuggets
- Crunchy Oat Squares
- Shredded Wheat
- Toasted Multi-Grain Spins
- Toasted Whole-Grain Oats
Select from these brands

### Harris Teeter
- Enriched Bran Flakes
- Live Wise
- Toasted Oats

### Kellogg's
- All-Bran Complete Wheat Flakes
- Corn Flakes
- Frosted Mini-Wheats
- 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

### HY-TOP
- Bite Size Frosted Shredded Wheat
- Bran Flakes
- Corn Flakes
- Crisp Rice
- Crispy Honey Oats & Flakes
- Toasted Oats

### IGA
- 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 Oats
- Toasted Oats Original

### Kiggins
- Bite Size Frosted Shredded Wheat
- Bite Size Strawberry Cream Frosted Shredded Wheat
- Bran Flakes
- Rollin' Oats

### Laura Lynn
- Little Bit Nutty
- Toasted Oats
- Toasted Oats Multi Grain
- Wheat Bran Flakes

### Malt O Meal
- Blueberry Mini Spooners
- Frosted Mini Spooners
- Strawberry Cream Mini Spooners

### Our Family
- 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
- Wheat Biscuits

### Lowes Foods
- Bran Flakes
- Frosted Shredded Wheat
- Nutty Nuggets
- Tasteeos Toasted Oat

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**GRAINS • Breakfast Cereal**
GRAINS • Breakfast Cereal

Select from these brands

- Alpha-Bits
- 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

- Bran Flakes
- Frosted Wheat
- Nutty Nuggets
- Original Oat Crunch
- Toasted Oats

RAIston

- Frosted Shredded Wheat Bite Size
- Oat Wise
- Tastees
- Wheat Bran Flakes
- Wheat Flakes

- Bran Flakes
- Frosted Shredded Wheat
- Toasted Oats
- Wheat Bran Flakes

- Simple Granola

GRAINS • Whole Wheat Pasta

Approved

- 16 oz package
- 100% whole-grain and/or whole-wheat pasta
- All shapes

Not Approved

- Added sugars, fats, oils or salt (i.e., sodium)
- Organic pasta

Select from these brands

Barilla

- Whole Grain Penne Pasta
- Whole Grain Spaghetti

HT Traders

- Elbow Macaroni
- Penne Rigate
- Rotini
- Spaghetti
- Thin Spaghetti

Hodgson Mill

- Spirals
- Veggie Bows
- Whole Grain Angel Hair
- Whole Grain Elbows
- Whole Grain Spaghetti
- Whole Grain Thin Spaghetti

Racconto

- Pasta Capellini
- Pasta Elbows
- Pasta Farfalle
- Pasta Linguine
- Pasta Penne Rigate
- Pasta Rigatoni
- Pasta Rotini
- Pasta Spaghetti
Whole Grains • Tortillas

Select from these brands

- **Best Choice.**
  - Corn Tortillas
  - 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

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

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

- **Great Value.**
  - Corn Tortillas

- **Hy-Tip.**
  - Corn Tortillas
  - Grande Corn Tortillas Gluten Free

- **La Banderita.**
  - Corn Tortillas

- **Mi Casa.**
  - Wheat Tortillas

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

- **Ortega.**
  - Whole Wheat Tortillas

---

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

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

---

Approved:
- 16 oz package
- Soft corn (yellow or white) tortillas
- Whole wheat tortillas

Not Approved:
- Hard-shelled corn tortillas
- Organic tortillas

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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.
**DAIRY • Cow’s Milk / Cheese**

**Approved**
- Only the type/quantity specified on your WIC food benefits list.
  - Skim milk (women and children over age 2)
  - 1% milk (women and children over age 2)
  - 2% milk (if approved by WIC nutritionist)
  - Whole milk (children under age 2 or prescribed by a physician)
- Evaporated milk*
- Lactose-reduced or lactose-free milk*
- Ultra-High Temperature (UHT) milk*
* If approved by WIC nutritionist. Want this? Contact your local WIC office.

**Approved Sizes**

- **Gallon** 1.0 Gal.
- **Half Gallon** + **Quart** 0.5 Gal. + 0.25 Gal. = 0.75 Gal.
- **Half Gallon** 0.5 Gal.
- **Quart** 0.25 Gal. + **12 oz.**

**Not Approved**
- Buttermilk
- Chocolate or other flavored milk
- Goat’s milk

**Cheese**

**Approved**
- 16 oz pre-packaged block or sliced (wrapped or unwrapped) of 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

**Not Approved**
- Cheese foods
- Cheese products
- Cheese spreads
- Cheese with additions such as wine, nuts, seeds, jalapeños, pimentos, herbs, spices, seasonings or flavorings (wine or smoked)
- Deli or hoop cheese
- Snack, cubed, shaped, crumbled, strips, sticks, diced, grated or shredded cheese
- String cheese
- Organic cheese

**DAIRY • Cow’s Milk / Cheese**
Approved
✓ 1 quart (32 oz)  ✓ Pasteurized

Not Approved
× Drinkable yogurts
× Organic yogurt
× Yogurts sold with accompanying mix-in ingredients such as granola, candy pieces, honey, nuts and similar ingredients

Select from these brands

Low Fat
☐ Plain
☐ Vanilla

Whole Milk
☐ All Natural Plain
☐ Light & Fit Greek Plain

Low Fat
☐ All Natural Plain

Nonfat
☐ Plain
☐ Vanilla Blend

Low Fat
☐ Vanilla All Natural

Nonfat
☐ All Natural Plain
☐ Greek Plain
☐ Greek Vanilla

Low Fat
☐ Blended Peach
☐ Blended Plain
☐ Blended Raspberry
☐ Blended Strawberry
☐ Blended Raspberry Banana
☐ Blended Vanilla

Nonfat
☐ Plain
☐ Greek Plain
☐ Greek Vanilla

Low Fat
☐ Blended Strawberry Vanilla

Low Fat
☐ Plain

Low Fat
☐ Vanilla

Nonfat
☐ Plain
☐ Vanilla

Low Fat
☐ Vanilla Blend

Nonfat
☐ Original Style Plain
☐ Original Style Vanilla

Low Fat
☐ Low Fat Plain
☐ Low Fat Vanilla

Nonfat
☐ Fat Free Plain
☐ Fat Free Vanilla

Non Fat
☐ Greek Plain
☐ Greek Vanilla
☐ Vanilla
Low Fat
- Vanilla
- Nonfat
- Plain
- Greek 0% Fat Plain
- Vanilla

Select from these brands

YOPLAIT

Low Fat
- Original Harvest Peach
- Original Strawberry
- Original Strawberry Banana
- Original Vanilla

Nonfat
- 100 Calories Plain

8th CONTINENT

- Soymilk Original

SILK

- Original Soymilk

Great Value

- Original Soymilk

SOY • Beverage / Tofu

Approved
- 14 oz – 16 oz pre-packaged

Not Approved
- Tofu with added fats, sugars, oils or salt (sodium)
- Organic tofu

Select from these brands

AZUMAYA

- Extra Firm
- Firm
- Silken

VITASOY

- Firm Tofu
- Soft Tofu
- Sprouted Black Soybean Tofu

HOUSE FOODS

- Extra Firm
- Firm
- Medium Firm
- Soft

Tofu

DAIRY • Yogurt

SOY • Beverage / Tofu
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

Approved
- 2.5 oz containers
- Plain meat with gravy or with broth

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
- Organic infant meats

Select from these brands

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

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

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

Tippy toes
Stage 2
4 oz Glass Jar
- Beef with Gravy
- Chicken with Gravy
- Turkey with Gravy
## Fruits & Vegetables after 6 months of age

### Approval Criteria:
- 4 oz containers (single)
- 3.5 oz–4 oz containers (2-pack)
- Single fruit or blends of fruits

### Not Approved:
- Infant fruit and vegetable mixtures
- Organic infant fruits
- 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:

#### Beech-Nut
- **4 oz Glass Jar**
  - Stage 2 Classics
  - Apples
  - Apple & Banana
  - Apple & Blueberry
  - Apple & Mango
  - Apple, Pear & Banana
  - Apricot, Pear & Apple
  - Banana
  - Banana & Mixed Berry
  - Banana & Strawberry
  - Mango
  - Peaches
  - Pears
  - Pear & Pineapple
  - Pear & Raspberry

- **4 oz Plastic Pouch**
  - Stage 2 Banana

#### Gerber 2nd Foods
- **4 oz Plastic 2-pack**
  - Apples
  - Apple Blueberry
  - Apple Strawberry Banana
  - Apples & Cherries
  - Apricot Mixed Fruit
  - Bananas
  - Bananas with Apples & Pears
  - Banana Orange Medley
  - Banana Plum Grape
  - Mangos
  - Peaches
  - Pear Pineapple
  - Pears
  - Prunes with Apples

### Select from these brands:

#### Gerber 2nd Foods
- **4 oz Glass Jar**
  - Stage 2 Classics
  - Apples
  - Apple & Banana
  - Apple & Blueberry
  - Apple & Cherry
  - Apple & Mango
  - Apple, Pear & Banana
  - Apricot, Pear & Apple
  - Banana
  - Banana & Mixed Berry
  - Banana & Strawberry
  - Mango
  - Peaches
  - Pears
  - Pear & Pineapple
  - Pear & Raspberry

- **4 oz Plastic Pouch**
  - Stage 2 Banana

- **3.5 oz Plastic Pouch**
  - 1st Stage Apple
  - 1st Stage Banana
  - 1st Stage Banana & Plum

### Vegetables after 6 months of age

### Approval Criteria:
- 4 oz containers (single)
- 3.5 oz–4 oz containers (2-pack)
- Single vegetables or blends of vegetables

### Not Approved:
- Infant vegetables and fruit mixtures
- Infant vegetables with added sugar, starches, or salt (sodium)
- Infant vegetables with DHA/ARA, omega-3 fats, prebiotics and/or probiotics
- Organic infant vegetables

### Select from these brands:

#### Gerber 2nd Foods
- **4 oz Glass Jar**
  - Corn & Sweet Potatoes
  - Garden Vegetables
  - Green Beans
  - Mixed Vegetables
  - Squash
  - Sweet Carrots
  - Sweet Peas
  - Sweet Potatoes

- **4 oz Plastic 2-pack**
  - Butternut Squash
  - Carrots
  - Carrot Sweet Potato
  - Pea
  - Green Beans
  - Peas
  - Pea Carrot Spinach
  - Sweet Potatoes
  - Sweet Potatoes & Corn

### Not Approved:
- Infant vegetables and fruit mixtures
- Infant vegetables with added sugar, starches, or salt (sodium)
- Infant vegetables with DHA/ARA, omega-3 fats, prebiotics and/or probiotics
- Organic infant vegetables

### Tippy Toes Stage 2
- **4 oz Glass Jar**
  - Apple Apricot
  - Apple Banana
  - Apple Blueberry
  - Apple Mango
  - Apple Pear Banana
  - Apple Prune
  - Apple Wild Blueberry
  - Applesauce
  - Pears
  - Tropical Fruit

- **3.5 oz Plastic Pouch**
  - Banana Strawberry Blueberry
  - Pears

- **4 oz 2-pack**
  - Apple Banana
  - Apple Berry Blend
  - Apple Mango
  - Apple Pear Banana
  - Applesauce

- **3.5 oz Plastic Pouch 2-pack**
  - 1st Stage Apple
  - 1st Stage Banana
  - 1st Stage Banana & Plum
INFANT • Cereal

Cereal after 6 months of age

Select from these brands

Infant Foods Benefits Amounts
Your total Infant Food Benefit amount equals how many containers?

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<tbody>
<tr>
<td></td>
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<td>18 2-pack Containers (3.5 oz each/7 oz total) of Infant Fruits/Vegetables</td>
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<td>16 2-pack Containers (4 oz each /8 oz total) of Infant Fruits/Vegetables</td>
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| Infant Meats | 77.5 oz | 31 Containers of 2.5 oz Infant Meats |

Notes

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INFANT • Cereal