

February 2019



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.



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). 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.**



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

Understanding Your Benefits

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.
- Log on to www.mybnft.com.
- 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

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.

My Groceries Quick Mart
3280 Happy Rd
Mytown, NC

Date: 9/1/2017 Time: 4:52 pm
Retailer: 2000003 User: 1000
Terminal: 00001103 Sequence: 0817

WIC PURCHASE

Card Account: xxxxxxxxxxxx1317
Vendor ID: 08840
Settlement Date: 9/1/2017
Reference Number: 230820170317

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 CERRIOS		
		Item #: 897767856878		
		2.00 @ \$3.99	7.98	
2.99	\$\$\$	Archer Farms Apples		
		Item #: 234156897777		
		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/Peas or Peanut		
0.00	OZ	Breakfast Cereal		
2.00	CTR	Juice 48 oz f/12 oz C		
6.31	\$\$\$	Fruits and Vegetables		

WIC BENEFITS EXPIRE ON: 9/25/2017

RESULT: APPROVED
AUTH NUMBER: 125478
TRACE NUMBER: 170317

CARDHOLDER COPY

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

PET DAIRY 1% MILK	2.99
LRG GRADE A EGGS WHT	2.49
RUSSETT POTATOES 10LB	4.69
PURINA CAT CHOW 13LB	12.78

Tax Paid	0.61
BALANCE DUE	23.56
ewic	10.17

total number of items sold = 4

1 eWIC Beginning Balance

PAN: *****0590 State: NC

QTY	UOM	Description
1.00	DOZ	Dozen Eggs
1.00	GAL	Milk, 1% Skirr
1.00	CTR	Legumes
14.50	OZ	Breakfast Cereal
2.00	CTR	Juice -48 oz
11.00	\$\$\$	Fruits and Vegetables Cash Va

2 eWIC Benefits Redemption

1 GAL	Skim/Non Fat or 1% Milk
	PET DAIRY 1% MILK
4.69 \$\$\$	Fruits and Vegetables Cash Va
	RUSSETT POTATOES 10LB
1.00 DOZ	Eggs
	LRG GRADE A EGGS WHT

3 eWIC Ending Balance

PAN: *****0590 State: NC

QTY	UOM	Description
0.00	DOZ	Dozen Eggs
0.00	GAL	Milk, 1% Skim, 1/2 Gal
1.00	CTR	Legumes
14.50	OZ	Breakfast Cereal
2.00	CTR	Juice -48 oz
6.31	\$\$\$	Fruits and Vegetables Cash Va

Benefits Expire at MIDNIGHT on 9/25/2017

CASHIER NAME: Retail System
STORE: 09958 REGISTER: 002 CASHIER: 0700
TICKET#: 0008 15EP2017 11:05:24



5



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



for Cash-Value, any brand or size

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.

JUICE • Single Strength

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

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

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

Best Choice.

100% JUICE 64 oz

- Apple
- Berry
- Cherry
- Grape
- Grapefruit
- Pineapple
- Punch
- Tomato
- Vegetable
- White Grape



100% JUICE 64 oz

- Tomato Juice
- Tomato Juice Low Sodium



100% JUICE 64 oz

- Vegetable



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



100% JUICE 64 oz

- Apple
- Kiwi Strawberry
- Orange

JUICE • Single Strength

Select from these brands



100% JUICE 64 oz

- Apple
- Orange Unsweetened
- Pineapple Unsweetened
- Tomato
- White Grapefruit



100% JUICE 64/48 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



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



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



100% JUICE 64/48 oz

- Apple
- Grape
- Grapefruit
- Pineapple
- Tomato
- Vegetable
- White Grape



100% JUICE 64 oz

- Apple
- Grape
- Orange No Pulp from Concentrate
- White Grape



100% JUICE 64/48 oz

- Apple
- Apple Raspberry
- Berry
- Cherry
- Cranberry Apple
- Fruit Punch
- Grape
- Kiwi Strawberry
- Mango
- Orange Tangerine
- Passion Dragonfruit
- Peach Apple
- Raspberry
- Strawberry
- Strawberry Banana
- Strawberry Watermelon
- Tropical
- White Grape

JUICE • Single Strength



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

- Apple with Calcium & Vitamin C
- Apple with Vitamin C
- Berry Flavor
- Cherry Punch Blend
- Cranberry Blend
- Fruit Punch Flavor
- Grape
- Grape Blend
- Tomato
- White Grape
- White Grape-Peach



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
- Orange Pulp Free
- White Grape



100% JUICE 64 oz

- Apple
- Apple Cider
- Apple Cider Spiced
- Grape
- Orange with Calcium & Vitamin D Pulp Free
- Orange Pulp Free
- Orange Some Pulp
- Tomato
- White Grape

Select from these brands



100% JUICE 64 oz

- Orange
- Orange Country Style
- Orange Original
- Orange from Concentrate



100% JUICE 64 oz

- Apple



100% JUICE 64 oz

- Orange



100% JUICE 64 oz

- Acai Pomegranate
- Apple
- Apple Cranberry
- Berry Blend
- Black Cherry Cranberry
- Blueberry Pomegranate
- Grape
- Kiwi Strawberry
- Orange
- Orange Tangerine
- Peach Mango
- Pineapple
- Red Raspberry
- White Grape
- Wild Cherry

JUICE • Single Strength

JUICE • Single Strength

Select from these brands



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



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



100% JUICE 64 oz

- Orange



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

Tipton Grove

100% JUICE 64 oz

- Apple
- Grape
- Orange Premium



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

- Crisp White Grape
- Original Grape
- Smooth Red Grape

JUICE • Concentrate, Frozen

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



100% JUICE

- Apple
- Orange



100% JUICE

- Apple
- Orange Country Style 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
- Grape
- Orange Country Style
- Orange No Pulp
- Orange with Added Calcium
- Orange Original



100% JUICE

- Apple
- Orange
- Orange with Pulp



100% JUICE

- Apple
- Calcium Orange
- Grape
- Orange
- Orange Country Style
- Pulp Free Orange



100% JUICE

- Apple
- Orange Calcium Enriched
- Orange Country Style More Pulp
- Orange Original
- Orange Pulp Free



100% JUICE

- Apple
- Orange



100% JUICE

- Apple
- Grape
- Orange Original
- Orange Pulp Free

JUICE • Concentrate, Frozen/Shelf Stable

Select from these brands



100% JUICE

- 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



100% JUICE

- Apple
- Orange Country Style Medium Pulp
- Orange Original
- Orange Pulp Free
- Orange with Calcium



100% JUICE

- Orange



100% JUICE

- Apple



100% JUICE

- Apple
- Orange
- Orange Country Style
- Orange Original
- Orange Pulp Free
- Orange with Calcium

Tipton Grove

100% JUICE

- Apple
- Orange



100% JUICE

- Apple



100% JUICE

- Grape
- White Grape
- White Grape Peach
- White Grape Raspberry



- Apple
- Fruit Fantastic
- Grape
- Tropical Passion

Shelf Stable Concentrate 100% Juice



- Apple
- Autumn Blend
- Grape
- Orange
- Pineapple
- Spring Blend
- Summer Blend



- Cherry Pomegranate

JUICE • Concentrate, Frozen/Shelf Stable

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



- Creamy
- Crunchy



- Natural Creamy
- Creamy
- Crunchy



- Creamy
- Crunchy
- Natural Creamy



- Creamy
- Crunchy



- Creamy
- Crunchy



- Creamy
- Extra Crunchy



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



FOOD LION

- Creamy
- Creamy Reduced Sugar
- Crunchy

PROTEIN • Peanut Butter

Select from these brands



- Creamy
- Crunchy



- Creamy
- Crunchy



- Creamy
- Crunchy



- Creamy
- Crunchy



- Creamy
- Extra Crunchy



- All Natural Creamy
- Creamy
- Creamy Reduced Sugar & Sodium
- Crunchy
- No Stir All Natural Creamy



- Creamy
- Crunchy



- All Natural Creamy
- All Natural Crunchy
- Creamy
- Extra Crunchy



- Creamy
- Crunchy



- Creamy
- Crunchy



- Creamy
- Crunchy



- Creamy
- Crunchy



- All Natural Creamy
- All Natural Crunchy
- Creamy
- Crunchy



- Creamy



- Creamy
- Crunchy



- Creamy
- Super Chunk



- Natural Creamy
- Natural Crunchy
- Creamy
- Crunchy



- Creamy
- Crunchy



- Natural Creamy
- Natural Crunchy

PROTEIN • Fish, Eggs, Legumes

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, PEAS, LENTILS

- ✓ Any type of plain, unseasoned mature dry beans, peas or lentils

CANNED BEANS, PEAS, 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



- 100% Whole Wheat



- Whole Wheat



- Jewish Rye
- Whole Grain Rye
- Very Thin 100% Whole Wheat



- Sungrain 100% Whole Wheat



- Classic 100% Whole Wheat
- 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



- Instant Brown Rice



- Whole Grain Brown Rice



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



- Instant Brown Rice
- Natural Brown Rice



- Boil-in-Bag Instant Brown Rice
- Instant Brown Rice

WHOLE GRAINS • BROWN RICE

Select from these brands



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



- Boil-in-Bag Instant Brown Rice
- Brown Rice
- Instant Brown Rice



- Instant Brown Rice



- Instant Precooked Brown Rice
- Long Grain Brown Rice



- Brown Rice
- Instant Brown Rice



- Instant Brown Rice



- Brown Rice



- Instant Whole Grain Brown Rice



- Whole Grain Brown Rice
- Whole Grain Instant Brown Rice



- Long Grain Brown Rice



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



- Boil-in-Bag Whole Grain Brown Rice



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

WHOLE GRAINS • BROWN RICE

WHOLE GRAINS • CEREAL



Approved

- ✓ 12 oz or larger size bag or box

Not Approved

- ✗ Single serving packets
- ✗ Organic cereal

Select from these brands

Always Save

- Frosted Shredded Wheat
- 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



- Corn Flakes



- Whole Grain 2½ Minute



- Crunchy Oat Squares
- MultiGrain
- Nutty Nuggets
- Toasted Oats
- Wheat Bran Flakes
- Wheat Squares



- 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 Tasteos
- Tasteos
- Simply Living
- Simply Living Oat
- Tasteos Toasted Oat

Fred Meyer.

- Living Well
- Toasted Oats



- Toasted Oats



GENERAL MILLS

- Berry Berry Kix
- Cheerios
- Cheerios 2-pack
- Corn Chex
- Dora the Explorer Cereal
- Honey Kix
- Kix
- Multi Grain Cheerios
- Multi Grain Cheerios 2-pack
- Rice Chex
- Wheat Chex
- Wheaties
- Whole Grain Total

Grain Berry.

- Apple Cinnamon
- Bran Flakes
- Honey Nut
- Shredded Wheat
- Toasted Oats

Great Value.

- Bran Flakes
- Crunchy Nuggets
- Crunchy Oat Squares
- Shredded Wheat.
- Toasted Multi-Grain Spins
- Toasted Wheat Cereal
- Toasted Whole-Grain Oats

GRAINS • Breakfast Cereal

Select from these brands



- Enriched Bran Flakes
- Live Wise
- Toasted Oats



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



- 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
- Tosteos
- Toasted Oats
- Toasted Oats Original



- 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



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



- Little Bit Nutty
- Toasted Oats
- Toasted Oats Multi Grain
- Wheat Bran Flakes



- Bran Flakes
- Frosted Shredded Wheat
- Nutty Nuggets
- Tosteos Toasted Oat



- Blueberry Mini Spooners
- Frosted Mini Spooners
- Strawberry Cream Mini Spooners



- Frosted Shredded Wheat
- Frosted Strawberry Shredded Wheat
- Toasted Oats



- 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

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



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



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



- Simple Granola

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



WHOLE WHEAT

- Whole Grain Penne Pasta
- Whole Grain Spaghetti



WHOLE WHEAT

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



WHOLE WHEAT

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



WHOLE WHEAT

- Capellini
- Fusilli
- Penne Rigate
- Rigatoni
- Spaghetti



WHOLE WHEAT

- Pasta Capellini
- Pasta Elbows
- Pasta Farfalle
- Pasta Linguine
- Pasta Penne Rigate
- Pasta Rigatoni
- Pasta Rotini
- Pasta Spaghetti

GRAINS • Whole Wheat Pasta

WHOLE GRAINS • Tortillas

Tortillas



Approved

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

Not Approved

- Hard-shelled corn tortillas
- Organic tortillas

Select from these brands

Best Choice.

- Corn Tortillas
- 100% Whole Wheat Tortillas



- 18 Corn Tortillas
- Whole Wheat Tortillas



- White Corn Tortillas
- Yellow Corn Tortillas
- Whole Wheat Tortillas



- White Corn Tortillas



- White Corn Tortillas
- Whole Wheat Tortillas



- 100% Whole Wheat Tortillas



- White Corn Tortillas



- Flour Tortillas Whole Wheat



- Corn Tortillas



- Corn Tortillas
- Grande Corn Tortillas Gluten Free

LA BURRITA

- Corn Tortillas



- Wheat Tortillas

MISSION

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



- Whole Wheat Tortillas



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



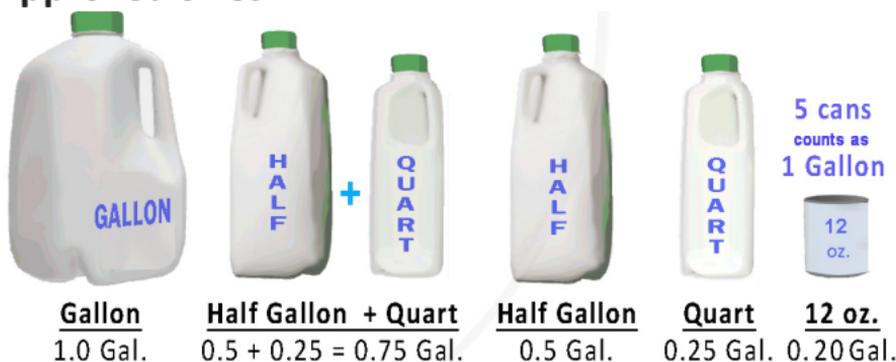
Approved

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.

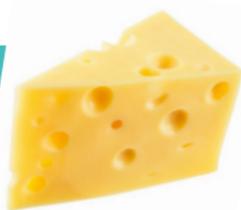
Approved Sizes



Not Approved

- * Buttermilk
- * Chocolate or other flavored milk
- * Goat's milk
- * Milk drinks
- * Powdered milk
- * Organic 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, jalapenos, 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 • Yogurt



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



Low Fat

- Blended Peach
- Blended Plain
- Blended Raspberry
- Blended Strawberry
- Blended Strawberry Banana
- Blended Vanilla

Nonfat

- Plain
- Greek Plain
- Greek Vanilla



Low Fat

- Blended Strawberry Vanilla



Low Fat

- Plain
- Vanilla



Nonfat

- Plain
- Vanilla Blend



Low Fat

- Vanilla All Natural

Nonfat

- All Natural Plain
- Greek Plain
- Greek Vanilla



Low Fat

- Vanilla

Nonfat

- Plain
- Vanilla



Low Fat

- Plain



Low Fat

- Vanilla

Nonfat

- Plain



Whole Milk

- Original Style Plain
- Original Style Vanilla

Low Fat

- Low Fat Plain
- Low Fat Vanilla

Nonfat

- Fat Free Plain
- Fat Free Vanilla



Low Fat

- Vanilla

Nonfat

- Plain
- Vanilla



Non Fat

- Greek Plain
- Greek Vanilla
- Vanilla

DAIRY • Yogurt

Select from these brands



Low Fat

- Vanilla

Nonfat

- Plain
- Greek 0% Fat Plain
- Vanilla



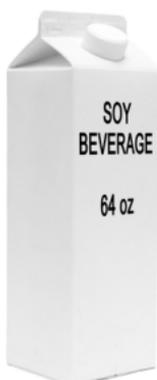
Low Fat

- Original Harvest Peach
- Original Strawberry
- Original Strawberry Banana
- Original Vanilla

Nonfat

- 100 Calories Plain

SOY • Beverage / Tofu



Select from these brands



- Soymilk Original



- Original Soymilk



- Original Soymilk



Tofu

Select from these brands



- Extra Firm
- Firm .
- Silken



- Extra Firm
- Firm .
- Medium Firm
- Soft.



- Firm Tofu
- Soft Tofu
- Sprouted Black Soybean Tofu

Approved

- ✓ 14 oz – 16 oz pre-packaged

Not Approved

- ✗ Tofu with added fats, sugars, oils or salt (sodium)
- ✗ Organic 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

Select from these brands



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

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



Gerber
2nd Foods

2.5 oz Glass Jar

- Beef & Beef Gravy
- Chicken & Chicken Gravy
- Ham & Ham Gravy
- Turkey & Turkey Gravy



Stage 2

4 oz Glass Jar

- Beef with Gravy
- Chicken with Gravy
- Turkey with Gravy

INFANT • Fruits & Vegetables

Fruits after 6 months of age

Approved

- ✓ 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



4 oz Glass Jar

Stage 2 Classics

- Apples
- Apple & Banana
- Apple & Blueberry
- Apple & Cherry
- Apple, Mango & Kiwi
- 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



4 oz 2-pack

- Apple Banana
- Apple Berry Blend
- Apple Mango
- Apple Pear Banana
- Applesauce



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



3.5 oz Plastic Pouch 2-pack

- 1st Stage Apple
- 1st Stage Banana
- 1st Stage Banana & Plum

Vegetables after 6 months of age

Select from these brands



Stage 2

4 oz Glass Jar

- Carrots
- Mixed Vegetables
- Squash
- Sweet Potato



4 oz Glass Jar

- Corn & Sweet Potatoes
- Garden Vegetables
- Green Beans
- Mixed Vegetables
- Squash
- Sweet Carrots
- Sweet Peas
- Sweet Potatoes

Approved

- ✓ 4 oz containers (single)
- ✓ 3.5 oz–4 oz containers (2-pack)
- ✓ Single vegetables or blends of vegetables



Gerber
2nd Foods

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



4 oz Glass Jar

- Apple Pear Banana
- Carrots
- Mixed Vegetables
- Peas
- Squash
- Sweet Potatoes

INFANT • Fruits & Vegetables

INFANT • Cereal

Cereal after 6 months of age

Select from these brands



8 oz Box or Canister

- Complete Multigrain
- Complete Oatmeal
- Complete Rice
- Multigrain
- Oatmeal
- Rice Cereal



8 oz Box

- Oatmeal
- Rice Cereal



Gerber

8 oz Box or Canister

- Mixed Grain
- Multi Grain
- Oatmeal
- Rice Cereal
- Whole Wheat



8 oz Box

- Oatmeal
- Baby Rice



8 oz Box

- Rice Cereal



8 oz Box

- Oatmeal
- Rice Cereal



8 oz Box

- Oatmeal Cereal
- Rice Cereal

Infant Foods Benefits Amounts

Your total Infant Food Benefit amount equals how many containers?

Infant Fruits & Vegetables	128 oz	32 Containers of 4 oz Infant Fruits/Vegetables. 18 2-pack Containers (3.5 oz each/7 oz total) of Infant Fruits/Vegetables 16 2-pack Containers (4 oz each /8 oz total) of Infant Fruits/Vegetables
Infant Meats	77.5 oz	31 Containers of 2.5 oz Infant Meats

Notes
