



NEBRASKA WIC PROGRAM

APPROVED FOOD LIST

Effective January 2020

No organic unless noted

NEBRASKA

Good Life. Great Mission.

DEPT. OF HEALTH AND HUMAN SERVICES

MILK – GALLONS OR HALF GALLONS

TYPE OF MILK LISTED ON YOUR FOOD BENEFITS	CHOOSE ANY BRAND
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1% Lowfat or Nonfat Skim Milk • for children age 2-5 & women	Do Not Buy: Organic; Chocolate or Other Flavors; Almond, Cashew, Coconut, Oat or Rice Milk
Whole Milk	2% Reduced Fat Milk

SPECIALIZED MILK

TYPE OF MILK LISTED ON YOUR FOOD BENEFITS	CHOOSE ANY BRAND
Lactose Free Milk – Half Gallon (64 ounces)	Evaporated Milk – 12 oz can
Dry Milk – 25.6 oz box or bag (Makes 8 quarts)	

SOY BEVERAGE – HALF GALLONS

CHOOSE FROM THESE BRANDS:

8th Continent Soy Milk: Original or Vanilla

Silk Soy Milk: Original Only – Refrigerated or 64 oz Shelf Stable

EGGS – ONE DOZEN

Medium or Large White Eggs **CHOOSE ANY BRAND**

Do Not Buy: Organic; Brown Eggs; Cage Free or Free Range; Specialty Eggs such as DHA or Omega 3

CHEESE – 16 OZ PACKAGE

CHOOSE STORE BRAND ONLY

Cheddar	Colby Jack	Colby	Provolone
Monterey Jack	Mozzarella	Swiss	Marble
American Pasteurized Process			

Block or Sliced: May be regular or reduced fat

May choose any combination of the choices listed above (i.e. Cheddar Jack)

Do Not Buy: individually wrapped slices, shredded, cubes, sticks or string cheese. Cheese food products (like Velveeta), cheese spreads, imitation cheese, added ingredients or flavor added (like Pepper Jack), organic, imported, service deli cheese, or fresh mozzarella

YOGURT – 32 OUNCE CONTAINER

For Children 1 year of age

WHOLE MILK YOGURT

CHOOSE FROM THESE BRANDS:

Chobani Greek: Plain 5%	Oikos Greek: Plain	Kroger: Plain, Vanilla, Greek Plain, Greek Vanilla
Dannon: Plain, Vanilla, Strawberry	Fareway: Honey Salted Caramel	Open Nature: Greek Plain
Mountain High: Plain, Vanilla, Strawberry		Simply Balanced Greek: Plain, Vanilla Honey

Do Not Buy: any other brand or size of yogurt, drinkable yogurt or yogurt with mix-in ingredients such as granola, candy or nuts

BREAKFAST CEREALS – 12 to 36 OUNCE PACKAGE

COLD CEREAL

*WHOLE GRAIN

CHOOSE FROM THESE BRANDS:

GENERAL MILLS: Cheerios*, Multigrain Cheerios*, Kix*, Berry Berry Kix*, Honey Kix*, Wheat Chex*, Whole Grain Total*, Wheaties*, Fiber One Honey Clusters*, Blueberry Chex, Cinnamon Chex, Corn Chex, Rice Chex, Vanilla Chex

KELLOGG'S: Frosted Mini Wheats*, Frosted Mini Wheats Little Bites*, Frosted Mini Wheats Touch of Fruit Raspberry*, All Bran Complete Wheat Bran Flakes*, Special K Protein Honey Almond Ancient Grains*, Special K Protein Multigrain Cinnamon*, Special K Original, Rice Krispies, Corn Flakes, Crispix

MALT O MEAL: Frosted Mini Spooners*, Strawberry Mini Spooners*, Crispy Rice

POST: Grape Nuts*, Grape Nuts Flakes*, Great Grains Banana Nut Crunch*, Honey Bunches of Oats: Whole Grain Honey Crunch*, Whole Grain Almond Crunch*, Vanilla Bunches*, Honey Roasted, Pecan & Maple, Cinnamon Bunches, with Almonds

QUAKER: Life Original*, Oatmeal Squares Brown Sugar*, Oatmeal Squares Cinnamon*

SUNBELT BAKERY: Simple Granola*

ALWAYS SAVE: Frosted Shredded Wheat*, Toasted Oats*, Corn Flakes

BEST CHOICE: Wheat Crisps*, Bite Size Frosted Shredded Wheat Plain*, Maple Brown Sugar* or Strawberry*, Bran Flakes*, Happy O's*, Multigrain Happy O's*, Corn Crisps, Corn Flakes, Crisp Rice, Honey Oat Clusters Almonds

FAREWAY: Wheat Squares*, Frosted Shredded Wheat*, Bran Flakes*, Tasteos*, Multigrain Tasteos*, Oat Squares*, Corn Squares, Corn Flakes, Crispy Hexagons, Rice Squares, Crispy Rice

IGA: Bran Flakes*, Tasteos*, Corn Flakes, Rice Squares, Crispy Rice

MARKET PANTRY: Corn Flakes, Toasted Rice

GREAT VALUE: Wheat Squares*, Frosted Shredded Wheat*, Bran Flakes*, O's*, Multigrain O's*, Corn Squares, Corn Flakes, Rice Squares, Crispy Rice, Crunchy Honey Oats

HY-VEE: Wheat Squares*, Frosted Shredded Wheat Plain*, Blueberry* or Strawberry*, Bran Flakes*, Tasteos*, Multigrain Tasteos*, Simple Living Oat Squares*, Nutty Nuggets*, Corn Squares, Corn Flakes, Crispy Hexagons, Rice Squares, Crispy Rice, Oats & More Almonds, Oats & More Honey, Essentially You

KROGER: Frosted Shredded Wheat Plain*, Blueberry* or Strawberry*, Bran Flakes*, Toasted Oats*, Multigrain Toasted Oats*, Oat Squares*, Living Well*, Nutty Nuggets*, Corn Flakes, Rice Bitz, Crispy Rice, Honey Crisp Medley Almonds

OUR FAMILY: Wheat Biscuits*, Frosted Shredded Wheat Plain* or Strawberry*, Bran Flakes*, Tasteos*, Multigrain Toasted Oats*, 4 Corner Crunch*, Nutty Nuggets*, Corn Squares, Corn Flakes, Crunchy Corn & Rice, Rice Squares, Crispy Rice, Honey Oats & Flakes Almonds

SIGNATURE SELECT: Bran Flakes*, Toasted Oats*, Nutty Nuggets*, Corn Pockets, Corn Flakes, Rice Pockets, Crispy Rice, Oats & More Almonds, Oats & More Honey

FOOD CLUB: Toasted Oats*, Wheat Squares*, Frosted Shredded Wheat*, Bran Flakes*, Corn Squares, Corn Flakes, Rice Squares, Crisp Rice, Honey & Oats with Clusters, Honey & Oats with Almonds

YOGURT – 32 OZ CONTAINER

For Children ages 2-5 & Women
LOWFAT OR NONFAT YOGURT

CHOOSE FROM THESE BRANDS:

Chobani Greek: Plain, Vanilla, Strawberry, Peach	Yoplait: Vanilla, Strawberry, Harvest Peach, Blueberry, Strawberry-Banana
Oikos Greek: Plain, Vanilla	Oikos Triple Zero: Vanilla, Strawberry
Dannon: Plain, Vanilla	Light & Fit: Greek Plain, Greek Vanilla
Mountain High: Plain, Vanilla	Fareway: Greek Plain, Greek Vanilla
Best Choice: Plain, Vanilla, Strawberry, Greek Plain, Greek Vanilla	Great Value: Plain, Vanilla, Strawberry, Peach, Strawberry-Banana
Kroger: Plain, Vanilla, Strawberry, Greek Plain, Greek Vanilla	Our Family: Plain, Vanilla, Strawberry, Peach, Blueberry
Lucerne: Plain, Vanilla, Strawberry, Peach, Greek Plain, Greek Vanilla, Greek Honey	Open Nature Greek: Plain, Vanilla, Strawberry
	Simply Balanced: Greek Plain, Greek Vanilla
Market Pantry: Plain, Vanilla	Food Club: Plain, Vanilla



This institution is an equal opportunity provider



HOT CEREAL

INSTANT OATMEAL ORIGINAL PLAIN*
11-12 oz box of individual packets only

Quaker	Hy-Vee	Kroger
Best Choice	Our Family	Food Club
Signature Select		

COCO WHEATS: Original

QUAKER: Instant Grits

MALT O MEAL: Original or Chocolate

CREAM OF WHEAT: Instant, 1 minute, 2 ½ minute or Whole Grain Instant*

CREAM OF RICE: Original or Instant

WHOLE GRAIN CHOICES

100% WHOLE WHEAT BREAD 16 OZ PKG

CHOOSE FROM THESE BRANDS

Sara Lee Nature's Own Our Family Wonder
Village Hearth Best Choice Fareway
Family Choice Hy-Vee Shurfresh
Pepperidge Farm: 100% Stone Ground, Very Thin
or Light Style
Pepperidge Farm Swirl 100% WW Cinnamon Raisin
Orowheat: 100% Whole Wheat Hamburger Buns
100% Whole Wheat Hot Dog Buns

Do Not Buy: any other size, brand or type of bread

BROWN RICE 16 OZ

CHOOSE ANY BRAND Bag or Box

Regular Cooking – 16 oz pkg
Instant or Quick Cooking – 14 to 16 oz pkg

Do Not Buy: white, or wild rice, added seasonings

SOFT CORN TORTILLAS 16 OZ

CHOOSE FROM THESE BRANDS White or Yellow Corn

Chi-Chi's Mission Hy-Vee
Frescados Best Choice Kroger
Guerrero Fareway Our Family
Mama Lupe's

Do Not Buy: Tostadas or Taco Shells

WHOLE WHEAT TORTILLAS 16 OZ

CHOOSE FROM THESE BRANDS

Can be any style such as Fajita, Soft Taco, etc

Chi-Chi's Best Choice Market Pantry
Frescado's Fareway Our Family
Mama Lupe's Great Value Food Club
Mission Hy-Vee Signature Select
Ortega Kroger

Do Not Buy: White Flour Tortillas

WHOLE WHEAT PASTA 16 OZ

CHOOSE FROM THESE BRANDS

All shapes allowed 100% Whole Wheat

Barilla Fareway Our Family
Hodgson Mill Great Value Food Club
Racconto Kroger
Ronzoni Signature Select

Do Not Buy: Gluten Free or made from rice, corn or vegetables, added sugars, fats, oils or salt

FRESH FRUITS & VEGETABLES

DOLLAR VALUE LISTED ON YOUR FOOD BENEFITS

OKAY TO BUY:

- ORGANIC
- Any variety of fresh fruit or vegetables; whole, pre-cut or packaged
- Salad or mixed greens in a bag or plastic container without dressing
- If your fruit and vegetables cost more than the amount of your food benefits, you may pay the extra amount using cash, SNAP, credit or debit, or the items may be put back.

Do Not Buy:

- Bags of salads with added dressing/topping; salad bar items; party trays, fruit baskets
- Added dips, sauces, herbs or spices
- Fresh salsa or guacamole
- Nuts; dried fruit; dried vegetables; decorative fruit or vegetables
- Spices or Herbs such as:

Garlic	Chives	Cilantro	Basil
Dill	Ginger	Mint	Oregano
Parsley	Sage	Rosemary	Thyme
Tarragon	Horseradish	Sorrel	Savory



PEANUT BUTTER & BEANS

PEANUT BUTTER 16-18 OZ JAR

CHOOSE STORE BRAND ONLY

Okay to buy: creamy, chunky, crunchy or smooth.
Salted or unsalted; low-sugar or reduced sugar
Do Not Buy: peanut butter spread, natural or all-natural, reduced fat, organic. Added ingredients such as honey, jelly, or chocolate.

CANNED BEANS 15-16 OZ CAN

CHOOSE ANY BRAND *can buy 4 cans

Any single variety, regular or low salt
Black beans Black eye peas Butter beans
Chickpeas Garbanzos Kidney bean
Red Beans Navy Beans Pinto Beans
Mayacoba Cannellini Pink beans
Great Northern Beans

Do Not Buy: refried beans, baked beans or chili beans, green beans, beans with added seasonings, sugars, fats, oils or meats

DRIED BEANS 16 OZ BAG

CHOOSE ANY BRAND

Any single variety of dry peas, beans or lentils
Do Not Buy: mixed beans, soup mixes, beans with added seasonings or flavors.

100% JUICE – 11.5-12 OZ FROZEN

FOR WOMEN

CHOOSE ANY BRAND

100% Orange Juice 100% Grapefruit Juice

CHOOSE FROM THESE BRANDS & FLAVORS:

Always Save: Apple	Best Choice: Apple
Great Value: Apple, Grape	Kroger: Apple, Grape, Pineapple-Orange
Hy-Vee: Apple	Market Pantry: Apple, Grape
Food Club: Apple	Food Club: Apple
Our Family: Apple	Signature Select: Apple
Old Orchard: Any Flavor with Green Lid	
Welch's: Grape, White Grape, White Grape Peach, White Grape Raspberry	

Do Not Buy: Juice Drinks, Cocktails or Light Juices

100% JUICE – 64 OZ PLASTIC BOTTLE

FOR CHILDREN

CHOOSE FROM THESE BRANDS & FLAVORS

Juicy Juice: All flavors	Old Orchard: All flavors of 100% Juice
Motts: Apple, Apple Cherry, Apple White Grape, Apple Mango	Motts Sensibles: Apple Cranberry, Apple Raspberry, Apple Pineapple
Campbell's: Tomato, any variety	V8: 100% Vegetable, any variety
Tree Top: Apple	Libby's: Pineapple
Welch's: Grape, White Grape, Red Grape, White Grape Peach, Super Berry	
Always Save: Apple, Grape	
Best Choice: Apple, Apple Cider, Berry, Cherry, Cranberry, Grape, Grapefruit, Pineapple, Punch, Cran Grape, White Grape, Tomato, Vegetable	
Fareway: Apple, Grape, Vegetable	
Great Value: Apple, Grape, White Grape, White Grape Peach, Cranberry Blend, Tomato, Vegetable	
Hy-Vee: Apple, Grape, White Grape, Cranberry, Cranberry Apple, Cranberry Raspberry, Pineapple, Grapefruit, Vegetable, Tomato	
Hy-Vee Just Juice: All Flavors	
IGA: Apple, Grape, White Grape	
Kroger: Apple, Grape, White Grape, White Grape Peach, Cranberry, Grapefruit, Pineapple, Tomato, Vegetable, Spicy Vegetable	
Market Pantry: Apple, White Grape	
Our Family: Apple, Grape, White Grape, Grapefruit, Cranberry, Cranberry Raspberry, Cranberry Grape, Pineapple, Orange, Tomato, Vegetable	
100% Blend: Berry, Grape, Cherry Punch, Fruit Punch	
Food Club: Apple, Grape, White Grape, Tomato	
Signature Select: Apple, Apple Cider, Grape, White Grape, Cranberry, Cranberry Raspberry, Cranberry Grape, Grapefruit, White Grapefruit, Orange, Pineapple, Tomato, Vegetable	

Do Not Buy: Juice with added sugar, juice drinks or juice cocktails. Juice from refrigerated section.

BABY FOOD FRUITS & VEGETABLES 4 OZ JARS OR TWO-PACKS OF 4 OZ CONTAINERS

CHOOSE FROM THESE BRANDS:

Beech-Nut Naturals Gerber Any plain fruits or vegetables
Beech-Nut Classics Tippy Toes Single flavor or mixed varieties

Do Not Buy: desserts or dinners; pouches or squeezes; added cereal, rice, noodles or meat; added sugars or DHA

INFANT CEREAL – 8 OZ

CHOOSE FROM THESE BRANDS:

Gerber Beech-Nut
Rice, Oatmeal, Multigrain,
Whole Wheat, Barley

Do Not Buy: added fruit, yogurt, milk, formula; DHA/ARA, jars, pouches

INFANT FORMULA

Only the brand, size, type and number of cans as listed on your food benefits.

No substitutions at store. Call the WIC office if baby needs a different formula

INFANT MEATS

For fully breastfed babies

CHOOSE FROM THESE BRANDS:

Beech-Nut, Gerber, Tippy Toes
2.5 oz jars
Single meat with broth or gravy
Do Not Buy: meat sticks, dinners or graduates; added DHA; added sugar, salt, rice, fruit or vegetables

CANNED TUNA & SALMON

For fully breastfeeding women

CHOOSE ANY BRAND

Chunk Light Tuna or Pink Salmon
5 oz can or larger

Do Not Buy: Albacore, Chunk White, Solid White Tuna; pouches; added flavor or seasoning

1/29/2020