



NEBRASKA WIC

Approved Foods

October 1, 2015 — September 30, 2017

QUESTIONS?

Call the state WIC
Vendor Management
Coordinator at
(402) 471-2781

Cold Cereal

GENERAL MILLS

Cheerios
Dora the Explorer
Kix

KELLOGG'S

Frosted Mini Wheats Little Bites
Frosted Mini Wheats Original
All-Bran Complete Wheat Flakes
Rice Krispies
Corn Flakes

MALT-O-MEAL

Corn Flakes
Scooters
Crispy Rice
Blueberry Mini Spooners
Frosted Mini Spooners
Strawberry Cream Mini Spooners
Oat Blenders w/ Honey
Oat Blenders w/ Honey & Almonds

POST

Grape-Nuts Flakes
Honey Bunches of Oats
 with Almonds
 with Cinnamon Bunches
 with Vanilla Bunches
Honey Roasted
Whole Grain Honey Crunch
Whole Grain Almond Crunch

Grape-Nuts
Honey Nut Shredded Wheat

QUAKER

Corn Bran Crunch

ALWAYS SAVE

Frosted Shredded Wheat
Toasted Oats
Crisp Rice

BEST CHOICE

Corn Flakes
Happy O's
Wheat Flakes
Bran Flakes
Wheat Crisps
Corn Crisps
Honey Oat Clusters
Honey Oat Clusters w/ Almonds
Live Life

CLEAR VALUE

Corn Flakes
Crisp Rice
Frosted Shredded Wheat
Toasted Oats

GREAT VALUE

Toasted Whole Grain Oat Spins
Toasted Corn
Toasted Wheat
Crunchy Nuggets
Frosted Shredded Wheat
Multi-Grain Spins

Crunchy Oat Squares

Bran Flakes
Corn Flakes
Crisp Rice
Toasted Rice

HY-VEE

Bran Flakes
Corn Flakes
Wheat Flakes
Crispy Rice
Nutty Nuggets
Oats & More w/ Honey
Shredded Wheat-Blueberry
Shredded Wheat-Strawberry Cream
Simple Living Oat Squares
Toasted Rice Squares
Frosted Shredded Wheat

IGA

Bran Flakes
Corn Flakes
Frosted Shredded Wheat
Corn Squares
Rice Squares
Tasteos

KROGER

Bran Flakes
Blueberry Shredded Wheat
Strawberry Shredded Wheat
Corn Flakes
Frosted Shredded Wheat
Nutty Nuggets
Rice Bitz

MARKET PANTRY

Corn Flakes
Strawberry Shredded Wheat
Honey & Oat Mixers
Toasted Oats
Frosted Shredded Wheat

OUR FAMILY

Nutty Nuggets
Rice Biscuits
Oats & More with Honey
Frosted Shredded Wheat
High Fiber Bran Flakes
Strawberry Cream Shredded Wheat

Corn Flakes

SIGNATURE KITCHENS

Crispy Rice
Frosted Shredded Wheat
Bran Flakes
Corn Flakes
Live It Up!
Frosted Shredded Wheat
Toasted Oats

SHURFINE

Bran Flakes
Corn Flakes
Frosted Shredded Wheat
Nutty Crunchers
Lively Oats
Rice Squares

Hot Cereals

B&G FOODS

Cream of Wheat-1 minute
Cream of Wheat-2 1/2 minute
Cream of Wheat-10 minute
Cream of Rice

COCO WHEATS

CoCo Wheats

MALT-O-MEAL

Chocolate
Original

QUAKER

Instant Grits Original

GREAT VALUE

Instant Oatmeal

HY-VEE

Creamy Wheat Enriched Farina
Instant Oatmeal

KROGER

Instant Oatmeal

OUR FAMILY

Instant Oatmeal

SHURFINE

Instant Oatmeal

**CEREAL MAY BE ANY COMBINATION
12 OUNCES OR LARGER TOTALING
36 OUNCES**

Bread

16 oz package only

SARA LEE

100% Whole Wheat

VILLAGE HEARTH

100% Whole Wheat

PEPPERIDGE FARM

Stone Ground 100% Whole Wheat
100% Whole Wheat Cinnamon w/ Raisins
Very Thin 100% Whole Wheat
Whole Grain Rye Seeded
Light Style 100% Whole Wheat

BEST CHOICE

100% Whole Wheat

FAMILY CHOICE

100% Whole Wheat

GREAT VALUE

100% Whole Wheat

HY-VEE

100% Whole Wheat

OUR FAMILY

100% Whole Wheat

OPEN NATURE

100% Whole Wheat Hot
Dog Buns

SIGNATURE KITCHENS

100% Whole Wheat
100% Whole Wheat Hot
Dog Buns

Brown Rice

BUY ONLY

- Plain brown rice
- Bag or box
- Instant, quick cooking (14-16 ounces)
- Regular cooking (16 ounce)

DO NOT BUY

- White rice
- Rice with seasoning
- Bulk or organic rice

Tortillas

Soft shell,
16 oz package

CHI CHI'S

White Corn
Whole Wheat

DON PANCHO

White Corn
Whole Wheat

FRESCADO

Whole Wheat
Corn

GUERRERO

Whole Wheat
Corn

HERDEZ

Corn/Maiz

LA BANDERITA

Corn
Whole Wheat
Fajita Style Whole Wheat

LA BURRITA

Corn

MAMA LUPE'S

Whole Wheat
Corn

MISSION

Whole Wheat
Corn

ORTEGA

Whole Wheat

BEST CHOICE

Whole Wheat
Corn

GREAT VALUE

Whole Wheat

HY-VEE

Whole Wheat
Corn
Fajita Style Whole Wheat

IGA

Fajita Style Whole Wheat

KROGER

Whole Wheat

OUR FAMILY

Fajita Style Whole Wheat

SHURFINE

Corn/Maiz
Whole Wheat

Peanut Butter

BUY ONLY

- Store brand
- 16-18 oz jar
- Creamy, chunky, or crunchy

DO NOT BUY

- Organic or natural
- Added ingredients such as honey, jelly, chocolate, omega-3
- Peanut butter spreads or squeeze tubes

Canned Light Tuna & Pink Salmon

BUY ONLY

- Packed in oil or water
- Combination of sizes adding up to 30 ounces or less

DO NOT BUY

- Filets
- Individual snack pouches
- Red/sockeye salmon or albacore tuna

Peas & Beans

CANNED BEANS

BUY ONLY

- 15-16 oz
- Bush's &/or store brand

DO NOT BUY

- Refried, chili, baked beans or beans with other added ingredients

DRIED PEAS, BEANS, LENTILS

BUY ONLY

- Dried peas, beans, lentils
- Store brand, 16 oz bag

DO NOT BUY

- Organic, mixed, or soup beans
- Beans with added seasoning
- Bulk beans

Eggs & Dairy

MILK

BUY ONLY

- Store brand
- Size & type printed on check

DO NOT BUY

- Organic
- No flavored milk
- Rice milk

SPECIALIZED MILK ALTERNATIVES

BUY ONLY

- Size & type printed on check

SILK

Original Soymilk

8TH CONTINENT--

Original Soymilk

Vanilla Soymilk

ANY BRAND

Lactose free, Acidophilus, Powdered, Evaporated

EGGS

BUY ONLY

- Any brand
- 1 dozen medium or large size
- White eggs only

DO NOT BUY

- Organic and free range
- Eggs with low cholesterol claims
- Egg substitutes
- Brown eggs

Fruits &

Vegetables

MAY BUY

- Whole, pre-cut, shredded, or packaged fresh fruits & vegetables
- All types of fresh potatoes
- Fresh garlic, ginger, onions
- Salad/mixed greens in a bag

DO NOT BUY

- Salad bar items
- Salad kits
- Added dips, nuts, sauces, dried fruit
- Herbs or spices
- Decorative fruits or vegetables
- Party trays
- Canned, jarred, frozen, or dried fruit or vegetables

Juice for Children

64 oz plastic bottle, 100% juice and no added sugar

CAMPBELL'S

Tomato
Tomato (Low Sodium)
V8 100% Vegetable
V8 100% Vegetable (Low Sodium)

JUICY JUICE

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

OLD ORCHARD

Acai Pomegranate
100% Apple
Apple Cranberry
Berry Blend
Blueberry Pomegranate
Cherry Pomegranate
Cranberry Pomegranate
100% Grape
Kiwi Strawberry
100% Orange
Peach Mango
Mango Tangerine
Red Raspberry
100% White Grape
Wild Cherry
100% Pineapple

TREE TOP

Apple

MOTT'S

Apple Juice

ALWAYS SAVE

100% Apple
Grape

BEST CHOICE

Apple
Berry Blend
Cherry Blend
Fruit Punch Blend
Grape
Grape Blend
Grapefruit
Pineapple
White Grape
Tomato
Vegetable

GREAT VALUE

Apple
Cranberry Blend
Cranberry Grape 100%
Grape 100%
White Grape 100%
White Grape Peach
Tomato
Vegetable

HARVEST CLASSIC

Apple

HY-VEE

100% Apple
Premium 100% Apple NFC
Apple with Calcium
100% Cranberry
100% Cranberry Apple
Grape 100%
Just Juice Apple
Just Juice Berry
Just Juice Cherry
Just Juice Fruit Punch
Just Juice Grape

100% Raspberry Cranberry

Pineapple

White Grape

Tomato

Vegetable

IGA

100% Apple
100% Grape
100% White Grape
100% Tomato
100% Vegetable

KROGER

Apple
Cranberry
Grape
Pineapple
White Grape
White Grape Peach
Vegetable
Vegetable Spicy
Vegetable Low Sodium

MARKET PANTRY

100% Apple
100% Tomato

OUR FAMILY

100% Apple
100% Grape
100% Juice Blend Berry
100% Juice Blend Cherry
100% Juice Blend Fruit Punch
100% Juice Blend Grape
White Grape
Pineapple Unsweetened
Orange
100% Tomato
100% Vegetable

SIGNATURE KITCHENS--

Apple 100%
Cranberry 100%
Cranberry Grape 100%
Grape
White Grape
Cranberry Raspberry 100%

SHURFINE

Apple
Grape
Juice-A-Lot-Berry
Juice-A-Lot-Cherry
Juice-A-Lot-Grape
Juice-A-Lot-Punch
White Grape
Tomato 100%
Vegetable

Juice for Women

POURABLE CONCENTRATES

11.5 oz, 100% juice, and no added sugar

WELCH'S

Apple
Fruit Fantastic
Grape
Tropical Orange Passion

FROZEN CONCENTRATES

11.5-12 oz, 100% juice, and no added sugar

OLD ORCHARD

Any Flavor with Green Pull
Strip

TREE TOP

Apple

WELCH'S

100% Grape
100% White Grape
100% White Grape Raspberry
100% White Grape Peach

ALWAYS SAVE

100% Apple

BEST CHOICE

100% Apple

GREAT VALUE

100% Apple

MARKET PANTRY

Apple

SIGNATURE KITCHENS

100% Apple

ANY STORE BRAND

100% Grapefruit
100% Orange

Baby Food

FRUIT & VEGETABLE PUREES

BUY ONLY

- Plain or mixed fruits & vegetables
- Beech-Nut, Gerber, Tippy-Toes (4 oz jars)
- Gerber 2-Pack (4 oz)

MEAT PUREES

BUY ONLY

- 2.5 oz size
- Beef and broth
- Chicken and broth
- Turkey and broth
- Ham and broth

BABY CEREAL

BUY ONLY

- 8 oz container
- Dry infant cereal without fruit or yogurt

DO NOT BUY

- Organic
- Toddler or graduates
- Dinners, desserts, cobblers
- Added DHA/ARA, sugars, starches, tapioca, yogurt, cereal, salt, rice, pasta, cheese, etc.
- Pouches