

Which Is WIC-approved? Answer Key.



Both breads meet the nutritional requirements for whole wheat bread, but WIC only authorizes WW breads in the 16 oz. size.

Whole Wheat Bread
 Sara Lee 16 oz. Sara Lee 20 oz.



Both foods meet the requirements for approval.

Canned Fish
 Pink Salmon 14.75 oz. Light Tuna 4 pack, 20 oz.



Only 16 oz. blocks of cheese or sliced cheese w/ nothing added are authorized. All produce is authorized except herbs, spices, garlic, ginger, salad kits, salad bar items, and party trays with dips.

Cheese/Veggies
 12 oz. String Cheese Whole Cucumber





Neither product is currently approved. Only store-brand peanut butters 16-18 oz. are approved. Alpha-Bits was approved, but has since been removed due to changes in the ingredients. If or when other approved products are removed, a notice will be sent out to retailers and participants.

Cereal/Peanut Butter
 Post Alpha-Bits 12 oz. Jif Creamy PB 16 oz.



Both are approved. Prepared fruits/veggies are approved as long as they do not contain non-produce items. This juice meets the criteria for approval: correct size, vitamin C content, etc...

Fruit/Juice
 Pre-Cut Packaged Fruit Welch's Grape Juice 64 oz.



Both are approved. Any single variety of canned beans (beans only) 15-16 oz. is approved. This juice conc. also meets the requirements for approval.

Beans/Juice
 Canned Black Beans 15 oz. Grape Juice Conc. 11.5 oz.





Both meet the nutritional requirements for approval but only cereal sizes 12 oz. up to 36 oz. are approved.

Cereal
 Cheerios 9 oz. Cheerios 12 oz.



Original life meets the nutritional requirements for approval and it is within the correct size range. Cinnamon life has too much sugar to meet the nutritional requirements for approval.

Cereal
 Original Life 12 oz. Cinnamon Life 12 oz.



Brown eggs are not WIC-approved. Only med. or large white eggs (12 doz.) are approved. This pasta meets all of the requirements for approval including size.

Eggs/Pasta
 Brown Eggs 12 doz. Whole Wheat Pasta 16 oz.





Baby Food Fruit/Veggie 2 packs (Gerber)

Mixed Veggie 8 oz.

Fruit with Cereal 8 oz.

Gerber Pea, Carrot, Spinach, meets the nutritional requirements and is an approved size. Gerber Pear, Cinnamon w/ Oatmeal Cereal is an approved size, but it does not meet the nutritional requirements because it contains something other than a fruit and/or vegetables.



Produce

Bag of Potatoes 5 lb.

Garlic Cloves

Potatoes are approved and garlic is not. All produce is authorized except herbs, spices, garlic, and ginger. WIC also does not authorize produce from salad bars or party trays with dips or other non-produce foods.



Produce—Bagged Lettuce

Spring Mix-Greens Only

Sesame Asian Salad Kit

Dole Spring Mix contains only greens and nothing added such as herbs or dressing. Dole Sesame Asian Salad Kit contains non-produce items: sliced almonds, croutons, and salad dressing.

