

100% JUICE – 64 OZ PLASTIC BOTTLE GF, V	
FOR CHILDREN AND WOMEN	
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, Apple Cranberry, Apple Raspberry, Apple Pineapple
Campbell’s: Tomato, any variety	V8: 100% Vegetable, any variety
Tree Top: Apple, Apple Grape	Libby’s: Pineapple
That’s Smart: Grape	Freedom’s Choice: Apple
Smart Way: Apple	Hiland: Orange
Welch’s: Grape, Grape with Added Calcium, Grape with fiber, White Grape, Red Grape, White Grape Peach, Black Cherry Grape, White Grape Cherry	
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, Cranberry Grape, Mango Peach, Orange, Pear, Pineapple	
Hy-Vee: Apple, Apple with Calcium, Grape, White Grape, Cranberry, Cranberry Apple, Cranberry Raspberry, Orange, Pineapple, Grapefruit, Vegetable, Tomato	
Hy-Vee Just Juice: All Flavors	
IGA: Apple, Grape, White Grape, Tomato, Pineapple	
Kroger: Apple, Grape, White Grape, White Grape Peach, Cranberry, Grapefruit, Pineapple, Tomato, Vegetable, Low Sodium Vegetable, Spicy Vegetable, Pineapple Mango, Cranberry Grape, Cranberry Cherry, Ruby Red Grapefruit, Orange (Homestyle and Calcium Fortified)	
Market Pantry: Apple, White Grape, Cranberry Blend, Grape, Orange	
Our Family: Apple, Fresh Pressed Apple, Fresh Pressed Apple Cider, Grape, White Grape, Grapefruit, Cranberry, Cranberry Raspberry, Cranberry Grape, Pineapple, Orange, Tomato, Vegetable	
Food Club: Apple, Grape, White Grape, Tomato, Pineapple, Spicy Vegetable, Vegetable, Orange	
Signature Select/Signature Kitchens: Apple, Apple Cider, Grape, White Grape, Cranberry, Cranberry Raspberry, Cranberry Grape, Grapefruit, White Grape-fruit, Orange, Pineapple, Tomato, Vegetable, Low Sodium Vegetable	
Ocean Spray: Apple, Concord Grape, Cranberry, Cranberry Blackberry, Cranberry Cherry, Cranberry Concord Grape, Cranberry Mango, Cranberry Pine-apple, Cranberry Pomegranate, Cranberry Raspberry, Cranberry Watermelon, Cranberry Elderberry	
Do Not Buy: Juice with added sugar, juice drinks, juice cocktails or refrigerated juice.	

FRUITS & VEGETABLES GF, V	
DOLLAR VALUE LISTED ON YOUR FOOD BENEFITS	
OKAY TO BUY:	
<ul style="list-style-type: none">ORGANICAny variety of fresh fruit or vegetables; whole, pre-cut or packagedAny variety of frozen fruits or vegetablesFresh herbs that are in consumable formAny variety of canned fruits, juice or water packedAny variety of canned vegetablesRegular or low sodiumPastes, purees, whole, diced or crusted tomatoes	<ul style="list-style-type: none">Jarred Salsa without added sugars, fats, oils, lard, cheese or creamParty trays without non-fruit or vegetable items like dipsSalad or mixed greens in a bag or plastic container without dressingApplesauce (unsweetened and cinnamon)
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:	
<ul style="list-style-type: none">Bags of salads with added dressing/topping; salad bar items; party trays, fruit basketsNuts; dried fruit; dried vegetables; decorative fruit or vegetablesFresh salsa or guacamole	<ul style="list-style-type: none">Some spices and herbsAdded dips, sauces, herbs or spicesFruits and vegetables with added sugars, fats or oils

Effective October 1st, 2025, V 2	
No organic unless noted	
GF = Gluten Free	
V = Vegetarian	
See page 2 for a note on Gluten Free and Vegetarian WIC foods.	
MILK — GALLONS OR HALF GALLONS GF	
TYPE OF MILK LISTED ON YOUR FOOD BENEFITS	
CHOOSE ANY BRAND	
Do Not Buy: Organic; Chocolate or Other Flavors; Almond, Cashew, Coconut, Oat or Rice Milk that are not listed below	
For Children age 2-5 & Women	
1% Low-fat or Nonfat Skim Milk	
For Children 12-23 months	
Whole Milk	2% Reduced Fat Milk* *1 year old with medical condition as determined by child’s doctor
SPECIALIZED MILK	
TYPE OF MILK LISTED ON YOUR FOOD BENEFITS	
CHOOSE ANY BRAND	
Lactose Free Milk – Half Gallon (64 ounces)	Dry Milk – 25.6 oz box or bag (Makes 8 quarts)
Evaporated Milk – 12 oz can	
SOY BEVERAGE GF, V	
CHOOSE FROM THESE BRANDS ONLY:	
8 th Continent Soy Milk: Original or Vanilla—64 oz Refrigerated	Pacific Ultra Soy: Original - 32 oz Shelf Stable
Silk Soy Milk: Original Only – Refrigerated or 64 oz Shelf Stable	Better Goods Original—64 oz Refrigerated
EGGS—ONE DOZEN GF	
Medium or Large White Eggs	
CHOOSE ANY BRAND	
Cage Free Large Eggs: Clearly by Best Choice, Eggland’s Best, Hy-Vee, Lucerne	
Do Not Buy: Organic; Brown Eggs; Specialty Eggs such as DHA or Omega 3	
CHEESE—8 and 16 oz Packages GF	
Block or Sliced:	
May choose any combination of the choices listed below (i.e. Cheddar Jack)	
CHOOSE STORE BRAND ONLY	
Cheddar	Colby Jack
Colby	Provolone
Monterey Jack	Mozzarella
Swiss	Marble
American	Pasteurized Process
Muenster	
Shredded Cheese CHOOSE FROM THESE BRANDS ONLY	
Best Choice	Freedom’s Choice
Food Club	Kroger
Lucerne	Our Family
Fareway	Good & Gather
Gather	Great Value
Hy-Vee	Market Pantry
Mozzarella String Cheese CHOOSE FROM THESE BRANDS ONLY	
Best Choice	Food Club
Lucerne	Our Family
Hy-Vee	
Low Moisture Mozzarella Ball: Low Fat and Whole Milk	
Lucerne	
Do Not Buy: cubes or individually wrapped <u>slices</u> , 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	
Tofu 14 and 16 oz	
Simple Truth Organic Firm, Extra Firm	
House Foods Tofu Premium Firm, Extra Firm	
Nasoya Organic Super Firm	
Azumaya Tofu Extra Firm, Firm	

GLUTEN FREE AND VEGETARIAN WIC FOODS

Many WIC foods are naturally gluten free and/or vegetarian but they may not be labeled that way. It is important to read the ingredient label. If you need help, ask your WIC nutritionist, call the company that manufactured the food, or visit their website.

If you think you might have celiac disease or gluten sensitivity, talk to your doctor about testing before you eliminate gluten-containing foods from your meal plan. This is the only way to make sure you get an accurate medical diagnosis and protect your long-term health.

BREAKFAST CEREALS—8 OZ OR LARGER PACKAGES V		
COLD CEREAL		
CHOOSE FROM THESE BRANDS		* WHOLE GRAIN
GREAT VALUE: Frosted Shredded Wheat*, Bran Flakes*, O’s*, Multigrain O’s*, Corn Squares, Corn Flakes, Rice Squares, Crispy Rice, Crunchy Honey Oats, Wheat Squares*	GENERAL MILLS: Kix*, Berry Berry Kix*, Honey Kix*, Whole Grain Total*, Wheaties*, Fiber One Honey Clusters*, Wheat Chex*, Blueberry Chex, Cinnamon Chex, Corn Chex., Vanilla Chex, Rice Chex, Cheerios*, Multigrain Cheerios* Multigrain Strawberry Cheerios, Wheaties Protein: Maple Almond and Honey Pecan, Cheerios Veggie Blends: Apple Strawberry and Blueberry Banana	IGA: Bran Flakes*, Tasteeos*, Corn Flakes, Rice Squares, Rice Biscuits, Crispy Rice, Frosted Shredded Wheat, Shredded Wheat
HY-VEE: Wheat Squares*, Frosted Shredded Wheat Plain*, Blueberry* or Strawberry*, Bran Flakes*, Tasteeos*, Multigrain Tasteeos*, Simple Living Oat Squares*, Nutty Nuggets*, Corn Squares, Corn Flakes, Crispy Hexagons, Rice Squares, Crispy Rice, Oats & More Almonds, Oats & More Honey, Essentially You, Toasted Corn, Toasted Rice, Balanced Living Multigrain, Fiber Nuts	MALT O MEAL: Frosted Mini Spooners*, Straw- berry Mini Spooners*, Crispy Rice	MARKET PANTRY: Corn Flakes, Toasted Rice, Oat Squares, Toasted Oats
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, Multigrain Honey Crisp Medley	POST: Grape Nuts*, Grape Nuts Flakes*, Great Grains Banana Nut Crunch*, Great Grains Crunchy Pecan,* Honey Bunches of Oats: Whole Grain Honey Crunch*, Whole Grain Almond Crunch*, Vanilla Bunches*, Honey Roasted, Pecan & Maple Brown Sugar, Cinnamon Bunches, with Almonds	THAT’S SMART: Bran Flakes, Toasted Oats, Crisp Rice, Corn Flakes
OUR FAMILY: Wheat Biscuits*, Frosted Shredded Wheat Plain* or Strawberry*, Bran Flakes*, Mul- tigrain Toasted Oats*, 4 Corner Crunch*, Nutty Nuggets*, Toasted Oats*, Corn Biscuits, Corn Flakes, Crunchy Corn & Rice, Crispy Rice, Honey Oats & Flakes Almonds, Oats & More with Honey, Crispy Hexagons, Rice Biscuits _{GF} , Essentially You	FOOD CLUB: Toasted Oats*, Wheat Squares*, Frosted Shredded Wheat*, Strawberry FSW*, Bran Flakes*, Corn Squares, Corn Flakes, Rice Squares Crisp Rice, Honey & Oats with Clusters, Honey & Oats with Almonds, Oat Squares*, Shredded Wheat*, Twin Grain Crisp	KELLOGG’S: Special K Protein Honey Almond Ancient Grains*, Special K Protein Multigrain Cinnamon*, Special K Original, Rice Krispies, Corn Flakes, Crispix, Frosted Mini Wheats (FMW)*, Frosted Mini Wheats Little Bites (FMWLB)*, FMWLB Chocolate, FMW Touch of Fruit Raspberry*, Frosted Mini Wheats Bite Size (FMWBS) Blueberry*, FMWBS Strawberry*, FMWBS Cinnamon Roll*, FMWBS Pumpkin Spice*, FMWBS Filled Mixed Berry*, FMWBS Blueberry Muffin, All Bran Complete Wheat Bran Flakes*, Complete Bran, Unfrosted MW, FMW Blueberry Muffin
GRAIN BERRY: Toasted Oats, Apple Cinnamon Toasted Oats, Cinnamon Frosted Shredded Wheat	BEST CHOICE: Wheat Crisps*, Wheat Flakes*, Bite Size Frosted Shredded Wheat Plain*, BSFSW Ma- ple Brown Sugar*, Strawberry*, Frosted Shredded Wheat (FSW), FSW Strawberry, Bran Flakes*, Happy O’s*, Multigrain Happy O’s*, Corn Crisps, Corn Flakes, Crispy Corn & Rice, Rice Crisps, Crisp Rice, Honey Oat Clusters (HOC), HOC Almonds, Live Life 100%, Nutty Nuggets	SUNBELT BAKERY: Simple Granola*
FAREWAY: Wheat Squares*, Frosted Shredded Wheat*, Bran Flakes*, Tasteeos*, Multigrain Tasteeos*, Oat Squares*, Corn Squares, Corn Flakes, Crispy Hexagons, Rice Squares, Crispy Rice		ALWAYS SAVE: Toasted Oats*, Crisp Rice, Corn Flakes, Frosted Shredded Wheat*
		QUAKER: Life Original*, Oatmeal Squares: Brown Sugar*, Cinnamon*, Honey Nut
		SIGNATURE SELECT/SIGNATURE KITCHENS: Bran Flakes*, Toasted Oats*, Nutty Nuggets*, Corn Pockets, Corn Flakes, Rice Pockets, Crispy Rice, Oats & More Almonds, Frosted Shredded Wheat, Shredded Wheat, Live It Up, Oats & More Honey
HOT CEREAL		
INSTANT OATMEAL ORIGINAL PLAIN* 9 oz or Larger Packages	CREAM OF WHEAT: Instant, 1 minute, 2 ½ minute, 10 minutes or Whole Grain Instant*	
Quaker	Hy-Vee	COCO WHEATS: Original
Best Choice	Our Family	QUAKER: Instant Grits: Original or Butter
Kroger	IGA	MALT O MEAL: Original or Chocolate
Food Club	Signature Kitchens	Cream of Rice: Original or Instant
* Use Cereal benefits to buy box of Individual packets		

WHOLE WHEAT AND WHOLE GRAIN CHOICES			
100% WHOLE WHEAT and WHOLE GRAIN BREAD 8 –48 OZ		Do Not Buy: any other brand or type of bread	
Kroger: 100% WW 16 and 24 oz, 100% WW Hamburger Buns, 100% WW Sandwich Slims, 100% WW Slider Buns, Round Top 100% WW 16 and 24 oz,		Our Family: 100% WW 16 oz, Country Style 100% WW 24 oz	Pepperidge Farm Swirl: 100% WW Cinnamon Raisin 16 oz
Nature’s Own : 100% WW 20 oz, 100% WW Sugar Free 16 oz, 100% WW with Honey 16 oz, 100% WW Hamburger Buns 15 oz, 100% Whole Grain 20 oz		Village Hearth: 100% WW Hamburger Buns 15 oz, 100% WW 16 and 20 oz	Sam’s Choice: WW Greek Style Pita 17 oz, WW Pita Pocket 9 oz
Great Value: 100% WW Roundtop 20 oz, 100% WW 24 oz, 100% WW Hamburger Buns 14 oz, 100% WW Hot Dog Buns 14 oz, 100% WW Honey 24 oz		Signature Select: 100% WW English Muffin 12 oz, 100% WW 24 oz	Franz: 100% Thinwiches 12 oz
Kroger Market & Mill: 100% WW Bakery 20 oz, 100% WW Artisan Style 20 oz		Thomas: 100% WW Bagels 6 ct	Hy-Vee, Wonder, Sara Lee: 100% WW 16 and 20 oz
IGA, Best Choice, Family Choice, Ozark Hearth:, Fareway, Signature Kitchens: 100% WW 16 oz			
Pepperidge Farm:100% WW Very Thin 16 oz, Light Style, 100% WW Farmhouse 24 oz,100% WW Deli Flats 12 oz, Light Style Soft Wheat 16 oz, WG 15 Grain 24 oz, WG Honey Wheat 24 oz, WG Oatmeal 24 oz, Thin Sliced WG 15 Grain 14 and 22 oz, Farmhouse WG White 24 oz			
Private Selection: 100% WW 24 oz, 100% WW Wide Pan 24 oz, !00% WW Sugar Free Wide Pan 24 oz, 100% WW Sugar Free 24 oz			
Orowheat: 100% Whole Wheat Hamburger Buns 16 oz, 100% Whole Wheat Hot Dog Buns 16oz, 100% Sandwich Thins 12 oz, 100% WW 24 oz			
Brown Berry: 100% WW Hamburger Buns 16 oz, 100% Whole Wheat Wide Pan 24 oz, 100% WW Sandwich Thins 12 oz, 100% Small Slices 18 oz			
SOFT CORN TORTILLAS GF 8 - 32 OZ			
CHOOSE FROM THESE BRANDS		White or Yellow Corn	
Mama Lupes: 16 oz	Hy-Vee 16 oz	La Banderita 16 and 24 oz	Mission White 8 oz and Yellow Corn 16 oz
Candy’s Corn 8 oz	Guerrero 16 oz	Kroger 24 oz	Our Family White and Yellow Corn 16 oz
Fareway 16 oz	Best Choice 16 oz	Frescados 16 oz and 27.5 oz	Signature Select White Corn 25 oz
La Favorita 8 oz	Bueno 8 oz	Chi-Chi’s White Corn 16 oz	IGA: White Corn 16 oz
Great Value 25 oz	La Burrita 8 and 16 oz		
Do Not Buy: Tostadas or Taco Shells			
100% WHOLE WHEAT TORTILLAS 8 - 32 OZ			
CHOOSE FROM THESE BRANDS Can be any style such as Fajita, Soft Taco, etc.			
Frescado’s 16 oz	Food Club 16 oz	Our Family 16 oz	
Chi-Chi’s 16 oz	Kroger 16 oz	Ortega 16 oz	
Mission 16 oz; Carb Balance 8 oz	Hy-Vee 16 oz	Fareway 16 oz	
Great Value 16 oz	Best Choice 16 oz	Mama Lupe’s 16 oz	
La Banderita 16 oz	Market Pantry 16 oz	Signature Select /Kitchens: 16 oz	
Mi Mama’s Low Carb 8 oz			
Do Not Buy: White Flour Tortillas			
BROWN RICE, WILD RICE , QUINOA and Oats 8 to 32 oz GF, V			
Brown Rice CHOOSE ANY BRAND Bag or Box		Oats Mom’s Best, Better Oats Organic, Quaker	
Regular, Instant or Quick Cooking		Quinoa Great Value Organic, O Organics	Quick, rolled or Old Fashioned oats
Do Not Buy: white rice or rice with added seasonings		*Use whole grain benefits to buy oats in box, bag or tub	
100 % WHOLE WHEAT PASTA 16 OZ			
CHOOSE FROM THESE BRANDS		All shapes allowed	
Barilla	Fareway	Kroger	Great Value
Ronzoni	Racconto	Our Family	Signature Select
Food Club	Good & Gather	Hodgson Mill	
Great Value	Signature Select	Hy-Vee	
Do Not Buy: Gluten Free or made from rice, corn, or vegetables, added sugars, fats, oils or salt			

Nut and Seed Butters & Beans GF, V			
NUT AND SEED BUTTERS 16-18 OZ JAR		CANNED BEANS 15-16 OZ CAN	
Peanut Butter– Store Brand –Okay to buy: creamy, chunky, crunchy or smooth. Salted or unsalted; low-sugar or reduced sugar Other brand choices: Peter Pan (Creamy, Crunch), Jif (Creamy, Extra Crunchy), Skippy (Creamy, Super Chunk), Smart Way (Creamy), Private Selection (Creamy Dark Roast) 			

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.

BABY FOOD FRUITS & VEGETABLES GF, V

4 OZ JARS , TWO-PACKS , 8 AND 16 TWO-PACKS OF 4 OZ JARS, 16 4 OZ JARS

CHOOSE FROM THESE BRANDS: Any plain fruits or vegetables, Single flavor mixed varieties

Beech-Nut Naturals

Beech-Nut Classics

Gerber

Parent's Choice (just Two Packs)

Tippy Toes (just individual jars)

One 2 pack equals two jars

Eight 2 packs equals 16 jars

Sixteen 2 packs equals 32 jars

16 pack of 4 oz jars

A box of Beech-Nut Naturals baby food, labeled 'natural for baby' and 'mixed fruits'. It shows two 4 oz jars inside the box.

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Two individual 4 oz jars of Beech-Nut baby food. One is labeled 'Beech-Nut naturals' and the other 'Tippy Toes baby food'.

A box of Gerber fruit & veggies variety pack, labeled '8 VARIETY PACK' and '8 X 8 OZ'. It shows eight individual 8 oz jars inside the box.

A box of Gerber magical adventures variety pack, labeled '16 VARIETY PACK'. It shows sixteen individual 4 oz jars inside the box.

A box of Beech-Nut Naturals 16-pack of 4 oz jars, labeled '16 jars' and 'fruit & vegetable variety pack'. It shows sixteen individual 4 oz jars inside the box.

INFANT CEREAL 8 OZ CONTAINER	
CHOOSE FROM THESE BRANDS:	
Gerber	
Oatmeal	Multigrain
Do Not Buy: Rice cereal, added fruit, yogurt, milk, formula; DHA/ARA, jars, pouches	

INFANT MEATS	
For fully breastfed babies	
CHOOSE FROM THESE BRANDS: 2.5 oz jars - individual and 12 packs , Single meat with broth or gravy	
Beech-Nut	Gerber
Tippy Toes (only individual jars)	
Do Not Buy: meat sticks, dinners or graduates; added DHA; added sugar, salt, rice, fruit or vegetables	
12 pack of 2.5 oz jars	
	

YOGURT GF	
For Children 1 year of age	WHOLE MILK YOGURT
CHOOSE FROM THESE BRANDS (32 oz Container):	
Better Goods: Plain, Strawberry and Cream, Honey Vanilla, Pineapple Upside Down Cake	
Chobani Greek: Plain	Lucerne: Plain, Strawberry, Vanilla, Greek Plain
Dannon: Plain, Vanilla, Strawberry	Open Nature: Greek Plain
Kroger: Plain, Vanilla, Greek Plain, Greek Vanilla	Good & Gather: Greek Plain, Greek Vanilla Honey
Mountain High: Plain, Vanilla, Strawberry	Simply Balanced: Greek Plain, Greek Vanilla Honey
Food Club: Greek Vanilla	Dannon Oikos: Greek Plain
Fareway: Greek Honey Salted Caramel	
For Children ages 2-5 & Women	LOWFAT OR NONFAT YOGURT
CHOOSE FROM THESE BRANDS (32 oz container):	
Oikos Greek: Plain, Vanilla	Oikos Pro: Plain Oikos Triple Zero: Vanilla, Strawberry
Oikos: Honey Sweetened Plain, Maple Sweetened Plain	Mountain High: Plain, Vanilla Too Good: Plain, Vanilla
Chobani Greek: Plain, Honey Vanilla, Vanilla, Strawberry, Peach, Blueberry	Food Club: Vanilla, Strawberry, Greek Plain, Greek Vanilla, Plain
Dannon: Vanilla, Strawberry, Strawberry Banana, Plain,	Light & Fit: Strawberry, Vanilla, Greek Plain, Greek Vanilla
Market Pantry: Plain, Vanilla	Fareway: Greek Plain, Greek Vanilla
Best Choice: Vanilla, Strawberry, Greek Plain, Greek Vanilla, Plain	
4pk-6 oz: Vanilla, Blueberry, Cherry	
Kroger: Plain, Vanilla, Strawberry, Greek Plain, Greek Vanilla	Kroger Carbmaster: Strawberry, Peach, Vanilla
Our Family: Vanilla, Strawberry, Peach, Blueberry, Plain, Greek Plain, Greek Vanilla	Lucerne: Plain, Vanilla, Peach, Greek Honey, Strawberry, Greek Plain, Greek Vanilla
Simply Balanced: Greek Plain, Greek Vanilla	Open Nature Greek: Plain, Vanilla, Strawberry
Good and Gather: Greek Plain, Greek Vanilla	
Yoplait: Harvest Peach, Blueberry, Vanilla, Plain, Strawberry-Banana, Strawberry, Greek Plain, Greek Vanilla	
Yoplait Kids (8—4oz cups): Strawberry Banana/Raspberry, Strawberry/Blueberry, Strawberry/Cotton Candy, Strawberry/Strawberry Banana, Strawberry/Berry, -Wild Berry/Cotton Candy	
Yoplait GO-GURT (8-2 oz tubes): Simply Vanilla/Raspberry, Simply Mixed Berry/Strawberry Banana, Simply Strawberry/Mixed Berry, Protein Berry. Protein Strawberry	
(16-2 oz tubes): Simply Strawberry/Mixed Berry, Protein Strawberry/Fruit Punch	
Do Not Buy: any other brand or size of yogurt, drinkable yogurt or yogurt with mix-in ingredients such as granola, candy or nuts	

FISH GF	
For Toddlers, Children and Women	
CHOOSE ANY BRAND	
Light Tuna (water or oil packed), Pink Salmon (with or without bones), Sardines, Mackerel (Atlantic and Chub)	
2.5 to 30 oz cans, pouches, multipacks	
Can be in water or oil; Can be plain or flavored	
Do Not Buy: Albacore, Chunk White, Solid White Tuna; Red Salmon, Organic	
