

100% JUICE – 64 OZ PLASTIC BOTTLE GF, V	
FOR CHILDREN AND WOMEN	
CHOOSE FROM THESE BRANDS & FLAVORS	
Juicy Juice: All single flavors, Fruit Punch and Tropical	Old Orchard: All single flavors of 100% Juice, IH Tropical
Motts: Apple	Motts Sensibles: Apple
Campbell’s: Tomato, any variety	V8: 100% Vegetable, any variety
Tree Top: Apple	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	
Always Save: Apple, Grape	
Best Choice: Apple, Apple Cider, Berry, Cherry, Cranberry, Grape, Grapefruit, Pineapple, Punch, White Grape, Tomato, Vegetable	
Fareway: Apple, Grape, Vegetable	
Great Value: Apple, Grape, White Grape, Tomato, Vegetable, Orange, Pear, Pineapple	
Hy-Vee: Apple, Apple with Calcium, Grape, White Grape, Cranberry, Orange, Pineapple, Grapefruit, Vegetable, Tomato Hy-Vee Just Juice: All Single Flavors, Just Juice Punch	
IGA: Apple, Grape, White Grape, Tomato, Pineapple	
Kroger: Apple, Grape, White Grape, Cranberry, Grapefruit, Pineapple, Tomato, Vegetable, Low Sodium Vegetable, Spicy Vegetable, Ruby Red Grapefruit, Orange (Homestyle and Calcium Fortified)	
Market Pantry: Apple, White Grape, Grape, Orange	
Our Family: Apple, Fresh Pressed Apple, Fresh Pressed Apple Cider, Grape, White Grape, Grapefruit, Cranberry, 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, Grapefruit, White Grapefruit, Orange, Pineapple, Tomato, Vegetable, Low Sodium Vegetable	
Ocean Spray: Apple, Blackberry, Concord Grape, Cranberry	
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: - ORGANIC - Any variety of fresh fruit or vegetables; whole, pre-cut or packaged - Any variety of frozen fruits or vegetables - Fresh herbs that are in consumable form - Any variety of canned fruits, juice or water packed - Any variety of canned vegetables - Regular or low sodium - Pastes, purees, whole, diced or crusted tomatoes	
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 - Nuts; dried fruit; dried vegetables; decorative fruit or vegetables - Fresh salsa or guacamole	
- Jarred Salsa without added sugars, fats, oils, lard, cheese or cream - Party trays without non-fruit or vegetable items like dips - Salad or mixed greens in a bag or plastic container without dressing - Applesauce (unsweetened and cinnamon)	
- Some spices and herbs - Added dips, sauces, herbs or spices - Fruits and vegetables with added sugars, fats or oils	

Effective October 1st, 2025

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

PLANT-BASED MILK BEVERAGE GF, V

CHOOSE FROM THESE BRANDS ONLY:

8th Continent Soy Milk: Original —64 oz Refrigerated

Pacific Ultra Soy: Original - 32 oz Shelf Stable

Silk Soy Milk: Original – Refrigerated or 64 oz Shelf Stable ; Vanilla—64 oz Refrigerated

Better Goods Original—64 oz Refrigerated

Ripple and Ripple Kids Original, Unsweetened Original

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

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

CHOOSE FROM THIS BRAND ONLY

Lucerne

Do Not Buy: cubes or individually wrapped slices. 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*, Tosteeos*, 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*, Tosteeos*, Multigrain Tosteeos*, 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, 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		SUNBELT BAKERY: Simple Granola*
FAREWAY: Wheat Squares*, Frosted Shredded Wheat*, Bran Flakes*, Tosteeos*, Multigrain Tosteeos*, Oat Squares*, Corn Squares, Corn Flakes, Crispy Hexagons, Rice Squares, Crispy Rice	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	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 Arti- san 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	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		FF Refried beans
	Do Not Buy: baked beans or chili beans		
DRIED BEANS 16 OZ BAG			
Do Not Buy: peanut butter spread, natural or all-natural, reduced fat, organic. Added ingredients such as honey, jelly, or chocolate.	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.			

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

This image shows a comparison between two Beech-Nut products. On the left is a 2-pack of Beech-Nut Naturals 'apple & raisin' jars, which are 4 oz each. In the center is an equals sign. To the right of the equals sign are two individual jars of Beech-Nut Classics 'apple & raisin' (4 oz each) and one jar of Beech-Nut Classics 'apple & raisin' (8 oz). Below these is a box of Gerber 'fruit & veggies' Variety Pack, which contains 8 x 8 oz jars.

This image shows a box of Gerber 'Tropical Adventure' Variety Pack. The box is blue and features images of various tropical fruits. It contains 16 x 4 oz jars of different fruit and vegetable flavors.

This image shows a box of Beech-Nut Naturals 'fruit & vegetable variety pack'. The box is green and features images of various fruits and vegetables. It contains 16 x 4 oz jars of different fruit and vegetable flavors.

INFANT CEREAL 8 OZ CONTAINER

CHOOSE FROM THESE BRANDS:

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			
			