NEBRASKA WIC PROGRAM

APPROVED FOOD LIST

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

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

Pacific Ultra Soy: Original - 32 oz Shelf Stable

Better Goods Original—64 oz Refrigerated

Ripple and Ripple Kids: Original and 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

HEALTHY FOOD
HEALTHY KID
HAPPY FAMILY

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*

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

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

OUR FAMILY: Wheat Biscuits*, Frosted Shredded Wheat Plain* or Strawberry*, Bran Flakes*, Multigrain 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

GRAIN BERRY: Toasted Oats, Apple Cinnamon Toasted Oats, Cinnamon Frosted Shredded Wheat

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

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

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

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

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

BEST CHOICE: Wheat Crisps*, Wheat Flakes*, Bite Size Frosted Shredded Wheat Plain*, BSFSW Maple 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

IGA: Bran Flakes*, Tasteeos*, Corn Flakes, Rice Squares, Rice Bisquits, Crispy Rice, Frosted Shredded Wheat, Shredded Wheat

MARKET PANTRY: Corn Flakes, Toasted Rice, Oat Squares, Toasted Oats

THAT'S SMART: Bran Flakes, Toasted Oats, Crisp Rice, Corn Flakes

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

SUNBELT BAKERY: Simple Granola*

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

Quaker	**Hy-Vee**
Best Choice	**Our Family**
Kroger	**IGA**
Food Club	**Signature Kitchens**

*** Use Cereal benefits to buy box of Individual packets**

CREAM OF WHEAT: Instant, 1 minute, 2 ½ minute, 10 minutes or Whole Grain Instant*

COCO WHEATS: Original

QUAKER: Instant Grits: Original or Butter

MALT O MEAL: Original or Chocolate

Cream of Rice: Original or Instant

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 Regular, Instant or Quick Cooking Do Not Buy: white rice or rice with added seasonings	**Quinoa** Great Value Organic, O Organics	**Oats** Mom's Best, Better Oats Organic, Quaker Quick, rolled or Old Fashioned oats *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

Peanut Butter– Store Brand-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		FF Refried beans

Do Not Buy: baked beans or chili beans

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.

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 — One 2 pack equals two jars



Beech-Nut Classics — Eight 2 packs equals 16 jars



Gerber — Sixteen 2 packs equals 32 jars



Parent's Choice (just Two Packs)

Tippy Toes (just individual jars) — 16 pack of 4 oz jars



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):	
Great Value: Greek Plain	**Hy-Vee:** Greek Plain
Chobani Greek: Plain	**Lucerne:** Plain, Strawberry, Vanilla, Greek Plain
Dannon: Plain	**Open Nature**: Greek Plain
Kroger: Plain, Greek Plain	**Good & Gather:** Greek Plain
Mountain High: Plain, Vanilla, Strawberry	**Simply Balanced:** Greek Plain, Greek Vanilla Honey
Better Goods: Plain	**Dannon Oikos:** Greek Plain

For Children ages 2-5 & Women	LOWFAT (LF) OR NONFAT(NF) YOGURT
CHOOSE FROM THESE BRANDS (32 oz container):	
Oikos Greek: Plain (NF), Vanilla (NF)	**Oikos Pro (LF):** Plain, Vanilla **Oikos Triple Zero (NF):** Vanilla, Strawberry
Oikos: Plain	**Mountain High (NF/LF):** Plain, Vanilla **Too Good:** Plain, Vanilla
Chobani Greek: Plain (NF/LF), Honey Vanilla (LF), Zero Sugar Vanilla (NF), Madagascar Vanilla and Cinnamon (LF), Zero Sugar Strawberry (NF), Vanilla (NF) Strawberry (NF)	**Food Club:** Vanilla (NF/LF), Strawberry (LF), Greek Plain (NF), Plain (NF/LF)
Dannon: Vanilla (LF), Plain (NF/LF)	**Light & Fit (NF):** Strawberry, Vanilla, Greek Plain, Greek Vanilla
Market Pantry: Plain (LF/NF), Vanilla (LF)	**Fareway (NF):** Greek Plain, Greek Vanilla
Best Choice: Vanilla (LF), Strawberry (LF), Greek Plain (NF), Greek Vanilla (NF), Plain (NF), Peach (LF), Strawberry Banana (LF)	**Great Value:** Greek Plain (NF), Vanilla (NF), Greek Vanilla (NF), Plain (NF)
Kroger: Plain (NF/LF, Vanilla, Strawberry (NF), Greek Plain (NF), Greek Vanilla (NF)	**Kroger Carbmaster (LF):** Strawberry, Peach, Vanilla
Our Family: Peach (LF), Blueberry (LF), Strawberry (LF), Plain (NF), Greek Plain (NF), Greek Vanilla (NF), Vanilla (NF/LF),	**Lucerne:** Plain (NF/LF), Vanilla (NF), Greek Plain (NF), Greek Vanilla (NF) Strawberry (LF)
Simply Balanced (NF): Greek Plain, Greek Vanilla	**Open Nature Greek:** Plain (NF/LF), Vanilla (NF)
Good and Gather (NF): Greek Plain, Greek Vanilla	**Yoplait:** Plain (NF), Greek Plain (NF), Blueberry (LF), Harvest Peach (LF), Strawberry (LF), Strawberry Banana (LF), Vanilla (LF)

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







100% JUICE – 64 OZ PLASTIC BOTTLE GF, V

FOR CHILDREN AND WOMEN

CHOOSE FROM THESE BRANDS & FLAVORS

Juicy Juice: All single flavors , Fruit Punch, 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 Juice with added Calcium, Grape Juice 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**
- **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)**

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
- Some spices and herbs
- Added dips, sauces, herbs or spices
- Fruits and vegetables with added sugars, fats or oils