

FOR CHILDREN AND WOMEN

CHOOSE FROM THESE BRANDS & FLAVORS

<b>Juicy Juice:</b> All single flavors, Fruit Punch and Tropical	<b>Old Orchard:</b> All single flavors of 100% Juice, IH Tropical
<b>Motts:</b> Apple	<b>Motts Sensibles:</b> Apple
<b>Campbell's:</b> Tomato, any variety	<b>V8:</b> 100% Vegetable, any variety
<b>Tree Top:</b> Apple	<b>Libby's:</b> Pineapple
<b>That's Smart:</b> Grape	<b>Freedom's Choice:</b> Apple
<b>Smart Way:</b> Apple	<b>Hiland:</b> Orange
<b>Welch's:</b> Grape, Grape with Added Calcium, Grape with fiber, White Grape, Red Grape	
<b>Always Save:</b> Apple, Grape	
<b>Best Choice:</b> Apple, Apple Cider, Berry, Cherry, Cranberry, Grape, Grapefruit, Pineapple, Punch, White Grape, Tomato, Vegetable	
<b>Fareway:</b> Apple, Grape, Vegetable	
<b>Great Value:</b> Apple, Grape, White Grape, Tomato, Vegetable, Orange, Pear, Pineapple	
<b>Hy-Vee:</b> Apple, Apple with Calcium, Grape, White Grape, Cranberry, Orange, Pineapple, Grapefruit, Vegetable, Tomato	
<b>Hy-Vee Just Juice:</b> All Single Flavors, Just Juice Punch	
<b>IGA:</b> Apple, Grape, White Grape, Tomato, Pineapple	
<b>Kroger:</b> Apple, Grape, White Grape, Cranberry, Grapefruit, Pineapple, Tomato, Vegetable, Low Sodium Vegetable, Spicy Vegetable, Ruby Red Grapefruit, Orange (Homestyle and Calcium Fortified)	
<b>Market Pantry:</b> Apple, White Grape, Grape, Orange	
<b>Our Family:</b> Apple, Fresh Pressed Apple, Fresh Pressed Apple Cider, Grape, White Grape, Grapefruit, Cranberry, Pineapple, Orange, Tomato, Vegetable	
<b>Food Club:</b> Apple, Grape, White Grape, Tomato, Pineapple, Spicy Vegetable, Vegetable, Orange	
<b>Signature Select/Signature Kitchens:</b> Apple, Apple Cider, Grape, White Grape, Cranberry, Grapefruit, White Grapefruit, Orange, Pineapple, Tomato, Vegetable, Low Sodium Vegetable	
<b>Ocean Spray:</b> 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

# NEBRASKA WIC PROGRAM

No organic unless noted

## APPROVED FOOD LIST

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<sup>th</sup> 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

EGGS—ONE DOZEN GF

Medium or Large White Eggs CHOOSE ANY BRAND

Cage Free Large Eggs: Clearly by Best Choice, Egglard'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\*

**HY-VEE:** Wheat Squares\*, Frosted Shredded Wheat Plain\*, Blueberry\* or Strawberry\*, Bran Flakes\*, Tostitos\*, Multigrain Tostitos\*, 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<sub>GF</sub>, Essentially You

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

**FAREWAY:** Wheat Squares\*, Frosted Shredded Wheat\*, Bran Flakes\*, Tostitos\*, Multigrain Tostitos\*, 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\*, Tostitos\*, Corn Flakes, Rice Squares, Rice Biscuits, 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

**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

\* 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**

<b>Kroger:</b> 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,	<b>Our Family:</b> 100% WW 16 oz, Country Style 100% WW 24 oz	<b>Pepperidge Farm Swirl:</b> 100% WW Cinnamon Raisin 16 oz
<b>Nature's Own :</b> 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	<b>Village Hearth:</b> 100% WW Hamburger Buns 15 oz, 100% WW 16 and 20 oz	<b>Sam's Choice:</b> WW Greek Style Pita 17 oz, WW Pita Pocket 9 oz
<b>Great Value:</b> 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	<b>Signature Select:</b> 100% WW English Muffin 12 oz, 100% WW 24 oz	<b>Franz:</b> 100% Thinwiches 12 oz
<b>Kroger Market &amp; Mill:</b> 100% WW Bakery 20 oz, 100% WW Artisan Style 20 oz	<b>Thomas:</b> 100% WW Bagels 6 ct	<b>Hy-Vee, Wonder, Sara Lee:</b> 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, 100% 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**

<b>CHOOSE FROM THESE BRANDS</b>		White or Yellow Corn	
<b>Mama Lupes:</b> 16 oz	<b>Hy-Vee</b> 16 oz	<b>La Banderita</b> 16 and 24 oz	<b>Mission</b> White 8 oz and Yellow Corn 16 oz
<b>Candy's Corn</b> 8 oz	<b>Guerrero</b> 16 oz	<b>Kroger</b> 24 oz	<b>Our Family</b> White and Yellow Corn 16 oz
<b>Fareway</b> 16 oz	<b>Best Choice</b> 16 oz	<b>Frescados</b> 16 oz and 27.5 oz	<b>Signature Select</b> White Corn 25 oz
<b>La Favorita</b> 8 oz	<b>Bueno</b> 8 oz	<b>Chi-Chi's</b> White Corn 16 oz	<b>IGA:</b> White Corn 16 oz
<b>Great Value</b> 25 oz	<b>La Burrita</b> 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.

<b>Frescado's</b> 16 oz	<b>Food Club</b> 16 oz	<b>Our Family</b> 16 oz
<b>Chi-Chi's</b> 16 oz	<b>Kroger</b> 16 oz	<b>Ortega</b> 16 oz
<b>Mission</b> 16 oz; Carb Balance 8 oz	<b>Hy-Vee</b> 16 oz	<b>Fareway</b> 16 oz
<b>Great Value</b> 16 oz	<b>Best Choice</b> 16 oz	<b>Mama Lupe's</b> 16 oz
<b>La Banderita</b> 16 oz	<b>Market Pantry</b> 16 oz	<b>Signature Select /Kitchens:</b> 16 oz

**Do Not Buy: White Flour Tortillas**

**BROWN RICE, WILD RICE, QUINOA and Oats 8 to 32 oz GF, V**

<b>Brown Rice CHOOSE ANY BRAND</b> Bag or Box	<b>Quinoa</b>	<b>Oats</b> Mom's Best, Better Oats Organic, Quaker
Regular, Instant or Quick Cooking	Great Value Organic, O Organics	Quick, rolled or Old Fashioned oats
<b>Do Not Buy: white rice or rice with added seasonings</b>		*Use whole grain benefits to buy oats in box, bag or tub

**100 % WHOLE WHEAT PASTA 16 OZ**

<b>CHOOSE FROM THESE BRANDS</b>		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

<b>Beech-Nut Naturals</b>	<b>Beech-Nut Classics</b>	<b>Gerber</b>	<b>Parent's Choice ( just Two Packs)</b>	<b>Tippy Toes (just individual jars)</b>
One 2 pack equals two jars	Eight 2 packs equals 16 jars		Sixteen 2 packs equals 32 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):**

<b>Great Value:</b> Greek Plain	<b>Hy-Vee:</b> Greek Plain
<b>Chobani Greek:</b> Plain	<b>Lucerne:</b> Plain, Strawberry, Vanilla, Greek Plain
<b>Dannon:</b> Plain , Greek Plain	<b>Open Nature:</b> Greek Plain
<b>Kroger:</b> Plain, Greek Plain	<b>Good &amp; Gather:</b> Greek Plain
<b>Mountain High:</b> Plain, Vanilla, Strawberry	<b>Simply Balanced:</b> Greek Plain, Greek Vanilla Honey
<b>Better Goods:</b> Plain	<b>Dannon Oikos:</b> Greek Plain

**For Children ages 2-5 & Women**

**LOWFAT (LF) OR NONFAT YOGURT (NF)**

**CHOOSE FROM THESE BRANDS (32 oz container):**

<b>Oikos Greek (NF):</b> Plain, Vanilla	<b>Oikos Pro (LF):</b> Plain, Vanilla <b>Oikos Triple Zero (NF):</b> Vanilla, Strawberry
<b>Oikos (NF):</b> Plain	<b>Mountain High (NF/LF):</b> Plain, Vanilla <b>Too Good (LF):</b> Plain, Vanilla
<b>Chobani Greek:</b> Plain (NF/LF), Honey Vanilla (LF), Zero Sugar Vanilla (NF), Madagascar Vanilla and Cinnamon (LF), Zero Sugar Strawberry (NF), Vanilla (NF) Strawberry (NF)	<b>Food Club:</b> Vanilla (NF/LF), Strawberry (LF), Greek Plain (NF), Plain (NF/LF)
<b>Dannon:</b> Vanilla (LF), Plain (NF/LF)	<b>Light &amp; Fit (NF):</b> Strawberry, Vanilla, Greek Plain, Greek Vanilla
<b>Market Pantry:</b> Plain (NF), Vanilla (NF/LF)	<b>Fareway (NF):</b> Greek Plain, Greek Vanilla
<b>Best Choice:</b> Vanilla (LF), Strawberry (LF), Greek Plain (NF), Greek Vanilla (NF), Plain (NF), Peach (LF), Strawberry Banana (LF)	<b>Great Value:</b> Greek Plain (NF), Vanilla (NF), Greek Vanilla (NF), Plain (NF)
<b>Kroger:</b> Plain (NF/LF) Vanilla (NF), Strawberry (NF), Greek Plain (NF), Greek Vanilla (NF)	<b>Kroger Carbmaster (LF):</b> Strawberry, Peach, Vanilla
<b>Our Family:</b> Peach (LF), Blueberry (LF), Strawberry (LF), Plain (NF), Greek Plain (NF), Greek Vanilla (NF), Vanilla (NF/LF),	<b>Lucerne:</b> Plain (NF/LF), Vanilla (NF), Greek Plain (NF), Greek Vanilla (NF) Strawberry (LF)
<b>Simply Balanced (NF):</b> Greek Plain, Greek Vanilla	<b>Open Nature Greek:</b> Plain (NF/LF), Vanilla (NF)
<b>Good and Gather (NF):</b> Greek Plain, Greek Vanilla	<b>Yoplait:</b> 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

