WIC NEBRASKA

Which is WIC-approved?

For the following sets of items, circle the item that is WIC-approved and cross-out the item that is not. Some sets may have items that are both approved or both non-approved.

Whole Wheat Bread

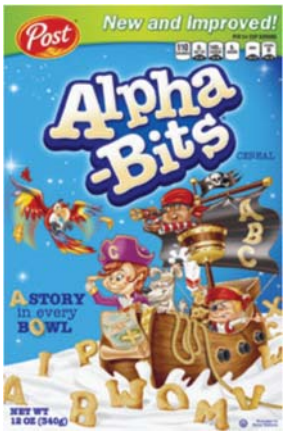
Sara Lee 16 oz. **Sara Lee 20 oz.**

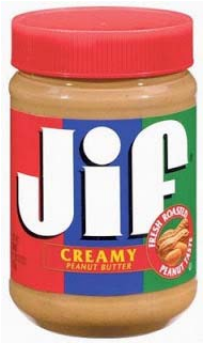
Canned Fish

Pink Salmon 14.75 oz **Light Tuna 4 pack, 20 oz.**

Cheese/Veggies

12 oz. String Cheese **Whole Cucumber**





Cereal/Peanut Butter

Post Alpha-Bits 12 oz. **Jif Creamy PB 16 oz.**

Fruit/Juice

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

Beans/Juice

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

1/30/2019

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Cereal

Cheerios 9 oz. **Cheerios 12 oz.**

Cereal

Original Life 12 oz. **Cinnamon Life 12 oz.**

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.**

Produce

Bag of Potatoes 5 lb. **Garlic Cloves**

Produce–Bagged Lettuce

Spring Mix-Greens Only **Sesame Asian Salad Kit**

1/30/2019