

Infant Cereal

No cereal with added fruit or formula. No organic cereal.



Gerber Infant Cereal

8 ounce or 16 ounce boxes allowed
Plain rice, oatmeal, barley, or mixed

Nature's Goodness Infant Cereal

8 ounce or 16 ounce boxes allowed
Plain rice, oatmeal, or mixed

Infant Formula

Doctors strongly recommend breastfeeding as the best way to feed babies.

Breastfed babies do not get sick as much and receive health benefits that last a lifetime.

No low-iron formulas.



Similac Advance with Iron

12.9 ounce powder or 13 ounce concentrate

Similac Sensitive with Iron

12.9 ounce powder or 13 ounce concentrate

Similac Isomil Advance with Iron

12.9 ounce powder or 13 ounce concentrate

NOTE: Other formulas allowed if listed on voucher.



WIC Food List

MINNESOTA WOMEN, INFANTS & CHILDREN NUTRITION PROGRAM

Minnesota Department of Health
www.health.state.mn.us/divs/fh/wic/
EFFECTIVE OCTOBER 1, 2007

Questions Ask your WIC staff or call the state WIC office at **1-800-657-3942**. You can also visit the Minnesota Department of Health Website at www.health.state.mn.us/divs/fh/wic/

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Milk

WIC strongly recommends fat free skim or low fat milk for women and children 2 years and older.



GALLONS OR 1/2 GALLONS

- Fat free skim, low fat 1%, reduced fat 2%, whole, pasteurized with vitamin A and D. BGH/BST-free milk or acidophilus milk is OK.
- The following are **only** allowed when listed on WIC voucher:
 - Lactose-reduced or lactose-free (1/2 gallon size only)
 - Powdered (dry)
 - Evaporated (fat free, low fat or whole)
 - Quart-size containers
 - Goat (Meyenberg, Poplar Hill, Nanny's Pride; whole or low fat quarts, pasteurized with vitamin D. Meyenberg evaporated also OK.) **Never use goat milk for infants under 1 year.**

NOT ALLOWED:

- No organic milk
- No buttermilk
- No soy milk
- No chocolate milk
- No flavored milk

Eggs



ANY SIZE EGGS ALLOWED

- Packages of one dozen
- White or brown chicken eggs
- Pasteurized eggs are OK

NOT ALLOWED:

- No organic eggs
- No fertile eggs
- No free range eggs
- No Eggland's Best, Omega, or other specialty eggs

Cheese

WIC strongly recommends lower fat or reduced fat cheeses.



8 OUNCES OR LARGER

- Shredded, finely shredded or cheese packaged in blocks are OK
- OK to buy:
 - American pasteurized processed
 - Brick
 - Cheddar (any type)
 - ColJack
 - Colby
 - Farmer
 - Monterey Jack
 - Mozzarella
 - Muenster
 - Provalone
 - String (plain), sticks or twists OK
 - Swiss
- Mixtures of these cheeses also OK
- Low fat, reduced fat and low sodium cheeses are OK

NOT ALLOWED:

- No sliced, diced, or grated cheese
- No organic cheese
- No "cheese food"
- No cheese spread
- No cheese curds
- No cheese cubes or curls
- No cheese with added seasoning, peppers or other foods
- No deli cheese
- No imported cheese
- No Parmesan
- No Romano
- No Velveeta

Dried Peas, Beans, Lentils



14-16 OUNCE PACKAGES

- Any variety
- Plain, packaged, or bulk

NOT ALLOWED:

- No organic
- No soup mixes
- No seasonings

NOTE: 15-16 ounce canned beans allowed only if listed on voucher. No green, snap, yellow, or wax beans.

Cereals • These brands only. They have the iron you need. No organic cereals. No cereal with added fruit unless listed.

Cereals with have 5 or more grams of fiber per serving.

Cereals with have 100% folic acid.

COLD CEREALS • 8 OUNCES OR LARGER

General Mills Cheerios, plain	General Mills Multi Grain Cheerios, plain	General Mills Corn Chex, plain	General Mills Multi-Bran Chex, plain	General Mills Rice Chex, plain	General Mills Wheat Chex, plain	General Mills Kix, plain	General Mills Whole Grain Total, plain	General Mills Wheaties, plain
Kellogg's Corn Flakes, plain	Kellogg's Crispix, plain	Kellogg's Special K, plain	Kellogg's Frosted Mini-Wheats, Bite Size, plain	Kellogg's Frosted Mini-Wheats, Big Bite, plain	Malt-O-Meal Crispy Rice, plain	Malt-O-Meal Mini Spooners, frosted, plain or maple & brown sugar	Malt-O-Meal Puffed Rice, plain	Malt-O-Meal Scooters, plain
Post Banana Nut Crunch, plain	Post Grape-Nuts, plain	Post Grape-Nuts Flakes, plain	Post Honey Bunches of Oats, honey roasted or with almonds	Post Honey Bunches of Oats, vanilla or cinnamon clusters	Quaker King Vitaman, plain	Quaker Life, plain	Quaker Oatmeal Squares, blue box	Quaker Oatmeal Squares, with cinnamon

Any of the following store brands of these cereals:

- Best Yet
- IGA
- Cub Foods
- Market Pantry
- Flavorite
- Our Family
- Food Club
- Ralston
- Great Valu
- Roundys
- Hospitality
- Shurfine
- Hytop
- Valu Time
- HyVee

Any Store Brand Bran Flakes	Any Store Brand Corn Flakes	Any Store Brand Crisp or Crispy Rice	Any Store Brand Toasted Oats or Tastee's	Any Store Brand Frosted Shredded Wheat, regular & Bite Size (not Post)

HOT CEREALS

Little Crow COCO Wheats	B&G Foods Cream of Wheat 28 oz. or instant original flavor	Malt-O-Meal Original	Malt-O-Meal Chocolate	Quaker Instant Grits regular flavor only individual packets	Quaker Instant Oatmeal regular flavor only individual packets	Any Store Brand Instant Oatmeal regular flavor only individual packets

WAYS TO BUY UP TO 36 OUNCES OF CEREAL

You may combine cereals up to a total of 36 ounces per month.

$$\begin{matrix} 15 \text{ oz. Cereal} & 16 \text{ oz. Cereal} \\ + & \\ \hline 31 \text{ oz.} \end{matrix}$$

$$\begin{matrix} 13 \text{ oz. Cereal} & 21.7 \text{ oz. Cereal} \\ + & \\ \hline 34.7 \text{ oz.} \end{matrix}$$

$$\begin{matrix} 12 \text{ oz. Cereal} & 12 \text{ oz. Cereal} & 12 \text{ oz. Cereal} \\ + & + & \\ \hline 36 \text{ oz.} \end{matrix}$$

$$\begin{matrix} 18 \text{ oz. Cereal} & 18 \text{ oz. Cereal} \\ + & \\ \hline 36 \text{ oz.} \end{matrix}$$

100% Juice

OK to mix canned, bottled, frozen, and non-frozen juice. No organic juices allowed.

FROZEN CONCENTRATE JUICES • 11.5 OR 12 OUNCE

Welch's Grape 100% juice, any flavor, yellow strip	Dole 100% juice, all orange and pineapple	Old Orchard 100% juice, any flavor with 120% of daily Vitamin C, green strip only
Any Brand Orange	Any Brand Grapefruit	Any Brand Apple with 120% of daily Vitamin C

BOTTLED OR CANNED JUICES • 46 OUNCE

Juicy Juice Any flavor, can or bottle	Seneca Grape Any flavor, can or bottle	Welch's Grape Any flavor, 100% juice, can or bottle		

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NON-FROZEN CONCENTRATE JUICES • 11.5 OUNCE

Juicy Juice Any flavor, yellow strip	Welch's Any flavor, 100% juice, yellow strip

NOTE: ONLY ALLOWED IF LISTED ON VOUCHER

- | | |
|----------------------------|---------------------------------------|
| 5.5 - 6 ounce juice | 6.75 ounce or 200 ml. juice |
| • Pineapple, Dole | • Juicy Juice, Any flavor |
| • Orange, Any brand | • Minute Maid, Any flavor, 100% juice |
| • Grapefruit, Any brand | |
| • Tomato, Campbell's | |
| • Vegetable, V8 | |

Peanut Butter

16-18 OUNCE SIZES ONLY

	<ul style="list-style-type: none"> ■ Creamy, crunchy, chunky OK ■ Natural or reduced sugar OK <p>NOT ALLOWED: No organic peanut butter No reduced fat peanut butter No added jams, jellies, chocolate, or honey No peanut butter spread</p>
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Breastfeeding Women ALSO RECEIVE

CARROTS



- Fresh, frozen, or canned
 - Baby-cut OK
- NOT ALLOWED:**
No organic carrots
No sauces or added ingredients

6 OUNCE SIZE TUNA



- Light tuna canned in water or oil
- NOT ALLOWED:**
No Albacore/white tuna
No foil packs or lunch packs/kits of tuna
No organic tuna

Remember, breastfeeding is best for you and your baby.

