



WIC

ALLOWED FOOD GUIDE

2011-2012

This WIC Allowed Food Guide provides a quick look at the foods that are authorized for the Minnesota WIC Program.

This Guide should be used together with the WIC Shopping Guide that all WIC customers receive.

Items in **GREEN** ARE ALLOWED

Items in **RED** ARE NOT ALLOWED

Questions? If you have any questions about the WIC allowed foods, please call us at: 1-800-657-3942, or visit our website at: www.health.state.mn.us/divs/fh/wic/



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fruits

fresh, frozen & canned

FRESH Fruits

Any Variety

- Whole fruits
- Cut fruits
- Organic

NOT ALLOWED

- Salad bar items
- Party trays
- Fruit baskets
- Decorative fruits
- Dried fruits
- Nuts including peanuts
- Fruit/nut mixtures

FROZEN Fruits

Any Size

Any Brand

- Any variety or mixture
- Plain fruits, **no added sugar**
- Any bag or box package
- Organic

NOT ALLOWED

- Sugar
- Artificial sweeteners
- No other ingredients
- Packaged in plastic tubs

CANNED Fruits

Any Size But Single Packs

Any Brand

- Packed in water or juice
- Any plain fruit or fruit mixtures
- Any container type
- Unsweetened applesauce
- Organic

NOT ALLOWED

- Sugar
- Any syrup (heavy, light)
- Nectar, fats or oils
- Artificial sweeteners
- Single serving packages
- Pie filling
- Cranberry sauce

vegetables

fresh, frozen & canned

FRESH Vegetables

Any Variety

- All fresh vegetables except white potatoes (like red, russet or Yukon Gold)
- Whole vegetables
- Cut vegetables
- Sweet potatoes and yams
- Plain bagged salad
- Plain bagged vegetables
- Organic

NOT ALLOWED

- White potatoes (including red, russet and Yukon Gold)
- Salad bar items
- Party trays
- Decorative vegetables
- Fresh pumpkins
- Nuts including peanuts
- Fruit/nut mixtures
- Spices, herbs
- Dried vegetables

FROZEN Vegetables

Any Size But Single Packs

Any Brand

- Any plain variety except white potatoes
- Plain vegetable mixture without white potatoes
- Any package type
- Regular or low sodium
- Sweet potatoes, yams
- Organic

NOT ALLOWED

- Sugar
- White potato products (including French fries, tater tots, hash browns, or other potato shapes)
- Added butter, fats, oils
- Sauces or cheese
- Mixtures with pasta, rice or other items
- Single serving sizes

CANNED Vegetables

Any Variety

Any Brand

- Any plain variety except white potatoes
- Plain vegetable mixture without white potatoes
- Any container type
- Any size
- Regular or low sodium
- Organic

NOT ALLOWED

- Sugar
- Added fats or oils
- White potatoes (including red, russet or Yukon Gold)
- Pickled vegetables

tomatoes

canned

Any Size Metal Can

Any Brand

- Any plain variety
- Whole tomatoes
- Crushed tomatoes
- Diced tomatoes
- Regular or low sodium
- Organic

NOT ALLOWED

- Sugar
- Soups
- Salsa
- Paste
- Sauces including pizza, spaghetti or tomato
- Fats or oils

milk

skim & low fat 1%

Gallons* or Half-Gallons

Any Brand

- Fat free skim
- Low fat 1%
- BGH/BST - free milk

Some vouchers may list:

- Whole milk
- Reduced fat 2% milk
- Lactose-free (1/2 gallon size only)
- Acidophilus milk (1/2 gallon size only)
- Powdered (nonfat dry only)
- Evaporated (fat free, low fat or whole)
- Quart-size containers
- Goat (whole or low fat quarts, pasteurized with vitamin D)
- Poplar Hill
- Nanny's Pride
- Meyenberg
- Meyenberg evaporated

* Can buy twin packs when 2 gallons are listed

NOT ALLOWED

- Organic milk
- Buttermilk
- Nido or Peak powdered milk
- Chocolate or flavored
- Specialty milk with added nutrients (other than Vitamin A or D)
- Glass bottles

cheese

8 oz or Larger

Any Brand

- Blocks
- Shredded or finely shredded
- Low sodium
- Low or reduced fat

OK to buy these cheeses or mixtures of them:

- Cheddar (any type)
- Colby
- Farmer
- Monterey Jack
- Mozzarella
- Muenster
- Provolone
- String (plain unflavored in an 8 oz or larger package including sticks or twists)
- Swiss

NOT ALLOWED

- American cheese, processed cheese foods or Velveeta
- Sliced
- Diced
- Grated cheese
- Organic cheese
- Cubes
- Cheese spread
- Cheese curds
- Added seasoning, peppers or other foods
- Deli cheese
- Imported cheese
- Parmesan
- Romano

eggs

Large Size Only

Any Brand

- 1 (one) dozen
- White chicken eggs
- Brown chicken eggs

NOT ALLOWED

- Organic eggs
- Fertile eggs
- Eggland's Best
- Omega eggs
- Specialty eggs
- Pasteurized eggs

cereal

cold & hot

COLD Cereals

12 oz or Larger

WIC Allowed Brands

- Banana Nut Crunch Post
- Cheerios General Mills
- Corn Chex General Mills
- Corn Flakes Kellogg's
- Crispix plain Kellogg's
- Crispy Rice plain Malt-O-Meal
- Frosted Mini Wheats big bite Kellogg's
- Frosted Mini Wheats bite size Kellogg's
- Frosted Mini Wheats little bites Kellogg's
- Grape-Nuts plain Post
- Honey Bunches of Oats with almonds Post
- Honey Bunches of Oats cinnamon bunches Post
- Honey Bunches of Oats honey roasted Post
- Honey Bunches of Oats vanilla bunches Post
- Honey Kix General Mills
- Kix General Mills
- Life plain Quaker
- Mini Wheats unfrosted Kellogg's
- Mini-Spooners plain frosted Malt-O-Meal
- Mini-Spooners strawberry cream Malt-O-Meal
- Multi-Grain Cheerios General Mills
- Oatmeal Squares blue box Quaker
- Oatmeal Squares cinnamon Quaker
- Rice Chex General Mills
- Rice Krispies Kellogg's
- Special K Kellogg's
- Total General Mills
- Wheaties General Mills
- Wheat Chex General Mills

COLD Cereals

12 oz or Larger

Any Store Brand

- Bran Flakes
- Tasteos
- Toasted Oats
- Best Yet
- Clear Value
- Cub Foods
- Flavorite
- Food Club
- Great Valu
- Hospitality
- Hytop
- HyVee
- IGA
- Market Pantry
- Our Family
- Ralston
- Roundy's
- Shurfine
- Valu Time

HOT Cereals

WIC Allowed Brands

- COCO Wheats 28 oz
- Cream of Wheat 28 oz original
- Cream of Wheat 18 oz whole grain
- Malt-O-Meal 28 or 36 oz chocolate
- Malt-O-Meal 28 or 36 oz original
- Quaker Instant Grits 12 oz individual packets, original flavor only
- Quaker Oatmeal 11.8 oz individual packets, original flavor only

Any Store Brand

- Instant Oatmeal 11.8 oz individual packets, regular flavor

juice

100% only

64 oz Plastic Bottle
Non-Refrigerated
120% or more Vitamin C
WIC Allowed Brands

- **Campbell's**, 100% Tomato, 100% Tomato Low Sodium
- **Indian Summer**, Premium Apple
- **Juicy Juice**, 100% Apple
- **Langers**, Apple, Grape, Red Grape, White Grape, Pineapple, Vegetable
- **Mott's**, 100% Apple
- **Musselman**, 100% Apple
- **Old Orchard**, 100% Apple, 100% Grape, 100% Orange, 100% White Grape
- **Seneca**, 100% Apple
- **Tree Top**, 100% Apple
- **V8**, 100% Vegetable, original
- **Welch's**, 100% Grape, 100% Red Grape, 100% White Grape

Any Store Brand

- **Apple**
- **Grape**: red, white, purple
- **Grapefruit**
- **Orange**
- **Pineapple**
- **Tomato**
- **Vegetable**

- **Cub**
- **Flavorite**
- **Food Club**
- **Fruit Patch**
- **Great Value**
- **HyTop**
- **HyVee**
- **IGA**
- **Market Pantry**
- **Our Family**
- **Roundy's**
- **Sam's Choice**
- **Shurfine**
- **Tipton Grove**
- **Valu Time**

64 oz Refrigerated Containers
Single Flavor with 120% or more Vitamin C

- **Grapefruit**
- **Orange**

11.5 to 12 oz
Frozen Concentrate
Single Flavor with 120% or more Vitamin C

- **Apple**
- **Grape**
- **Grapefruit**
- **Orange**
- **Pineapple**

Some vouchers may list:

- **5.5 to 6 oz**
- **Orange**, any brand
- **Grapefruit**, any brand
- **Dole Pineapple**
- **Campbell's Tomato**
- **V-8**, vegetable

6.75 or 200 ml
Any flavor
Minute Maid 100% Juice

NOT ALLOWED

- 59 oz juices
- Fruit juice blends
- Juice cocktails
- Juices other than flavors listed
- Diet juices
- Artificially-sweetened juices
- Organic juices
- Fresh-squeezed juices

tortillas

corn & wheat

SOFT CORN

14 to 16 oz package

WIC Allowed Brands

- **Carlita's**
- **Chi Chi's**, White Corn
- **Don Pancho**, White Corn
- **Food Club**, White Corn
- **HyVee**, White Corn
- **La Banderita**
- **La Burrita**
- **La Perla**
- **Los Maizales**
- **Mission**, Extra Thin Yellow Corn
- **Shurfresh**, Corn/Maiz
- **Tortillas Gloria**

WHOLE WHEAT

14 to 16 oz package

WIC Allowed Brands

- **Chi-Chi's**, Whole Wheat Fajita Style
- **Don Pancho**
- **Food Club**
- **Frescados**
- **HyVee**, Authentic 8 Whole Wheat
- **La Banderita**, Whole Wheat Fajita Style
- **Mission**
- **Ortega**
- **Reser's Baja Café**, Whole Wheat Flour
- **Roundy's**, Whole Wheat Flour
- **Shurfresh**

NOT ALLOWED

- Organic
- Wraps
- Flat bread
- Pita bread
- Hard shell tortillas or taco shells

bread

whole wheat/whole grain

16 oz (1 lb) loaf

WIC Allowed Brands

- **Bimbo**
- **Cub Foods**
- **East African**, Injera bread
- **Family Choice**
- **Food Club**
- **HyVee**
- **Our Family**
- **Pepperidge Farms** Very Thin Sliced Soft Stone Ground Whole Grain Rye Seeded
- **Sara Lee**, classic whole wheat
- **Shurfresh**
- **Village Hearth**
- **Weight Watchers**
- **Wonder**, soft whole wheat

NOT ALLOWED

- Organic
- Rolls
- Buns
- Bagels
- English muffins
- Pita bread
- Frozen bread dough
- Take and bake bread

oatmeal

rolled oats

14 to 16 oz or Bulk

WIC Allowed Brands

- **Mom's Best**, natural quick oats
- **Mother's**, rolled oats
- **Bulk organic** oatmeal
- **Rolled oats** only

NOT ALLOWED

- Added sugar
- Added fats
- Added oils
- Added salt
- Prepackaged organic
- Steel cut oats

brown rice

14 to 16 oz or Bulk

Any Brand

- **Instant**
- **Quick cooking**
- **Regular cooking**
- **Bulk organic brown rice**

NOT ALLOWED

- Added sugar
- Added fats
- Added oils
- Added salt
- Mixes or wild rice
- Prepackaged organic
- Boil in bag

peanut butter

15 to 18 oz only

Any Brand

- **Creamy**
- **Crunchy**
- **Chunky**
- **Natural**
- **Reduced sugar**
- **Shelf-stable** only

NOT ALLOWED

- Organic
- Reduced fat
- Peanut butter spread
- Peanut butter blends
- Added jams, jellies, chocolate, or honey
- Refrigerated peanut butter

canned beans

14 to 16 oz cans

Any Brand

- Regular or **low sodium**
- **Any variety**
- **Added sugar OK**

NOT ALLOWED

- Added fats, oils, meat
- Baked beans
- Pork and beans
- Refried beans
- Soup mix
- Organic
- No green or wax beans

dry beans peas lentils

14 to 16 oz packages or Bulk

Any Brand

- **Any variety**
- **Plain prepackaged**
- **Bulk**, including **organic**

NOT ALLOWED

- Prepackaged organic
- Soup mixes
- Seasonings
- Added ingredients

soy

tofu & soy milk

TOFU

12 to 16 oz package

WIC Allowed Brands

- **Azumaya**
- **Frieda's**
- **House**
- **Mori-nu**
- **Nasoya**
- **WestSoy**
- **Wildwood**

- **Unflavored plain**, any texture
- **Refrigerated**
- **Shelf stable**
- **Calcium** listed on label
- **Organic**

NOT ALLOWED

- Added fats, sugar, oils or sodium
- Added seasonings

SOY BEVERAGES

Half-Gallons or Quarts

WIC Allowed Brands

- **8th Continent**, Original Label only, plain, refrigerated, half-gallon only
- **Pacific Natural Foods**, Ultra Soy Brand, plain, shelf-stable, quarts only

NOT ALLOWED

- Flavored soy beverages
- No light or fat-free soy beverages

fish

tuna & salmon

LIGHT TUNA

5 to 6 oz only

Any Brand

- **Canned in water**
- **Regular**
- **Low sodium**

NOT ALLOWED

- Tuna in oil
- Albacore/white tuna
- Foil packs
- Lunch packs
- Added ingredients

SALMON

30 oz or less

Any Brand

- **Canned in water**
- **Regular**
- **Low sodium**

NOT ALLOWED

- Salmon in oil
- Foil packs
- Lunch packs
- Red salmon
- Added ingredients

infant foods

fruits, vegetables, cereal, meats & formula

FRUITS Infant

4 oz only

WIC Allowed Brands

- **Beech Nut**
- **Full Circle Organic**
- **Gerber**
- **HyVee** single/twin pack
- **Parent's Choice** twin pack
- **Roundy's Organic**
- **Up & Up** twin pack
- **Wild Harvest Organic**

- **Any variety** plain fruit
- **Two or more fruits/vegetables combined**

NOT ALLOWED

- Desserts
- Added sugar or salt
- Added cereal
- Fruits with DHA
- Organic (except Full Circle, Roundy's & Wild Harvest)

VEGETABLES Infant

4 oz only

WIC Allowed Brands

- **Beech Nut**
- **Full Circle Organic**
- **Gerber**
- **HyVee** single or twin pack
- **Roundy's Organic**
- **Wild Harvest Organic**

- **Any variety** plain vegetable
- **Two or more vegetables/fruits combined**

NOT ALLOWED

- Dinners or added meats
- Added sugar or salt
- Vegetables with DHA
- Organic (except Full Circle, Roundy's & Wild Harvest)

BANANAS Fresh

Allowed only when listed on WIC Voucher

- Up to **2 lbs bananas**
- **Organic OK**

CEREAL Infant

8 or 16 oz only

WIC Allowed Brands

- **Beech Nut** plain rice, oatmeal, barley, multi-grain
- **Gerber** plain rice, oatmeal, barley, whole wheat, mixed

NOT ALLOWED

- Added fruit, formula or other additives (including DHA)
- Organic

MEATS Infant

2.5 oz only

WIC Allowed Brands

- **Beech Nut**
- **Gerber**
- **Tuv Taam** kosher

- **Any variety meat** or **poultry** as a single ingredient
- Added **broth** or **gravy**

NOT ALLOWED

- Dinners
- Added sugar or salt
- Products with DHA
- Organic

FORMULA Infant

12.4/12.6 oz Powder

13 oz Concentrate

WIC Allowed Brands

- Similac **Advance**
- Similac **Soy Isomil**
- Similac **Sensitive**