



WIC

2017-2018

ALLOWED FOOD GUIDE

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

Items in **GREEN** ARE ALLOWED

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

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/wic

fresh fruits & vegetables

Any Variety

- **Whole** fruits & vegetables
- **Cut** fruits & vegetables
- **Organic** OK
- **Plain bagged salad**
- **Plain bagged vegetables**

NOT ALLOWED

- Fresh salsa
- Salad bar items
- Party trays
- Fruit baskets
- Decorative fruits or vegetables
- Pumpkins
- Dried fruits or vegetables
- Nuts including peanuts
- Fruit/nut mixtures
- Spices or herbs

frozen fruits & vegetables

Any Size

Any Brand

- **Any plain variety**
- **Any plain mixture**
- **Any package type**
- **Any package size**
- Regular or **low sodium**
- **Organic** OK

NOT ALLOWED

- Sugar or artificial sweeteners
- No potato product shapes like French fries, hash browns or tater tots containing oils, fats or sugars (like dextrose)
- Added butter, fats, oils
- Sauces or cheese
- Mixtures with pasta, rice or other items

milk

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 (unless quarts are listed on voucher)
- **Powdered** nonfat dry only
- **Evaporated** fat-free, low fat or whole
- **Goat** whole or low fat quarts, pasteurized with vitamin D
- **Poplar Hill**
- **Meyenberg**
- **Meyenberg evaporated**
- **Quart-size** containers

* Can buy **twin packs** when 2 gallons are listed on voucher

Can buy **two half gallons** when 1 gallon is listed on voucher

NOT ALLOWED

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

cheese

8 to 16 oz

Any Brand

- **Blocks**
- **Shredded or finely shredded**
- **Low sodium**
- **Low or reduced fat**
- **Fat-free** OK

OK to buy these cheeses or mixtures of them:

- **Cheddar** any type
- **Colby**
- **Farmer**
- **Monterey Jack**
- **Mozzarella**
- **Muenster**
- **Provolone**
- **String** plain unflavored in an 8-16 oz 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
- Goat cheese
- Imported cheese
- Parmesan
- Romano
- 7 oz reduced fat cheese

yogurt

32 oz Containers Only

WIC Allowed Brands

Regular or Greek

Any Flavor

- **Brown Cow**
- **Cass Clay**
- **Chobani**
- **Coburn Farms**
- **Dannon**
- **Essential Everyday**
- **Fareway**
- **Food Club**
- **Great Value**
- **Greek Gods**
- **Hy-Vee**
- **Market Pantry**
- **Mehedrin**
- **Mountain High**
- **Nostimo**
- **Oikos**
- **Old Home**
- **Our Family**
- **Shurfine**
- **Simply Balanced**
- **Yoplait**
- **Ziyad**
- **Nonfat or low-fat OK**
- **Plain** or any flavor
- **Greek Yogurt OK**
- **Whole milk yogurt OK** for 1 year olds only

NOT ALLOWED

- Organic yogurt
- More than 40 grams of sugar per cup
- **Dannon Light & Fit** except Plain Greek
- Artificial sweeteners
- Mix-in ingredients
- Drinkable yogurts
- Single serving containers
- 24 or 35.3 oz containers

eggs

Large Size Only

Any Brand

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

NOT ALLOWED

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

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** OK

NOT ALLOWED

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

SOY BEVERAGES

Half-Gallons or Quarts

WIC Allowed Brands

- **8th Continent**
Original only, plain, refrigerated, half-gallon only
- **Silk**
Original only, plain, refrigerated, half-gallon only, (twin packs OK)
- **Pacific Natural Foods**
Ultra Soy brand, plain, shelf-stable, quarts only

NOT ALLOWED

- Flavored soy beverages
- Light or fat-free soy beverages
- Organic

juice

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, 100% orange
- **Langers** orange, apple, grape, red grape, white grape, grapefruit, pineapple, low sodium vegetable, vegetable, tomato
- **Mott's** 100% apple
- **Musselman** 100% apple
- **Old Orchard** 100% apple, 100% orange, 100% grape, 100% white grape,
- **V8** 100% original vegetable, vegetable low sodium, vegetable spicy hot
- **Welch's** 100% grape, 100% red grape, 100% white grape

64 oz Refrigerated Containers

Single Flavor with 120% or More Vitamin C

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:

- **Orange** any brand
- **Grapefruit** any brand
- **Dole Pineapple**
- **Campbell's Tomato**
- **V-8** vegetable
- **Minute Maid** 100% juice, any flavor

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

Any Store Brand

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

- **Always Save**
- **Best Choice**
- **Diane's Garden**
- **Essential Everyday**
- **Fareway**
- **Food Club**
- **Fruit Patch**
- **Great Value**
- **HyTop**
- **Hy-Vee**
- **IGA**
- **Libby's**
- **Market Pantry**
- **Mr. Pure**
- **Nature's Nectar**
- **Our Family**
- **Shurfine**
- **Tipton Grove**
- **Valu Time**

