



# WIC 2015-2016

## 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](http://www.health.state.mn.us/wic)



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### fruits

fresh, frozen & canned

#### FRESH Fruits

##### Any Variety

- Whole fruits
- Cut fruits
- Organic OK

#### 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 OK

#### 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 OK

#### 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
- Whole vegetables
- Cut vegetables
- Plain bagged salad
- Plain bagged vegetables
- Organic OK

#### NOT ALLOWED

- Salad bar items
- Party trays
- Decorative vegetables or pumpkins
- Nuts including peanuts
- Fruit/nut mixtures
- Spices, herbs
- Dried vegetables

#### FROZEN Vegetables

##### Any Size

##### Any Brand

- Any plain variety
- Plain vegetable mixture
- Any package type
- Regular or low sodium
- Organic OK

#### NOT ALLOWED

- Sugar
- 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

#### CANNED Vegetables

##### Any Variety

##### Any Brand

- Any plain variety
- Plain vegetable mixture
- Any container type
- Any size
- Regular or low sodium
- Organic OK

#### NOT ALLOWED

- Sugar
- Added fats or oils
- Pickled vegetables

### tomatoes

canned

##### Any Size Metal Can

##### Any Brand

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

#### 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 (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

#### 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 oz or Larger

##### 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 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
- 7 oz reduced fat cheese

### yogurt

#### 32 oz containers only

##### WIC Allowed Brands

##### Regular or Greek

##### Any Flavor

- Brown Cow
- Chobani
- Coburn Farms
- Dannon
- Essential Everyday
- Food Club
- Great Value
- Hy-Vee
- Market Pantry
- Mountain High
- Nostimo
- Oikos
- Old Home
- Our Family
- Shurfine
- Simply Balanced
- Yoplait

#### NOT ALLOWED

- Organic yogurt
- 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
- Egglard's Best
- Omega eggs
- Specialty eggs
- Pasteurized eggs

### cereal

cold & hot

#### COLD Cereals

##### 12 oz or Larger

##### WIC Allowed Brands

##### Post

- Grape-Nuts Plain
- Great Grains Banana Nut Crunch
- Honey Bunches of Oats with Almonds, Cinnamon Bunches, Honey Roasted, Vanilla Bunches, Honey Crunch

##### General Mills

- Cheerios Plain, Multi-grain
- Chex Corn, Rice, Wheat
- Kix Plain, Honey, Berry Berry
- Total Whole grain plain
- Wheaties Plain

##### Kellogg's

- Corn Flakes Plain
- Crispix Plain
- Mini Wheats Frosted Original, Frosted Big Bite, Frosted Little Bites,
- Rice Krispies Plain, Gluten free
- Special K Plain

##### Malt-O-Meal

- Crispy Rice Plain
- Mini-Spooners Plain frosted, Strawberry Cream, Blueberry

##### Quaker

- Life Plain
- Oatmeal Squares Brown Sugar, Cinnamon

#### COLD Cereals

##### 12 oz or Larger

##### Any Store Brand

- Bran Flakes
- Toasted Oats or Tasteos
- Always Save
- Best Choice
- Clear Value
- Essential Everyday
- Fareway
- Food Club
- Great Value
- Hospitality
- Hytop
- HyVee
- IGA
- Market Pantry
- Millville
- Our Family
- Ralston
- Shurfine
- Valu Time

#### HOT Cereals

##### WIC Allowed Brands

- COCO Wheats 28 oz
- Cream of Rice 14 oz Gluten free
- Cream of Wheat 28 oz Original 18 oz Whole grain
- Malt-O-Meal 28 or 36 oz Original 28 or 36 oz Chocolate
- 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**, 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, 100% pineapple
- V8**, 100% vegetable, original
- Welch's**, 100% grape, 100% red grape, 100% white grape

Any Store Brand

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

- Always Save**
- Best Choice**
- Diane's Garden**
- Essential Everyday**
- Food Club**
- Fruit Patch**
- Great Value**
- HyTop**
- HyVee**
- IGA**
- Market Pantry**
- Mr. Pure**
- Nature's Nectar**
- Our Family**
- 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
- Minute Maid** 100% Juice, any flavor

NOT ALLOWED

- 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

16 oz package

WIC Allowed Brands

- Best Choice**, corn
- Carlita's**, corn
- Chi Chi's**, white corn
- Don Pancho**, white corn
- Essential Everyday**, corn
- Food Club**, white corn
- HyVee**, white corn
- La Banderita**, corn
- La Burrita**, corn
- La Perla**, corn
- Los Maizales**, corn
- Mission**, extra thin yellow corn
- Shurfine**, corn/maiz

WHOLE WHEAT

16 oz package

WIC Allowed Brands

- Best Choice**, whole wheat
- Buena Vida**, whole grain
- Carlita**, whole wheat
- Chi-Chi's**, whole wheat fajita style
- Don Pancho**, whole wheat
- Essential Everyday**, whole wheat
- Food Club**, whole wheat
- Frescados**, whole wheat
- HyVee**, whole wheat
- La Banderita**, whole wheat
- Mission**, whole wheat
- Ortega**, whole wheat
- Our Family**, whole wheat
- Shurfine**, whole wheat

NOT ALLOWED

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

# bread

whole wheat/whole grain

16 oz (1lb) loaf

WIC Allowed Brands

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

NOT ALLOWED

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

# oats

16 oz or Bulk

WIC Allowed Brands

- Mom's Best**, natural quick oats, old fashioned oats
- Best Choice** quick & old fashioned oats
- Chex Gluten Free Oatmeal** original quick cook oats
- Our Family** quick & old fashioned oats
- Bulk**, including **organic**
- Rolled oats** only

NOT ALLOWED

- Added sugar
- Added fats
- Added oils
- Added salt
- Prepackaged organic
- Steel cut oats
- No individual packets (can be purchased as cereal)

# 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
- Specialty brown rice like basmati

# pasta

100% whole wheat

16 oz only

WIC Allowed Brands

Any Shape

- Bella Terra**
- Bionature**
- Essential Everyday**
- Food Club**
- Full Circle**
- Garafalo**
- Gia Russa**
- Hodgson Mill**
- Nash Bros. Trading Co.**
- Racconto**
- Simply Balanced**
- Shurfine**
- Organic** OK

NOT ALLOWED

- Added sugar
- Added fats
- Added oils
- Added salt
- Pasta made from rice, quinoa, flax, corn or vegetables

# canned beans

15 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
- Chili
- Refried beans
- Soup mix
- Organic
- No green or wax beans

# dry beans, peas, lentils

16 oz packages or Bulk

Any Brand

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

NOT ALLOWED

- Prepackaged organic
- Soup mixes
- Seasonings
- Added ingredients

# peanut butter

16 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, honey
- Refrigerated peanut butter
- Skippy** natural peanut butter spread
- Jif** natural peanut butter spread
- Simply Jif**

# 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

# 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
- Wild Planet or other specialty brands

PINK SALMON

5 oz, 6 oz or 14.75 oz only

Any Brand

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

NOT ALLOWED

- Salmon in oil
- Foil packs
- Lunch packs
- Red salmon
- Added ingredients
- Wild Planet or other specialty brands

# infant foods

fruits, vegetables, cereal, meats & formula

FRUITS *Infant*

4 oz only

WIC Allowed Brands

- Baby Basics**
- Beech Nut**
- Full Circle Organic**
- Gerber**
- Gerber 2-packs of 4 oz tubs**
- Tippy Toes**
- Wild Harvest Organic**
- Any variety** plain fruit
- Two or more vegetables/fruits combined** OK

NOT ALLOWED

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

MEATS *Infant*

2.5 oz only

WIC Allowed Brands

- Baby Basics**
- Beech Nut**
- Gerber**
- Tippy Toes**
- 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*

12.0 to 12.9 oz Powder

12.1 to 13 oz Concentrate

WIC Allowed Brands

- Similac **Advance**
- Gerber **Good Start Soy**
- Other formulas when listed on voucher

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

- Baby Basics** plain rice, oatmeal
- Beech Nut** plain rice, oatmeal, multi-grain
- Gerber** plain rice, oatmeal, whole wheat, multi-grain
- Parent's Choice** rice, oatmeal
- Tippy Toes** plain rice, oatmeal

NOT ALLOWED

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

