



# WIC Shopping Guide

2011-2012

MINNESOTA  
WOMEN, INFANTS  
& CHILDREN  
NUTRITION PROGRAM

# shopping with WIC vouchers

To assure a successful shopping experience at the grocery store, it is important to follow the steps listed below:

## Before you shop

- Look at the *“first day to use date”* printed on your vouchers. Be sure to take the right vouchers with you to the store.
- Bring your **WIC vouchers**, **WIC ID folder** and this **WIC Shopping Guide** to the store. If another person listed on the **WIC ID folder** will be using the vouchers, be sure that person understands how to shop with WIC vouchers.

## As you shop

- Select the right amount and package sizes of the WIC foods listed on your vouchers.
- Keep your WIC foods separate from the other items you are buying.

## At the check-out counter

- Place your WIC foods on the counter grouped by individual voucher.
- Tell the cashier right away that you will be using **WIC vouchers** and provide the cashier with your **ID folder**.
- Make sure the cashier fills in the correct dollar amount on each voucher.
- Sign each voucher in front of the cashier.
- After the cashier verifies your signature on the voucher against your signature on the **WIC ID folder**, be sure to **obtain a receipt**.

## If you have a problem at the grocery store

- If you have a problem at the store, ask to talk with the store manager.
- If the issue cannot be resolved at the store, call your local WIC agency, or the state WIC Office at 1-800-657-3942 to discuss your concerns.



# reading labels

**1** Fruits, vegetables, juices and infant foods with **sugar** or **artificial sweeteners** added to them **are not allowed**.

**2** Check the **Ingredients List** to see if sugar or artificial sweeteners have been added.

### ALLOWED

**EXAMPLE: Corn**

In this example, sugar is *not* listed, so this item **is allowed**.

Nutrition Facts	
Serving Size: 1/2 cup	
Servings Per Container: 3 1/2 cups	
Amount Per Serving	
Total Fat	1 g 2%
Protein	2 g
Sodium	15 mg 1%
Total Carbohydrate	17 g 6%
Dietary Fiber	1 g 8%
Sugars	4 g
<b>INGREDIENTS: CORN, WATER</b>	

### NOT ALLOWED

**EXAMPLE: Sweet Pea**

In this example, sugar *is* listed, so this item **is not allowed**.

Nutrition Facts	
Serving Size: 1/2 cup	
Servings Per Container: 3 1/2 cups	
Amount Per Serving	
Total Fat	.5 g 1%
Protein	3 g
Sodium	320 mg
Total Carbohydrate	12 g 4%
Dietary Fiber	4 g 15%
Sugars	4 g
<b>INGREDIENTS: PEAS, WATER, SUGAR, SALT</b>	

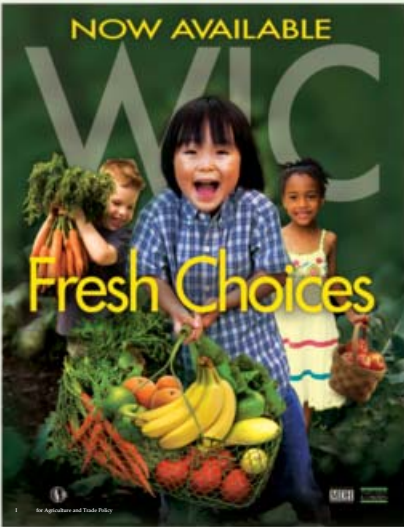
### INGREDIENTS Not Allowed

Other names for added **sugar** which **are not allowed** are:

- Corn syrup
- High-fructose corn syrup
- Maltose
- Dextrose
- Sucrose
- Honey

Some names for **artificial sweeteners** which **are not allowed** are:

- Acesulfame
- Splenda
- Sucralose



WIC offers a variety of **fresh** fruit and vegetable **choices**, important to your family's good health.

## Buying Fresh Fruits & Vegetables

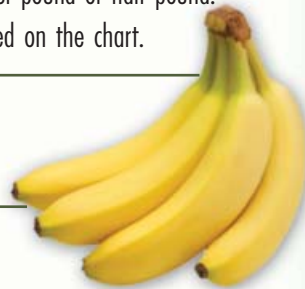
### WHEN SOLD BY THE POUND

- 1 Select a fruit or vegetable that is priced by the pound.
- 2 Place the item on the grocery scale.
- 3 Round the weight up to the nearest pound or half pound.
- 4 Estimate the cost of the item based on the chart.

#### Example: Bananas

Priced at \$.59/lb.

Weight 1 3/4 lbs.



- Find the price per pound (\$.59/lb.) on the left side of the chart.
- Round the weight up to 2 lbs. Find 2 lbs. on the top.
- Follow the \$.59/lb. row to the right and the 2 lbs. column down until they meet.
- The weight (2 lbs.) and the price (\$.59/lb.) meet at \$1.18 on the chart.

PRICE PER POUND (lb.)	1 lb	1 1/2 lb	2 lb	2 1/2 lb
\$ 0.49	0.49	0.74	0.98	1.23
0.59	0.59	0.89	1.18	1.48
0.69	0.69	1.04	1.38	1.73
0.79	0.79	1.19	1.58	1.98

2 pounds at \$.59/lb. = \$1.18

If you had a \$6 voucher for fruits and vegetables, you could purchase:

2 lbs. Bananas . . . . . @ \$.59 per pound. . . . . \$ 1.18  
 1 1/2 lbs. Tomatoes . . . . . @ \$1.49 per pound . . . . . 2.24  
 2 lbs. of Carrots . . . . . @ \$2.49 per package. . . . . 2.49

Total of all items would be just under the allowed amount \$ 5.91

## Chart to estimate cost of fresh fruits & vegetables

When sold by the pound

PRICE PER POUND (lb.)	1 lb	1 1/2 lb	2 lb	2 1/2 lb	3 lb	3 1/2 lb	4 lb	4 1/2 lb	5 lb
\$ 0.49	0.49	0.74	0.98	1.23	1.47	1.72	1.96	2.21	2.45
0.59	0.59	0.89	1.18	1.48	1.77	2.07	2.36	2.66	2.95
0.69	0.69	1.04	1.38	1.73	2.07	2.42	2.76	3.11	3.45
0.79	0.79	1.19	1.58	1.98	2.37	2.77	3.16	3.56	3.95
0.89	0.89	1.34	1.78	2.23	2.67	3.12	3.56	4.01	4.45
0.99	0.99	1.49	1.98	2.48	2.97	3.47	3.96	4.46	4.95
1.09	1.09	1.64	2.18	2.73	3.27	3.82	4.36	4.91	5.45
1.19	1.19	1.79	2.38	2.98	3.57	4.17	4.76	5.36	5.95
1.29	1.29	1.94	2.58	3.23	3.87	4.52	5.16	5.81	6.45
1.39	1.39	2.09	2.78	3.48	4.17	4.87	5.56	6.26	6.95
1.49	1.49	2.24	2.98	3.73	4.47	5.22	5.96	6.71	7.45
1.59	1.59	2.39	3.18	3.98	4.77	5.57	6.36	7.16	7.95
1.69	1.69	2.54	3.38	4.23	5.07	5.92	6.76	7.61	8.45
1.79	1.79	2.69	3.59	4.48	5.37	6.27	7.16	8.06	8.95
1.89	1.89	2.84	3.78	4.73	5.67	6.62	7.56	8.51	9.45
1.99	1.99	2.99	3.98	4.98	5.97	6.97	7.96	8.96	9.95
2.09	2.09	3.14	4.18	5.23	6.27	7.32	8.36	9.41	
2.19	2.19	3.29	4.38	5.48	6.57	7.67	8.76	9.86	
2.29	2.29	3.44	4.58	5.73	6.87	8.02	9.16		
2.39	2.39	3.59	4.78	5.98	7.17	8.37	9.56		
2.49	2.49	3.74	4.98	6.23	7.47	8.72	9.96		
2.59	2.59	3.89	5.18	6.48	7.77	9.07			
2.69	2.69	4.04	5.38	6.73	8.07	9.42			
2.79	2.79	4.19	5.58	6.98	8.37	9.77			
2.89	2.89	4.34	5.78	7.23	8.67				
2.99	2.99	4.49	5.98	7.48	8.97				
3.09	3.09	4.64	6.18	7.73	9.27				
3.19	3.19	4.79	6.38	7.98	9.57				
3.29	3.29	4.94	6.58	8.23	9.87				
3.39	3.39	5.09	6.78	8.48					
3.49	3.49	5.24	6.98	8.73					
3.59	3.59	5.39	7.18	8.98					
3.69	3.69	5.54	7.38	9.23					
3.79	3.79	5.69	7.58	9.48					
3.89	3.89	5.84	7.78	9.73					
3.99	3.99	5.99	7.98	9.98					



buying fresh fruits & vegetables • Chart to estimate cost

# fruits

- 1 Check your fruit/vegetable voucher for the specific dollar amount of fresh, frozen or canned fruits and vegetables you can buy.
- 2 Carefully total your fresh, frozen and canned fruit and vegetable purchases. To help you figure out the cost of the fresh fruits and vegetables, use the chart on page 4.
- 3 If the cost of the fruit and vegetable items you want to buy is more than the amount listed on your voucher, you can either put an item back or you can pay the difference using cash, EBT or credit card.

## fresh fruit

### Any Variety



#### ALLOWED

- Any variety of fresh fruits – whole or cut
- Organic OK

#### NOT ALLOWED

- No items from the salad bar, party trays, fruit baskets
- No decorative vegetables and fruits
- No dried fruit
- No nuts, including peanuts, fruit/nut mixtures

## frozen fruit

### Any Brand



#### ALLOWED

- Any variety or mixture of plain fruits with no added sugar
- Any bag or box package
- Any size
- Organic OK

#### NOT ALLOWED\*

\* Check the list of ingredients on the label.

- No added sugar
- No artificial sweeteners like Splenda
- No other ingredients
- No products packaged in plastic tubs

## canned fruit

### Any Brand



#### ALLOWED

- Any brand packed in water or juice (no added sugar or artificial sweeteners)
- Any plain fruit or fruit mixtures
- Any container type (metal, plastic, glass)
- Any size (except single serving packages)
- Applesauce – unsweetened varieties only (no added sugar or artificial sweeteners)
- Organic OK

#### NOT ALLOWED\*

\* Check the list of ingredients on the label.

- No added sugar
- No products with any syrup (heavy, light)
- No products with nectar, fats or oils
- No artificial sweeteners like Splenda
- No single serving packages
- No pie filling
- No cranberry sauce

# vegetables

- 1 Check your fruit/vegetable voucher for the specific dollar amount of fresh, frozen or canned fruits and vegetables you can buy.
- 2 Carefully total your fresh, frozen and canned fruit and vegetable purchases. To help you figure out the cost of the fresh fruits and vegetables, use the chart on page 4.
- 3 If the cost of the fruit and vegetable items you want to buy is more than the amount listed on your voucher, you can either put an item back or you can pay the difference using cash, EBT or credit card.

## fresh vegetables

### Any Variety

#### ALLOWED

- All fresh vegetables **except** white potatoes (like red, russet or Yukon Gold)
- Whole or cut vegetables OK
- Sweet potatoes and yams OK
- Plain bagged salad mixtures or bagged vegetables OK, **without** any added foods including salad dressing, croutons, cheese, etc.
- Organic OK

#### NOT ALLOWED

- No potatoes, except sweet potatoes and yams
- No items from the salad bar or party trays
- No decorative vegetables or fresh pumpkins
- No nuts, including peanuts, fruit/nut mixtures
- No spices or herbs (e.g. parsley, cilantro, dill, etc.)
- No dried vegetables



## frozen vegetable

### Any Brand



#### ALLOWED

- Any plain variety or plain vegetable mixture (without white potatoes)
- Any package type (bag or box)
- Any size (except single serving packages)
- Regular or low sodium
- Yams and sweet potatoes OK
- Organic OK

#### NOT ALLOWED\*

\* Check the list of ingredients on the label.

- No added sugar
- No white potato products (including French fries, hash browns, tater tots, or other potato shapes)
- No vegetables with butter, fats or oils
- No vegetables with sauces or cheese
- No vegetables mixed with pasta, rice or other items
- No single serving sizes

## canned vegetables

### Any Brand



#### ALLOWED

- Any plain variety or plain vegetable mixture (without white potatoes)
- Any container type (metal, plastic, glass)
- Any size
- Regular or low sodium
- Organic OK

#### NOT ALLOWED\*

\* Check the list of ingredients on the label.

- No added sugar
- No added fats or oils
- No white potatoes (like red, russet or Yukon Gold)
- No pickled vegetables

## canned tomatoes

### Any Brand



#### ALLOWED

- Any plain variety whole, crushed or diced
- Any size, metal cans only
- Regular and low sodium
- Organic OK

#### NOT ALLOWED\*

\* Check the list of ingredients on the label.

- No added sugar
- No soups, salsa, paste, sauces (pizza, spaghetti or tomato)
- No fats or oils

# 100% juice

## Tips for choosing a WIC juice

- Is it one of the single flavor fruit juices or vegetable juices listed below?
- Is it in a **64 oz** container or is it an **11.5 to 12 oz** frozen concentrate?
- Is it **100%** juice?
- Does the label list **120%** Vitamin C?

### ALLOWED

#### EXAMPLE: Juice

This **100%** juice example has **120%** Vitamin C, so this item **is allowed**.

Nutrition Facts	
Serving Size: 8 fl. oz. Servings Per Container: 1	
Amount Per Serving Daily Value	
Calories 110	
Total Fat 0 g	0%
Protein 2 g	
Sodium 15 mg	1%
Total Carbohydrate 27 g	9%
Supplemental Facts	
<b>Vitamin C</b>	<b>120%</b>
Vitamin B6	1%
Magnesium	6%
Calcium	2%
Niacin	2%
Folate	15%
<b>INGREDIENTS: ORANGE JUICE</b>	

## 64 oz non-refrigerated plastic bottles

Single flavor fruit juices or vegetable juices with **120%** or more daily Vitamin C



- Campbell's**  
100% Tomato  
100% Tomato - Low Sodium
- Indian Summer**  
Premium Apple
- Juicy Juice**  
100% Apple  
No other flavors
- Langers**  
Apple, Grape, Red Grape, White Grape, Pineapple, Vegetable

#### Any Store Brand

Must be **100%** juice with **120%** Vitamin C of the following single flavor fruit juices and vegetable juices:

- Orange
- Grapefruit
- Pineapple
- Apple
- Grape
- White Grape
- Vegetable
- Tomato

#### WIC ALLOWED STORE BRANDS INCLUDE:

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



- Mott's**  
100% Apple  
No Mott's for Tots or Plus Light
- Musselman**  
100% Apple
- Old Orchard**  
100% Apple  
100% Grape  
100% White Grape  
100% Orange
- Seneca**  
100% Apple



- Tree Top**  
100% Apple  
No 3 Apple Blend or Cider
- V8**  
100% Vegetable original only  
No other V8 juices
- Welch's**  
100% Grape  
100% Red Grape  
100% White Grape  
No Light, Fiber Added, Calcium Added or Juice Cocktail

## 64 oz refrigerated containers

### Any Brand



### ALLOWED

Single flavor juices with **120%** or more daily Vitamin C of these flavors only:

- Orange
- Grapefruit

## 11.5 to 12 oz frozen concentrate

### Any Brand



### ALLOWED

Single flavor juices with **120%** or more daily Vitamin C of these flavors only:

- Orange
- Grapefruit
- Pineapple
- Apple
- Grape

### Allowed only when listed on WIC voucher:

#### 5.5 to 6 oz

- Any brand orange
- Any brand grapefruit
- Dole Pineapple
- Campbell's Tomato
- V-8, vegetable

#### 6.75 oz or 200 ml

- Minute Maid 100% Juice, any flavor

### NOT ALLOWED FOR ALL JUICES

- No fruit juice blends
- No juice cocktails
- No fresh squeezed juices
- No juices other than those flavor varieties listed
- No diet juices or juices with artificial sweeteners
- No organic juices

# Whole grains

## tortillas

### Whole Wheat • 14-16 oz



Chi Chi's Whole Wheat Fajita Style  
Don Pancho Whole Wheat  
Frescados Whole Wheat  
La Banderita Whole Wheat Fajita Style  
Mission Whole Wheat



Ortega Whole Wheat  
Reser's Baja Cafe Whole Wheat Flour

#### WIC ALLOWED STORE BRANDS INCLUDE:

- Food Club, whole wheat
- HyVee, Authentic 8 whole wheat
- Roundy's, whole wheat flour
- Shurfresh, whole wheat

### Corn • 14-16 oz



Carlita's Corn  
Chi Chi's White Corn  
Don Pancho White Corn  
La Banderita Corn  
La Burrita Corn



La Perla Corn  
Los Maizales Corn

#### WIC ALLOWED STORE BRANDS INCLUDE:

- Food Club, white corn
- HyVee, white corn
- Shurfresh, com/maiz

#### NOT ALLOWED

- No organic
- No wraps, flat bread or pita bread
- No hard shell tortillas or taco shells



Mission Extra Thin Yellow Corn  
Tortillas Gloria Corn

## brown rice

### 14 to 16 oz package Any Brand or Bulk



#### ALLOWED

- Instant, quick or regular cooking
- Bulk brown rice OK, including organic

#### NOT ALLOWED

- No added sugar, fats, oils or salt
- No mixes or wild rice
- No prepackaged organic
- No boil in bag

## bread

### Whole Wheat • 16oz (1lb) loaf



Bimbo Whole Wheat  
Cub Foods Whole Wheat  
Family Choice Whole Wheat  
Food Club Whole Wheat  
HyVee Whole Wheat



Our Family Whole Wheat  
Pepperidge Farm Stone Ground Whole Wheat  
Pepperidge Farm Very Thin Sliced Soft Whole Wheat  
Pepperidge Farm Whole Grain Rye Seeded  
Sara Lee Classic 100% Whole Wheat Whole Wheat



Shurfresh Whole Wheat  
Village Hearth Whole Wheat  
Weight Watchers Whole Wheat  
Wonder Soft Whole Wheat  
East African Injera Bread

#### NOT ALLOWED

- No organic
- No rolls, buns, bagels, English muffins, pita bread
- No frozen bread dough
- No take and bake bread products

## oatmeal

### 14 to 16 oz package WIC Allowed Brands or Bulk



#### ALLOWED

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

#### NOT ALLOWED

- No added sugar, fats, oils or salt
- No prepackaged organic
- No steel cut oats

# cereals

## whole grain cereals

🌿 Cereals with 100% folic acid   🌿 Cereals with 5 or more grams of fiber per serving

### Cold Cereals • 12 oz or larger



General Mills **Cheerios** plain  
 General Mills **Multi-Grain Cheerios** plain  
 General Mills **Honey Kix** plain  
 General Mills **Total** whole grain plain  
 General Mills **Wheaties** plain  
 General Mills **Wheat Chex** plain



Kellogg's **Frosted Mini Wheats** bite size  
 Kellogg's **Frosted Mini Wheats** big bite  
 Kellogg's **Mini Wheats** unfrosted  
 Kellogg's **Frosted Mini Wheats** little bites  
 Malt-O-Meal **Mini-Spooners** plain frosted  
 Malt-O-Meal **Mini-Spooners** strawberry cream



Post **Grape-Nuts** plain  
 Post **Banana Nut Crunch**  
 Post **Honey Bunches of Oats** vanilla bunches  
 Quaker **Life** plain  
 Quaker **Oatmeal Squares** blue box  
 Quaker **Oatmeal Squares** cinnamon

### STORE BRAND TOASTED OATS/TASTEES AND BRAN FLAKES



Any Store Brand **Bran Flakes**  
 Any Store Brand **Toasted Oats or Tastees**

WIC ALLOWED STORE BRANDS INCLUDE:

- Best Yet
- Clear Value
- Cub Foods
- Essential Everyday
- Flavorite
- Food Club
- Great Value
- Hospitality
- Hytop
- HyVee
- IGA
- Market Pantry
- Our Family
- Ralston
- Roundy's
- Shurfine
- Valu Time

### Hot Cereals



18 oz whole grain **Cream of Wheat**  
 11.8 oz individual packets, original flavor only **Quaker Oatmeal**

Any Store Brand **Instant Oatmeal** 11.8 oz individual packets, regular flavor

WIC ALLOWED STORE BRANDS OF INSTANT OATMEAL INCLUDE:

- Best Yet
- Clear Value
- Cub Foods
- Essential Everyday
- Flavorite
- Food Club
- Great Value
- Hospitality
- Hytop
- HyVee
- IGA
- Market Pantry
- Our Family
- Ralston
- Roundy's
- Shurfine
- Valu Time

## other cereals • Less than 51% whole grain

🌿 Cereals with 100% folic acid



General Mills **Rice Chex** plain  
 General Mills **Corn Chex** plain  
 General Mills **Kix** plain  
 Kellogg's **Special K**  
 Kellogg's **Rice Krispies** plain  
 Kellogg's **Corn Flakes** plain



Kellogg's **Crispix** plain  
 Malt-O-Meal **Crispy Rice** plain  
 Post **Honey Bunches of Oats** honey roasted  
 Post **Honey Bunches of Oats** with almonds  
 Post **Honey Bunches of Oats** cinnamon bunches

### Hot Cereals



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

## Ways to buy up to 36 oz of cereal

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

15 oz Cereal	16 oz Cereal	13 oz Cereal	21.7 oz Cereal	12 oz Cereal	12 oz Cereal	12 oz Cereal	18 oz Cereal	18 oz Cereal
15 oz + 16 oz = 31 oz		13.0 oz + 21.7 oz = 34.7 oz		12 oz + 12 oz + 12 oz = 36 oz			18 oz + 18 oz = 36 oz	



# dairy

## milk

**Gallons or Half-Gallons Any Brand**



For best health, WIC provides fat free skim or low fat 1% milk for women and children 2 years and older.

### ALLOWED

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

*Allowed only when listed on WIC voucher:*

- Whole milk or reduced fat 2% milk
- Quart-size containers
- 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)
- Can buy twin packs when 2 gallons are listed
- Goat (whole or low fat quarts, pasteurized with Vitamin D)  
**Poplar Hill**  
**Nanny's Pride**  
**Meyenberg**  
**Meyenberg evaporated also OK**  
**Never use goat milk for infants under 1 year**

### NOT ALLOWED

- No organic milk
- No buttermilk
- No **Peak** powdered milk
- No chocolate or flavored milk
- No specialty milk with added nutrients (other than Vitamin A or D)
- No milk in glass bottles

## cheese

**8 oz or larger Any Brand**



WIC strongly recommends lower fat or reduced fat cheeses.

### ALLOWED

- Shredded, finely shredded or packaged in blocks
- Low fat, reduced fat or low sodium also 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), sticks or twists OK
- Swiss

### NOT ALLOWED

- No American cheese, processed cheese foods or **Velveeta**
- No sliced, diced, or grated cheese
- No organic cheese
- No cheese cubes or curds
- No cheese spread
- No cheese with added seasoning, peppers or other foods
- No deli cheese or imported cheese
- No Parmesan or Romano

## eggs

**Large size Any Brand**



### ALLOWED

- Packages of 1 (one) dozen
- White or brown chicken eggs

### NOT ALLOWED

- No organic eggs
- No fertile eggs
- No **Eggland's Best**, **Omega** or other specialty eggs
- No pasteurized eggs

# soy foods

12 to 16 oz package

WIC Allowed Brands



## ALLOWED

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

- Unflavored plain, any texture
- Refrigerated or shelf-stable
- Calcium listed on label
- Organic OK

## NOT ALLOWED

- No added fats, sugar, oils or sodium
- No added seasonings

# soy beverages

Half Gallons or Quarts

WIC Allowed Brands



## ALLOWED

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

## NOT ALLOWED

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

# beans peanut butter

## canned beans

14 to 16 oz cans

Any Brand



\* Check the list of ingredients on the label.

## ALLOWED

- Regular or low sodium
- Any variety

## NOT ALLOWED\*

- No added fats, oils, meat
- No baked beans or pork and beans
- No refried beans
- No soup mix
- No organic
- No green or wax beans

## dry beans, peas, lentils

14 to 16 oz package

Any Brand or Bulk



## ALLOWED

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

## NOT ALLOWED

- No prepackaged organic
- No soup mixes
- No seasonings or other added ingredients

## peanut butter

15 to 18 oz only

Any Brand



## ALLOWED

- Creamy, crunchy, chunky
- Natural or reduced sugar
- Shelf-stable only

## NOT ALLOWED

- No organic
- No reduced fat
- No peanut butter spread or blends
- No added jams, jellies, chocolate, or honey
- No peanut butter located in the refrigerated section

# about breastfeeding

SUPPORT AND INFORMATION

Your breast milk is **all** your newborn needs!

**Did you know?** Babies have tiny tummies! Moms make just the right amount of milk for their new baby.

Feeding only your milk tells your body to make more milk for your growing baby.

**Breastfeeding is convenient!**

Always ready – no bottles or mixing required.

**New parents have questions!**

WIC is here to answer those questions. WIC can also share information about expressing your milk to feed your baby. Other places to learn more about breastfeeding:

**WIC:** [www.health.state.mn.us/divs/fh/wic/bf/index.html](http://www.health.state.mn.us/divs/fh/wic/bf/index.html)

**La Leche League:** [www.llli.org/](http://www.llli.org/)

What **WIC** participants say about breastfeeding...

*"It was a way to be closer to my daughter when I went back to work."*

*"What you taught me must have worked because it's going great!"*

*"My last baby was premature and the doctors strongly recommended breastfeeding to get her off to a good start."*



## Canned fish

### light tuna

FOR FULLY BREASTFEEDING WOMEN

5 to 6 oz only  
Any Brand



#### ALLOWED

- Canned in water
- Regular or low sodium

#### NOT ALLOWED

- No tuna in oil
- No albacore/white tuna
- No foil packs or lunch packs
- No added ingredients

### pink salmon

FOR FULLY BREASTFEEDING WOMEN

30 oz or less  
Any Brand



#### ALLOWED

- Canned in water
- Regular or low sodium

#### NOT ALLOWED

- No salmon in oil
- No foil packs or lunch packs
- No red salmon
- No added ingredients

# infant foods

## infant cereals

8 or 16 oz only

WIC Allowed Brands

### ALLOWED



Beech Nut  
plain rice,  
oatmeal, barley,  
multi-grain



Gerber  
plain rice,  
oatmeal, barley,  
whole wheat, mixed

### NOT ALLOWED\*

- No cereal with added fruit, formula or other additives (including DHA)
- No organic infant cereal

\*Check the list of ingredients on the label.

## infant meats

FOR FULLY BREASTFED INFANTS

2.5 oz

WIC Allowed Brands

### ALLOWED

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



Beech Nut



Gerber



Tuv Taam  
kasher

### NOT ALLOWED\*

- No dinners
- No added sugar or salt
- No products with DHA
- No organic

\*Check the list of ingredients on the label.

## infant formula

12.4/12.6 oz Powder  
13 oz Concentrate

WIC Allowed Brands

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. See page 19 for more about breastfeeding.

### ALLOWED



Similac  
Advance  
12.4 oz powder  
13 oz concentrate



Similac  
Soy Isomil  
12.4 oz powder  
13 oz concentrate



Similac  
Sensitive  
12.6 oz powder  
13 oz concentrate

## infant vegetables

4 oz only

WIC Allowed Brands

### ALLOWED

- Any variety plain vegetable
- Two or more vegetables/fruits combined OK (e.g. corn/peas, carrots/mangos)



Beech Nut



Gerber



HyVee  
single or twin pack



Full Circle  
organic



Wild Harvest  
organic

### NOT ALLOWED\*

- No dinners or added meats
- No added sugar or salt
- No vegetables with DHA
- No organic (except Full Circle & Wild Harvest)

\*Check the list of ingredients on the label.

## infant fruits

4 oz only

WIC Allowed Brands

### ALLOWED

- Any variety plain fruit
- Two or more fruits/vegetables combined OK (e.g. apple/banana, mangos/carrots)



Beech Nut



Gerber



Full Circle  
organic



Wild Harvest  
organic



HyVee  
single or twin pack



Parent's Choice  
twin pack



Up & Up  
twin pack

### NOT ALLOWED\*

- No desserts
- No added sugar or salt
- No added cereal
- No fruits with DHA
- No organic (except Full Circle & Wild Harvest)

\*Check the list of ingredients on the label.

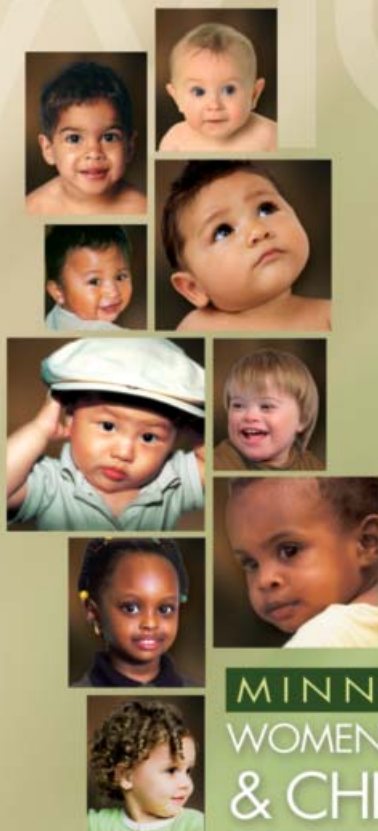
Allowed only when listed on WIC Voucher

### FRESH BANANAS

- Up to 2 (two) pounds of fresh bananas
- Organic OK



For current list of WIC Allowed foods: [www.health.state.mn.us/divs/th/wic](http://www.health.state.mn.us/divs/th/wic)



MINNESOTA  
WOMEN, INFANTS  
& CHILDREN  
NUTRITION PROGRAM

## Questions?

Ask the staff at your local WIC agency.

Or call the state WIC office at 1-800-657-3942.

For the most current list of WIC allowed products,  
go to the Minnesota WIC program website at  
[www.health.state.mn.us/divs/fh/wic/](http://www.health.state.mn.us/divs/fh/wic/)

*To request this material in another format contact:*



Minnesota WIC Program

P.O. Box 64882, St. Paul, MN 55164-0882

PHONE 1-800-657-3942

TTY 1-651-201-5797

This institution is an equal opportunity provider and employer.

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