

MINNESOTA WIC PROGRAM  
Maximum Prices for WIC-Allowed Foods  
November 2016

Food Item	Average Price	Maximum Price (115% of Average Price)
Milk – gallon	\$4.09	\$4.70
Milk - 1/2 gallon	\$2.55	\$2.93
Milk – quart (only when listed on voucher)	\$2.02	\$2.32
Milk - lactose free – 1/2 gallon	\$4.41	\$5.07
Cheese - one pound or two 8 ounce pkgs.	\$7.56	\$8.69
Yogurt - regular (32 ounce container)	\$3.44	\$3.96
Yogurt – Greek (32 ounce container)	\$5.30	\$6.10
Eggs - per dozen large	\$1.66	\$1.91
Cereal - per ounce	\$0.29	\$0.34
Whole Wheat Pasta ( 16 ounce package)	\$2.27	\$2.61
Whole wheat/grain bread (16 ounce package)	\$3.24	\$3.73
Corn or whole wheat tortilla (16 ounce package)	\$2.29	\$2.63
Brown rice - 14 ounce instant	\$2.51	\$2.89
Brown rice - 16 ounce package	\$1.78	\$2.05
Brown rice - Bulk (16 ounce package)	\$2.20	\$2.53
Oatmeal - Mom's Best Natural Quick Oats	\$1.75	\$2.01
Oatmeal – WIC allowed store brands	\$2.14	\$2.46
Oatmeal - Bulk (16 ounce package)	\$1.51	\$1.74
Juice - 64 ounce (refrigerated orange or shelf stable plastic)	\$3.88	\$4.46
Juice - per 11.5-12 ounce frozen/non-frozen concentrate container	\$2.52	\$2.90
Peanut butter – 16 to 18 ounce jar	\$3.39	\$3.90
Peas, beans, lentils – 16 ounce package (including bulk)	\$1.98	\$2.28
Canned beans -15 to 16 ounce size	\$1.36	\$1.56
Tuna (5 to 6 ounce size can)	\$1.36	\$1.56
Pink salmon (per ounce)	\$0.26	\$.30
Tofu (12 to 16 ounce package)	\$2.70	\$3.11
Soy beverage- 8 <sup>th</sup> Continent Original -plain variety or Silk- red label (1/2 gallon container)	\$4.00	\$4.60
Soy beverage- Pacific Natural Foods Ultra Soy -plain variety (quart container)	\$2.88	\$3.31

## Infant Foods

Food Item	Average Price	Maximum Price (115% of Average Price)
Similac Advance powder infant formula (12.4 ounce)	\$18.29	\$21.03
Similac Sensitive (12.0 ounce) powder infant formula	\$18.14	\$20.86
Similac for Spit-Up (12.0 ounce) powder infant formula	\$18.11	\$20.83
Similac Total Comfort (12.0 ounce) powder infant formula	\$18.13	\$20.85
Similac Advance concentrate infant formula (13 ounce)	\$5.54	\$6.37
Gerber Good Start Soy powder infant formula (12.9 ounce)	\$18.82	\$21.64
Gerber Good Start Soy concentrate infant formula (12.1 ounce)	\$5.57	\$6.41
Infant cereal - 8 ounce box	\$2.73	\$3.14
Infant vegetables and fruits (4 ounce jar)	\$0.89	\$1.02
Infant vegetables and fruits ( 2-packs of 4 ounce plastic tubs)	\$1.52	\$1.75
Infant meats (2.5 ounce jar)	\$1.28	\$1.47
Fresh bananas listed on an infant's vouchers (per pound)	\$0.94	\$1.08