**Fruits • Vegetables**

**Fresh**
- Any variety
- Whole, cut, bagged or packaged
- Organic OK

**Frozen**
- Any variety
- Single or mixed plain fruits and vegetables
- Organic OK

**DO NOT BUY**
- Salad mixtures with dressing, nuts, cheese, etc.
- Party trays, fruit baskets or salad bar items
- Spices or herbs (like parsley, cilantro and basil)
- Dried fruit and vegetables
- Decorative fruit and vegetables

**DO NOT BUY**
- Items with added sugar, butter, fat, oil
- Items with added pasta, rice, sauce or cheese

**Best Choice**
- Whole Wheat

**Bimbo**
- Whole Wheat

**Cub Foods**
- Whole Wheat

**Family Choice**
- Whole Wheat

**Fareway**
- Whole Wheat

**Food Club**
- Whole Wheat

**Great Harvest**
- Whole Wheat

**Hy-Vee**
- Whole Wheat

**IGA**
- Whole Wheat

**Our Family**
- Whole Wheat

**Pepperidge Farm**
- Stone Ground Whole Wheat

**Pepperidge Farm**
- Very Thin Sliced Soft Whole Wheat

**Sara Lee Classic**
- Whole Wheat

**Sunny Brook**
- Whole Wheat

**Village Hearth**
- Whole Wheat

**Bread • Whole Grain Item**

**16 oz package (1 lb)**
- 100% whole wheat

**DO NOT BUY**
- Organic
- Rolls, buns, pita bread

**DO NOT BUY**
- Organic
- Pasta made from rice, quinoa, flax, corn or vegetables

**Pasta • Whole Grain Item**

**16 oz package (1 lb)**
- 100% whole wheat

**TIP**
- IF THE COST OF YOUR FRUITS AND VEGETABLES is more than your benefit balance, YOU CAN PAY THE DIFFERENCE with cash, SNAP or credit/debit card

**TIP**
- Your benefit balance might show these common SIZES:
  - doz. = dozen
  - lb. = pound = 16 oz.
  - oz. = ounce
  - gal. = gallon = 128 oz.
  - 1/2 gal. = half gallon = 64 oz.
  - 1 gal. = 2 half gallons
  - qt. = quart = 32 oz.
  - con. = container
  - pkg. = package
**Tortillas**  Whole Grain Item

16 oz package (1 lb)
- WIC-allowed brands pictured below

**DO NOT BUY**
- Organic
- Wraps, flat bread, pita bread
- Hard shell tortillas or taco shells

**Whole Wheat**
- Azteca Whole Grain
- Best Choice Whole Wheat
- Chi-Chi’s Whole Wheat Fajita Style
- Don Pancho Whole Wheat
- Essential Everyday Whole Wheat

- Food Club Whole Wheat
- Frescados Whole Wheat
- Great Value Whole Wheat
- Hy-Vee Whole Wheat
- IGA Whole Wheat
- La Banderita Whole Wheat

- Market Pantry Whole Wheat
- Mission Whole Wheat
- Ortega Whole Wheat
- Our Family Whole Wheat

**Corn**
- Best Choice Corn
- Chi-Chi’s White Corn
- Don Pancho White Corn
- Essential Everyday Corn
- Food Club White Corn

- Hy-Vee White Corn
- IGA White Corn
- La Banderita Corn
- La Burrita Corn
- La Perla Corn
- Los Maizales Corn

- Mission Extra Thin Yellow Corn
- Our Family Yellow Corn White Corn

**Brown Rice**  Whole Grain Item

16 oz package (1 lb)
- Any brand
- Plain

**DO NOT BUY**
- Organic
- Wild rice
- Specialty rice like basmati

**Oats**  Whole Grain Item

16 oz package (1 lb)
- Plain rolled oats only

**DO NOT BUY**
- Organic
- Steel cut
- Instant oatmeal packets
  (These can be purchased as cereal)

- Mom’s Best Quick Old Fashioned Oats
- Best Choice Quick Old Fashioned Oats

**TIP**
MOM’S BEST is the most common oat brand available that IS ALLOWED
QUAKER OATS AND MOST OTHER BRANDS are NOT ALLOWED because they are sold in 18 oz packages

**TIP**
IF YOUR SHOPPING LIST SHOWS (16 oz) WIC-allowed Whole Grain Item

YOU CAN BUY
- Bread OR Tortillas OR
- Pasta OR Brown Rice OR Oats
Peanut Butter

16 to 18 oz jar
- Any brand
- Creamy, crunchy, chunky
- Natural or reduced sugar

DO NOT BUY
- Organic
- Spreads (like Jif Natural and Skippy Natural) or reduced fat
- Added jellies, chocolate or honey
- Other nut butters
- Refrigerated

Dry Beans, Peas, Lentils

16 oz package
- Any brand
- Any variety
- Plain prepackaged

DO NOT BUY
- Organic or bulk
- Soup mixes, seasonings or other added ingredients

Canned Beans

15 to 16 oz cans
- Any brand
- Regular or low sodium
- Any variety including kidney, pinto, black, navy, red, garbanzo, Great Northern, lima and black-eyed peas

DO NOT BUY
- Organic
- Beans with added fats, oils or meats
- Baked beans, pork & beans, chili beans, refried beans
- Green, yellow or wax beans

Eggs

large eggs
- Any brand
- Packages of 1 (one) dozen only
- Plain, white chicken eggs

DO NOT BUY
- Organic, pasteurized or fertile eggs
- Brown eggs
- Eggland’s Best or other specialty eggs

Canned Tuna, Salmon

For Fully Breastfeeding Women

5 oz or larger
- Any brand
- Light tuna in water
- Pink salmon in water
- Regular or low sodium
- Added vegetable broth OK

DO NOT BUY
- Tuna or salmon in oil
- Albacore/white tuna or red salmon
- Foil or lunch packs
- Wild Planet or other specialty brands

IF YOUR SHOPPING LIST SHOWS Peanut Butter OR Dry Beans OR 4 Cans of Beans

YOU CAN BUY

IF YOU CHOOSE CANNED BEANS
You don't have to buy 4 cans at once

FOR EACH CAN YOU BUY
.25 containers will be removed from your balance

<table>
<thead>
<tr>
<th>1 CAN</th>
<th>2 CANS</th>
<th>3 CANS</th>
<th>4 CANS</th>
</tr>
</thead>
<tbody>
<tr>
<td>.25 containers</td>
<td>.50 containers</td>
<td>.75 containers</td>
<td>1 container</td>
</tr>
</tbody>
</table>
Milk

gallons or half gallons
• Pasteurized
• Any brand
• Skim or 1%
You can buy only if listed on your Shopping List:
• Whole milk
• 2% milk
• Lactose-free milk (½ gallons only)
• Powdered milk
• Evaporated milk
• Goat milk
WIC-allowed brands:
- Poplar Hill quarts
- Meyenberg quarts
- Meyenberg evaporated in cans

DO NOT BUY
• Organic
• Peak powdered milk
• Chocolate or flavored milk
• Specialty milk or milk with added nutrients (other than Vitamin A or D)
• Milk in glass bottles

Yogurt

32 oz containers
• Pasteurized
• Any brand
• Any flavor
• Low-fat or nonfat
Whole milk yogurt OK for 1 year olds
• Greek OK

DO NOT BUY
• Organic
• Artificial sweeteners like sucralose (Splenda) or aspartame
• Yogurts with mix-in ingredients like granola, candy or nuts
• Yogurt with more than 40g sugar per cup

Soy Beverages

• WIC-allowed brands pictured below

DO NOT BUY
• Organic
• Flavored soy beverages
• Light or fat-free

Tofu

12 to 16 oz package
• Organic OK
• Unflavored plain, any texture
• Refrigerated or shelf-stable
WIC-allowed brands:
- Nasoya
- WestSoy
- Frieda’s
- House
- Mori-nu

DO NOT BUY
• Added fats, sugars, oils, sodium or seasonings

Cheese

8 or 16 oz package
• Pasteurized
• Any brand
• Shredded, block, string, sticks or twists
• Low-fat, reduced fat, fat-free or low sodium OK

WIC-allowed cheese (mixtures of these OK):
- Cheddar
- Colby
- Farmer
- Monterey Jack
- Mozzarella
- Muenster
- Provolone
- Swiss

DO NOT BUY
• Organic
• American, processed cheese foods, cheese spreads or Velveeta
• Sliced, diced, cubes, curds or grated cheese
• Added seasonings, peppers or other foods
• Deli or imported cheese
• Parmesan, Romano or goat cheese

IF YOUR SHOPPING LIST SHOWS
1 pound(s) of WIC-allowed Cheese

YOU CAN BUY
Two 8 oz (0.5 lb) packages OR One 16 oz (1 lb) package
Cereals

12 oz package or larger size
- WIC-allowed brands only

**Cold Cereal**
- Cheerios
- Multi Grain Cheerios
- Kix
- Kix Honey
- Kix Berry Berry

**Total Whole Grain**
- Wheaties
- Wheat Chex
- Corn Chex
- Rice Chex
- Grape-Nuts

**Hot Cereal**
- COCO Wheats
- Quaker Oatmeal
- Quaker Instant Grits
- Malt-O-Meal

**Store Brand Cereal**
- Instant Oatmeal
- Bran Flakes
- Toasted Oats
- Tastees

**WIC-Allowed Store Brand:**
- Always Save
- Best Choice
- Clear Value
- Essential Everyday
- Fareway
- Food Club
- Great Value
- Hospitality
- HyTop
- Hy-Vee
- IGA
- Market Pantry
- Our Family
- Ralston
- Shurfine
- Valu Time

**TIP**
HOW TO COMBINE CEREAL PACKAGE SIZES

<table>
<thead>
<tr>
<th>36.0 OUNCES</th>
<th>34.5 OUNCES</th>
<th>35.8 OUNCES</th>
<th>36.0 OUNCES</th>
</tr>
</thead>
<tbody>
<tr>
<td>18.0 OUNCES</td>
<td>20.5 OUNCES</td>
<td>12.0 OUNCES</td>
<td>18.0 OUNCES</td>
</tr>
<tr>
<td>18.0 OUNCES</td>
<td>14.0 OUNCES</td>
<td>12.0 OUNCES</td>
<td>11.8 OUNCES</td>
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</tbody>
</table>

- High in folic acid
- Whole grain
- Whole grain with 5+ grams of fiber
- Gluten free

- FA
- W
- W
- GF
Juice

- 100% juice
- Single flavor
- Added calcium and vitamins OK

You can buy only if listed on your Shopping List:
- 6 packs of 5.5 to 6.0 ounce cans of 100% juice

DO NOT BUY
- Organic
- 59 oz juices
- Fruit juice blends
- Juice cocktails, drinks or juices with added sugar
- Added artificial sweeteners like sucralose
- Fresh squeezed juices

64 oz only
- WIC-allowed brands pictured here or listed below

Non-Refrigerated Juice

- 100% Tomato
- 100% Tomato (Low Sodium)
- Indian Summer
- Premium Apple
- Juicy Juice
- 100% Apple
- 100% Orange
- Campbell's 100% Tomato
- Campbell's 100% Tomato (Low Sodium)
- Indian Summer
- Premium Apple
- Juicy Juice
- 100% Apple
- 100% Orange

Refrigerated Juice

- Half (1/2) gallons only
- Any brand
- Orange juice

64 oz only
- WIC-allowed brands pictured here or listed below

- Langers
- Mott’s
- Musselman’s
- Old Orchard
- V8
- Welch’s

Warm Sun
- 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
- Tomato
- Vegetable
- Low Sodium

Mott’s
- 100% Apple
- No Mott’s for Tots, Light or Medleys

Musselman’s
- 100% Apple

Old Orchard
- 100% Apple
- 100% White Grape
- 100% Orange

V8
- 100% Vegetable
- Original
- Low Sodium
- Spicy Hot
- No other flavors

Welch’s
- 100% Grape
- 100% Red Grape
- 100% White Grape
- No Light, Fiber Added, Calcium Added or Juice Cocktail

Other WIC-allowed brands include:
- Always Save
- Best Choice
- Essential Everyday
- Fareway
- Food Club
- Great Value
- Hy-Vee
- IGA
- Market Pantry
- Mr. Pure
- Our Family
- Shurfine
- Valu Time

IF A JUICE DOES NOT SCAN as WIC ALLOWED it might be:
In the wrong size container
Not high enough in Vitamin C
A blend of juices

Many refrigerated orange juices are in a 59 ounce container and these are NOT WIC ALLOWED
Only 64 ounce refrigerated orange juice IS WIC ALLOWED

11.5 to 12 oz only
- Any brand

Flavors allowed:
- Apple
- Grape
- Grapefruit
- Orange
- Pineapple
- Tomato
- Vegetable

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Infant Foods

**Fruits and Vegetables**
- 4 oz only
  - WIC-allowed brands pictured below
  - Any variety plain fruit and vegetable
  - Mixtures of vegetables/fruits OK

**DO NOT BUY**
- Dinners
- Added sugar, salt or DHA
- Squeeze pouches
- Yogurt blends
- 2-packs of 2 oz. tubs

**Cereal**
- 8 or 16 oz package
  - WIC-allowed brands pictured below

**DO NOT BUY**
- Organic
- Cereal with added fruit, formula, yogurt, DHA or other additives

** Infant Foods**

**Fruits and Vegetables**
- Beech-Nut Classics
- Beech-Nut Naturals
- Earth’s Best Organic
- Gerber 2-Packs of 4 oz
- Happy Baby Organic

**DO NOT BUY**
- Dinners
- Added sugar, salt or DHA
- Squeeze pouches
- Yogurt blends
- 2-packs of 2 oz. tubs

**Cereal**
- Beech-Nut Plain Rice Oatmeal Multigrain
- Gerber Plain Rice Oatmeal Whole Wheat Multigrain Barley
- Tippy Toes Plan Rice Oatmeal

**DO NOT BUY**
- Organic
- Cereal with added fruit, formula, yogurt, DHA or other additives

**For Fully Breastfed Infants**

**Meat**
- 2.5 oz only
  - WIC-allowed brands pictured below
  - Any variety meat or poultry as a single ingredient
  - Added broth or gravy OK

**DO NOT BUY**
- Dinners
- Added sugar, salt or DHA

**Tips**
- Compare package sizes

**1**
- 2-PACK OF 4 OZ TUBS

**2**
- 4 OZ JARS

**8**
- 2-PACKS OF 4 OZ TUBS

**16**
- 4 OZ JARS

**16**
- 2-PACKS OF 4 OZ TUBS

**32**
- 4 OZ JARS

**32**
- 2-PACKS OF 4 OZ TUBS

**64**
- 4 OZ JARS
For any questions ask the staff at your local WIC clinic, or call the state WIC office at 1-800-657-3942.

To request this material in another format contact:

Minnesota WIC Program
P.O. Box 64882
St. Paul, MN 55164-0882
www.health.state.mn.us/wic

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