



WIC **Authorized** **Food List**

Shopping Guide

March 28, 2016

Using Your WIC Checks

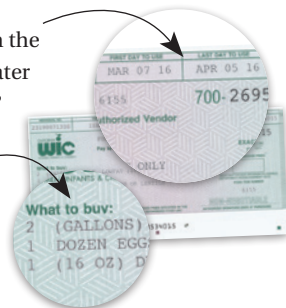
- 1 Look for the WIC logo to know where to shop.



- 2 Take your signed WIC ID Folder with you to the store.



- 3 Use your checks starting on the “First Day to Use” and no later than the “Last Day to Use.”



- 4 Look at “What to buy” on your check. Choose WIC authorized foods using your WIC Authorized Food List Shopping Guide.

- 5 Group your WIC foods by each check.



- 6 Tell the cashier right away that you are using WIC checks.

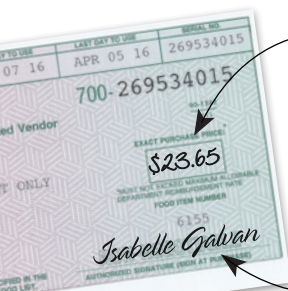


- 7 Give your WIC ID Folder and checks to the cashier.

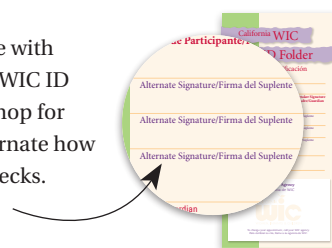


- 8 The “Exact Purchase Price” is then filled in by the cashier on each check at the register.

- 9 After the purchase price has been entered, sign your WIC checks in front of the cashier.



- 10 Your alternate on file with WIC must sign your WIC ID Folder before they shop for you. Teach your alternate how to shop with WIC checks.



- 11 You must **buy the full amount of formula** printed on the Infant Formula WIC Checks. You may, however, choose to buy less of the other foods printed on the checks.

- 12 The WIC Fruits and Vegetables Check has a printed dollar value. If your purchase costs more than the amount on the check, you may pay the extra amount.

- 13 You will not receive change from any WIC check transaction.

Important WIC Authorized Food List Shopping Guide Information

Authorized food items are specific to each individual food category and subcategory. Each food category is printed in all CAPS and white font, which will be used only for food category names.

If a manufacturer makes a non-material change to an authorized food in food categories for which specific brand and/or product names are authorized, CDPH will continue to authorize that food for purchase. Non-material changes are changes to brand name, product name, and/or product or logo artwork.

The WIC Authorized Food List Shopping Guide can be downloaded from the WIC website at www.wicworks.ca.gov. If you are a WIC participant, you can also get a copy from your local WIC agency.

For non-exclusive lists of eligible products, visit: www.cdph.ca.gov/programs/wicworks/Pages/WIC-CAFoodListsDatabase.aspx.

If You Have Problems at the Grocery Store

- Ask to speak with the store manager.
- If you are not satisfied, contact your local WIC agency at the number listed on the front of your WIC ID Folder, or
- Contact the State WIC Program at **1-800-852-5770** or **wicabuse@cdph.ca.gov**.
- Save your store receipt.
- Report the following information:
 - date,
 - time,
 - store name,
 - names of the store staff involved, and
 - details of the situation.

Smart Shopping Tips

Here are some recommended tips for stretching your WIC checks and food dollars:

- Check store ads and websites for sales.
- Create a weekly meal plan based on food prices.
- Make a shopping list.
- Use grocery store club cards.
- Use coupons.
- Buy store or generic brands.
- Take advantage of “buy one, get one free” specials.
- Buy fresh fruits and vegetables that are in season.
- Pay attention as foods are scanned to make sure you are charged the correct shelf price.



No Added Sugars – Shopping Tips

Added sugars are not allowed in some WIC foods, such as juice, canned fruits, frozen fruits and vegetables, and dried fruits. Foods lower in sugars help prevent obesity, diabetes, some cancers, and tooth decay.

Sugar has many names. Some other names include:

- | | | |
|------------------------|----------------------------|------------------|
| • Agave or agave syrup | • Evaporated cane juice | • Maltose |
| • Barley malt | • Fructose | • Maple sugar |
| • Brown sugar | • Glucose | • Molasses |
| • Cane syrup | • High-fructose corn syrup | • Powdered sugar |
| • Corn sugar | • Honey | • Raw sugar |
| • Corn syrup | • Maltodextrin | • Sucrose |
| • Dextrose | | |

Artificial, reduced-calorie, and no-calorie sweeteners are also NOT allowed. Some names for them are:

- | | | |
|------------------------|--------------|-------------|
| • Acesulfame potassium | • Monk fruit | • Stevia |
| • Aspartame | • Nectresse | • Sucralose |
| • Malitol | • NutraSweet | • Truvia |
| • Maltitol | • Sorbitol | • Xylitol |
| | • Splenda | |

Check the ingredients for added sugars or sweeteners. See example of labels for canned pineapple below.

CAN BUY

Nutrition Facts	
Serving Size 1/2 Cup (122g)	
Amount Per Serving	
Calories 70	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Potassium 150mg	4%
Total Carbohydrate 16g	5%
Dietary Fiber 1g	4%
Sugars 15g	
Protein less than 1g	
Vitamin A 0%	Vitamin C 25%
Calcium 0%	Iron 2%
INGREDIENTS: PINEAPPLE, PINEAPPLE JUICE, CITRIC ACID, ASCORBIC ACID	

CANNOT BUY

Nutrition Facts	
Serving Size 1/2 Cup (123g)	
Amount Per Serving	
Calories 110	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Potassium 95mg	3%
Total Carbohydrate 26g	9%
Dietary Fiber 1g	4%
Sugars 25g	
Protein 0g	
Vitamin A 0%	Vitamin C 20%
Calcium 0%	Iron 0%
INGREDIENTS: PINEAPPLE, WATER, SUGAR, CITRIC ACID, ASCORBIC ACID	

MILK



CAN BUY

Any brand, one (1) gallon size, plain fluid cow's milk.
Pasteurized or ultra-pasteurized:

- 1% Lowfat (light)
- Nonfat (fat free, skim)

The following are allowed if printed on the check:

- Half gallons
- Whole milk
- Lactose free milk
- Evaporated milk in 12 oz cans
- Powdered dry milk in 9.6 oz or 25.6 oz containers
- 2% Reduced fat milk

CANNOT BUY ☒

- Any other type, flavor, or size of milk
- Acidophilus milk
- Buttermilk
- Calcium-fortified milk
- Flavored milk, such as chocolate
- Goat's or soy milk
- Non-dairy substitutes
- Milk with added DHA
- Pint size or glass bottles
- Raw (unpasteurized) milk
- Sweetened condensed or filled milk
- Ultra Heat Treated (UHT) shelf-stable milk
- Organic milk

Nutrition Tip

Milk is a good source of calcium, protein, and vitamin D for you and your family.



Helpful Hint

To get the most milk, buy fluid cow's milk.

CHEESE



CAN BUY

Any brand in 16 oz package of made in the USA cheese in the varieties listed below. Regular, low sodium, low fat, reduced fat, or nonfat.

Block or round:

Cheddar cheese

- Orange or white
- Mild, medium, sharp, or longhorn

Colby cheese

Jack cheese

Marbled or blends of authorized cheeses, such as Colby-Jack or Cheddarella

Mozzarella cheese



Individually wrapped sticks:

Mozzarella string cheese

CANNOT BUY ☒

- Any other variety, size, or texture of cheese
- Diced, grated, sliced, crumbled, or shredded cheese
- Cheese purchased from or sliced at the deli
- Cheese with added ingredients, such as hot peppers or spices
- Organic cheese

EGGS



CAN BUY

Any brand, dozen size carton:

Chicken Eggs

- White
- Large



CANNOT BUY ☒

- Any other size, type, or color of eggs
- Powdered or liquid eggs
- Specialty eggs, such as cage-free, organic, vitamin-enriched, pastured, low cholesterol, or DHA-enriched

YOGURT



CAN BUY

Brands, flavors (plain, vanilla, or strawberry), and fat levels of cow's milk yogurt listed below and on the next page in 32 oz or quart container:



Alta Dena

- Plain (Nonfat, Lowfat, or Whole)
- Strawberry (Lowfat)
- Vanilla (Lowfat)



Coburn Farms

- Plain (Lowfat)
- Vanilla (Lowfat)



Dannon

- All Natural Plain (Nonfat, Lowfat, or Whole)
- Strawberry (Nonfat)
- All Natural Vanilla (Lowfat)



Food Club

- Plain (Fat Free)



Great Value

- Plain (Nonfat)
- Strawberry (Lowfat)
- Vanilla (Lowfat)



Kroger

- Blended Plain (Lowfat)
- Plain (Nonfat)



LALA

- Plain (Lowfat)



Lucerne

- Plain (Fat Free)
- Strawberry (Lowfat)
- Vanilla (Lowfat)

YOGURT



Market Pantry

- Plain (Nonfat)



Mountain High

- Original Plain (Whole)
- Plain (Fat Free, Lowfat)
- Original Strawberry (Whole)
- Original Vanilla (Whole)
- Vanilla (Fat Free, Lowfat)



Springfield

- Premium Plain (Lowfat)
- Blended Strawberry (Lowfat)



Stater Bros.

- Plain (Fat Free, Low fat)
- Blended Strawberry (Lowfat)
- Blended Vanilla (Lowfat)



Tillamook

- Plain & Simple (Lowfat)



Western Family

- Plain (Non-Fat, Low-Fat)
- Strawberry (Low-Fat)



Yoplait

- Plain (Nonfat)
- Original Strawberry (Low Fat)
- Original Vanilla (Low Fat)

CANNOT BUY ☒

- Any other brand, size, or flavor of yogurt
- Any other type of yogurt, such as Greek yogurt, lactose free yogurt, soy yogurt, and goat's milk yogurt
- Yogurt with mix-in ingredients, such as granola, candy pieces, honey, or nuts
- Drinkable yogurts
- Fat level not printed on check
- Yogurt with artificial, reduced-calorie, or no-calorie sweeteners
- Organic yogurt

Helpful Hint: Must buy yogurt fat level printed on check.

SOY



CAN BUY (if printed on the check)

Brands, types, and sizes listed below, organic and twin-packs allowed:



8th Continent Soymilk Original
 • Refrigerated
 • Half gallon size



Pacific Ultra Soy Original
 • Shelf-Stable
 • Quart size



Silk Soymilk Original
 • Refrigerated
 • Half gallon and Quart size



WESTSOY Organic Plus Soymilk Plain
 • Shelf-Stable
 • Half gallon and Quart size

CANNOT BUY ☒

- Any other brand, type, size, or flavor of soy
- Light, lowfat, fat free, or nonfat soy

Helpful Hint

If you are interested in having soy and/or tofu, talk with WIC staff.

TOFU



CAN BUY (if printed on the check)

Brands and textures of plain tofu listed below in 16 oz package, organic allowed:



Azumaya
 • Silken
 • Firm
 • Extra Firm



House
 • Premium Medium Firm
 • Premium Firm
 • Premium Extra Firm



Nasoya
 • Organic Silken



O Organics
 • Organic Sprouted Super Firm

WO CHONG

Wo Chong
 • Silken
 • Soft
 • Firm

CANNOT BUY ☒

- Any other brand, size, or texture of tofu
- Tofu with added fats, sugars, sweeteners (artificial, reduced-calorie, or no-calorie), oils, sodium, flavoring, or seasoning
- Cubed, dried, baked, or fried tofu
- Tofu in bulk, not pre-packaged

Nutrition Tip

Soy and tofu are vegetarian sources of calcium and protein.

CANNED FISH



CAN BUY (if printed on the check)

Any brand, regular or low sodium:

Chunk Light Tuna

- 5 oz can
- Packed in water
- Plain

Pink Salmon

- 5 oz, 6 oz, or 14.75 oz can
- Packed in water
- Plain

Mackerel

- 15 oz can
- Packed in water or tomato sauce

Sardines

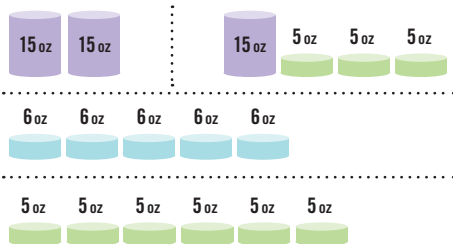
- 15 oz can
- Packed in water, mustard, or tomato sauce



CANNOT BUY ☒

- Any other flavor, variety, size, or type of fish
- Solid white, albacore tuna, or prime fillet fish
- Specialty salmon, such as smoked, wild sockeye, blue back salmon, or red salmon
- Organic canned fish or canned fish in organic sauce
- Canned fish packed in oil
- Canned mackerel or sardines packed in any other sauce, such as chili or hot sauce
- Tuna or salmon kits
- Fish packed in pouches or plastic containers
- Canned king mackerel

Helpful Hint: To buy the full 30 oz of fish:



WHOLE GRAINS



CAN BUY

Whole Wheat Bread | Any brand in 16 oz package:

- Loaves, buns, or rolls that have "100% Whole Wheat" on the **front label**
- Store bakery bread is allowed, if labeled appropriately

CAN BUY

Any brand in 16 oz package or bulk, plain:

Brown Rice

- Short, medium, or long grain
- Regular, quick, or instant
- Basmati Brown
- Jasmine Brown

Oatmeal or Oats

- Old fashioned
- Rolled, cut, or steel cut
- Regular, quick, or instant
- Crystal Wedding

Whole Grain Barley

- Organic is allowed

Bulgur

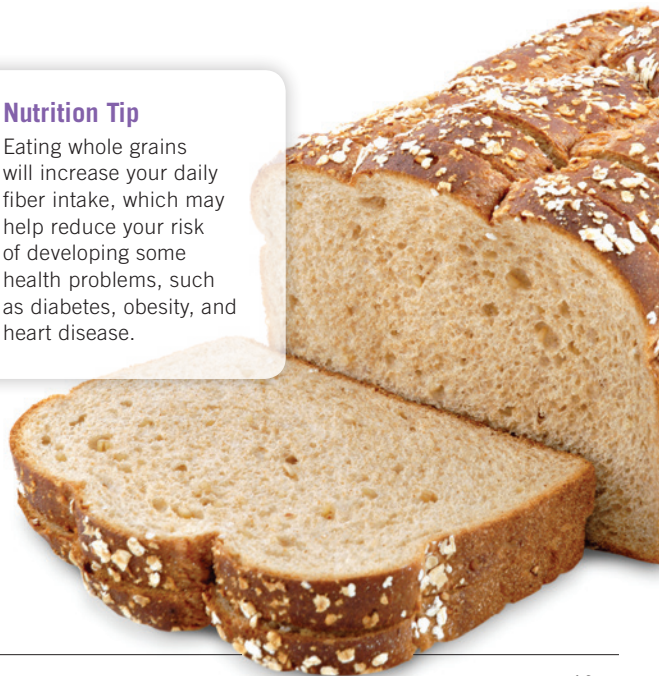
- Organic is allowed

CANNOT BUY ☒

Refer to the **Cannot Buy** section at the bottom of page 17 for a full listing of cannot buys for Whole Grains.

Nutrition Tip

Eating whole grains will increase your daily fiber intake, which may help reduce your risk of developing some health problems, such as diabetes, obesity, and heart disease.



WHOLE GRAINS



CAN BUY

Whole Wheat Tortillas | Brands listed below in 16 oz package:

- **Acapulco Tortilleria Mexicatessen** — Whole Wheat Flour Tortillas
- **Carlita** — 100% Whole Wheat Flour Tortillas
- **Chi-Chi's** — Whole Wheat Tortillas Fajita Style
- **Don Pancho** — Whole Wheat Tortillas Soft Taco & Wraps Style
- **Early On** — Whole Wheat Tortillas
- **El Comal** — 100% Whole Wheat Flour Tortillas
- **Esperanza's Tortilleria** — Whole Wheat Flour Tortillas
- **Fiesta** — Whole Wheat Tortillas
- **Food Club** — Whole Wheat Tortillas Fajita Style
- **Frestillas** — 100% Whole Wheat Tortillas
- **Guerrero** — Tortillas de Harina Integral
- **Herdez** — Whole Wheat Tortillas Fajita Style
- **Kroger** — Soft Taco Sized 100% Whole Wheat Tortillas
- **La Banderita** — 100% Whole Wheat Flour Tortillas Soft Taco
- **La Banderita** — Whole Wheat Flour Tortillas Fajita
- **La Perla Mexicana** — Whole Wheat Tortillas
- **La Reina** — Whole Wheat Flour Tortillas
- **La Rosa** — 100% Whole Wheat Flour Tortillas
- **La Victoria** — Whole Wheat Tortillas Soft Taco
- **Mi Casa** — Wheat Tortillas
- **Mi-Rancho Tortillas** — Whole Wheat Flour Tortillas
- **Mission** — 100% Whole Wheat Flour Tortillas Medium-Soft Taco
- **Ortega** — Whole Wheat Tortillas
- **Ozuna** — Whole Wheat Tortillas
- **Romero's** — 100% Whole Wheat Grain Flour Tortillas
- **Romero's** — 100% Whole Wheat Grain Flour Tortillas Regular/Soft Taco Size
- **Santa Fe Tortilla Company** — Whole Wheat Tortillas
- **Tortilleria Santacruz** — 100% Whole Wheat Flour Tortillas
- **Vallarta Supermarkets** — 100% Whole Wheat Tortillas
- **Vallarta Supermarkets** — Tortilla de Trigo/Whole Wheat Flour Tortillas

CANNOT BUY ☹

Refer to the **Cannot Buy** section at the bottom of page 17 for a full listing of cannot buys for Whole Grains.

WHOLE GRAINS



CAN BUY

Corn Tortillas: Soft corn, yellow or white | Brands listed below in 16 oz package:

- **Acapulco Tortilleria Mexicatessen** — King Size White Corn Tortillas
- **Carlita** — Corn Tortillas Soft Taco Style
- **Chi-Chi's** — White Corn Taco Style Tortillas
- **Don Pancho** — White Corn Tortillas
- **Early On** — White Corn Tortillas
- **Early On** — Yellow Corn Tortillas
- **El Comal** — Corn Tortillas
- **Fiesta** — Corn Tortillas
- **Guerrero** — Tortillas de Maiz Blanco
- **Herdez** — White Corn Tortillas Soft Taco Size
- **La Banderita** — Corn Tortillas
- **La Banderita** — Grande Corn Tortillas
- **La Burrita** — Corn Tortillas
- **La Fe Tortilleria** — Corn Tortillas King Size
- **La Mexicana** — Corn Tortillas
- **La Perla Mexicana** — King Size White Corn Tortillas
- **La Perla Mexicana** — King Size Yellow Corn Tortillas
- **La Rosa** — Corn Tortillas La Grande
- **La Rosa** — Yellow Corn Tortillas La Grande
- **La Tapatia** — Premium Corn Tortillas
- **La Tapatia** — White Corn Tortillas/Tortillas Blancas
- **Marcela Valladolid** — White Corn Tortillas
- **Mi Rancho** — Mama's White Corn Tortillas
- **Mi-Rancho Tortillas** — Soft White Corn Tortillas
- **Mission** — Yellow Corn Tortillas Extra Thin
- **Northgate Gonzalez Market** — White Corn Tortillas de Maiz
- **Northgate Gonzalez Market** — Yellow Corn Tortillas de Maiz
- **Ozuna** — Corn Tortillas
- **Romero's** — Stone Ground Corn Tortillas Large King Size
- **Romero's** — Whole Grain Corn Tortillas
- **Santa Fe Tortilla Company** — White Corn Tortillas
- **Santa Fe Tortilla Company** — Yellow Corn Tortillas
- **Sol De Oro** — Premium Corn Tortillas
- **Vallarta Supermarkets** — Vallarta Tortilla de Maiz
- **Vallarta Supermarkets** — Vallarta Tortilla de Maiz Amaril

CANNOT BUY ☹

Refer to the **Cannot Buy** section at the bottom of page 17 for a full listing of cannot buys for Whole Grains.

WHOLE GRAINS



CAN BUY

Whole Wheat Pasta | Brands in 16 oz package, organic allowed, as listed below and on the next page:



Allegro

- Whole Wheat Spaghetti



Barilla

- Whole Grain Penne
- Whole Grain Spaghetti



Bella Terra Organic

- Organic Whole Wheat Capellini
- Organic Whole Wheat Spaghetti



Essential Everyday

- Whole Wheat Elbow Macaroni
- Whole Wheat Penne Rigate
- Whole Wheat Rotini
- Whole Wheat Spaghetti
- Whole Wheat Thin Spaghetti



Full Circle

- Organic Whole Wheat Angel Hair
- Organic Whole Wheat Spaghetti



Great Value

- Whole Wheat Spaghetti



Hodgson Mill

- Whole Wheat Angel Hair
- Whole Wheat Elbows
- Whole Wheat Spaghetti
- Whole Wheat Spirals
- Whole Wheat Thin Spaghetti



Kroger

- 100% Whole Grain Penne Rigate
- 100% Whole Grain Rotini
- 100% Whole Grain Spaghetti
- 100% Whole Grain Thin Spaghetti



O Organics

- Organic Whole Wheat Penne Rigate
- Organic Whole Wheat Spaghetti

WHOLE GRAINS



Racconto

- Whole Wheat Capellini
- Whole Wheat Elbows
- Whole Wheat Farfalle
- Whole Wheat Linguine
- Whole Wheat Penne Rigate
- Whole Wheat Rigatoni
- Whole Wheat Rotini
- Whole Wheat Spaghetti



Ronzoni Healthy Harvest

- 100% Whole Grain Linguine
- 100% Whole Grain Penne Rigate
- 100% Whole Grain Rotini
- 100% Whole Grain Spaghetti
- 100% Whole Grain Thin Spaghetti



Simply Balanced

- Organic Whole Wheat Farfalle
- Organic Whole Wheat Fusilli
- Organic Whole Wheat Penne Rigate
- Organic Whole Wheat Spaghetti



Simple Truth Organic

- Whole Wheat Penne Rigate
- Whole Wheat Rotini
- Whole Wheat Spaghetti



Western Family

- 100% Whole Wheat Penne Rigate
- 100% Whole Wheat Spaghetti

CANNOT BUY ☒

- Any other type, brand, or size of corn tortillas, whole wheat tortillas, or whole wheat pasta
- Any other type, size, or variety of whole wheat bread, brown rice, whole grain barley, oatmeal or oats, or bulgur
- Whole grains with added ingredients, such as fruits, nuts, or spices
- Refrigerated or frozen bread, dough, mixes, tortillas, rice, oats, or pasta
- Ready-to-serve rice
- Brown rice mixed with any other type of rice
- Individual or flavored oatmeal packets
- Pearled barley
- Organic bread, tortillas, oatmeal, or brown rice
- Cannot mix and match bulk brown rice, oatmeal, oats, whole grain barley, and bulgur
- Homemade whole grains
- Whole grains with artificial, reduced-calorie, or no-calorie sweeteners

BREAKFAST CEREAL



CAN BUY

Brands in 12 oz – 36 oz box or bag of cereal listed below and on the next page:

● = 50% or more folic acid per serving

● = 5 or more grams of fiber per serving

WHOLE GRAIN CEREALS – 51% or more whole grain.

General Mills



Cheerios



MultiGrain Cheerios



Honey Kix



Kix



Total Whole Grain

Kellogg's



Frosted Mini Wheats Original



Frosted Mini Wheats Little Bites



Life – Original



Oatmeal Squares – Brown Sugar



Oatmeal Squares – Cinnamon

Quaker

Post



Grape-Nuts



Bran Flakes

B&G Foods



Cream of Wheat Whole Grain

Mill Select Early On



Puffed Wheat

Instant Oatmeal or Instant Oats | Brands listed below in 11.8 oz – 12 oz containers of individual serving packets, old fashioned, classic, regular, or original flavor:

- Best Yet
- Early On
- First Street
- Food Club
- Great Value
- Hy-Vee
- IGA
- Kroger
- Raley's
- Ralston Foods
- Red & White
- Shurfine
- Signature Kitchens
- Special Value
- Springfield
- Stater Bros.
- Sunny Select
- Western Family
- WinCo Foods

BREAKFAST CEREAL



OTHER CEREALS – Less than 51% whole grain.

Kellogg's



Corn Flakes



Special K – Original

Quaker



Corn Bran Crunch

Post/Malt-O-Meal



Honey Bunches of Oats – Honey Roasted



Malt-O-Meal Hot Cereal – Original



Oat Blenders with Honey

• Crisp(y) Rice:

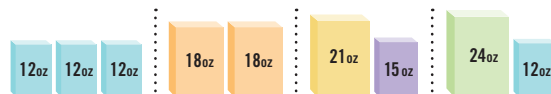
- Best Yet
- First Street
- Food Club
- Great Value
- Hospitality
- HY-TOP
- Hy-Vee
- IGA
- Kiggins
- Kroger
- Malt-O-Meal
- Market Pantry
- Mill Select Early On*
- Parade
- Raley's
- Ralston Foods
- Red & White
- Shurfine
- Signature Kitchens
- Springfield
- Stater Bros.
- Sunny Select
- Valu Time
- Western Family
- WinCo Foods

* Cereal is 51% or more whole grain

CANNOT BUY ☹

- Any other brand, type, size, or flavor of breakfast cereal
- Grits
- Hot breakfast cereal with added fruits, nuts, sugars, or sweeteners (artificial, reduced-calorie, or no-calorie)

Helpful Hint: To buy the full 36 oz of cereal:



PEANUT BUTTER



CAN BUY

Any brand in 16 oz – 18 oz container.
Plain, regular, low sodium, or low sugar:

- Any texture, such as creamy, smooth, crunchy, chunky, super crunchy, or super chunky
- Old fashioned or natural is allowed

CANNOT BUY ☹

- Any other size, type, or flavor of peanut butter
- Honey nut roasted peanut butter
- “Grind your own” peanut butter
- Peanut butter spread
- Lowfat or reduced fat peanut butter
- Peanut butter with added ingredients, such as jams, jellies, chocolate, marshmallows, or honey
- Peanut butter with added supplements, such as omega-3-fatty acids
- Peanut butter with artificial, reduced-calorie, or no-calorie sweeteners
- Organic peanut butter



Helpful Hint

To get the most peanut butter, purchase 18 oz containers.

DRY BEANS, PEAS or LENTILS



CAN BUY

Any brand or variety in 16 oz package or bulk, organic allowed. Varieties including, but not limited to:

- Black
- Black-eyed peas
- Garbanzo (Chickpeas)
- Great Northern
- Kidney
- Lentils
- Lima
- Mixed
- Navy
- Pink
- Pinto
- Red
- Split peas

CANNOT BUY ☹

- Canned or frozen beans, peas, or lentils
- Dry beans, peas, or lentils with added sugars, fats, oils, vegetables, fruits, or meat
- Soy nuts
- Dry beans, peas, or lentils with artificial, reduced-calorie, or no-calorie sweeteners
- Dry beans with flavors or spices or bean soup mixes with flavoring packets or spices

CANNED MATURE BEANS



CAN BUY (if printed on the check)

Any brand, type, or variety in 15 oz – 16 oz can.
Plain, regular or low sodium. Varieties including, but not limited to:

- Black
- Black-eyed peas
- Garbanzo (Chickpeas)
- Great Northern
- Kidney
- Lentils
- Lima
- Mixed
- Navy
- Pink
- Pinto
- Red

CANNOT BUY ☹

- Dry or frozen beans, peas, or lentils
- Canned immature peas, such as green peas, green beans, or wax beans
- Canned lentils or beans with added sugars, fats, oils, vegetables, fruits, or meat
- Canned lentils or beans with artificial, reduced-calorie, or no-calorie sweeteners
- Canned baked or refried beans
- Flavored lentils or beans, such as Cajun, bbq, or ranch style beans
- Canned organic lentils or beans

Helpful Hint

To get the most canned beans, buy 16 oz cans.

BOTTLED JUICE and CONCENTRATE JUICE



CAN BUY

Any brand pasteurized juice in authorized flavors, sizes, and forms listed below. Must have “100% Juice” and “120% Vitamin C” (or more) on the **front label**. Added Calcium and/or Vitamin D are allowed:

- 64 oz bottled (ready to drink) containers or
- 11.5 oz, 12 oz, or 16 oz concentrate (frozen or non-frozen) containers

Apple

Cranberry

Grape

- Red, Purple, or White

Grapefruit

- Ruby Red, Pink, or White*

Orange*

Pineapple

Prune

Tomato

- Regular, low sodium, or spicy

Vegetable

- Regular, low sodium, or spicy

Juice Blends

- Juice that is named as two or more authorized flavors on the front label, such as Cranberry-Grape, Apple-Grape, or Cran-Apple

* Orange juice and White Grapefruit juice are not required to have “120% Vitamin C” on the front label.

CANNOT BUY ☹

- Any other flavor, type, or size of juice
- Juice not labeled as listed above
- Refrigerated juice
- Diet, light, or lite juice
- Organic juice
- Cider
- Juice with added ingredients or supplements, such as caffeine, carnitine, chromium, DHA, echinacea, ginkgo biloba, ginseng, guarana, St. John's wort, taurine, or wheatgrass

Helpful Hint

To get the most juice:

- For children, choose 64 oz bottles or 16 oz frozen containers.
- For women, choose 11.5 oz or 12 oz frozen or non-frozen containers.

FRUITS and VEGETABLES



CAN BUY

Fresh Fruits and Vegetables

Any brand, type, or combination, organic allowed:

- Any variety of whole or cut fruits and vegetables
- Bagged fruits and vegetables
- Bagged or packaged salad mixtures

Nutrition Tip

Children need 2 – 3 cups and women need 4 – 4.5 cups of vegetables and fruits every day.



- Garlic, onion, ginger, jalapeños, peppers, and chilies are allowed

CANNOT BUY ☹

- Any food or product from the salad bar or deli, party trays, fruit baskets, or decorative vegetables and fruits, such as chilies or garlic on a string or painted pumpkins
- Nuts or fruit-nut mixtures
- Edible blossoms, such as squash blossoms
- Bagged salad or vegetable or fruit kits with added ingredients, such as dressing, croutons, cheese, dips, or sauces
- Dried vegetables
- Herbs and spices, such as parsley, basil, cilantro, or mint
- Fruits and vegetables with added fats, oils, or sugars
- Fruits and vegetables with artificial, reduced-calorie, or no-calorie sweeteners

CAN BUY (if printed on the check)

Dried Fruits

Any brand, size, and type of container or bulk, organic allowed:

- Any variety of dried fruits without added fats, sugars, or oils, such as raisins, prunes and/or dried plums, figs, dates, and apricots
- Freeze-dried is allowed
- Pitted or with pits are allowed



CANNOT BUY ☹

- Dried fruits with added fats, oils, or sugars
- Dried fruits with artificial, reduced-calorie, or no-calorie sweeteners
- Dried fruits with added artificial or natural flavors, including essences
- Dried or freeze-dried vegetables
- Fruit snacks or fruit bites
- Trail mix

FRUITS and VEGETABLES



CAN BUY

Canned Fruits

Any brand, size, and type of container, organic allowed:

- Any variety of canned fruits, packed in water or juice without added sugars
- Natural or unsweetened applesauce is allowed
- Combinations of canned fruits and canned vegetables are allowed



CANNOT BUY ☹

- Canned fruits packed in syrup, such as heavy, light, or extra light
- Fruit cocktail, mixed fruit with cherries, cranberry sauce, or pie filling
- Canned fruits with added sugars, salt, fats, or oils
- Canned fruits with artificial, reduced-calorie, or no-calorie sweeteners
- Canned fruits that do not list a fruit as the first ingredient
- Home-canned or home-preserved fruits

CAN BUY

Canned Vegetables

Any brand, size, and type of container, organic allowed. Regular or low sodium:

- Any variety of canned vegetables
- Sweet potatoes or yams without added sugars or syrup are allowed
- Combinations of canned vegetables and canned fruits are allowed
- Tomatoes or tomato products are allowed, such as whole, strained, crushed, diced, paste, or purees



CANNOT BUY ☹

- Canned vegetables with added fats or oils
- Canned vegetable mixtures with mature beans
- Pickled, creamed, or sauced canned vegetables
- Canned tomato products with added sugars, fats, oils, or sweeteners (artificial, reduced-calorie, or no-calorie)
- Home-canned or home-preserved vegetables
- Soups, ketchup, relishes, olives, salsa, stewed tomatoes, or tomato sauces (tomato, pizza, spaghetti)
- Canned mature beans, such as black-eyed peas, kidney beans, or pinto beans
- Canned vegetables that do not list a vegetable as the first ingredient

FRUITS and VEGETABLES



CAN BUY

Frozen Fruits

Any brand, size, and type of container, organic allowed:

- Any variety of frozen fruits without added sugars
- Combinations of frozen fruits and frozen vegetables are allowed



CANNOT BUY ☹

- Frozen fruits with added ingredients, oils, salt, or sugars
- Frozen fruits with artificial, reduced-calorie, or no-calorie sweeteners
- Frozen fruits that do not list a fruit as the first ingredient

CAN BUY

Frozen Vegetables

Any brand, size, and type of container, organic allowed. Regular or low sodium:

- Any variety of frozen vegetables
- Sweet potatoes or yams without added sugars or syrup are allowed
- Combinations of frozen vegetables and frozen fruits are allowed
- Frozen beans of any kind are allowed, such as green beans, wax beans, black-eyed peas, black beans, or pinto beans



CANNOT BUY ☹

- Breaded or flavored frozen vegetables
- French fries, tater tots, hash browns, or mashed potatoes
- Frozen vegetables that do not list a vegetable as the first ingredient
- Frozen vegetables with sauce, such as cheese, butter, or teriyaki sauce
- Frozen vegetables with added sugars, sweeteners (artificial, reduced-calorie, or no-calorie), oils, fats, pasta, rice, or any other ingredient

INFANT CEREAL



CAN BUY

Brands and types listed below in 8 oz or 16 oz container, organic allowed:



- Baby Basics**
- Rice
 - Oatmeal



- Beech-Nut**
- Single Grain Rice
 - Single Grain Oatmeal
 - Multigrain



- Comforts for Baby**
- Rice
 - Oatmeal



- Early On**
- Rice
 - Oatmeal
 - Multi Grain



- Earth's Best Organic**
- Whole Grain Rice
 - Whole Grain Oatmeal
 - Whole Grain Multi-Grain

Gerber.



- Gerber**
- Rice and Organic Rice
 - Oatmeal and Organic Oatmeal
 - Whole Wheat
 - MultiGrain



- Healthy Times Special Nourish Organic**
- Rice and Brown Rice
 - Oatmeal
 - Barley
 - Mixed Grain

INFANT CEREAL



- Tippy Toes**
- Rice
 - Oatmeal



- Up & Up**
- Rice
 - Oatmeal

CANNOT BUY ☒

- Any other brand, type, or size of infant cereal
- Infant cereal with added ingredients, such as DHA, probiotics, formula, milk, fruits, vegetables, sugars, or sweeteners (artificial, reduced-calorie, or no-calorie)

Infant Feeding Tips

- Most babies are ready for baby food around 6 months old.
- Start with small amounts of foods, such as infant cereal mixed with breastmilk or formula.
- Please talk with your WIC staff about starting foods with your baby.



INFANT FRUITS and VEGETABLES



CAN BUY

Any product made by the brands listed below in 3.5 oz or 4 oz container, organic allowed:

- Plain fruits, plain vegetables, or combinations of two or more plain fruits and vegetables
- Multi-packs are allowed



Beech-Nut

Early On



First Choice



Gerber.



Healthy Times

Mom's
Natural
Choice
BABY FOOD

Mom's
Organic
Choice
BABY FOOD



Organico

Raley's
organic

INFANT FRUITS and VEGETABLES



tippy
toes
by TopCare



Yummy
NATURALS

Yummy
ORGANICS

CANNOT BUY

- Any other size or brand of infant fruits and vegetables
- Infant fruits and vegetables in pouches
- Cannot mix and match 3.5 oz with 4 oz containers
- Infant desserts, puddings, or smoothies
- Infant juice
- Infant dinners
- Graduates or toddler infant food
- Dried or powdered infant fruits and vegetables
- Infant fruits and vegetables mixed with cereal, meat, pasta, or rice
- Infant fruits and vegetables with added sugars, salt, spices, starch, fiber, or DHA
- Infant fruits and vegetables with artificial, reduced-calorie, or no-calorie sweeteners
- Infant fruits and vegetables that do not list a fruit or vegetable as the first ingredient

Helpful Hints: (1) To get the most infant fruits and vegetables, buy 4 oz containers. (2) Single containers and multi-packs can be mixed and matched. A multi-pack has 2 or more containers.



INFANT MEATS



CAN BUY (if printed on the check)

Any product made by the brands listed below in 2.5 oz container, organic allowed:

- Added broth or gravy is allowed
- Multi-packs are allowed



CANNOT BUY ☒

- Any other size or brand of infant meats
- Infant dinners or infant meats mixed with veggies, fruits, cereal, pasta, or rice
- Graduates or toddler infant food
- Infant meats with added sugars, salt, spices, fiber, or DHA
- Infant meats with artificial, reduced-calorie, or no-calorie sweeteners
- Infant meats in pouches

FRESH BANANAS



CAN BUY

Fresh Yellow Bananas

- 2 or 4 bananas as printed on the check
- Organic is allowed

CANNOT BUY ☒

- Any other type of banana, such as plantains, red, mini, or fingerling

INFANT FORMULA

CAN BUY

Must buy the brand, type, size, and number of cans printed on the check.

CANNOT BUY ☒

- Any other brand, type, or size of infant formula not printed on check
- Low iron or no iron formula

Your Breastmilk is all your newborn baby needs!

- All babies have tiny tummies.
- You can make just the right amount of milk your baby needs.
- The more often you nurse, the more milk you will make for your baby.
- WIC is here to help you meet your breastfeeding goals.
- Call your WIC office for breastfeeding support and feeding tips.





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California WIC Program**
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