

WIC APPROVED FOOD LIST (WIC-23)
Effective 10/1/2013 – 09/30/2015

INFANT FORMULA

As Prescribed on Food Instrument

Must be iron fortified

No substitutions

MINIMUM STOCK REQUIREMENT:

13 oz. Enfamil ProSobee concentrate
(at least 72 cans)

13 oz. Enfamil Premium Infant w/iron
concentrate (at least 72 cans)

12.4 oz. Enfamil Gentlease powder
(at least 30 cans)

INFANT CEREAL

8 oz. container

Plain, dry

Least Expensive Brand Must be Purchased

Not Allowed:

Flavored or with added ingredients

Individual servings

Organic

MINIMUM STOCK REQUIREMENT:

15 Containers

INFANT FRUITS & VEGETABLES

4 oz. containers

Single or mixed combinations are
allowed

Texture may range from strained
through diced

Brands:

Beech-Nut - Stage 2 or Stage 2 ½

Gerber- 2nd foods

Not Allowed:

Mixtures with cereal, desserts, dinners,
added sugars, starches, salt, artificial
sweeteners, DHA/ARA, omega 3 fats,
prebiotics and/or probiotics, organic

MINIMUM STOCK REQUIREMENT:

96 Containers of at least 3 varieties of
fruits

96 Containers of at least 3 varieties of
vegetables

INFANT MEATS

2.5 oz. containers

Single ingredient with broth or gravy

Brands:

Beech-Nut Stage 1

Gerber-2nd Foods

Beef, Chicken, Turkey, Ham

Not Allowed: Pasta or vegetable

mixtures, added sugars, added salt,

DHA/ARA omega 3 fats, prebiotics,

probiotics, organic

MINIMUM STOCK REQUIREMENT:

31 containers of at least 2 varieties

HOMOGENIZED MILK

Must be dispensed as prescribed on
food instrument

Homogenized-Whole, Low-Fat (1%),
Reduced Fat (2%) and Skim
Gallon and Quart containers

Least Expensive Brand Must be Purchased

Not Allowed:

Flavored, buttermilk, goat's milk,
organic, raw(unpasteurized) or
sweetened condensed milk

MINIMUM STOCK REQUIREMENT:

Whole Milk – At least 2 gallons and 4
quarts

Low Fat (1%) Milk – At least 4 gallons

Skim Milk – At least 4 gallons and 4
quarts

**LACTOSE REDUCED MILK
(OPTIONAL TO STOCK)**

Must be printed on food instrument

½ Gallon and Quart containers

Whole, Reduced Fat (2%), Low Fat
(1%) and Fat Free

Least Expensive Brand Must be Purchased

Not Allowed: Organic

**SOY BEVERAGE (OPTIONAL TO
STOCK)**

Must be printed on food instrument

½ Gallon and Quart containers

Original or vanilla flavor

Brands: *8th Continent, Pacific Ultra,
Great Value*

CHEESE

8 oz. or 16 oz. packages

American, Cheddar, Mozzarella (part
skim), Swiss

Block or sliced (not individually
wrapped)

Reduced fat and low fat allowed

Least Expensive Brand Must be purchased

Not Allowed: Cheese spread, flavored

cheese, shredded cheese, cubed

cheese, cheese from the deli,

processed cheese food, cheese with

peppers or spices, cheese product,

grated cheese, random weight,

organic cheese

MINIMUM STOCK REQUIREMENT:

At least 5, 8 oz. packages AND

At least 5, 16 oz. packages

EGGS

Dozen container only

White chicken eggs

Large size only

Least Expensive Brand Must be Purchased

Not Allowed: Extra-large, jumbo,
medium, small, specialty eggs, brown
eggs, egg substitutes, organic

MINIMUM STOCK REQUIREMENT:

At least 10 dozen containers

PEANUT BUTTER

16-18 oz. container

Smooth, crunchy, whipped, low sodium
and low sugar allowed

Any brand is allowed

Not Allowed: Flavorings or added
ingredients, organic

MINIMUM STOCK REQUIREMENT:

At least 15 containers

DRY BEANS/PEAS

16 oz. (1 lb.) Package

Plain, dry

Any variety is allowed

Any brand is allowed

Not allowed: Canned or frozen, soup
mixes, added flavorings,

Sugars, fats, oils or meat, organic

MINIMUM STOCK REQUIREMENT:

At least 6 packages of at least 2 varieties

JUICE

48 oz. & 64 oz.

Minimum of 120% Vitamin C

Single Strength - 100% Juice

Orange, apple, grapefruit, pineapple,

orange-mango, orange-pineapple,

pineapple-mango, purple grape, white

grape, cranberry, cranberry-grape,

vegetable

Least Expensive Brand Must be Purchased

MINIMUM STOCK REQUIREMENT:

At least 6 containers of at least 2 flavors

FROZEN JUICE

11.5-12 oz.

Minimum of 120% Vitamin C.

Single Strength - 100% Juice

Orange, apple, grapefruit, pineapple,

purple grape, white grape

Least Expensive Brand Must be Purchased

MINIMUM STOCK REQUIREMENT:

At least 6 containers of at least 2 flavors

BREAKFAST CEREALS

12, 14, 18, 24 and 36 oz. containers
Exception: GM Rice Chex 12.8 oz. and
Instant Oatmeal 11.8 oz.

*Indicates a whole grain cereal

MINIMUM STOCK REQUIREMENT:

At least 15 boxes of at least 5 varieties

POST

*Grape-Nuts Flakes - 18 oz.

*Alpha Bits - 12 oz.

MALT-O-MEAL

*Oat Blenders with Honey - 12 oz.,
18 oz., 36 oz.

Oat Blenders with Honey and Almonds -
18 oz., 36 oz.

*Frosted Mini Spooners - 18 oz., 36 oz.

*Strawberry Cream Mini Spooners -

18 oz., 36 oz.

GENERAL MILLS

Corn Chex (Gluten Free) - 14 oz.

Rice Chex (Gluten Free) - 12.8 oz.

*Dora the Explorer - 18 oz.

*Kix - 12 oz., 18 oz.

KELLOGGS

*All Bran Complete Wheat Flakes - 18 oz.

Corn Flakes - 12 oz., 18 oz., 24 oz.

Special K - 12 oz., 18 oz.

LEAST EXPENSIVE BRANDS OF THE FOLLOWING TYPES OF CEREALS

Crispy Rice Cereals – 12 oz.

*Toasted Oats Cereals- 14 oz.

*Instant Oatmeal, plain- 11.5-12 oz.

*Quick Cooking Oatmeal or Old

Fashioned Oatmeal - 18 oz.

Quick Cooking or Instant plain Grits -
12 oz.

WHOLE GRAINS

BROWN RICE

16 oz. bag/box

Least Expensive Brand Must be Purchased

Not Allowed: Instant, white, flavored,
wild rice mixes, organic

MINIMUM STOCK REQUIREMENT:

At least 6 packages

WHOLE WHEAT BREAD

16 oz. (1 lb.) loaf

100 % Whole Wheat

Least Expensive Brand Must be Purchased

Not Allowed: Sugar free, white, wheat
blends, buns, rolls, bagels,
frozen dough, organic

MINIMUM STOCK REQUIREMENT:

At least 6 loaves

TORTILLAS

16 oz. package

Corn or whole wheat

Least Expensive Brand Must be Purchased

Not Allowed: White flour tortillas,
tostadas

MINIMUM STOCK REQUIREMENT:

At least 6 packages

TUNA FISH

5-6 oz. can

Light, dark or blended, dolphin safe,
packed in water or oil

Any brand is allowed

Not Allowed: White, albacore,
seasoned or foil packs

MINIMUM STOCK REQUIREMENT:

At least 10 cans

CANNED PINK SALMON

5-6 oz. can

Regular or low sodium, packed in oil or
water

Brands: *Bumble Bee, Chicken of the
Sea*

Not Allowed: Red or blue back,
specialty, organic

MINIMUM STOCK REQUIREMENT:

At least 5 cans (can be combination of
2 brands listed above)

FRESH FRUITS and VEGETABLES

Purchase the dollar amount printed on
the cash-value voucher. If amount
purchased is more than the dollar
amount printed on the cash-value
voucher, participant may pay the
difference. If the purchase price is less
than the dollar amount printed on the
cash-value voucher, no cash or money
back.

Allowed:

Fresh, whole or pre-cut fruits or
vegetables

Pre-cut may be packaged in bags or
containers

Not Allowed:

Frozen or canned fruits or vegetables
White potatoes
Bagged salad mixtures with additional
ingredients such as croutons or salad
dressing

Party trays or fruit baskets

Decorative/ornamental fruits and
vegetables

Salad bar items

Dried fruits and nut mixtures

Peanuts

Herbs and spices