Foods List

WIC Authorized Foods List
Effective August 2016
Revised January 2017

Better Nutrition Brighter Future
Nutritious foods like what you get from WIC can help your family be healthy. Eating the right foods can help babies and children grow and learn better.

**WIC foods include:**
- **Fruits and Vegetables** for vitamins and minerals to help your body stay healthy
- **Dairy** products that provide calcium and vitamin D for strong bones
- **Protein** to build muscles and organs
- **Whole Grains** for fiber and vitamins
- **Cereal** for iron and other vitamins for healthy blood

**You will still need to buy other foods.**
WIC foods are meant to add to what you already buy. WIC staff can give you referrals for other programs that can help you feed your family.

**WIC fraud prevention is everyone’s responsibility!**
By following these rules you help the Maryland WIC Program help you and others.
- **Do NOT** sell or give away your WIC foods and benefits.
- **Do NOT** buy or try to buy food items that are not WIC approved with your benefit.
- **Do NOT** return your WIC foods to the store for a refund or store credit.
- Report stores and other WIC participants that you know are not following the rules to your Local WIC Agency.
## Infant Foods

### Infant Formula

**BUY:**
- Brand, type, and size issued ONLY

### Infant Cereal

**BUY:**
- Dry
- 8 or 16 ounce container

**Not WIC Approved:**
- Organic
- With DHA, fruit, or formula

### Infant Meat

**BUY:**
- Plain chicken, turkey, beef, lamb, veal, or ham
- 2.5 ounce container
- Store brand if available
- With gravy or broth is OK

**Not WIC Approved:**
- Organic
- With DHA
- With added vegetables, fruit, rice, cereal, or pasta
- Dinners, meat sticks, stews, or soups
- Pouches

### Infant Fruits & Vegetables

**BUY:**
- Plain vegetables or mixed vegetables (example: carrots and sweet potatoes)
- Plain fruit or mixed fruits (example: apples and bananas)
- Mixed fruit and vegetables (example: apples and spinach)
- Store brand if available

**Not WIC Approved:**
- Organic
- With DHA
- With meat, yogurt, cereal, pasta, or rice
- Dinners, desserts, soups, or stews
- Pouches or smoothies

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**INFANT FOODS**
# Fruits & Vegetables

**BUY:**
- Any brand
- Organic is OK

### Fresh

**BUY:**
- Loose or pre-packaged
- Whole or cut

### Frozen

**BUY:**
- Plain
- Bag or box
- Low sodium is OK

### Canned

**BUY:**
- Water or juice packed
- Metal, glass, or plastic container
- Low sodium is OK

**Not WIC Approved:**
- With dips, sauces, or dressings
- With cheese, nuts, or croutons
- Salad bar items, party platters, fruit baskets, or decorative items
- Juice: **BUY with your WIC juice benefit**

**Not WIC Approved:**
- With rice, pasta, or breading
- With sauces, cheese, or milk
- With butter, fat, oil, or meat
- With sugar, syrup, or artificial sweeteners
- Soup
- Juice: **BUY with your WIC juice benefit**

**Not WIC Approved:**
- Pouches
- With butter, fat, oil, or meat
- With sugar, syrup, or artificial sweeteners
- With rice or pasta
- Pickled vegetables, relishes, olives, or catsup
- Soup
- Beans: **BUY with your WIC beans benefit**
- Juice: **BUY with your WIC juice benefit**
**Milk**

**BUY:**
- Type and size issued
- Store brand if available

**BUY if issued:**
- Lactose-reduced or lactose-free
- Dry
- Evaporated
- Ultra-High Temperature (UHT)

**Not WIC Approved:**
- Organic
- Buttermilk
- Flavored or sweetened
- Rice, almond, or goat milk

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**Cheese**

**BUY:**
- Domestic ONLY: American, Cheddar, Colby, Monterey Jack, Muenster, Mozzarella, Provolone, or Swiss
- 8 or 16 ounce package
- Store brand if available
- Block or sliced ONLY
- Lowfat, reduced fat, and low sodium are OK
- Blends of approved cheeses are OK (like Colby-Jack)

**Not WIC Approved:**
- Organic
- Imported
- From the deli
- String, individually wrapped, shredded, crumbled, or cubed
- Cheese food, spread, or product
- Cream cheese
- With flavors, nuts, peppers, or crackers

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**Soy Beverages**

**BUY:**
- Brands and types shown here ONLY
- Refrigerated half gallons:
  - **8th Continent**: Soymilk Original
  - **Great Value**: Original Soy
  - **Silk**: Original Soymilk
- Shelf-stable quarts:
  - **Pacific Natural Foods**: Ultra Soy Original

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**Tofu**

**BUY:**
- 12 to 16 ounce container
- Brands and types shown here ONLY:
  - **Azumaya**: Extra Firm, Firm
  - **Nature's Promise**: Organic Firm
  - **O Organic**: Organic Firm, Organic Sprouted Super Firm
  - **Wegmans**: Organic Firm, Organic Extra Firm
### Eggs
**BUY:**
- White, medium, or large
- One dozen carton
- Store brand if available

**Not WIC Approved:**
- Organic, brown, fertile, or cage free
- Lowfat or cholesterol free, omega-3, pasteurized, or other specialty eggs

### Peanut Butter
**BUY:**
- Plain, smooth, crunchy, extra crunchy, or creamy
- 16 to 18 ounce container
- Store brand if available
- Low sodium and low sugar are OK

**Not WIC Approved:**
- Organic, natural, or fresh ground
- Reduced fat
- Honey roasted, mixed with marshmallow, jelly, jam, honey, or chocolate
- Peanut butter spreads

### Canned Fish
**BUY:**
- Chunk light tuna, in water, 5 to 6 ounce can
- Pink salmon, in water, 5 to 7.5 ounce can
- Sardines, in water, 3.75 ounce can
- Store brand if available

**Not WIC Approved:**
- Organic
- Albacore or white tuna
- Red salmon
- With added flavor or sauce
- Gourmet
- Pouch, bowl, or kit

### Beans, Peas & Lentils
**BUY:**
- Dry, 16 ounce bag
- Canned, packed in water, 15 to 16 ounce can
- Beans like kidney, pinto (any color), black, navy, garbanzo, lima, or cannellini
- Peas like split peas, black-eyed peas, or chick peas
- Lentils
- Store brand if available

**Not WIC Approved:**
- Organic
- Green or wax beans, or sweet peas: **BUY with your WIC Fruit & Vegetable benefit**
- Pork and beans, baked beans, or refried beans
- Soup, soup mixes, or with flavor packets
- Beans with sauce, meat, fat, or oil

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**PROTEIN • Eggs • Peanut Butter • Canned Fish • Beans, Peas & Lentils**

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**Buy fresh, frozen, and canned green or wax beans and sweet peas with your WIC Fruit & Vegetable benefit.**
Brown Rice

BUY:
- Dry, plain
- 1 pound (16 ounce) package
- Store brand if available

Not WIC Approved:
- Organic
- Ready-to-serve, precooked, or boil-in-bag
- With added flavor, sauce, spice packets, or vegetables

Soft Corn & Whole Wheat Tortillas

BUY:
- Brands and types shown here ONLY
- 1 pound (16 ounce) package

Archer Farms
- Soft Whole Wheat Tortillas

Chi-Chi’s
- White Corn Tortillas
- Whole Wheat Fajita Tortillas

Don Pancho
- White Corn Tortillas
- Whole Wheat Tortillas

La Banderita
- Corn Tortillas
- Grande Corn Tortillas
- Whole Wheat Fajita Style Tortillas
- Whole Wheat Soft Taco Style Tortillas

Mission
- Whole Wheat Soft Taco Tortillas
- Yellow Corn Extra Thin Tortillas

Essential Everyday
- Soft White Corn Tortillas
- Whole Wheat Tortillas

Giant
- White Corn Tortillas
- Whole Wheat Tortillas

Ortega
- Whole Wheat Tortillas

Giant Eagle
- Fajita Size White Corn Tortillas
- Whole Wheat Tortillas
# Breads & Rolls

**BUY:**
- Brands and types shown here ONLY
- 15 to 16 ounce package

<table>
<thead>
<tr>
<th>Brand</th>
<th>Types</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arnold</td>
<td>100% Whole Wheat Burger Rolls, 100% Whole Wheat Hot Dog Rolls</td>
</tr>
<tr>
<td>Best Yet</td>
<td>100% Whole Wheat Bread</td>
</tr>
<tr>
<td>Bimbo</td>
<td>100% Whole Wheat Bread</td>
</tr>
<tr>
<td>Essential Everyday</td>
<td>100% Whole Wheat Bread</td>
</tr>
<tr>
<td>Food Lion</td>
<td>100% Whole Wheat Sliced Bread</td>
</tr>
<tr>
<td>Giant</td>
<td>100% Whole Wheat Bread</td>
</tr>
<tr>
<td>Giant Eagle</td>
<td>100% Whole Wheat Bread</td>
</tr>
<tr>
<td>Gourmet</td>
<td>100% Whole Wheat Bread</td>
</tr>
<tr>
<td>Nature's Harvest</td>
<td>Stone Ground 100% Whole Wheat Bread</td>
</tr>
<tr>
<td>Nature's Own</td>
<td>100% Whole Grain Sugar Free Bread, 100% Whole Wheat Hamburger Buns</td>
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<tr>
<td>Nickles</td>
<td>Country Style 100% Whole Wheat Bread</td>
</tr>
<tr>
<td>Pepperidge Farm</td>
<td>Stone Ground 100% Whole Wheat Bread, Very Thin 100% Whole Wheat Bread</td>
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<tr>
<td>Redner’s</td>
<td>100% Whole Wheat Bread</td>
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<tr>
<td>Sara Lee</td>
<td>100% Whole Wheat Bread</td>
</tr>
<tr>
<td>Schmidt Old Tyme</td>
<td>100% Whole Wheat Bread, 100% Whole Wheat Hamburger Rolls, 100% Whole Wheat Hot Dog Rolls</td>
</tr>
<tr>
<td>Shoppers</td>
<td>100% Whole Wheat Bread</td>
</tr>
<tr>
<td>ShopRite</td>
<td>100% Whole Wheat Bread, Enriched 100% Whole Wheat Hot Dog Rolls, Enriched 100% Whole Wheat Sandwich Rolls</td>
</tr>
<tr>
<td>Signature Kitchens</td>
<td>100% Whole Wheat Bread</td>
</tr>
<tr>
<td>Stern’s</td>
<td>100% Whole Wheat Bread, 100% Whole Wheat Rolls</td>
</tr>
<tr>
<td>Weis Quality</td>
<td>Whole Wheat Bread</td>
</tr>
<tr>
<td>Wonder</td>
<td>100% Whole Wheat Bread</td>
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</tbody>
</table>
**Juice for Women – 11.5 to 12 Ounce Frozen Concentrate Containers**

**BUY:**
- 100% juice, unsweetened
- With added calcium, vitamin D, and/or vitamin C is OK
- Orange or Grapefruit juice: ANY brand is OK
- Apple, Grape (purple, red, or white), Pineapple, Tomato, or Vegetable juice: Brands shown here ONLY

**Not WIC Approved:**
- Organic or fresh-squeezed
- Juice blends (like Apple-Grape or Pineapple-Orange)
- Cocktails, punch, drink, or light

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**Dole**
- Pineapple

**Essential Everyday**
- Apple
- Grape

**Food Lion**
- Apple

**Giant**
- Apple
- Grape

**ShopRite**
- Apple

**Signature Kitchens**
- Apple

**Tipton Grove**
- Apple

**Tree Top**
- Apple

**Wegmans**
- Apple

**Great Value**
- Apple
- Grape

**Harris Teeter**
- Apple

**Market Pantry**
- Apple
- Grape

**Old Orchard**
- Apple
- Grape
- Pineapple

**Seneca**
- Apple

**Weis Quality**
- Apple

**Welch's**
- Grape

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**All brands of 100% orange juice and 100% grapefruit juice in 11.5 to 12 ounce frozen concentrate containers are WIC approved.**
### Juice for Children – 64 Ounce Containers

**BUY:**
- 100% juice, unsweetened
- With added calcium, vitamin D, and/or vitamin C is OK
- Orange or Grapefruit juice: ANY brand is OK
- Apple, Grape (purple, red, or white), Pineapple, Tomato, or Vegetable juice: Brands shown here ONLY

**Not WIC Approved:**
- Organic or fresh-squeezed
- Juice blends (like Apple-Grape or Pineapple-Orange)
- Cocktails, punch, drink, or light

<table>
<thead>
<tr>
<th>Brand</th>
<th>Varieties</th>
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<tbody>
<tr>
<td>Apple &amp; Eve</td>
<td>Apple</td>
</tr>
<tr>
<td>Campbell</td>
<td>Tomato</td>
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<tr>
<td></td>
<td>Tomato, Low Sodium</td>
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<tr>
<td>Essential Everyday</td>
<td>Apple</td>
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<tr>
<td></td>
<td>Grape</td>
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<td></td>
<td>Pineapple</td>
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<tr>
<td>Food Lion</td>
<td>Apple</td>
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<tr>
<td></td>
<td>Grape</td>
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<td></td>
<td>Pineapple</td>
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<tr>
<td>Giant</td>
<td>Apple</td>
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<tr>
<td></td>
<td>Grape</td>
</tr>
<tr>
<td>Giant Eagle</td>
<td>Apple</td>
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<tr>
<td></td>
<td>Grape</td>
</tr>
<tr>
<td>Great Value</td>
<td>Apple</td>
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<tr>
<td></td>
<td>Grape</td>
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<tr>
<td></td>
<td>Tomato</td>
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<td>Harris Teeter</td>
<td>Apple</td>
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<td></td>
<td>Grape</td>
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<td></td>
<td>Pineapple</td>
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<td>Juicy Juice</td>
<td>Apple</td>
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<td></td>
<td>Grape</td>
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<td>Langers</td>
<td>Apple</td>
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<td>Concord Grape</td>
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<td>Libby’s</td>
<td>Pineapple</td>
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<td>Mott’s</td>
<td>Apple</td>
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<td>Old Orchard</td>
<td>Apple</td>
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<td>Grape</td>
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<td>Pineapple</td>
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<td>V8</td>
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<td>Vegetable, Low Sodium</td>
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<tr>
<td>Wegmans</td>
<td>Apple</td>
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<td></td>
<td>Grape</td>
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<tr>
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<td>Grape, with Fiber &amp; Calcium</td>
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<tr>
<td>Weis Quality</td>
<td>Apple</td>
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<td></td>
<td>Grape</td>
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<td></td>
<td>Vegetable</td>
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<tr>
<td>Seneca</td>
<td>Apple</td>
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<td>ShopRite</td>
<td>Apple</td>
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<td></td>
<td>Grape</td>
</tr>
<tr>
<td>Signature Kitchens</td>
<td>Apple</td>
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<tr>
<td></td>
<td>Grape</td>
</tr>
<tr>
<td></td>
<td>Pineapple</td>
</tr>
<tr>
<td>Tipton Grove</td>
<td>Apple</td>
</tr>
<tr>
<td>Tree Top</td>
<td>Apple</td>
</tr>
</tbody>
</table>

**All brands of 100% orange juice and 100% grapefruit juice in 64 ounce containers are WIC approved.**
Cereal – you can combine different cereals

**BUY:**
- Brands and types shown here ONLY
- 12 ounce size or larger (cold cereal)
- 11.8 ounce size or larger (hot cereal)

**Cold Cereal**

- **General Mills**
  - Cheerios
  - Multigrain Cheerios
  - Corn Chex
  - Rice Chex
  - Fiber One Honey Clusters
  - Kix

- **General Mills**
  - Total Whole Grain
  - Wheat Chex
  - Wheaties

- **Kellogg’s**
  - All Bran Complete Wheat Flakes
  - Corn Flakes
  - Crispix
  - Frosted Mini Wheats
  - Frosted Mini Wheats Little Bites

- **Post**
  - Alpha-Bits
  - Great Grains Banana Nut Crunch
  - Bran Flakes

See chart on next page for how to buy up to 36 ounces of cereal.
### Cereal – continued

#### Cold Cereal

<table>
<thead>
<tr>
<th>Brand</th>
<th>Cereal Type</th>
<th>Notes</th>
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<tr>
<td>Post</td>
<td>Grape-Nuts</td>
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<tr>
<td></td>
<td>Honey Bunches of Oats</td>
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<tr>
<td></td>
<td>Whole Grain Almond Crunch</td>
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<tr>
<td>Post</td>
<td>Grape-Nuts Flakes</td>
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<tr>
<td>Post</td>
<td>Honey Bunches of Oats</td>
<td>With Almonds</td>
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<tr>
<td>Post</td>
<td>Honey Bunches of Oats</td>
<td>With Cinnamon Bunches</td>
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<tr>
<td>Post</td>
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<td>Whole Grain Almond Crunch</td>
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#### Gluten Free Cereal

<table>
<thead>
<tr>
<th>Brand</th>
<th>Cereal Type</th>
<th>Notes</th>
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<tbody>
<tr>
<td>Post</td>
<td>Honey Bunches of Oats</td>
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</tr>
<tr>
<td></td>
<td>Life</td>
<td>Original</td>
</tr>
<tr>
<td>Quaker</td>
<td>Oatmeal Squares</td>
<td>Cinnamon</td>
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<tr>
<td></td>
<td>Oatmeal Squares</td>
<td>Hint of Brown Sugar</td>
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<tr>
<td>Sunbelt</td>
<td>Simple Granola</td>
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#### Hot Cereal

<table>
<thead>
<tr>
<th>Brand</th>
<th>Cereal Type</th>
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<tr>
<td>Quaker</td>
<td>Instant Grits</td>
<td>Original</td>
</tr>
<tr>
<td>Quaker</td>
<td>Instant Oatmeal</td>
<td>Original</td>
</tr>
<tr>
<td>Sunbelt</td>
<td>Cream of Wheat</td>
<td>Gluten Free</td>
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<tr>
<td>Cream of Wheat</td>
<td>Cream of Wheat:</td>
<td>Regular, Instant</td>
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</tbody>
</table>

### Possible ways to buy up to 36 ounces (oz.) of cereal

- 18 oz. Cereal + 18 oz. Cereal = 36 ounces
- 24 oz. Cereal + 11.8 oz. Hot Cereal = 35.8 ounces