



WICShopper is a mobile app that lets you scan products to verify that they are WIC - authorized, view the Authorized Food List, get recipe ideas, calculate produce, and more!



Download it today!

Always check your “EBT Card Benefits” printout and/or receipts to verify the individual items you have on your WIC Nutrition Card.

We want to hear from you! Please give us your opinion on the new format of our Authorized Foods List by going to the link below and taking our survey:

<https://www.surveymonkey.com/r/RXJDJC9>

Authorized Foods List

Least Expensive Brand Preferred
October 1, 2023



This institution is an equal opportunity provider.

DAIRY



COW'S MILK

- White, Chocolate, pasteurized, vitamin D fortified milk only.
- Gallon containers only (unless half gallons are specified).
- Low fat (1% or ½ %) or skim unless Whole milk or reduced fat (2%) as specified.

NOT ALLOWED: flavored, organic, super skim, fat free plus.



NON-FAT DRY MILK

- Only when specified.
- 25.6 ounce size only.



LOW LACTOSE OR LACTOSE FREE MILK

- Only when specified.
- Gallon and half gallon containers.



SOY MILK

- Only when specified.
- Original and vanilla flavors only.
- Original flavor and chocolate flavor.



YOGURT

- Low fat or fat-free unless whole fat is specified.
- 32-ounce containers only.

| | |
|---|--|
|  | Plain. |
|  | Nonfat Plain, Lowfat Plain, Lowfat Vanilla, Nonfat Vanilla. |
|  | Plain, vanilla, maple. |
|  | Nonfat plain, nonfat peach, nonfat strawberry, nonfat vanilla, low fat plain, whole milk plain, Less Sugar Low-Fat Greek Madagascar Vanilla and Cinnamon, Zero Sugar Greek Vanilla, Zero Sugar Greek Strawberry. |
|  | Plain, vanilla. |
|  | Plain, strawberry, vanilla, whole milk plain, whole milk vanilla. |
|  | Plain, vanilla, peach, raspberry, strawberry, blueberry. |
|  | Strawberry, vanilla, plain. |
|  | Plain, vanilla, Greek Non Fat Plain, Greek Blended Nonfat Vanilla, Greek Blended Non-fat Strawberry. |

WHOLE GRAINS



Select pasta spaghetti whole wheat, select pasta capellini whole wheat, select pasta penne rigate whole wheat, select pasta rotini whole wheat.



Whole wheat spaghetti, whole wheat thin spaghetti, whole wheat penne rigate, whole wheat rotini.



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.



Harvest 100% whole grain penne rigate, 100% whole grain spaghetti, 100% whole grain thin spaghetti, 100% whole grain rotini, 100% whole grain linguine.



Whole wheat spaghetti, whole wheat thin spaghetti, whole wheat penne rigate, whole wheat rotini.



Capellini whole wheat, spaghetti whole wheat.



BROWN RICE

16 ounces; plain; any brand.



- Instant brown rice.
- Boil n bag brown rice.



- Whole Grain Brown 1LB



- Whole Grain Brown 16oz








NOT ALLOWED: white rice.

OATMEAL



- 16 Ounce.

NOT ALLOWED: Items with added fruits, nuts, spices, steel cut.

| WHOLE GRAINS | |
|---|--|
|  WHOLE WHEAT PASTA 16 ounces. | |
|  | Whole wheat spaghetti. |
|  | Whole grain rotini, Whole grain medium shells, Whole grain penne, whole grain elbows, Whole grain thin spaghetti, Whole grain linguine, Whole grain angel hair, Whole grain spaghetti. |
|  | Whole wheat spaghetti, Whole wheat thin spaghetti, Whole wheat macaroni, Whole wheat penne, whole wheat rotini, 100% whole wheat elbow macaroni, 100% whole wheat rotini, 100% wheat penne rigate, 100% whole wheat thin spaghetti, 100% whole wheat vermicelli. |
|  | 100% whole wheat spaghetti, 100% whole wheat elbow macaroni, 100% whole wheat penne rigate, 100% whole wheat rotini, Nature's Basket Whole Wheat Penne Rigate Nature's Basket Whole Wheat Organic Spaghetti |
|  | Whole wheat elbows, whole wheat linguine, whole wheat penne, whole wheat rotini, whole wheat spaghetti, whole wheat thin spaghetti. |
|  | Whole wheat penne rigate, whole wheat rotini-tight, whole wheat thin spaghetti, 100% whole grain thin spaghetti. |

| DAIRY | |
|--|--|
|  | Plain, strawberry vanilla, peach. |
|  | Strawberry, vanilla. |
|  | Plain, vanilla. |
|  | Plain, vanilla, whole milk plain, whole milk vanilla, Carbmaster Cultured Dairy Blend (Strawberry, Peach), Vanilla Whole, Plain Whole Greek |
|  | Lowfat Plain. |
|  | Lowfat Strawberry Blended, Lowfat Strawberry Banana Blended, Lowfat Blueberry Blended, Lowfat Plain, Light Vanilla, Lowfat Blended Vanilla, Whole Milk Plain |
|  | Vanilla, fat free plain, whole milk plain. |
|  | Plain, vanilla, strawberry. |
|  | Strawberry, vanilla, plain. |
|  | Plain, vanilla, strawberry. |
|  | Organic Plain Nonfat Yogurt, Organic Vanilla Nonfat Yogurt, Organic Plain Lowfat Yogurt, Organic Vanilla Lowfat Yogurt, Organic Plain Whole Milk Probiotic Yogurt, Organic Vanilla Whole Milk Probiotic Yogurt, Organic Strawberry Whole Milk Probiotic Yogurt |
|  | Plain, vanilla. |
|  | Harvest peach, strawberry, strawberry banana, vanilla. |



CHEESE

- Regular or low fat, 16-ounce size only.
- Domestic blocks or slices of only the following types: American; cheddar; Colby; Colby Jack; Monterey Jack; mozzarella; Muenster; provolone; or Swiss.

NOT ALLOWED: organic; shredded; cracker cut; cubed; deli; crumble; low sodium; cheese spread; cream cheese; string cheese; farmer's cheese; butter; cheese foods or products like Velveeta; individually wrapped slices; goat, sheep, or yogurt cheese.

EGGS



- Large, grade A or AA,
- white chicken eggs, cage-free.
- One dozen carton size.

NOT ALLOWED: organic; pasteurized; pickled; hard boiled; low cholesterol; fortified or enhanced with Omega 3; with added vitamins or minerals; free range; egg substitutes.

TOFU

16-ounce package size only, can be combined up to the total number of ounces issued.



Azumaya
Tofu

- Silken.

House Foods

- Premium firm; premium extra firm; medium firm.

Franklin
FARMS

- Extra firm; medium firm; firm; soft.

vitasoy

- Firm natural; wet pack extra firm.

PEANUT BUTTER



- 16 ounce to 18 ounce containers only.
- Regular or natural; smooth; creamy; crunchy or chunky; reduced fat; low sodium; low sugar.

NOT ALLOWED: spreads; whipped; added jelly; marshmallow; honey or other foods; fortified or enhanced varieties; palm oils.

FISH



CANNED TUNA

- Chunk light packed in water only; 5-ounce or 6-ounce can size only.



CANNED SALMON

- Pink salmon only;
- 14.75-ounce can size only.

NOT ALLOWED: red salmon; tuna in pouches.

BEANS

CANNED BEANS

- Canned beans may be combined up to the number of ounces issued.



DRIED BEANS OR PEAS • 16 ounce packages only.

NOT ALLOWED: baked beans; beans with added seasonings, sauces, fats or meats.

WHOLE GRAINS



Whole wheat tortillas 16-ounce.



Corn, fajita whole wheat, fajita 100% whole wheat tortillas 16-ounce, white corn tortillas 16-ounce, gluten free grande corn tortillas 16-ounce, yellow corn tortillas 16-ounce, 100% whole wheat flour tortillas 16-ounce.



Corn.

meijer

Corn, white corn, whole wheat.



Whole wheat.



White corn, whole wheat, yellow corn extra thin.



Whole wheat.



Whole wheat.



Whole wheat flour soft taco, yellow corn, white corn.



Corn, soft taco size whole wheat flour.



Hand-made whole wheat fajita style corn.



Whole wheat authentic fajita style.



Yellow corn.

WHOLE GRAINS



100% whole wheat sandwich buns.



100% whole wheat hot dog rolls.

NOT ALLOWED: Items with added fruits, nuts, spices, or icings.



- 100% whole wheat hoogie rolls.
- 100% whole wheat hot dog buns.
- 100% whole wheat slider sandwich buns.



- 100% whole wheat buns 16 oz.

TORTILLAS 16 ounces.



Corn, 100% whole wheat.



White corn, yellow corn, whole wheat flour.



White corn soft taco style, whole wheat fajita style.



White corn, whole wheat.



Soft white corn, whole wheat.



Soft taco size whole wheat.



Whole wheat.



Whole wheat.



6-inch white corn.



Whole wheat, gluten free yellow corn.



6-inch yellow corn.

FRUITS AND VEGETABLES

Participants can choose from any combination of fresh, frozen, or canned fruits and vegetables up to the maximum dollar amount authorized. Participants are able to use the maximum dollar amount when using the WIC Nutrition Card (WNC) at vendors who are split tender enabled. Participants cannot receive cash or credit refunds for any amount not used.



FRESH

Whole; pre-cut or sliced; individual serving sizes without sauces or dips; white potatoes; sweet potatoes; and yams.

NOT ALLOWED: fruit and vegetable trays or party trays; fruit baskets; decorative or ornamental (e.g., painted pumpkins); garlic on a string; salad bar items; fruit with added nuts; baked goods with added fruit; dried fruit including leathers or roll ups; prunes, raisins, dried cranberries, or any other dried fruit; edible blossoms or flowers; fruits and vegetables with sauces or dips; herbs or spices.



FROZEN

Any variety without added sugar.

NOT ALLOWED: Fruit with added sugar; sorbets or fruit bars; baked goods with fruit (e.g., pies).



CANS, JARS, PLASTIC CONTAINERS






Fruit in juice; juice concentrate or nectar; fruit in water with artificial sweetener; individual serving sizes without sauces or dips.

NOT ALLOWED: Fruit in gelatin; sorbets, fruit chillers, fruit crisps or parfaits; fruit with added sugar or nuts; fruit in heavy, light, or extra light syrup; fruit leathers or roll ups; dried fruits — prunes, raisins, cranberries or any other dried fruit; fruit with sauces or dips; pie filling.




SHELF STABLE JUICE




All juices listed must meet the following criteria: 100% unsweetened juice; 64-ounce plastic bottles only; orange juice can be any brand.

NOT ALLOWED: fruit drinks; sweetened juices; cocktails or powders.

| | |
|--|--|
|  | <u>Always Save</u> Apple, grape, tomato, vegetable. |
|  | <u>Apple and Eve</u> Apple, cranberry grape, cranberry peach mango, cranberry pomegranate, cranberry raspberry, cranberry wild berry, naturally cranberry. |
|  | <u>Best Choice</u> Apple, berry blend, cherry blend, grape, grape blend, grapefruit, pineapple, punch blend, white grape. |
|  | <u>Best Yet</u> Apple, cranberry, cranberry grape, cranberry raspberry, grape, grapefruit, white grape. |
|  | <u>Campbell's</u> Tomato (regular and low sodium), V-8 (regular), Tomato Juice 64 oz., Low Sodium Tomato Juice 64 oz., V8 Spicy Hot 100% Vegetable Juice, V8 Low Sodium 100% Vegetable Juice. |
|  | <u>Diane's Garden</u> Vegetable. |
|  | <u>Essential Everyday</u> Apple, berry blend, cherry blend, cranberry, grape, grape blend, pineapple, punch blend, white grape, white grapefruit. |
|  | <u>Everfresh</u> Apple. |
|  | <u>Food Club</u> Apple, cranberry, cranberry grape, grapefruit, cranberry raspberry, grape, pineapple, white grape. |

WHOLE GRAINS

| | |
|--|---|
|  | farmhouse 100% whole wheat bread, Jewish rye whole grain rye seeded, light style 100% whole wheat bread, light style soft wheat bread, stone ground 100% whole wheat, thin sliced whole grain 100% whole wheat bread, thin sliced whole grain 15 grain bread, thin sliced whole grain oatmeal bread, very thin sliced 100% whole wheat, whole grain 100% whole wheat bread, whole grain 15 grain bread, whole grain honey whole wheat bread, whole grain German dark wheat bread, whole grain oatmeal bread, whole grain soft sprouted grain bread, 100% whole wheat cinnamon with raisins swirl bread. |
|  | Sungrain 100% whole wheat. |
|  | 100% whole wheat bread, classic 100% whole wheat. |
|  | Roman meal sungrain 100% whole wheat, 100% whole wheat. |
|  | 100% whole wheat. |
|  | 100% whole wheat. |
|  | 100% whole wheat. |
|  | 100% whole wheat. |
|  | 100% whole wheat. |






















| WHOLE GRAINS | |
|--|---|
|  | 100% whole wheat bread, double fiber bread. |
|  | 100% whole wheat. |
|  | 100% whole wheat. |
|  | 100% whole wheat. |
|  | 100% whole wheat. |
|  | Sugar free 100% whole grain wheat, 100% whole grain whole wheat. |
|  | 100% whole wheat. |
|  | 100% whole wheat bread. |
|  | Homestyle 100% whole wheat. |
|  | 100% whole wheat. |
|  | 100% whole wheat. |
|  | 100% whole wheat, whole grain white. |
|  | 100% whole wheat. |
|  | 100% whole grain sugar free, 100% whole wheat, 100% whole wheat bread with honey. |
|  | Country style 100% whole wheat. Nickles Bakery 100% whole wheat 20 oz. |
|  | 100% whole wheat. |
|  | 100% whole wheat. |

| JUICE | |
|---|--|
|  | <u>Giant Eagle</u> Apple, cranberry, grape, grapefruit, white grape. |
|  | <u>Great Value</u> Apple, cranberry, cranberry grape juice blend, cranberry concord grape, cranberry, pomegranate juice blend, grape, low sodium vegetable, pineapple, tomato, vegetable, white grape, white grape peach. |
|  | <u>Harvest Classic</u> Apple Orange Pineapple Juice Blend, Concord Grape, Cranberry Apple Juice Blend, Cranberry Juice Blend, Orange, Pineapple. |
|  | <u>HyTop</u> Apple, black cherry concord grape, grape, pineapple, tomato, vegetable, white grape, white grape cherry. |
|  | <u>IGA</u> Apple, fresh apple, grape, grapefruit, pineapple, white grape. |
|  | <u>Juicy Juice</u> Apple, apple raspberry, berry, cherry, cranberry apple, grape, kiwi strawberry, mango, orange tangerine, passion dragonfruit, peach apple, punch, strawberry banana, strawberry watermelon, tropical, white grape. |
|  | <u>Kroger</u> Apple, berry, cranberry, grape, grapefruit, pineapple, white grape, white grape peach, vegetable (regular, low sodium, and spicy). |
|  | <u>Langers</u> Apple, apple cranberry, apple grape, apple orange pineapple, grape, pineapple, ruby red grapefruit, red grape, tomato, vegetable (regular and low sodium), white grape, white grapefruit. |
|  | <u>Libby's</u> All natural 100% pineapple. |

JUICE

| | |
|--|---|
|  | <p><u>Meijer</u> Apple, berry-genuine, cranberry, cranberry raspberry cherry-genuine, fruit punch-genuine, low sodium vegetable, grape-genuine, grape, pineapple, prune, ruby red grapefruit, spicy vegetable, tomato, vegetable, white grape, white grape peach.</p> |
|  | <p><u>Mott's</u> Apple.</p> |
|  | <p><u>Musselman's</u> Apple.</p> |
|  | <p><u>Nature's Nectar</u> Apple, Grape, White Grape.</p> |
|  | <p><u>Nice</u> Apple.</p> |
|  | <p><u>Northland</u> Cranberry, cranberry blackberry, cranberry blueberry, cranberry cherry, cranberry grape, cranberry pomegranate, cranberry raspberry.</p> |
|  | <p><u>Ocean Spray</u> 100% apple juice, 100% concord grape juice, 100% cranberry juice, 100% cranberry blackberry juice, 100% cranberry cherry juice, 100% cranberry concord grape juice, 100% cranberry mango juice, 100% cranberry pineapple juice, 100% cranberry pomegranate juice, 100% cranberry raspberry juice.</p> |
|  | <p><u>Old Orchard</u> Apple, apple cranberry, berry blend, black cherry cranberry, blueberry pomegranate, cherry pomegranate, cranberry pomegranate, grape, kiwi strawberry, orange tangerine, peach mango, pineapple, red raspberry, white grape, wild cherry.</p> |
|  | <p><u>Our Family</u> Apple, fresh pressed apple cider, grape, grapefruit, pink grapefruit, white grape, 100% juice blend, vegetable.</p> |

WHOLE GRAINS

| | | |
|--|---|---|
|  |  | Quaker Oats 100% whole grain oats. |
|  |  | Bimbo 100% whole wheat bread. |
| |  | Sara Lee 100% whole wheat bread. |
|  |  | Nature's Own 100% whole wheat. |
| |  | Private Selection 100% whole wheat wide pan bread. Private Selection 100% whole wheat bread. |
| |  | Kroger 100% whole wheat bread honey. Kroger 100% whole wheat bread round top. |
| |  | Our Family country style 100% whole wheat bread. |
|  |  | Brownberry 100% whole wheat bread. Brownberry double fiber bread. |
| |  | Blue Ribbon whole grain brown rice. |
| |  | Mahatma brown rice. Mahatma jasmine brown rice. |
|  |  | Success whole grain brown rice. |
| | <p>BREAD: 16 ounces where available. Can be combined up to the number of ounces issued; least expensive brand preferred.</p>  | |
|  | Healthy goodness whole grain white, Healthy goodness 100% whole wheat. | |
|  | 100% whole wheat. | |
|  | 100% whole wheat. | |
|  | 100% whole wheat. | |

HOT CEREALS



Oats-Quick 1-Minute Oats 18 oz; Oats-Quick 1-Minute Gluten Free 18 oz; Oats-Instant Oatmeal Original, 11.8 oz (individual packets); Oats-Instant Oatmeal Original, 23.7 oz (individual packets); Grits-Original Instant 10 oz, 12 oz, 36 oz

































Oats-Quick 18 oz; Oats-Instant Oatmeal Original, 11.8 oz (individual packets)

WHOLE GRAINS



The key below provides examples of how to redeem your full 32 ounces of whole grains.

WHOLE GRAINS KEY

| | | |
|--|--|--|
|  8 ounces |  12 ounces |  32 ounces |
|  14 ounces |  16 ounces |  32 ounces |
|  18 ounces |  20 ounces |  32 ounces |
|  24 ounces |  32 ounces |  32 ounces |

| | | |
|--|---|---|
|  8 ounces |  | White corn tortilla. |
|  12 ounces |  | IGA instant oatmeal regular 12 packets. |
| |  | Lewis Bake Shop 100% whole wheat bread half loaf. |
|  14 ounces |  | Minute brown rice. |
| |  | Success whole grain brown rice. |
| |  | Kroger boil in bag brown rice microwaveable. Kroger brown rice microwaveable. |
| |  | Food Club instant brown rice. |
| |  | Our Family instant brown rice. |
| |  | Freedom's Choice instant brown rice. |
|  16 ounces |  | Blue Ribbon whole grain brown rice. |
| |  | Mahatma brown rice. |
| |  | Quaker 3-minute oatmeal. |
| |  | Kroger 100% whole wheat bread. |
| |  | Our Family wheat tortillas fajita style. Our Family yellow corn tortillas. Our Family white corn tortillas. |

JUICE








| | |
|---|--|
|  | <u>Seneca</u> Apple. |
|  | <u>Shurfine</u> Apple, grape, pineapple, white grape. |
|  | <u>Tipton Grove</u> Pineapple, white grape. |
|  | <u>V8</u> Original 100% Vegetable Juice 64 oz. Low Sodium 100% Vegetable Juice 64 oz. Spicy Hot 100% Vegetable Juice 64 oz. |
|  | <u>Welch's</u> Grape, grape juice with added calcium, red grape, super berry, tropical trio, white grape, white grape peach. |

JUICE - FROZEN

All juices listed below must meet the following criteria: 100% unsweetened juice; 11.5 ounce or 12 ounce only; must reconstitute to 48 ounces; orange juice can be any brand.


| | |
|--|--|
|  | <u>Best Yet</u> Apple, grape, grapefruit. |
|  | <u>Dole</u> Pineapple, pineapple orange. |
|  | <u>Essential Everyday</u> Apple. |
|  | <u>Food Club</u> Apple, grapefruit. |
|  | <u>Great Value</u> Apple, grape. |
|  | <u>HyTop</u> Apple, orange. |
|  | <u>IGA</u> Apple. |

JUICE — FROZEN

| | |
|--|---|
|  | <u>Kroger</u> Apple, grape, grapefruit, pineapple, pineapple orange. |
|  | <u>Langers</u> Apple, apple cranberry, apple orange pineapple, grape, pineapple, white grape. |
|  | <u>Meijer</u> Apple. |
|  | <u>Old Orchard</u> Apple, apple cherry, apple cranberry, apple kiwi strawberry, apple passion mango, apple raspberry, apple strawberry banana, berry blend, black cherry cranberry, blueberry pomegranate, cranberry pomegranate, cranberry raspberry, grape, pineapple, pineapple orange, pineapple orange banana, strawberry rhubarb, white grape. |
|  | <u>Our Family</u> Apple. |
|  | <u>Seneca</u> Apple. |
|  | <u>Shurfine</u> Apple. |
|  | <u>Tipton Grove</u> Apple. |
|  | <u>Welch's</u> Apple, grape, white grape, white grape cranberry, white grape peach, white grape raspberry. |

JUICE — CONCENTRATE

Shelf stable; 100% unsweetened juice; 11.5 ounces or 12 ounces only; must reconstitute to 48 ounces.

| | |
|--|--|
|  | <u>Welch's</u> Apple, fruit fantastic, grape, tropical passion. |
|--|--|

CEREALS



HOT CEREALS



18-ounce or 28-ounce size. 18-ounce or 28-ounce size. 18-ounce, 28-ounce or 36-ounce size. 16 ounce

CEREALS

meijer



JUICE - CONCENTRATE

Shelf stable; 100% unsweetened juice; 11.5 ounces or 12 ounces only; must reconstitute to 48 ounces.

| | |
|--|---|
| | <p>Giant Eagle Pineapple, Apple, Grape.</p> |
|--|---|

CEREALS

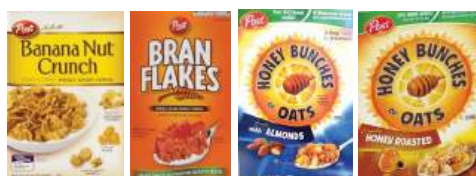
Least expensive brand preferred; may be combined up to the number of ounces issued.



Food Club



Post



Post Consumer Brands



CEREALS



Honey Oat Medley



CEREALS

