

# WIC Food List



**A shopper's  
guide to the  
Oregon WIC  
approved  
foods**



**Effective  
October 1, 2016**





## Tips for a successful eWIC shopping trip!

- If you have a smartphone, use the **free WICShopper app to scan foods** as you shop. Be sure to **register your eWIC card with the app** so you can check your benefits from your phone.
- **Ask to review the receipt** that prints after you swipe your eWIC card. Make sure it lists all your WIC foods before you approve the purchase.
- If you find out that you can't use your WIC benefits for a food, **you can tell the checker you'd like to put it back**. If you've already paid for it with your own money, it's okay to go to customer service and ask for a refund.
- If you need to report a problem with a WIC purchase, **keep your receipt**.

## Have other questions about your WIC food benefits?

- Check your benefit balance at [www.ebtedge.com](http://www.ebtedge.com) or call 1-844-234-4946 (toll-free).
- Talk to your WIC clinic if you have questions about your WIC foods or amounts.

## FRESH fruit and vegetables

### ✔ BUY

- Whole, pre-cut, shredded or packaged
- Salad and greens in a bag
- Organic is OK



### ✘ DON'T BUY

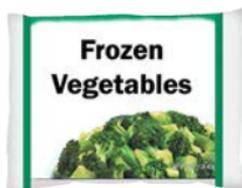
- No salad bar items, deli items or party trays
- No added dressing or dip
- No added nuts, dried fruit, croutons, etc.
- No canned or jarred fruits or vegetables
- No herbs or spices (like basil, cilantro or parsley)
- No plants

## FROZEN fruit and vegetables

### ✔ BUY

**Any brand or variety of frozen fruit and vegetables when listed on your benefit list**

- Whole, cut or mixed
- Frozen beans are OK (like lima beans, edamame and black-eyed peas)
- Organic is OK



### ✘ DON'T BUY

- No added salt, sugar, fats or oils
- No added sauce or creamed vegetables
- No added rice, pasta, meat, nuts or noodles
- No french fries, hash browns, potatoes O'Brien or tater tots
- No breaded or battered vegetables



## Tip: shopping for whole grains

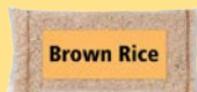


- Enjoy a variety of whole grains! WIC now offers oats, whole wheat bread, brown rice, bulgur, whole grain pasta, and soft corn or whole wheat tortillas.
- The total amount of grains you can buy is shown on your benefit list.
- If you have enough whole grain benefits, you can buy more than one type of grain at a time. For example, if your benefit list says you have **32 oz of whole grains**, you could buy:



16 ounces

AND



16 ounces

## Oats

### ✓ BUY

- Any brand
- Quick, rolled and old-fashioned oats are OK
- Gluten-free oats are OK

### ⊘ DON'T BUY

- No instant (when buying as a whole grain)
- No organic or bulk
- No steel-cut, Irish or Scottish oats
- No added sugar, fat, oil or salt



## Is oatmeal a cereal or a whole grain?

It's both! When shopping with WIC, remember:

- Use your **cereal benefits** to buy **instant oatmeal** in **single-serving packets**.
- Use your **whole grain benefits** to buy **other types of oats** (in a box, bag or tub).

## 100% whole wheat bread

### ✔ BUY

- Loaf of bread, any brand
- Must say **"100% whole wheat"** on the label



### ✘ DON'T BUY

- No light or "lite" bread
- No organic

## Brown rice

### ✔ BUY

- Any brand
- Instant, "minute" or boil in bag rice are OK
- Brown jasmine and brown basmati rice are OK



### ✘ DON'T BUY

- No white, wild, milled or sprouted rice
- No added seasonings, sugar, fat, oil or salt
- No organic or bulk



## Bulgur

### ✔ BUY

- Any brand

### ✘ DON'T BUY

- No added seasonings, sugar, fat, oil or salt
- No organic or bulk



# Whole grain pasta

## ✔ BUY

- Choose from **these brands and products** only:

### Barilla



- Whole Grain Angel Hair
- Whole Grain Elbows
- Whole Grain Linguine
- Whole Grain Medium Shells
- Whole Grain Penne
- Whole Grain Rotini
- Whole Grain Spaghetti
- Whole Grain Thin Spaghetti

### Essential Everyday



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

### Great Value



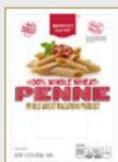
- Whole Wheat Elbow Macaroni
- Whole Wheat Linguine
- Whole Wheat Penne Rigate
- Whole Wheat Rotini
- Whole Wheat Thin Spaghetti
- Whole Wheat Vermicelli

### Kroger



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

### Market Pantry



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

### Ronzoni



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

### Western Family



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

## ⊘ DON'T BUY

- No organic or bulk

## Soft corn tortillas

### ✓ BUY

- Soft yellow or white corn tortillas only
- Choose from **these brands** only:



Archer Farms	Kroger
Cabo Loco	La Banderita
Calidad	La Burrita
Canteca	Las 4 Hermanas
Casa Rosa	Mission
Casa Valdez	Pepes
Don Pancho	Reser's
Essential Everyday	Salsa Locas
Great Value	Signature Kitchens
Guerrero	Tortilla Land
Herdez	

### ⊘ DON'T BUY

- No fried tortillas or tortilla chips
- No organic or bulk

## Whole wheat tortillas

### ✓ BUY

- 100% whole wheat tortillas only
- Choose from **these brands** only:



Don Pancho	La Banderita
Essential Everyday	Market Pantry
Guerrero	Mission
Herdez	Ortega
Kroger	

### ⊘ DON'T BUY

- No fried tortillas or tortilla chips
- No white flour tortillas
- No organic or bulk

## Tip: shopping for milk



- Check your benefit list to see how much milk you can buy and what type: fat-free or 1%, 2%, or whole milk.
- Fat-free milk includes non-fat, skim milk and 0%.
- Make sure you have enough benefits left to buy the container size you're trying to buy.
- Remember, the store can't let you buy a type of milk that isn't on your benefit list. If you have questions about your milk benefit, talk to your WIC clinic.

### Choose the right size!

#### Milk

---

1.0

GAL =



gallon

0.5

GAL =



half-gallon

0.25

GAL =



quart

#### Evaporated and dry milk

---

1

CAN =



evaporated milk  
12 ounce can

1

CTR =



dry milk  
25.6 ounce box or bag

## Milk

### ✔ BUY

- Any brand, pasteurized with vitamins added
- Skim Delux, Ultra, Creamy, Royale, Supreme, etc. are OK

**Only the type(s) of milk listed on your benefit list are allowed. Check your list to see if you can buy one of these types of milk:**

- Whole milk
- Reduced-fat milk (2%)
- Acidophilus milk
- Lactose-free milk
- Any brand dry non-fat milk (25.6 oz size)
- Any brand evaporated milk (12 oz can)



### ⊘ DON'T BUY

- No rice milk, buttermilk, flavored milk or raw milk
- No organic
- No added Omega-3 or Vitamin E
- No specialty items like glass bottles

## Goat milk

### ✔ BUY

- Buy the type of goat milk shown on your benefit list
- Only Meyenberg Goat Milk is allowed



**Whole**  
goat milk  
Half-gallon or  
quart



**Lowfat**  
goat milk  
quart



**Whole**  
powdered  
goat milk  
12 ounce can



**Whole**  
evaporated  
goat milk  
12 ounce can

# Soy milk

## ✓ BUY

- Choose from **these brands and products** only:

### Refrigerated



**8th Continent**  
(original or vanilla)  
Half-gallon



**Silk**  
(original)  
Half-gallon or quart

### Shelf stable



**Westsoy Organic Plus**  
(plain or vanilla)  
Quart or half-gallon



**Pacific Ultra Soy**  
(original or vanilla)  
Quart

# Tofu

## ✓ BUY

- 16 oz (1 lb) containers only
- Choose from **these brands and products** only:



**Azumaya Tofu**  
Firm or Extra Firm



**House Foods**  
Firm, Medium Firm or Extra Firm

# Yogurt

SOY MILK

TOFU

YOGURT

## ✔ BUY

- 32 ounce containers only
- Buy the type of yogurt listed on your benefit list (whole, lowfat or nonfat)
- Choose from **these brands and flavors** only:



### Whole milk yogurt

- |                      |                                                   |
|----------------------|---------------------------------------------------|
| <b>Dannon</b>        | • Whole milk yogurt, plain                        |
| <b>Mountain High</b> | • Original style, plain • Original style, vanilla |
| <b>Nancy's</b>       | • Whole milk honey yogurt, plain                  |

### Lowfat or nonfat yogurt

- |                           |                                                                                                     |
|---------------------------|-----------------------------------------------------------------------------------------------------|
| <b>Dannon</b>             | • Nonfat, strawberry • Lowfat, vanilla<br>• Nonfat, plain • Lowfat, plain                           |
| <b>Mountain High</b>      | • Fat free, vanilla • Lowfat, vanilla<br>• Fat free, plain • Lowfat, plain                          |
| <b>Tillamook</b>          | • Lowfat, Naturally plain                                                                           |
| <b>Nancy's</b>            | • Nonfat, plain • Lowfat, plain<br>• Nonfat, vanilla                                                |
| <b>Essential Everyday</b> | • Fat free, plain • Lowfat, blended vanilla<br>• Lowfat, blended plain • Lowfat, blended strawberry |
| <b>Fred Meyer</b>         | • Nonfat, plain                                                                                     |
| <b>Great Value</b>        | • Nonfat, plain • Lowfat, vanilla<br>• Lowfat, strawberry                                           |
| <b>Lucerne</b>            | • Fat free, plain • Lowfat, vanilla<br>• Lowfat, strawberry                                         |
| <b>Market Pantry</b>      | • Nonfat, vanilla • Nonfat, plain                                                                   |
| <b>Western Family</b>     | • Lowfat, plain • Lowfat, strawberry                                                                |

## ⊘ DON'T BUY

- No organic or Greek yogurt
- No "light" yogurts
- No yogurts with artificial sweeteners, like aspartame or sucralose

### Choose the right size!

**1 CTR  
yogurt =**



## DRY peas, beans and lentils

### ✔ BUY

- 16 or 32 oz bags only
- Any brand and type

### ⊘ DON'T BUY

- No added seasonings
- No organic or bulk



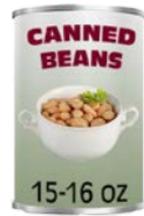
## CANNED beans

### ✔ BUY

- 15 to 16 oz cans only
- Any brand and type of beans, including black, black-eyed peas, garbanzo (chickpeas), kidney, lentils, lima, navy, pinto and red
- Low sodium beans are OK

### ⊘ DON'T BUY

- No refried beans, baked beans or green beans
- No added oils, seasonings or flavorings
- No organic



## Peanut butter

### ✔ BUY

- 16 to 18 oz containers only
- Any brand

### ⊘ DON'T BUY

- No peanut "spread" or honey roasted
- No low-fat or reduced-fat peanut butter
- No added jelly, marshmallows, chocolate or honey
- No Omega-3
- No organic, bulk or grind your own



### Choose the right size!

1 CTR peanut butter/dry or canned beans =



OR



OR



# Eggs

## ✔ BUY

- Packages of one dozen only
- Any brand of white, large chicken eggs



## ⊘ DON'T BUY

- No brown eggs
- No specialty eggs (like Naturally Nested, Egghand's Best, cage free or higher Omega-3 or Vitamin E)
- No organic

# Cheese

## ✔ BUY

- 1 or 2 pound packages only, made in U.S.A.
- Any brand of Cheddar (mild or medium), Colby, Colby-Jack, Cheddar-Jack, Monterey Jack or Mozzarella

## ⊘ DON'T BUY

- No sharp, extra sharp or white cheddar
- No sliced, deli, string or shredded cheese
- No organic, soy, goat or raw cheese
- No cheese foods or spreads (like Velveeta)
- No smoked or flavored cheese with items added like jalapeño peppers or caraway seeds
- No fresh Mozzarella (packed in water)



## Food facts!

Many brands of canned beans have a lot of salt. To get rid of extra salt, drain the liquid and rinse the beans well before cooking.

## Tip: shopping for cereal



- Look for these symbols in this Food List to pick a cereal that is whole grain, has extra folic acid, or is gluten-free



Provides 100% of the Recommended Dietary Allowance (RDA) for folic acid



Made with whole grains and is a good source of fiber



Company states cereal is gluten free

- The smallest cereal size you can buy is 11.8 ounces (for hot cereal) or 12 ounces (for cold cereal). If you have less than 11.8 ounces left in your cereal benefit this month, you won't be able to spend it.
- The best way to make sure you get all your cereal is to buy all 12, 18, or 36 oz size boxes.

### Examples of ways you can combine cereal package sizes

$$18 \text{ oz} + 18 \text{ oz} = 36 \text{ oz}$$

$$24 \text{ oz} + 12 \text{ oz} = 36 \text{ oz}$$

$$12 \text{ oz} + 12 \text{ oz} + 11.8 \text{ oz} = 35.8 \text{ oz}$$

$$12 \text{ oz} + 12 \text{ oz}$$

$$+ 12 \text{ oz}$$

$$= 36 \text{ oz}$$

## HOT cereal

 BUY

- 11.8 oz size or larger
- Choose from **these hot cereals** only:



Cream of Wheat  
Plain, 1 Minute  
**No Instant**



Cream of Wheat  
Plain, 2½ Minute  
**No Instant**



Cream of Wheat  
Plain, 10 Minute  
**No Instant**



Cream of Wheat  
Whole Grain, 2½ Minute  
**No Instant**



Cream of Rice  
Plain  
**No Instant**



Quaker Instant Grits Original  
(Single serving packets)



Malt-O-Meal  
Original



Plain Instant Oatmeal, single serving packets  
Essential Everyday, Kroger, Signature Kitchens,  
Western Family, WinCo Foods

# COLD cereal

## ✓ BUY

- 12 oz size or larger
- Choose from **these cold cereals** only:

### Kellogg's



**F W**  
All-Bran Complete  
Wheat Flakes



Corn Flakes  
(original)



**F**  
Special K  
(original)



**W**  
Frosted Mini  
Wheats  
(original)



Rice Krispies  
(original)

### General Mills



**G**  
Rice Chex



**G**  
Corn Chex



**W G**  
Cheerios (plain)



**F W G**  
Multi Grain Cheerios  
(original)



**W**  
Kix (original)



**W**  
Berry Berry Kix



**W**  
Honey Kix

### Quaker



**F W**  
Life (original)



**F W**  
Oatmeal Squares  
Brown Sugar



**F W**  
Oatmeal Squares  
Cinnamon

## Malt-O-Meal (box or bag)



Frosted Mini Spooners  
original



Frosted Mini Spooners  
blueberry



Crispy Rice

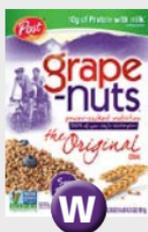


Oat Blenders with  
Honey



Oat Blenders with  
Honey & Almonds

## Post



Grape Nuts



Honey Bunches of  
Oats Honey Roasted



Honey Bunches of  
Oats Vanilla Bunches



Honey Bunches  
of Oats Almond



Honey Bunches of  
Oats Whole Grain  
Honey Crunch



Honey Bunches of  
Oats Whole Grain  
Almond Crunch

## Corn flakes - store brand



Essential Everyday, Great Value, Kroger,  
Market Pantry, Signature Kitchens, Western  
Family, WinCo Foods

# BOTTLED juice

## ✓ BUY

- **64 oz plastic bottles only**
- **100% juice only**
- Added fiber, vitamins and minerals are OK
- Choose from **these brands and flavors** only:



**Juicy Juice**  
Any flavor



**Campbell's**  
Tomato (regular  
and low-sodium)



**Langers**  
Any flavor



**Treetop**  
Any flavor (except  
3 Apple Blend)



**Cranberry,  
cran-grape and  
cran-raspberry**  
Essential Everyday,  
Great Value, Kroger  
Signature Kitchens,  
Western Family



**Orange**  
Any brand



**Grapefruit**  
Any brand



**Apple**  
Essential Everyday, Great  
Value, Kroger, Market  
Pantry, Signature  
Kitchens, Western Family,  
WinCo Foods



**Vegetable**  
Essential Everyday (regular  
and low-sodium), Great  
Value, Kroger (spicy and  
low-sodium), Signature  
Kitchens, WinCo Foods



**Grape (purple or white)**  
Essential Everyday, Great Value, Kroger,  
Market Pantry, Signature Kitchens,  
Western Family, WinCo Foods

## ⊘ DON'T BUY

- No organic
- No juice drinks, cocktails, or "light" juices
- No refrigerated
- No apple cider

## Choose the right size!

**1 CTR 64 oz  
bottle juice =**



# FROZEN juice

## ✓ BUY

- 11.5 - 12 oz containers only
- 100% juice only
- Added fiber, vitamins and minerals are OK
- Choose from **these brands and flavors** only:



**Old Orchard**  
Any flavor or blend  
with a **green** lid



**Dole**  
Any flavor or blend



**Welch's**  
Any flavor with a  
**yellow** strip



**Treetop**  
Apple



**Grapefruit**  
Any brand



**Orange**  
Any brand



**Apple**  
Essential Everyday, Fred Meyer, Great Value, Kroger, Market Pantry, Signature Kitchens, Western Family, WinCo Foods



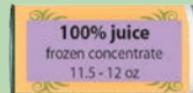
**Grape**  
Essential Everyday, Market Pantry, Western Family

## ⊘ DON'T BUY

- No organic
- No apple cider
- No juice drinks, cocktails, or "light" juices

## Choose the right size!

**1 CTR 11.5  
to 12 ounce  
frozen juice =**



## Food facts!

All WIC juices have at least 120% of the recommended daily value of Vitamin C. Juice is just one way to get some of the vitamins you and your kids need. Limit your child's juice so they eat and grow well!

## Tip: how much baby food can you buy?



If your benefit list says **256 oz** you can buy



**64**  
4 oz jars

**OR**



**32**  
2 packs of 4 oz

If your benefit list says **128 oz** you can buy



**32**  
4 oz jars

**OR**



**16**  
2 packs of 4 oz

If your benefit list says **64 oz** you can buy



**16**  
4 oz jars

**OR**



**8**  
2 packs of 4 oz

## Food facts!

By the time they are 9 months old, most babies can eat soft fruits and cooked vegetables that have been lightly mashed or chopped.

Did you know that WIC can replace some of your baby's jarred infant foods with a fruit and veggie benefit starting at 9 months? Talk to your WIC clinic for more information.

# Baby food FRUIT AND VEGETABLES

## ✔ BUY

- 4 oz size baby food fruits and vegetables
- Glass or plastic containers are OK
- Plain or mixed baby food fruits and vegetables
- Can buy single containers, 2-packs, or both
- Choose from **these brands** only:



### Beech-Nut

Classics or 100% Naturals  
(no organic)



### Gerber

(no organic)



### Earth's Best



### O Organics

## ⊘ DON'T BUY

- No "dinners," desserts, smoothies or "casseroles"
- No added cereal, yogurt, meat, rice, noodles or grains
- No added sugars or starches
- No toddler food or "Graduates"
- No added DHA
- No pouches
- No powdered baby food

# Baby food MEAT

(for babies who don't get formula from WIC)

## ✔ BUY

- 2.5 oz size only for baby food meat
- Glass or plastic containers
- May contain broth or gravy
- Choose from **these brands** only:



**Beech-Nut**  
(no organic)



**Gerber**  
(no organic)



**O Organics**

## ⊘ DON'T BUY

- No added fruit, vegetables, noodles or grains
- No toddler food or "Graduates"
- No added DHA

# Baby cereal

## ✔ BUY

- 8 oz size or larger, any grain
- Choose from **these brands** only:



**Beech-Nut**  
(no organic)



**Gerber**  
(no organic)



**Earth's Best**

## ⊘ DON'T BUY

- No added formula, milk, yogurt or fruit
- No added DHA
- No jars, cans or single serving packets

# Canned fish (for breastfeeding women)

## ✔ BUY

- Any brand of chunk light tuna or pink salmon packed in water
- Chicken of the Sea or Bumble Bee sardines in water only



**Tuna**  
5 oz can or larger

## ⊘ DON'T BUY

- No flavored or seasoned tuna, salmon or sardines
- No albacore, yellowfin or tongol tuna
- No red, sockeye, blueback or Atlantic salmon
- No fillets
- No fish packed in oil
- No pouches or single serving packages
- No specialty fish like pole-caught tuna



**Pink salmon**  
5 oz can or larger



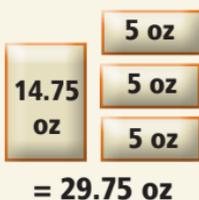
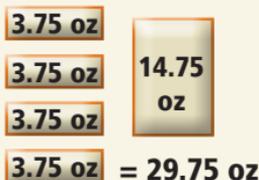
**Bumble Bee Chicken of the Sea Sardines**  
3.75 oz can

## Tip: shopping for fish



You can buy a combination of fish types and package sizes. The total amount you can buy is shown on your benefit list.

### Examples of ways you can combine fish can sizes



**For more information on WIC or to locate a WIC clinic near you, call 211 or visit our website:**



**[www.healthoregon.org/wic](http://www.healthoregon.org/wic)**

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