WIC Authorized Foods List

EFFECTIVE OCTOBER 2018

Better Nutrition
Brighter Future

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Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;

(2) fax: (202) 690-7442; or

(3) email: program.intake@usda.gov.

This institution is an equal opportunity provider.

C-06/1018

MarylandWIC
Better Nutrition Brighter Future

Questions?

Ask your local WIC staff or call the Maryland WIC office at **1-800-242-4942** or visit our website at **www.mdwic.org**

MARYLAND

Larry Hogan, Governor | Boyd Rutherford, Lt. Governor | Robert R. Neall, Secretary, MDH

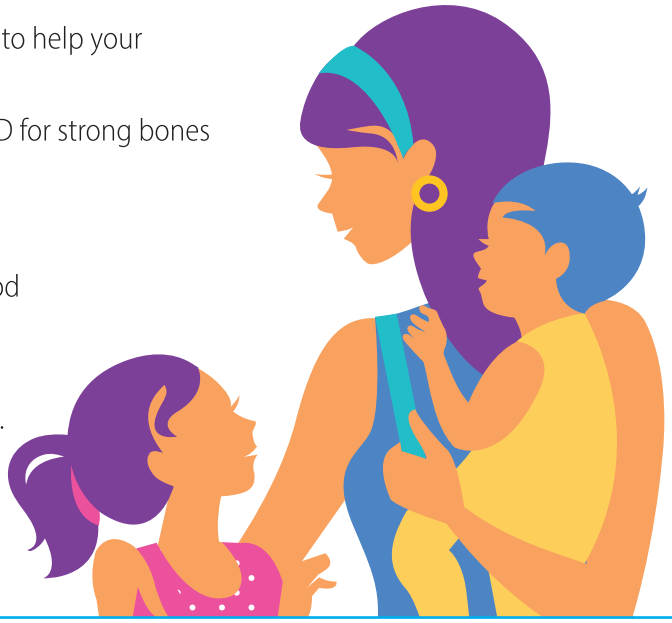
Shopping List Terms

BAG	–	bag
CAN	–	can
CTR	–	container
DOZ	–	dozen
GAL	–	gallon
HGL	–	half gallon
OZ	–	ounces
PKG	–	package
QT	–	quart
$$$	–	dollars
4PK	–	4 pack
6PK	–	6 pack
8PK	–	8 pack

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:

- 8 to 16 ounce container
- Dry
- Store brand if available

Not WIC Approved:

- Organic
- With DHA, fruit, or formula

Infant Fruits & Vegetables

BUY:

- 4 ounce container
- 2-packs of 4-ounce containers are OK
- 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

Infant Meat

BUY:

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

Not WIC Approved:

- Organic
- With DHA
- With added vegetables, fruit, rice, cereal, or pasta
- Dinners, meat sticks, stews, or soups
- Pouches

A 2-pack equals 2 containers.

Choose to breastfeed.
It is natural, healthy, and convenient.

Fruits & Vegetables

BUY:
- Any brand
- Organic is OK

BUY fresh, frozen, and canned fruits and vegetables with your **WIC Fruit & Vegetable benefit.**

Fresh

BUY:
- Loose or pre-packaged
- Whole or cut
- Packaged with herbs 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

Frozen

BUY:
- Plain
- Bag or box
- Low sodium is OK
- Added herbs and spices are OK

Not WIC Approved:
- With sugar or syrup
- With artificial, reduced-calorie, or no-calorie sweeteners
- With rice, pasta, or breading
- With sauces, cheese, or milk
- With butter, fat, oil, or meat
- Soup

Canned

BUY:
- Water or juice packed
- Metal, glass, or plastic container
- Low sodium is OK
- Added herbs and spices are OK

Not WIC Approved:
- With sugar or syrup
- With artificial, reduced-calorie, or no-calorie sweeteners
- Pouches
- With butter, fat, oil, or meat
- With rice or pasta
- With vinegar
- Pickled vegetables, relishes, olives, or catsup
- Soup

Juice: **BUY with your WIC juice benefit. See JUICE pages for details.**
Beans: **BUY with your WIC beans benefit. See PROTEIN pages for details.**

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 milk
- Almond and other nut milks
- Goat milk

Cheese

BUY:

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

Not WIC Approved:

- Organic
- Imported
- From the deli
- String, individually wrapped, shredded, crumbled, cubed, or cracker size slices
- Cheese food, spread, or product
- Cream cheese
- With flavors, nuts, peppers, or crackers

Soy Beverage

BUY:

- Shelf-stable quarts and refrigerated half gallons
- Brands and types shown here ONLY

Shelf-stable quarts:

Pacific Natural Foods
- Ultra Soy Original

Refrigerated half gallons:

8th Continent
- Soy Original

Great Value
- Original Soy

Silk
- Soy Original

Tofu

BUY:

- 12 to 16 ounce container
- Brands and types shown here ONLY

Azumaya
- Silken, Firm, Extra Firm

House Foods
- Organic: Soft, Firm, Medium Firm, Extra Firm
- Premium: Soft, Firm, Medium Firm, Extra Firm

Nasoya
- Organic: Silken, Firm, Extra Firm, Extra Firm Twin Pack, Extra Firm Vac Pack
- Plus: Extra Firm

Nature's Promise
- Organic: Firm, Extra Firm

O Organics
- Organic: Firm, Sprouted Super Firm

Wegmans
- Organic, Drained: Firm, Extra Firm

Yogurt

BUY:

- 32 ounce, single container
- Type issued
- Brands shown here ONLY

Low Fat, Fat Free & Non Fat

Axelrod
- Low Fat: Vanilla
- Fat Free: Plain, Vanilla

Best Yet
- Low Fat: Plain
- Non Fat: Plain, Vanilla

Giant
- Low Fat: Plain
- Non Fat: Plain, Vanilla

Giant Eagle
- Low Fat: Plain, Vanilla
- Non Fat: Plain

Great Value
- Low Fat: Peach, Strawberry
- Non Fat: Plain

Harris Teeter
- Non Fat: Plain

ShopRite
- Low Fat: Plain, Vanilla Traditional
- Fat Free: Plain, Vanilla

Wegmans
- Low Fat: Plain
- Non Fat: Plain

Weis
- Low Fat: Plain, Peach, Strawberry
- Non Fat: Plain, Vanilla

Yoplait
- Low Fat Original: Vanilla, Harvest Peach, Strawberry, Strawberry Banana

Coburn Farms
- Low Fat: Plain, Vanilla

Dannon
- Low Fat: Plain, Vanilla, Strawberry, Strawberry Banana
- Non Fat: Plain

Essential Everyday
- Low Fat Blended: Plain, Vanilla, Blueberry, Peach, Strawberry
- Fat Free Blended: Plain

Food Lion
- Low Fat: Vanilla
- Non Fat: Plain

J&J
- Non Fat: Plain, Strawberry

Lucerne
- Low Fat: Strawberry, Vanilla
- Fat Free: Plain

Market Pantry
- Low Fat: Vanilla
- Non Fat: Plain

Mehadrin
- Low Fat: Plain, Coffee, Vanilla

PriceRite
- Low Fat: Plain, Vanilla

Whole Milk

Axelrod
- Plain

Dannon
- Plain, Vanilla, Strawberry

Essential Everyday
- Blended Plain

Lucerne
- Plain

ShopRite
- Plain

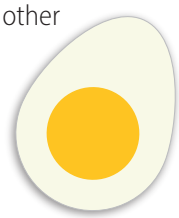
Eggs

BUY:

- One dozen carton
- White, medium or large
- 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:

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

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

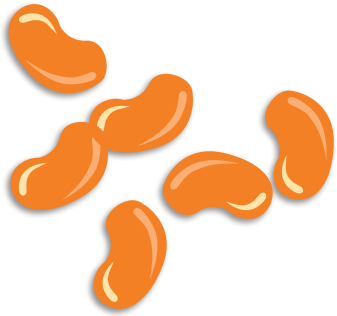
Not WIC Approved:

- 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
- Low sodium and no salt added are OK
- Store brand if available



Not WIC Approved:

- Organic
- Pork and beans, baked beans, or refried beans
- Soup, soup mixes, or with flavor packets
- Beans with sauce, seasonings, vegetables, meat, fat, or oil

Green or wax beans, or sweet peas: **BUY with your WIC Fruit & Vegetable benefit**

Brown Rice

BUY:

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

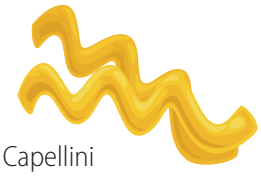
Not WIC Approved:

- Organic
- Ready-to-serve, precooked, or boil-in-bag
- With added flavor, sauce, spice packets, or vegetables

Whole Wheat & Whole Grain Pasta

BUY:

- 1 pound (16 ounce) package
- Brands and types shown here 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 Elbow

Harris Teeter

- Whole Wheat Capellini
- Whole Wheat Fusilli
- Whole Wheat Penne Rigate
- Whole Wheat Rigatoni
- Whole Wheat Spaghetti

Hodgson Mill

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

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

Giant Eagle

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

Great Value

- Whole Wheat Elbow
- Whole Wheat Linguine
- Whole Wheat Penne
- Whole Wheat Rotini
- Whole Wheat Spaghetti
- Whole Wheat Thin 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

ShopRite

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

Weis

- Whole Wheat Angel Hair
- Whole Wheat Penne Rigate
- Whole Wheat Rotini
- Whole Wheat Spaghetti

Soft Corn & Whole Wheat Tortillas

BUY:

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

Celia's
- White Corn
- Yellow Corn
- Whole Wheat Flour

Chi-Chi's
- White Corn Soft Taco Style

Don Pancho
- White Corn
- Whole Wheat Soft Taco Style

Hy-Top
- Yellow Corn

IGA
- White Corn

La Banderita
- Corn
- Gluten Free Grande Corn
- Yellow Corn
- 100% Whole Wheat Soft Taco
- 100% Whole Wheat Fajita

Signature Select
- Whole Wheat Flour Soft Taco Style

Tio Santi
- 100% Whole Wheat Medium Soft Taco

Wegmans
- Whole Wheat

Essential Everyday
- White Corn Soft Taco Style
- 100% Whole Wheat

Giant
- White Corn
- Yellow Corn World Menu
- Whole Wheat

Giant Eagle
- White Corn Fajita Style
- Whole Wheat Soft Taco Size

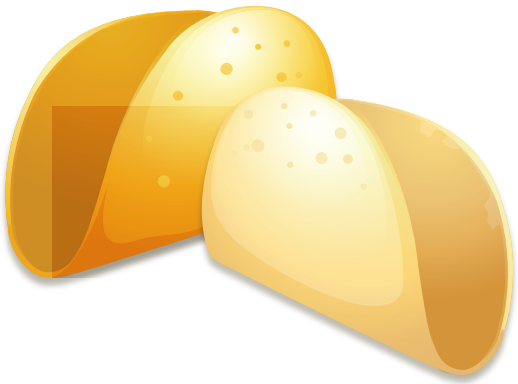
Great Value
- Whole Wheat

Market Pantry
- 100% Whole Wheat

MiCasa
- 100% Whole Wheat

Mission
- Yellow Corn Extra Thin
- Whole Wheat Soft Taco
- Whole Wheat Medium Soft Taco Restaurant Style

Ortega
- Whole Wheat



Bread & Rolls

BUY:

- 15 or 16 ounce package
- Brands and types shown here ONLY

Arnold
- 100% Whole Wheat Sandwich Rolls

Best Yet
- 100% Whole Wheat Bread

Bimbo
- 100% Whole Wheat Bread

Food Lion
- 100% Whole Wheat Bread

Nature's Own
- 100% Whole Grain Sugar Free Bread
- 100% Whole Wheat with Honey Bread
- 100% Whole Wheat Hamburger Buns

Nickles Bakery
- Country Style 100% Whole Wheat Bread

Pepperidge Farm
- Stone Ground 100% Whole Wheat Bread
- Very Thin 100% Whole Wheat Bread

Shoppers Value
- Shoppers Value 100% Whole Wheat Bread

ShopRite
- 100% Whole Wheat Bread
- 100% Whole Wheat Hot Dog Rolls
- 100% Whole Wheat Sandwich Rolls

Stern's
- 100% Whole Wheat Bread
- 100% Whole Wheat Rolls

Giant
- 100% Whole Wheat Bread
- Stone Ground 100% Whole Wheat Bread

Gourmet
- 100% Whole Wheat Bread

Great Value
- 100% Whole Wheat Hamburger Buns
- 100% Whole Wheat Hot Dog Buns

Hauswald's
- 100% Whole Wheat Bread

IGA
- 100% Whole Wheat Bread

Redner's
- 100% Whole Wheat Bread

Signature Select
- 100% Whole Wheat Bread

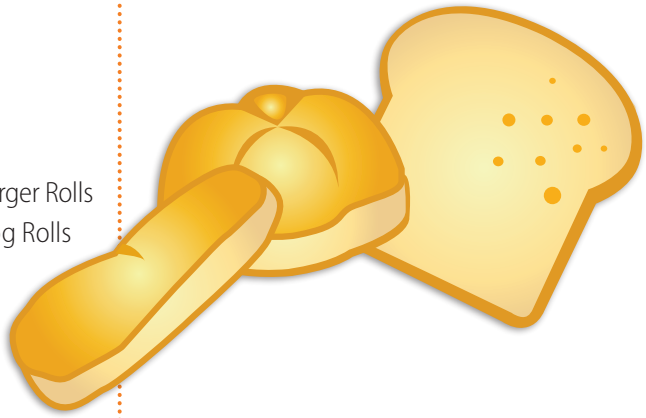
Sara Lee
- 100% Whole Wheat Bread

Schmidt Old Tyme
- 100% Whole Wheat Bread
- 100% Whole Wheat Hamburger Rolls
- 100% Whole Wheat Hot Dog Rolls

Shoppers
- Shoppers 100% Whole Wheat Bread

Weis Quality
- 100% Whole Wheat Bread

Wonder
- 100% Whole Wheat Bread



Juice for Women

Apple, Grape, or Pineapple

BUY:

- 11.5 to 12 ounce frozen concentrate container
- Apple, Grape (purple, red, or white), or Pineapple juice: Brands shown here ONLY
- 100% juice, unsweetened
- With added calcium, vitamin D, and/or vitamin C is OK

Not WIC Approved:

- Organic or fresh-squeezed
- Juice blends (like Apple-Grape or Pineapple-Orange)
- Cocktails, punch, drink, or light

Best Yet
- Apple

Dole
- Pineapple

Essential Everyday
- Apple
- Grape

Food Lion
- Apple

Giant
- Apple
- Grape

Market Pantry
- Apple
- Grape

Old Orchard
- Apple
- Grape
- Pineapple

Seneca
- Apple

ShopRite
- Apple

Great Value
- Apple
- Grape

Harris Teeter
- Apple

Hy-Top
- Apple

IGA
- Apple

Langers
- Apple
- Grape
- Pineapple

Signature Select
- Apple

Tipton Grove
- Apple

Tree Top
- Apple

Wegmans
- Apple

Weis Quality
- Apple

Welch's
- Grape

Orange or Grapefruit

BUY:

- 11.5 to 12 ounce frozen concentrate container
- Orange or Grapefruit juice: ANY brand is OK
- 100% juice, unsweetened
- With added calcium, vitamin D, and/or vitamin C is OK
- Store brand if available

Not WIC Approved:

- Organic or fresh-squeezed
- Juice blends (like Orange-Grapefruit or Pineapple-Orange)
- Cocktails, punch, drink, or light

Juice for Children

Apple, Grape, Pineapple, Tomato, or Vegetable

BUY:

- 64 ounce container
- Apple, Grape (purple, red, or white), Pineapple, Tomato, or Vegetable juice: Brands shown here ONLY
- 100% juice, unsweetened
- With added calcium, vitamin D, and/or vitamin C is OK

Not WIC Approved:

- Organic or fresh-squeezed
- Juice blends (like Apple-Grape or Pineapple-Orange)
- Cocktails, punch, drink, or light

Everfresh Juice
- Apple

Food Lion
- Apple
- Grape

Giant
- Apple
- Grape
- Tomato
- Vegetable

Giant Eagle
- Apple
- Grape

Great Value
- Apple
- Grape

Langers
- Apple
- Grape
- Pineapple
- Tomato
- Vegetable
- Vegetable, Low Sodium
- Vegetable, Spicy

Libby's
- Pineapple

Market Pantry
- Apple
- Grape
- Tomato

Sam's Choice
- Apple

Seneca
- Apple

ShopRite
- Apple
- Grape

Signature Select
- Apple
- Grape
- Pineapple
- Tomato
- Vegetable

Tipton Grove
- Apple
- Grape

Apple & Eve
- Apple

Best Yet
- Apple
- Grape
- Pineapple

Campbell's
- Tomato
- Tomato, Low Sodium

Diane's Garden
- Vegetable

Essential Everyday
- Apple
- Grape
- Pineapple
- Tomato
- Tomato, Low Sodium
- Vegetable
- Tomato
- Vegetable

Harris Teeter
- Apple
- Grape
- Pineapple
- Tomato

Hy-Top
- Apple
- Grape
- Tomato
- Vegetable

IGA
- Apple
- Grape
- Pineapple

Juicy Juice
- Apple

Mott's
- Apple

Nature's Nectar
- Apple
- Grape

Old Orchard
- Apple
- Grape

PriceRite
- Apple
- Grape

Red & White
- Apple
- Grape

Redner's
- Apple

V8
- Vegetable
- Vegetable, Low Sodium
- Vegetable, Spicy Hot

Wegmans
- Apple
- Grape

Weis Quality
- Apple
- Grape
- Tomato
- Vegetable

Welch's
- Grape

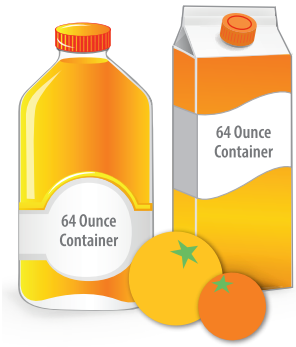
Orange or Grapefruit

BUY:

- 64 ounce container
- Orange or grapefruit juice: ANY brand is OK
- 100% juice, unsweetened
- With added calcium, vitamin D, and/or vitamin C is OK
- Store brand if available

Not WIC Approved:

- Organic or fresh squeezed
- Juice blends (like Orange-Grapefruit or Pineapple-Orange)
- Cocktails, punch, drink, or light



Cereal

BUY:

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

GF Gluten Free Cereal

Whole Grain Cereal

Cold Cereal

Cheerios
General Mills
GF

Rice Chex
General Mills
GF

Whole Grain Total
General Mills

Rice Krispies
Kellogg's

All Bran Complete Wheat Flakes
Kellogg's

Special K Original
Kellogg's

Multigrain Cheerios
General Mills
GF

Vanilla Chex
General Mills
GF

Corn Flakes
Kellogg's

Bran Flakes
Post

Blueberry Chex
General Mills
GF

Wheat Chex
General Mills

Crispix
Kellogg's

Grape-Nuts Original
Post

Corn Chex
General Mills
GF

Kix
General Mills

Frosted Mini Wheats Original
Kellogg's

Grape-Nuts Flakes
Post

Cinnamon Chex
General Mills
GF

Wheaties
General Mills

Frosted Mini Wheats Little Bites Original
Kellogg's

Great Grains Banana Nut Crunch
Post

See chart on next page for how to buy up to 36 ounces of cereal.

Cereal – continued

BUY:

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

GF Gluten Free Cereal

Whole Grain Cereal

Cold Cereal

Honey Bunches of Oats
- Whole Grain Almond Crunch

Post

Honey Bunches of Oats
- Whole Grain with Vanilla Bunches

Post

Honey Bunches of Oats
- Pecan & Maple Brown Sugar

Post

Honey Bunches of Oats
- Honey Roasted

Post

Oatmeal Squares
- Cinnamon

Quaker

Oatmeal Squares
- Hint of Brown Sugar

Quaker

Simple Granola

Sunbelt Bakery

Hot Cereal

Cream of Wheat
- 1 Minute
- 2½ Minute
- Instant

Cream of Wheat

Whole Grain Cream of Wheat
- Regular
- Instant

Cream of Wheat

Cream of Rice
- Regular
- Instant

Cream of Wheat

GF

Malt O Meal

Farina

Honey Bunches of Oats
- Whole Grain Honey Crunch

Post

Honey Bunches of Oats
- with Cinnamon Bunches

Post

Honey Bunches of Oats
- with Almonds

Post

Life
- Original

Quaker

Instant Grits
- Original

Quaker

Instant Oatmeal
- Original

Quaker

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

18 oz. Cereal + 18 oz. Cereal = 36 ounces

12 oz. Cereal + 12 oz. Cereal + 12 oz. Cereal = 36 ounces

24 oz. Cereal + 11.8 oz. Hot Cereal = 35.8 ounces