



Guam WIC Program

WIC-Approved Foods List (for Authorized WIC Vendors)



Food Category	Exclusions	Food Category	Exclusions
<p><u>MILK</u></p> <p><u>FLUID MILK</u> (Chilled or Shelf Stable)</p> <p>* DEVONDALE (Whole, 1% (Low Fat) or non-fat)</p> <ul style="list-style-type: none"> - Gallon - shelf stable - Quart - shelf stable <p>* FOREMOST (Whole, 1% (Low Fat), or non-fat)</p> <ul style="list-style-type: none"> - Quart – shelf stable <p>* DARIGOLD (Whole, 1% (Low Fat) or non-fat)</p> <ul style="list-style-type: none"> - 1/2 gallon – chilled <p>* CALIFORNIA SUNSHINE (Whole, 1% (Low Fat) or non-fat)</p> <ul style="list-style-type: none"> - ½ gallon – chilled <p>* REAL FRESH (Whole, or 1% (Low Fat)</p> <ul style="list-style-type: none"> - Quart - shelf stable - 8 fl. oz. (Only if specified on WIC check) <p>* HERSHEY’S (Whole,1% (Low Fat), or non-fat)</p> <ul style="list-style-type: none"> - Quart - shelf stable - Gallon – shelf stable <p>* ANCHOR (Whole or non-fat)</p> <ul style="list-style-type: none"> - Gallon - shelf stable - Quart - shelf stable <p>* DARIGOLD or LACTAID (Reduced lactose milk, whole, 1% (Low Fat) or non-fat). (Only if specified on WIC check)</p> <ul style="list-style-type: none"> - ½ gallon – chilled 	<ul style="list-style-type: none"> - Only approved brands - Flavored milk - Filled milk - Pint size - Raw (unpasteurized) Milk - Non-dairy substitutes - Sweetened condensed milk - Buttermilk - Goat’s milk - Organic milk - Evaporated milk - Whole milk only for children 12 to 23 months - 8 fl. oz. – shelf stable (Only if specified on WIC check) - 1% (Low Fat), or non-fat milk only for women and children 24 months and up <p>Note: Skim Milk is the same as non-fat milk; 2 % Milk only allowed if specified on WIC check</p>	<p><u>CHEESE</u></p> <ul style="list-style-type: none"> - 16 oz. block (not two, 8 oz. blocks. 8 oz. blocks allowed only if specified on WIC check) - Any brand of the following: - Cheddar - Mozzarella - Monterey Jack - Colby - Cheese blends of the above are also approved - Mozzarella string style (only 16 oz. package) <p><u>YOGURT</u></p> <ul style="list-style-type: none"> - 32 oz. (Plain Quart size only) - Only if specified on WIC Check <p>Any of the following brands:</p> <ul style="list-style-type: none"> - Brown Cow - Mountain High - Nancy’s - Western Family - Stoney Field - Yoplait <p><u>EGGS</u></p> <ul style="list-style-type: none"> - U.S. grade A or AA - Any brand - One (1) dozen white or brown eggs - Small, medium, or large size 	<ul style="list-style-type: none"> - Cheese food - Cheese spread - Cream cheese or Parmesan cheese - Pasteurized process cheese - Deli purchases - Extra Sharp (Cheddar) cheese - Organic cheese - Diced, grated, sliced, or shredded cheese - Cheese with added hot peppers or spices <ul style="list-style-type: none"> - Flavored not allowed - Only 1% (Low Fat) or non-fat yogurt allowed for children over 2 years of age and women - Only whole fat yogurt allowed for children less than 2 years of age (Only if specified on WIC check) <ul style="list-style-type: none"> - Extra large or jumbo size - Powdered or liquid eggs - Egg substitutes - Specialty eggs such as organic, etc.

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<p><u>CEREAL</u></p> <ul style="list-style-type: none"> - Meets USDA requirement of 28 mg iron/100 g dry cereal, less than 21g Sugar/100gm cereal and has an additional requirement of 2g fiber per serving. Maximum sodium 250mg/serving - Boxes or bags allowed <p>1. <u>Hot cereals</u></p> <ul style="list-style-type: none"> - 12 oz. min. size container up to 36 oz. <p><u>Whole Grain hot cereals</u></p> <ul style="list-style-type: none"> - Wheat Hearts (Gen. Mills) - Maypo Oatmeal - regular or quick (Homestead Farms LTD) <p><u>Other hot cereals</u></p> <ul style="list-style-type: none"> - Original Malt-O -Meal (Malt-O-Meal Co.) - Cream of Wheat - regular, instant, or quick (B&G Foods, Inc.) <p>2. <u>Cold Cereals</u></p> <ul style="list-style-type: none"> - 12 oz. min. size container up to 36 oz. <p><u>Whole Grain cold cereals</u></p> <ul style="list-style-type: none"> - Cheerios, Whole Grain or Multigrain (General Mills) - Wheat Bran Flakes (Western Family) - Total, Whole Grain (General Mills) - Kix, Whole Grain (General Mills) - Wheaties (General Mills) - Kellogg's All Bran Complete Wheat Flakes - Kellogg's Mini Wheats - Kellogg's Mini Wheats Bite Size - Kellogg's Mini Wheats Unfrosted 	<p>1. <u>Hot Cereals</u></p> <ul style="list-style-type: none"> - Boxes, bags, or containers smaller than 12 oz. - Plain Oatmeal less than 28mg/100g Iron - Hot cereal brands not approved by the Guam WIC Program - Products that contain more than 21g Sugar/100g cereal or less than 2g fiber per serving - Products that contain more than 250 mg/serving of sodium <p>2. <u>Cold Cereals</u></p> <ul style="list-style-type: none"> - Boxes, bags, or containers smaller than 12 oz. - Cold cereal brands not approved by the Guam WIC Program - Iron content less than 28mg/100g Dry cereal - Products that contain more than 21g sugar/100g cereal or less than 2g fiber per serving. - Products that contain more than 250 mg/serving of sodium 	<p><u>WHOLE GRAIN PRODUCTS</u></p> <p>1. 100% Whole Wheat Bread</p> <ul style="list-style-type: none"> - 16 oz. loaf (Franz, Light Oroweat, Wonder Soft, Pepperidge Farm 100% Whole Wheat Bread; - 24 oz. loaf (Franz, Light Oroweat, Franz Whole Grains-7 Grains, Country Grain Stone Ground - 100% Whole Wheat Bread, Western Farms – 100% Whole Wheat Bread, Holsum Stone Ground ;100% Whole Wheat Bread <p>2. Other Whole Wheat/Whole Grain Options:</p> <p>* <u>Up to 16 oz. Options</u> (12-16 oz. size):</p> <ul style="list-style-type: none"> - Brown Rice – 16 oz. package; Any brand - Alexia Whole Wheat and Whole Grain Rolls - Oroweat 100% Whole Wheat Hot Dog Buns - Essential Everyday Whole Wheat (Spaghetti, Elbow Macaroni, Rotini) - Ronzoni Healthy Harvest 100% Whole Grain (Rotini, Lasagna) - Eden Kamut Spirals 100% Whole Grain - Bionature 100% Whole Wheat Rigatoni - Western Family Spaghetti “made with 100% whole wheat” (16 oz. only) - Western Family Penne Rigate “made with 100% whole wheat” (16 oz. only) 	<p>1. <u>100% Whole Wheat or Whole Grain Bread</u></p> <ul style="list-style-type: none"> - Whole wheat flour or bromated whole wheat flour must be the only flours in the ingredient list - Whole grain must be the primary ingredient by weight in all whole grain products and must meet FDA labeling requirements for making a health claim as a “whole grain food with moderate fat content” <p>2. <u>Other Whole Grain Options</u></p> <ul style="list-style-type: none"> - Seasoned or wild rice - Brown rice mixtures (i.e. wild rice, white rice or any other type of rice such as Jasmine) - Whole grains (brown rice, bulgur, oats, and whole grain barley) are authorized - Whole grain pasta, whole wheat rolls, hamburger and hot dog buns allowed - Whole wheat pasta (i.e. spaghetti, macaroni, rotini, and other shapes) that meet the FDA standard of identity for whole wheat macaroni (pasta) products are authorized

<p><u>Other cold cereals</u></p> <ul style="list-style-type: none"> - Grape Nut Flakes (Post) - Grape Nuts (16 oz., Post) - Bran Flakes (Post) - Life (Quaker) - Oatmeal Squares (Quaker) - Quaker Essentials - Crunch Corn Bran (Quaker) - Blueberry Mini Spooners (18 oz., Malt-O-Meal) - Strawberry Cream Mini Spooners (18 oz., Malt-O-Meal) 		<p>* <u>Up to 24 oz. Options</u> (12-24oz. Size or two 12 oz. from listing Above is allowed):</p> <ul style="list-style-type: none"> - Oroweat (100% Whole Wheat Hamburger Buns) <p>Note: Allowed to combine two 12 oz. allowable options to provide 24 oz. option</p>	<ul style="list-style-type: none"> - English Muffins, bagels are not authorized - Other whole grain products unless approved by the Guam WIC Program - No added sugars, fats, oils, or sodium
		<p><u>DRY BEANS</u></p> <p>* 16 oz. minimum package (not two, 8 oz. packages). Any brand;</p> <ul style="list-style-type: none"> - Black beans - Garbanzo beans (Chick Peas) - Kidney beans - Lentils - Mongo/Mung beans (green or yellow) - Pinto beans - Split Peas (green or yellow) - Canned beans, any brand, (Only if specified on WIC check) 	<ul style="list-style-type: none"> - Food items covered under cash value vouchers - Dry and canned mature legumes authorized under the legume category (dry beans, peas, or lentils in dry-packaged or canned forms) can only be purchased with food instrument - Canned baked beans (with no added sugars, fats, oil or meat is allowed) - Canned refried beans (with no added sugars, fats, oil or meat is allowed) - Canned green peas (allowed) - Canned organic beans (allowed) - Frozen beans, peas, or Lentils (allowed) - No soups, stews, mixed with meat or added sugar; - Frozen beans and ANY other kind of bean NOT authorized under the legume category can be purchased with <i>cash-value vouchers only</i>;

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<p><u>PEANUT BUTTER</u></p> <ul style="list-style-type: none"> - All textures allowed - Smooth to super crunchy - 16 to 18 oz. containers - Any brand 	<ul style="list-style-type: none"> - Honey roasted - Peanut butter spreads - Mixtures with marshmallows, honey, jelly, chocolate or similar ingredients - Organic peanut butter - Any other size container - Peanut butter with additives such as Omega 3 fatty acids 	<p><u>FRUITS & VEGETABLES (For Cash Value Vouchers Only!)</u></p> <ul style="list-style-type: none"> - Cash value up to the amount indicated on cash voucher - Children \$8, Pregnant & Post partum Non-breast feeding Women, Partially Breast Feeding Women \$11, and Exclusively Breast Feeding Women \$11; \$16.50 for Breast Feeding Women with multiple infants, i.e. twins 	
<p><u>JUICE</u></p> <p>1. <u>Frozen Juice</u></p> <ul style="list-style-type: none"> * 100% Juice, greater than or equal to 120% Vitamin C. No minimum Vitamin C requirement on citrus juices (i.e. orange and grapefruit juices); * Added calcium & Vitamin D allowed * 11.5 to 16 fl. oz. , concentrate - Apple juice (Seneca Red, Springfield, Western Family, IGA, Treetop, Old Orchard) - Grape juice (Welch's, Western Family, Old Orchard) - Pineapple juice (Dole) - Orange juice (any brand) <p>2. <u>Shelf Stable</u></p> <ul style="list-style-type: none"> * 100% Juice, greater than or equal to 120% Vitamin C. No minimum Vitamin C requirement on citrus juices (i.e. orange and grapefruit juices); * Added calcium & Vitamin D allowed * 64 and 46 fl. oz. container - Apple juice (W/F, Langers, Motts, Treetop, IGA, Hansen's, Seneca Red, Ruby Kist, Juicy Juice (Nestle), Springfield) 	<p>1. <u>Frozen Juice</u></p> <ul style="list-style-type: none"> - Fruit Punch - Juice drinks - Mixed juices unless noted - Other brands unless approved by the Guam WIC Program - Juice items that do not state "100 % Juice & 120% Vitamin C" (Except for citrus juices, no minimum Vitamin C requirement); - Organic juice - Sugar added - Other flavors, types, or sizes <p>2. <u>Shelf Stable</u></p> <ul style="list-style-type: none"> - Fruit Punch - Juice drinks - Mixed juices unless noted - Other brands unless approved by the Guam WIC Program - Juice items that do not state "100 % Juice & 120% Vitamin C" (Except for citrus juices, no minimum Vitamin C requirement) - Organic juice - Sugar added - Other flavors, types, or sizes 	<p>(Note: WIC Vendors are not to issue cash change to a WIC client for purchases less than the total value of a cash value voucher. However, the WIC client may use his/her own funds for purchases in excess of the monetary limit for his/her cash value voucher).</p> <p><u>Fresh fruits & vegetables</u></p> <ul style="list-style-type: none"> - Local grown - Any brand imported -Organic Fresh fruits & vegetables are allowed -Potatoes are allowed (Effective March 1, 2015) <p><u>Frozen fruits & vegetables</u></p> <ul style="list-style-type: none"> - Any brand - Combinations of fruits or vegetables allowed - Frozen beans and any other kind of frozen bean not authorized under the legume category -Potatoes are allowed (Effective March 1, 2015) <p><u>Canned fruits & vegetables</u></p> <ul style="list-style-type: none"> - Any brand (Only if specified on WIC check) -Potatoes are allowed (Effective March 1, 2015) 	<p><u>Fresh fruits & vegetables</u></p> <ul style="list-style-type: none"> - Salad bar fruits or vegetables - Nuts (including peanuts) - Fruit & nut mixes - Spices or herbs (Ginger Root is allowed) - Dry beans <p><u>Frozen/Canned fruits & vegetables</u></p> <ul style="list-style-type: none"> - Added noodles, sauces or butter - Seasoning or flavored - Breaded products - Added sugar or artificial sweeteners (Note: small amounts of sugar for processing purposes is allowed, i.e. sweet peas & sweet corn is allowed) - French fries - Hash browns - Tater tots or other processed white potato product - Mixtures with rice or pasta, or meat, or any other ingredient - Single serving packages (Only if specified on WIC check) -Frozen beans and ANY other kind of bean NOT authorized under the legume category can be purchased with <i>cash-value vouchers only</i> <p><u>Dried fruits & vegetables</u></p> <ul style="list-style-type: none"> - Dried fruits or vegetables (without added sugars, fats, oils, or sodium is allowed)

<ul style="list-style-type: none"> - Grape juice (Welch's (concord grapes), IGA & Welch's (Red or White Grape), Welch's Grape, W/F, Hansen's, Langers, Ruby Kist, Donald Duck, Juicy Juice (Nestle), Springfield) - Grapefruit juice (Flavorite, W/F, Ruby Kist, Donald Duck) – No minimum Vitamin C requirement; - Vegetable juice (V8, W/F, IGA, Springfield,) - Pineapple juice (W/F, IGA, Langers, Dole, Hansen's, Springfield); - Tomato juice (Campbell's, IGA, W/F, Red Gold); - Orange juice (Flavorite, Tropicana, Hansen's, Ruby Kist, W/F, Teksun, Cal-Maid, Langers) - No minimum Vitamin C Requirement; <p>* Up to 7 fl. oz. -Only if specified on WIC check</p>		<p><u>Dried fruits & vegetables</u></p> <ul style="list-style-type: none"> -Any brand (without added sugars, fats, oils, or sodium is allowed) -Potatoes are allowed (Effective March 1, 2015) 	
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<p><u>CANNED FISH</u></p> <ul style="list-style-type: none"> - Minimum can size is 5 oz. – 15 oz.; - Fish may contain skin and bones; <p><u>Tuna</u></p> <ul style="list-style-type: none"> - 5 to 6.5 oz. can; - Water packed only; - Any chunk light brand; <p><u>Pink Salmon</u></p> <ul style="list-style-type: none"> - 5 to 15 oz. can Pink Salmon; - Packed in water or natural oil; - Any brand; <p><u>Sardine</u></p> <ul style="list-style-type: none"> - 5 to 15 oz. can Sardine - Water packed or natural oil - Any brand - 3.75 oz. can. Only if specified on WIC check) <p><u>Mackerel</u></p> <ul style="list-style-type: none"> - 5 to 15 oz. can Mackerel - Packed in water or natural oil - Any brand <p>* 3.75 – 5 oz. – Only if specified on WIC check.</p> <p>Note:</p> <ul style="list-style-type: none"> - Jack mackerel is allowed - Canned fish with added sauces and flavorings (e.g. tomato sauce, mustard, and lemon) are allowed 	<ul style="list-style-type: none"> - Fish packed in pouches not allowed - King mackerel, red salmon wild sockeye, blue back salmon not allowed - Prime filet not allowed 	<p><u>INFANT FORMULA</u></p> <ul style="list-style-type: none"> - 13 fl.oz. Concentrate Similac Advance with Iron - 12.4 oz. Powdered Similac Advance with Iron <p><u>INFANT FOODS</u></p> <ul style="list-style-type: none"> - Single food only - Packages of any brand of multiple containers - 2.5 oz. of meat - 4 oz. or 2-pk of 3.5 4 oz. (net wt. 7 8 ozs.) of fruit or vegetable. (Brands -Gerber, Beech Nut, and Nature's Goodness); - 8 oz. box Infant cereal; Dry single grain; No fruit added; (Gerber brand, barley, oatmeal, rice or wheat grains allowed; Beach Nut brand, barley, oatmeal, or rice allowed); - Fresh Banana substitution/option allowed (Only if specified on WIC check) 	<ul style="list-style-type: none"> - Any ready to feed formula (Unless specifically indicated on WIC check) - Other brand formula(s) (Unless specifically indicated on the WIC check) - Mixtures of meat and vegetables - Added sugar or salt - Dinners - Jar infant cereals (Dry cereals only) - Desserts - Puddings - Organic

		<p><u>SOY BEVERAGE</u> (only if specified on WIC check)</p> <ol style="list-style-type: none"> 1. 8th Continent-Original (Only) <ul style="list-style-type: none"> - ½ gallon size container. Approved brand must meet nutrition specifications; - Chilled or shelf stable; 2. Pacific Ultra Soy (Plain or vanilla) <ul style="list-style-type: none"> - Quart size container. - Approved brand must meet nutrition specifications; - Chilled or shelf stable; 3. Kikkoman Pearl Organic Soymilk <ul style="list-style-type: none"> - Smart Creamy Vanilla or Smart Chocolate. - 8.25 fl. oz. container; - Approved brand must meet nutrition specifications; - Chilled or shelf stable; - Only if specified on WIC check. 	
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Any problems or inquiries call the WIC Vendor Management office at 475-0291/0300, from 8 a.m. to 5 p.m. weekdays. Closed on GovGuam holidays.