

MILK

Purchase size and type shown on WIC Shopping List

Fluid Milk – Least expensive brand: Fat Free, 1% Lowfat, 2% Reduced Fat, Whole milk
NO flavored milk or buttermilk

Evaporated or Dry Milk – Any brand: Whole, Lowfat or Fat Free

Long-Life Milk – Any brand: Whole, Lowfat, or Fat Free

Lactose Free Milk – Any brand: (Example: Lactaid)

CHEESE

16 ounce package only

Any brand: American, Colby, Cheddar, Monterey Jack, Mozzarella (string cheese allowed) or Muenster

Shredded cheese allowed

NO deli cheese

NO sliced cheese (except American)

NO imported cheese, cheese food/product/spread, individually wrapped slices, snack packs, or flavored cheese

NO Organic Milk or Cheese allowed.

EGGS – Least expensive brand

Grade A Large brown or white

NO specialty eggs (including organic, cage free/free range, Omega-3)

SOY MILK

Quart, shelf stable only

Pacific Natural Foods Ultra Soy (plain and vanilla only)

Half gallon, refrigerated only

8th Continent Soymilk (original plain and vanilla only)

Silk Soymilk (original – red carton only)

YOGURT

32 ounce container only

NO Greek Yogurt

NO Light Yogurt or Artificial Sweeteners

Whole Milk Yogurt – Any flavor: 365 Organic, Brown Cow, Dannon, Market Basket, Nature's Promise, Stonyfield Farms

Lowfat/Nonfat Yogurt – Any flavor: 365 Organic, Best Yet, Big Y, Brown Cow, Coburn Farms, Dannon, Essential Everyday, Food Club, Great Value, Hannaford (NO Strawberry), Lucerne Dairy, Market Basket, Market Pantry, Nature's Promise Organic, Price Chopper (pics), Price Rite, Shurfine, Stonyfield Farms, Stop & Shop (NO Strawberry), Yoplait

WHOLE GRAINS

Any of the items listed below can be purchased when the shopping list or balance receipt shows: '16 ounce Bread/Whole Grain'

BROWN RICE

14 to 16 ounce packages only

Any brand: Regular, Quick, or Instant

WHOLE GRAIN PASTA

16 ounce package only

Barilla, Delallo, Essential Everyday, Full Circle, Gia Russa, Hodgson Mill, Luigi Vitelli, Nature's Promise, Racconto, Ronzoni Healthy Harvest

BREAD

16 ounce package only

100% Whole Wheat/Whole Grain

NATIONAL BRANDS

Arnold – Stoneground, Select Wheat Sandwich Rolls

Bimbo – 100 % Whole Wheat; **Gold Medal** – 100% Whole Wheat,

Wheat with Flax; **Gourmet** – 100% Whole Wheat; **Grissom's**

Mill – 100% Whole Wheat; **Holsum** – 100% Whole Wheat;

Pepperidge Farm – Light Style, Light Style Soft, Stone Ground,

Very Thin, Whole Grain Rye Seeded, Whole Wheat Cinnamon

Raisin Swirl; **Sara Lee** – 100% Whole Wheat; **Sunbeam** – 100%

Whole Wheat; **Town Talk** – 100% Whole Wheat; **Wonder** – 100%

Whole Wheat

STORE BRANDS

7 Select, Best Yet, Big Y, Central Market Classics, Geissler's,

Hannaford, Ideal, Krasdale, Market Basket, Roche Bros, Shop Rite,

Signature Kitchens, Stop & Shop, Trucchi's

TORTILLAS

16 ounce package only

Soft Corn Tortillas – Chi-Chi's, Don Pancho, La Banderita, Market Basket, Mission, Stop & Shop

Whole Wheat Tortillas – Big Y, Chi-Chi's, Don Pancho, Hannaford, IGA, La Banderita, Market Basket, Mayan Farms, Mission, Natures Promise, Ortega, Shurfine, Stop & Shop, Tio Santi

OATMEAL

16 ounce package only

McCann's Irish Oatmeal

Silver Palate Thick and Rough Oatmeal

TOFU

16 ounce packages only

Azumaya: Extra Firm, Firm, Silken

Nasoya: Cubed Super Firm Tofu, Firm Tofu, Lite Firm Tofu, Lite Silken Tofu, Soft Tofu (organic tofu allowed)

Nature's Promise: Extra Firm, Firm

House Foods: Premium – Extra Firm, Firm, Medium Firm

Soy Boy: Firm

DRIED BEANS / PEAS

1 pound bag only

Any brand or type

CANNED BEANS

15.5 or 16 ounce cans only

Goya or store brand: Plain, mature beans, peas or lentils

NO green beans, wax beans, green peas or green pigeon peas.

However, these items can be purchased with your fruits

& vegetable benefits.

PEANUT BUTTER

16 to 18 ounce jars only

Any brand: Creamy or Chunky

NO flavored, reduced fat, peanut butter spreads

NO Omega-3

NO Organic Beans or Peanut Butter allowed.



To make Shopping for WIC foods easier, look for the WIC approved shelf labels.



INFANT FORMULA

Purchase size and type shown on WIC Shopping List



INFANT CEREAL

8 ounce boxes only

BEECH-NUT – Multigrain, Oatmeal, Rice,

Plain cereal without fruit or formula



INFANT FOOD – FRUITS AND VEGETABLES

4 ounce jar only

BEECH-NUT – Classics Stage 2 fruits, vegetables, or fruit & vegetable combinations

NO: 'Natural' line, 4 ounce jars Mixtures with cereal, desserts, dinners, or food combinations (e.g., meat and vegetables, rice, pasta, yogurt, or noodles). Meat sticks, organic, added sugar, starch, salt, DHA or ARA



INFANT FOOD – MEATS

BEECH-NUT – Stage 1, 2.5 ounce jar only

Beef & Beef Broth

Chicken & Chicken Broth

Turkey & Turkey Broth



FRUITS & VEGETABLES

FRESH FRUITS & VEGETABLES

- Any variety of fresh vegetables and fruits
- Bagged salad mixtures, bagged vegetables
- Whole or cut



NO: Items from the salad bar, party trays, fruit baskets, dried fruit, decorative vegetables and fruits (chilies, garlic on a string, etc), painted pumpkins, nuts, including peanuts, fruit/nut mixtures, herbs, spices, salad dressing, croutons

FROZEN VEGETABLES

- Any brand and size
- Any plain vegetable, plain vegetable mixtures
- Any package type (bag, box)



NO: French fries, hash browns, tater tots, vegetables with sauces (cheese sauce, teriyaki sauce, buttered seasoned, breaded, etc.) vegetables mixed with pasta, rice, or any other added ingredients such as added fat, oil, salt, or sugar (like dextrose)

FROZEN FRUITS

- Any brand with no added sugar
- Any plain fruit, plain fruit mixtures

NO: Fruits with added sugar, ingredients other than fruit, artificial sweeteners



CANNED VEGETABLES

- Any brand and size
- Any plain vegetable, plain vegetable mixtures
- Any container type (metal, plastic, glass)
- Regular, low sodium

NO: Pickled (sauerkraut), creamed vegetables (including corn), sauced vegetables, baked beans, pork & beans, canned or dried beans/peas, soups, ketchup, relishes, olives, vegetables with added sugar, fats, oils

FRUITS & VEGETABLES

CANNED TOMATO PRODUCTS

- Any brand and size
- Metal cans only
- Pastes, purees, whole, crushed tomatoes



NO: Soups, salsa, sauces (pizza, spaghetti, or tomato), ketchup, added sugars, seasonings, fats, oils

CANNED FRUITS

- Any brand and size packed in water or juice
- Any plain fruit, plain fruit mixtures (except fruit cocktails)
- Any container type (metal, plastic, glass)
- Applesauce – 'No sugar added' or 'unsweetened' varieties only
- 100% canned pumpkin



NO: Cranberry sauce, pie fillings, any syrup (heavy, light, 'naturally light', extra light, etc.), added sugar ('lightly sweetened in fruit juice', etc.), nectar, added salt, fat, oils, products with artificial sweeteners

For Fully Breastfeeding Women Only:

CANNED FISH

TUNA FISH

5 ounce can only

Any brand: Chunk Light packed in water



PINK SALMON

5 ounce can only

Any brand: Pink Salmon packed in water or oil, skin and bones allowed

SARDINES

3.75 ounce can only

Any brand: Packed in water or oil, skin and bones allowed, flavorings allowed

Simplify your shopping.

Download the 'WIC Shopper' App!

- Check your WIC balance
- Locate a WIC Authorized store
- Scan a product to determine if it's WIC approved
- Access WIC recipes



1-800-WIC-1007
mass.gov/wic



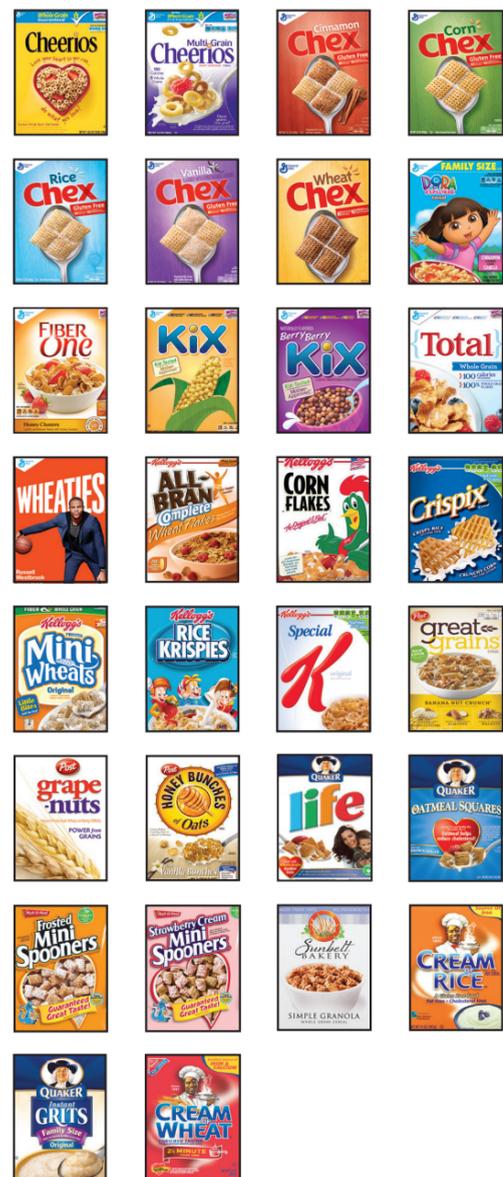
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7/18 Form #183

CEREALS

12 ounce boxes or larger. NO single serving packets.

NATIONAL BRANDS



CEREALS

12 ounce boxes or larger. NO single serving packets.

NATIONAL BRANDS

General Mills
 Cheerios (plain, Multi Grain)
 Chex Cereal (Cinnamon, Corn, Rice, Vanilla, Wheat)
 Dora the Explorer
 Fiber One Honey Clusters
 Kix (Original, Berry Berry, Honey)
 Total
 Wheaties (plain only)

Kellogg's
 Complete All-Bran Wheat Flakes
 Corn Flakes (plain only)
 Crispix
 Frosted Mini Wheats (original, big and little bites, Touch of Fruit in the Middle- Raisin, Raspberry)
 Mini Wheats (bite size)
 Rice Krispies
 Special K- original

Post
 Great Grains
 Banana Nut Crunch
 Bran Flakes
 Grape Nuts, Grape Nut Flakes
 Honey Bunches of Oats (Almond, Almond Crunch, Cinnamon Bunches, Honey Crunch, Honey Roasted, Vanilla Bunches)

QUAKER
 Life (plain)
 Oatmeal Squares (Hint of Brown Sugar, Hint of Cinnamon)

m BRANDS
 Frosted Mini Spooners
 Strawberry Cream Mini Spooners

Sunbelt BAKERY
 Sunbelt
 Simple Granola

Hot Cereal – NO single serving packets

Cream of Rice
 Cream of Wheat (1 minute, 2½ minute, 10 minute)
 Cream of Wheat Whole Grain – 2½ minute
 Farina
 Maypo (Maple, Instant, Vermont Style)
 Quaker Instant Grits (original flavor)

All cereal listed in purple are whole grain.

CEREALS

12 ounce or larger boxes only

STORE BRANDS

365 – Morning O's Multi Grain, Wheat Squares Bite Size Frosted
 Best Yet – Bran Flakes, Corn Flakes, Crisp Rice, Frosted Bite Size Shredded Wheat, Honey Nut Toasted Oats, Honey Oats & Flakes, Best Yet Toasted Oats
 Big Y – Corn Flakes, Crispy Corn Squares, Crisp Rice, Toasted Oats
 Essential Everyday – Corn Flakes, Crispy Rice, Toasted Oats
 Food Club – Bran Flakes, Corn Flakes, Crisp Rice, Frosted Shredded Wheat, Honey and Oats, Honey and Oats with Almonds, Toasted Oats
 Great Value – Bran Flakes, Corn Flakes, Corn Squares, Crisp Rice, Crunch Oats Almonds, Crunchy Nugget, Crunchy Oats, Multi Grain Toasted Oats, Rice Crispers, Rice Squares, Toasted Corn, Toasted Oats, Toasted Rice, Toasted Wheat, Toasted Whole Grain Oat
 Hannaford – Bite Size Frosted Shredded Wheat, Bran Flakes, Corn Flakes, Crispy Hexagons, Frosted Shredded Wheat, Nutty Nuggets, Oats & More with Almonds, Oats & More with Honey, Tasteeos, Toasted Corn, Toasted, Toasted Rice, Toasted Wheat
 Kiggins – Bran Flakes, Corn Flakes, Crispy Rice
 Krasdale – Corn Flakes, Crispy Rice, Toasted Oats
 Market Basket – Bran Flakes, Corn Biscuits, Corn Flakes, Oats & More with Almonds, Oats & More with Honey, Rice Biscuits, Tasteo's
 Price Chopper (pics) – Bran Flakes, Corn Flakes, Crispy Rice, Frosted Shredded Wheat, Frosted Shredded Wheat Strawberry, Good Choice Oat Crunch, Nutty Nuggets, Toasted Corn Crisps, Toasted Oats, Toasted Rice Crisps
 Price Rite – Bite Sized Shredded Wheat, Bran Flakes, Corn Flakes, Crisp Rice, Frosted Shredded Wheat, Honey Oat Clusters with Almonds, Multi Grain Toasted Oats, Toasted Oats
 Signature Kitchens – Bite Sized Frosted Shredded Wheat, Bran Flakes, Corn Flakes, Crispy Rice, Toasted Oats
 Stop & Shop – Be Well Toasted Rice Flakes, Bran Flakes, Corn Flakes, Corn/Rice Squares, Crispers, Crispy Rice, Bite Size Frosted Shredded Wheat, Honey Crunchin Oats, Honey Crunchin Oats with Almonds, Nutty Nuggets, Multi Grain Oats & O's, Oats Squares
 Valutime – Corn Flakes, Frosted Shredded Wheat
 White Rose – Corn Flakes, Crisp Rice, Toasted Oats

JUICES

BOTTLED JUICE – 100% fruit juice only
 64 ounce bottles only



NATIONAL BRANDS

Juicy Juice – Any flavor
 Langers – Apple, Apple Berry Cherry, Apple Cranberry, Apple Grape, Apple Kiwi Strawberry, Apple Orange Pineapple, Apple Peach Mango, Cranberry Plus, Cranberry Berry Plus, Cranberry Grape Plus, Cranberry Raspberry Plus, Disney (Apple Cranberry Grape, Berry, Grape, Punch, Apple Kiwi Strawberry) Grape, Grapefruit Ruby Red, Orange, Pineapple, Pineapple Orange, Red Grape, Tomato, White Grape; Welch's – Grape, White Grape, Red Grape, Super Berry, Tropical Trio

STORE BRANDS – Approved flavors must state "100% juice" AND "120% Vitamin C" on the label

Best Yet, Big Y, Food Club, Great Value, Hannaford, HY-TOP, IGA, Krasdale, Market Basket, Market Pantry, Nature's Promise, Price Chopper (pics), Price Rite, Signature Kitchens, Stop & Shop, Shurfine, Tipton Grove, White Rose

TOMATO/VEGETABLE JUICE

64 ounce bottles only

Vegetable Juice – Great Value, Hannaford, Price Chopper, Signature Kitchens, Stop & Shop, Signature Kitchens, Stop & Shop, V8 (Low Sodium, Original, Spicy Hot)
 Tomato Juice – Campbell's (Regular and Low Sodium), Great Value, Langer's, Signature Kitchens

FROZEN JUICE

11.5 or 12 ounce cans only

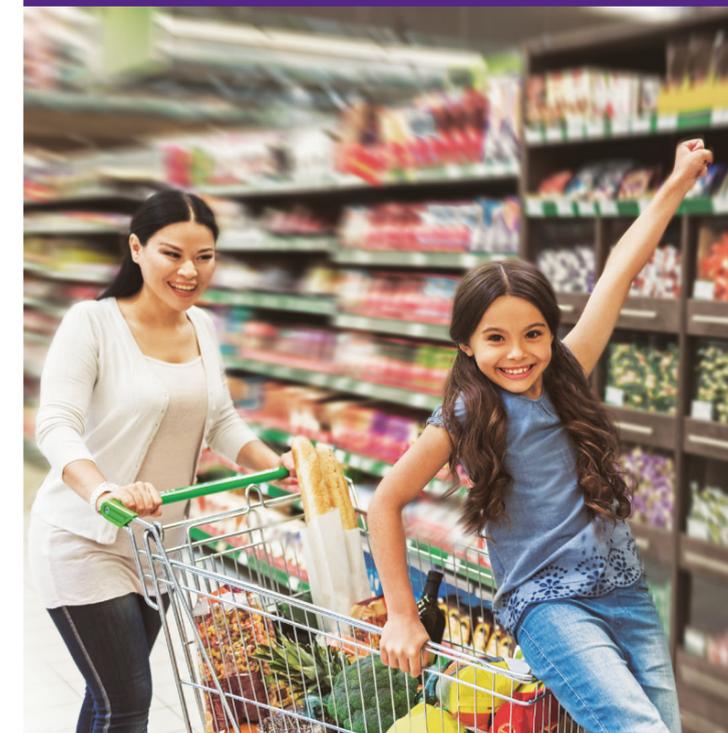
Apple – Best Yet, Clear Value, Flavorite, Food Club, Great Value, Hannaford, IGA, Market Basket, Shurfine, Seneca (red cans, Granny Smith, Country Style), Signature Kitchens, Stop & Shop, Tipton Grove, Value Time; Grapefruit – Any brand; Grape – Best Yet, Food Club, Great Value, Hannaford, Seneca, Stop & Shop, Welch's (yellow pull-strip can); Mixed blend – Dole 100% juice – Pineapple Orange Banana, Pineapple Orange Strawberry, Orange Peach, Mango, Orange Strawberry Banana; Orange – Any brand; Pineapple – Dole, Market Basket, Stop & Shop; Pineapple/Orange – Any brand; White Grape/White Grape Blends – Welch's (yellow pull-strip can)



MASSACHUSETTS

WIC APPROVED

FOOD GUIDE



GOOD FOOD and A WHOLE LOT MORE!