



BREAD AND OTHER GRAIN PRODUCTS

Whole Wheat/Whole Grain Bread, Buns and Rolls in 16 oz:

Arnold/Orowheat Select -

100% Whole Wheat Hamburger Buns, 100% Whole Wheat Hot Dog Buns, Bimbo - 100% Whole Wheat Bread **Bunny** – 100% Whole Wheat Bread Holsum – 100% Whole Wheat Bread **Healthy Life** – Soft Style 100% Whole Wheat Sandwich Buns, Soft Style 100% Whole Wheat Hot Dog Buns

Nature's Own – 100% Whole Wheat Bread with Honey

Pepperidge Farm – Very Thin 100% Whole Wheat Bread, Stone Ground 100% Whole Wheat Bread

Roman Meal – Sungrain 100% Whole Wheat Bread

Sara Lee – Classic 100% Whole Wheat Bakery Bread, Soft & Smooth 100% Whole Wheat Hamburger Buns, 100% Whole Wheat Soft & Smooth Hot Dog Buns Wonder –100% Whole Wheat Soft Bread



100% Whole Wheat Store Brand/Private Label Bread: Best Choice, Food Lion, Grissom's Mill (Save-A-Lot), Kern's (Food City), Kroger

La Banderita – Whole Wheat, White Corn

Mission - 100% Whole Wheat, Yellow Corn Extra Thin, 100% Whole Wheat Fajita Style Ortega – Whole Wheat



Whole Wheat Store Brand/Private Label: Kroger 100% Whole Wheat Soft Taco Size, Best Choice 100% Whole Wheat Soft Taco Size; Tio Santi (Save-A-Lot), Laura Lynn

Corn Store Brand/Private Label: Best Choice, Shurfresh

100% WHOLE WHEAT **MACARONI (PASTA) IN 16 OZ:**

Hodgson Mill – Spaghetti, Angel Hair, Thin Spaghetti, Whole Wheat Spirals, Elbow

Gia Russa - Angel Hair, Linguine, Roman Rigatoni

Barilla - Spaghetti, Penne, Angel Hair,

Elbows, Linguine, Medium Shells, Rotini, Thin Spaghetti

Store Brand/Private Label: Essential Everyday Whole Wheat (Supervalu) – Spaghetti, Thin Spaghetti, Macaroni, Penne,

Shurfine – 100% Whole Wheat Spaghetti, Penne Rigate Great Value - Spaghetti, Thin Spaghetti, Penne, Rotini,

Elbow Macaroni, Linguine Kroger – Thin Spaghetti, Spaghetti, Rotini, Penne Rigate Laura Lynn - Spaghetti, Rotini, Penne

Other Whole Unprocessed Grains in 16 oz packaging: Any brand of brown rice, bulgur (cracked wheat), oatmeal and whole grain barley without added sugars, fats, oils or sodium in instant, quick or regular cooking

Cannot buy: Pearled barley; organic

WIC CASH VALUE VOUCHERS (CVVs)

MULTIPLE CVVs MUST BE TREATED AS SEPARATE TRANSACTIONS

Can buy:

Fresh Fruit Allowed:

Any variety of fresh fruits - whole or cut Organic OK

Not Allowed:

No items from the salad bar, party trays, fruit baskets No decorative vegetables and fruits No nuts, including peanuts, fruit/nut mixtures No dried fruit

Frozen Fruits

Allowed:

Any variety or mixture of plain fruits without added sugar, fats, oils, or salt (e.g., sodium)

Any size Organic OK

Fresh Vegetables:

Allowed:

Any variety of fresh vegetables whole or cut Organic OK

Frozen Vegetables:

Any variety or mixture of vegetables no salt, butter, cheese, oils, seasonings, or breading Any size Organic OK

Not Allowed:

No potato product shape like French Fries, Hashbrowns or Tater Tots.

Minimum 11 oz box or bag

CREAM OF WHEAT -

1, 2 ½ or 10 minute box of regular wheat, *2 1/2 minute box Whole Grain Cream of Wheat Original -12 oz box of 12 – 1 oz packs Cream of Rice (14 oz box)

GENERAL MILLS:

Cheerios – *Regular, *Muti-Grain; Ancient Grains Chex - Corn, Rice, *Wheat; *Fiber One Honey Clusters, Kix - *Regular, *Honey, *Berry Berry;

*Wheaties, *Whole Grain Total, Dora the Explorer

KELLOGG'S:

*All-Bran Complete Wheat Flakes, Kellogg's Corn Flakes,

Mini Wheats – *Frosted Little Bites, *Unfrosted Bite Size, *Frosted Original; Rice Krispies, Special K – Original; Product 19

MOM Brands: Crispy Rice, Mini-Spooners - *Frosted, *Strawberry Cream, *Blueberry; Original Hot Wheat; Chocolate Hot Wheat; CoCo Wheats

POST: Great Grains – *Banana Nut Crunch, *Grape Nuts – The Original, *Grape Nut Flakes, *Alpha Bits, *Bran Flakes, Honey Bunches of Oats – Almonds, Cinnamon Bunches, Honey Roasted, *Vanilla Bunches; *Honey Nut Shredded Wheat, Whole Grain Almond Crunch

QUAKER: *Life - Plain only, Oatmeal Squares – *Brown Sugar, *Instant Oatmeal – Regular in 12 - .98 oz packs, Instant Quaker Grits in Regular Box or 12 – 1 oz packs - Original, Real Butter

SUNBELT BAKERIES: *Simple Granola Whole Grain

STORE BRAND/ **PRIVATE LABEL:**

Best Choice, Essential Everyday, Flavorite, Food Club (Food City), Great Value,

Hospitality, Hytop, IGA, Jasper, Kiggins (Save-A-Lot), Kroger, Laura Lynn (Ingles), Market Pantry (Target), My Essentials/Food Lion, Parade, Publix, Ralston, Red & White, Shurfine, Valu Time - Corn Flakes, Crisp Rice/Crispy Rice, and

*Toasted Oats/Tasteeo's/ Happy O's ALWAYS SAVE - *Toasted Oats/Tasteeos and

Crisp Rice/Crispy Rice

KESSLER – Corn Flakes



*Designates Whole Grain















= 36 oz.



12

Gallon sizes of any brand in low fat (1%), fat free (skim) or sweet acidophilus (1%)

Can buy when on FI: Reduced fat (2%); Whole (12 - 23 mos. only); Lactose-free, Ultra-high temperature (UHT);

Nonfat dry powdered, Evaporated milk, Buttermilk Cannot buy: Chocolate milk or non-dairy beverages (except when soy beverage is on FI); organic, goat's milk (whole or low fat)

MILK SUBSTITUTES

TOFU (allowed when on FI)

The following products in 16 oz packages (including

Nasoya – Silken; Azumaya – Firm, Extra Firm

SOY BEVERAGE (allowed when on FI)

The following brands and flavors in largest available refrigerated size or largest available shelf size, including quarts or half-gallons (including organic):

Pacific Natural – Ultra Soy Original, Ultra Soy Vanilla (nonrefrigerated quarts)

8th Continent - Soymilk Original, Soymilk Vanilla (refrigerated half-gallons)

Silk – Original (refrigerated half-gallons and quarts)

YOGURT

The following low-fat and non-fat brands and flavors in 32 oz tubs when allowed on FI:

Yoplait - Low-Fat Original Vanilla, Strawberry, Strawberry-Banana, Harvest Peach; Fat-Free Original Plain; Greek 100

Dannon – Natural Flavors Vanilla, Low-Fat Plain, Non-Fat Plain Oikos – Plain 0%, Vanilla, Triple Zero Vanilla

Chobani – Nonfat Strawberry, Vanilla, Plain

Lala – Low-fat strawberry-banana, Strawberry, Peach, Mango Morning Fresh Farms – Low-Fat Vanilla, Nonfat Plain

Store Brand/Private Label low-fat and non-fat in 32 oz tubs: **Great Value (Walmart)** – Low-Fat Vanilla, Strawberry, Strawberry Banana, Peach; Non-Fat Plain; Greek Non-Fat Plain, Vanilla

Kroger – Best Choice - non-fat Greek Plain; Low-Fat Plain, Vanilla; Non-Fat Plain

Coburn Farms (Save-A-Lot) – Low-Fat Vanilla, Plain **Essential Everyday (Supervalu)** – Blended Plain Low-Fat; Blended Low-Fat Vanilla, Peach, Raspberry, Strawberry, Strawberry Banana; Blended Plain Fat-Free; Plain Greek Non-Fat: Vanilla Greek Non-Fat

Food Club – Low-Fat Regular Plain, Low-Fat Blended Vanilla, Strawberry

Food Lion – Low-Fat Vanilla; Non-Fat Plain

Laura Lynn (Ingles) – Low-Fat Peach, Strawberry, Vanilla; Non-Fat Plain; Non-Fat Greek Vanilla

Taste of Inspirations – Greek Non-Fat Vanilla, Plain





Allowable size(s) will be on FI 48 oz can or plastic in these varieties: Any brand of Orange or Grapefruit (White, Ruby Red, or Pink) labeled 100% juice and at least 120% Vitamin C



Juicy Juice - All Flavors Lucky Leaf – Apple Northland - Cranberry **Seneca** – Apple Welch's - Grape

Dole – Pineapple

Seneca – Apple

Raspberry, Peach

120% Vitamin C

Juicy Juice – All Flavors

Mott's - Apple Original

Musselman's – Apple

Cranberry/Raspberry

Seneca – Apple

Libby's – Pineapple

Lucky Leaf – Apple

11.5/12 oz frozen in these varieties:

Old Orchard - Apple, Berry Blend

Welch's White Grape Blends – Cranberry,

Any brand of Orange or Grapefruit (White, Ruby Red, or Pink) labeled 100% juice and at least

Campbell's Tomato Juice – Regular, Low Sodium

Northland – Cranberry, Cranberry/Blackberry, Cranberry/Grape, Cranberry/Pomegranate,

Old Orchard – Apple, Apple/Cranberry, Apple Cherry, Apple Raspberry, Apple Kiwi Strawberry Berry Blend, Black Cherry/Cranberry, Blueberry/

Cranberry Blend, Cranberry Raspberry, Grape, Kiwi/Strawberry, Orange, Orange Pineapple,

V8 100% Vegetable Juice – Regular, Low Sodium Welch's - Grape, White Grape, Red Grape

Pomegranate, Cranberry/Pomegranate,

Peach/Mango, White Grape, Wild Cherry

White House – Apple, Natural Apple

64 oz plastic bottle in these varieties:

Langer – Apple, Pineapple w/ Vitamin C

Welch's - Grape, White Grape

Grapefruit - Any brand (labeled 100% Juice and at least 120% of Daily Requirement of Vitamin C) Orange - Any brand (labeled 100% Juice and at least 120% of Daily Requirement of Vitamin C)

























WhiteHouse



flavored Orange Juice with 120% or more daily Vitamin C Can buy for all juices: Calcium fortified; blends

64oz (half gallon) refrigerated containers Single

Cannot buy for all juices: fruit drinks or juice cocktails; sweetened; added spices; organic

Must be in an 8 to 16 oz package. Store Brand or Private Label Cheese only unless the store has no store brand cheese available.

Allowed:

Block

Sliced (Includes individually wrapped NOT labeled cheese food, cheese product or imitation cheese) or

String, Stick, Shredded or Cubed of:

Mozzarella, Cheddar, Colby, Monterey Jack, Process American (Deluxe), Provolone, Swiss and Muenster in 8 or 16 oz. size packages. Blended cheeses of any of the above

Cheeses that are labeled low, free, reduced, less or light in sodium, fat or cholesterol

Not Allowed:

Added ingredients or seasonings Flavored cheeses such as smoked Cheese foods, spreads, or product Imitation cheese Imported cheese

Cheese from store delicatessen or cheese shop

Organic

EGGS

Allowed:

One dozen carton, Large Grade A White Not allowed:

Brown

Specialty (includes organic) Dried eggs mix Hard boiled

DRIED BEANS, PEAS & CANNED BEANS

DRIED BEANS/PEAS

16 oz bag of plain dry beans, peas or lentils Not allowed: Seasoning packets; organic

CANNED BEANS

15-16 oz cans of plain beans

Includes garbonzo beans (chick peas), black-eyed peas, crowder peas and purple hull peas

Allowed: Added sugar; reduced sodium; baked (when on FI) Not allowed: Green peas, green beans, lima beans, snap beans, yellow beans or wax beans; added meat, sauces, spices, vegetables or fruits; soups; organic

Light tuna in 5 oz cans Pink or red salmon in 14.75 oz cans Sardines in 3.75 oz cans Jack mackerel in 15 oz cans

Any of the above may be: Any brand; with added sauces and flavorings, e.g., tomato sauce, mustard or lemon; oil or water packed; with bones or skin; regular or low sodium

Cannot buy: Albacore tuna; king mackerel; smoked products; organic

PEANUT BUTTER

16-18 oz jar in glass or plastic

Creamy (smooth) or chunky (crunchy); refrigerated or non-refrigerated; regular or reduced sodium; added vitamins

Not Allowed:

Reduced fat; peanut butter spreads; added marshmallows, honey, jelly, chocolate or similar ingredients; store ground; organic



Remember: Peanut Butter not provided nor recommended for children under 2 yrs

CONSUMER ALERT



BUYING, SELLING, OR TRADING WIC FOODS IS ILLEGAL!

If you buy, sell, or trade WIC foods or breast pumps, it could result in criminal charges and/or disqualification from participating in the WIC Program.

To report suspected fraud Call 1-800-342-5942 This institution is an equal

opportunity provider.



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

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-

Persons with disabilities who require alternative means of communication for program information (e.g. Braille,

3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture (2) fax: (202) 690-7442: or

Washington, D.C. 20250-9410; This institution is an equal opportunity provider.



Office of the Assistant Secretary for Civil Rights

1400 Independence Avenue, SW

Tennessee Department of Health Authorization No. 343020, No. of copies 250,000. This document was promulgated at a cost of \$.05 a copy. 08/16

