

WIC APPROVED FOODS

Effective October 1, 2011

INFANT CEREAL

8 OZ. BOX, ANY GRAIN OR MULTIGRAIN

Not included: Canned, formula, fruit, organic or variety packs, DHA.

Issuance of checks requiring the purchase of Gerber brand only ends December 31, 2011.



INFANT FORMULA



Brand, type, and size specified on check. No substitutions.

INFANT FOOD

4 OZ. GLASS JARS, BEECH-NUT STAGE 2

Includes single ingredient or combination of fruits and/or vegetables (e.g., apple-banana, sweet potato-apple).

Not included: • Mixtures with cereal, desserts, dinners, or food combinations (e.g., meat and vegetables, rice, pasta, yogurt, or noodles)
• Organic, added sugar, starch, salt, or DHA



2.5 OZ. GLASS JARS, BEECH-NUT (MEAT ONLY, MAY INCLUDE BROTH OR GRAVY)

Not included: • Mixtures with cereal, desserts, dinners, or food combinations (e.g., meat and vegetables, rice, pasta, yogurt, or noodles)
• Organic, meat sticks, added sugar, salt, or DHA

MILK

FLUID MILK

White only, type and size specified on check.

- Whole or Vitamin D
- Reduced-fat (2%), low-fat (1/2 or 1%), or fat-free (skim)

SPECIALTY MILK (as specified on check)

- Evaporated – 12 oz.
- Lactose-free (quart or 1/2 gallon)*
- Sweet acidophilus (1/2 gallon)
- UHT
- Powder 9.6 oz. or 25.6 oz.
- 8th Continent Soymilk Original (unflavored only, 1/2 gallon)

*Two one-quart cartons may be substituted for 1/2 gallon to obtain the maximum amount on the check.

Not included: Flavored, imitation, organic, non-dairy, buttermilk, Milnot, or Vitamite.

JUICE

Size is specified on check.

64 OZ. ONLY, SHELF STABLE OR REFRIGERATED, ANY CONTAINER

100% juice (fruit or vegetable) and at least 120% Vitamin C. For Children Only.



Any flavor



Any 100% Juice—except Premium



Grape (purple, red or white) **only**



Regular or low sodium only



Regular or low sodium only



Any brand



Any brand



Hy-Top, Indian Summer, Lucky Leaf, Musselman's, Seneca

Not included: Beverages, cocktail juices, fruit drinks, juice drinks, or organic juices.

PEANUT BUTTER

18 OZ. JARS ONLY, REGULAR OR CRUNCHY

Not included: Spread, organic, mixed with jelly, marshmallow, or honey.

11.5 OZ. – 12 OZ. FROZEN CONCENTRATE

100% fruit juice and at least 120% Vitamin C. For Women Only.



Any flavor



Any brand



Any brand



Any flavor with yellow tab



Any flavor with green tab

11.5 OZ. – 12 OZ. NON-FROZEN CONCENTRATE

100% fruit juice and at least 120% Vitamin C. For Women Only.



Any flavor



Any flavor

BEANS, PEAS, AND LENTILS

- DRY 1 LB. BAG
- CAN, ANY COMBINATION NOT TO EXCEED 64 OZ.
 - Fat Free Refried
 - Kidney (may have a small amount of sugar)
 - Garbanzo (Chick Peas)
 - Navy
 - Great Northern
 - Black

Not included: Boxed, baked beans, wax beans, organic, soups, added sugars, fats, oils, or meats.

FISH

For fully breastfeeding moms.

UP TO 30 OZ., CAN OR FOIL POUCH, ANY SIZE, PACKED IN WATER, OIL, OR VEGETABLE BROTH

Light Tuna, Pink Salmon, or Sardines (flavored allowed)

Not included: Fresh or frozen, flavored tuna or salmon, yellow fin or albacore tuna, or organic.

CHEESE

US MADE, PREPACKAGED, 8 OZ. to 16 OZ.

Choose regular, light, low-fat, or fat-free; block, sliced, shredded, bagged, cubed, string, stick, or crumbles.

Any of the following flavors or combinations of flavors:

- American – pasteurized processed
- Cheddar
- Colby
- Colby-Jack
- Monterey Jack
- Mozzarella
- Provolone
- Swiss

Not included: From the deli area, random weight (non-uniform sizes typically labeled in decimals, e.g., .62 lb.), cheese food, product, substitute or spread, imitation, spiced, flavored, organic, imported, or any size smaller than 8 oz.

FRUITS AND VEGETABLES

Dollar amount specified on Cash Value Voucher.

FROZEN

Any variety of frozen fruits without added sugar.

Any variety of frozen vegetables except white potatoes and without added sugar, oils or fats; herbs or spices; creams or sauces; breading.

FRESH WHOLE OR CUT (INCLUDES PLAIN BAGGED)

Not included: Red, Yukon Gold, Russet and other kinds of white potatoes (orange yams and sweet potatoes are allowed); pickled vegetables; olives; herbs or spices; creamed or sauced vegetables; nuts; salad bar items; breaded vegetables; edible blossoms; or party trays with dip, dressing, or croutons.

EGGS

1 DOZEN, ANY SIZE, WHITE OR BROWN

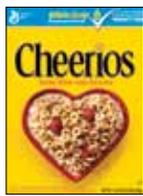
Not included: Low cholesterol, organic, Eggland's Best or other specialty eggs, cage free, or free range.

CEREAL

COLD CEREAL, 10 OZ. OR LARGER, ANY COMBINATION NOT TO EXCEED 36 OZ.

 = whole grain

* = folic acid



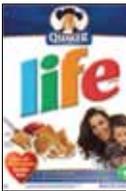
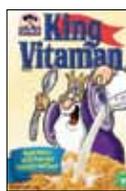
Malt-O-Meal Brand

Almonds

Honey Roasted

Cinnamon Bunches

2½ minute



Malt-O-Meal Brand

No fruit, maple, vanilla or organic

1, 2½, 10 minute



Unfrosted

Brown Sugar

Cinnamon

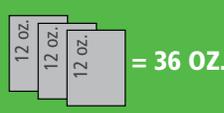
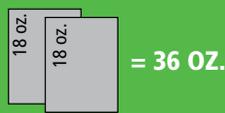
Regular, no fruit

Regular only

Regular only

Instant, regular flavor only

COMBINE YOUR CEREALS FOR A TOTAL OF 36 OUNCES OR LESS



Original only

WHOLE GRAINS

BREAD 16 OZ. ONLY

Whole wheat or whole grain loaf.



AUNT MILLIE'S
• Cranberry-Apple Swirl
• Raisin Swirl
• Whole Grain White



BUNNY
100% Whole Wheat



HEALTHY LIFE
• 100% Whole Wheat
• 100% Whole Grain
Wheat Sugar Free



PEPPERIDGE FARM
• Swirl Whole Wheat Cinnamon with Raisins
• Stoneground 100% Whole Wheat
• Very Thin Soft 100% Whole Wheat



ROMAN MEAL
100% Whole Wheat



SARA LEE
Classic 100%
Whole Wheat



WONDER
Soft 100%
Whole Wheat



NATURE'S OWN
100% Whole Wheat
Sugar Free



BEST CHOICE
100% Whole Wheat



SCHMUCK'S
100% Whole Wheat

Not included: Buns, rolls, bagels, or bakery.

BROWN RICE, ANY BRAND, UP TO 16 OZ., PLAIN BOXES OR BAGS, INSTANT, QUICK, OR REGULAR



TORTILLAS, 16 OZ.

Corn or whole wheat.



CHI-CHI'S
Whole Wheat or Corn



LA BANDERITA
Whole Wheat or Corn



MISSION
Whole Wheat or Corn



BEST CHOICE
Whole Wheat or Corn



DON PANCHO
Whole Wheat or Corn



LA BURRITA
Corn



ORTEGA
Whole Wheat

Questions?

Just call your local Indiana WIC clinic
or call 800-522-0874.



Indiana State
Department of Health

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