

# WIC APPROVED FOODS

Effective October 1, 2010

## INFANT CEREAL

### 8 OZ. BOX GERBER ONLY, ANY GRAIN OR MULTIGRAIN

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



## INFANT FORMULA



Enfamil

Enfamil

Enfamil

### Gentlease

- 12 oz. powder

### Premium Infant

- 12.5 oz. powder
- 13 oz. concentrate
- 32 oz. ready-to-use

### ProSobee

- 12.9 oz. powder
- 13 oz. concentrate
- 32 oz. ready-to-use

## BABY FOOD

### 4 OZ. GLASS JARS, BEECH-NUT (FRUIT OR VEGETABLE ONLY)

Includes single ingredient or combination of single ingredients (e.g., apple-banana).

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 (½ or 1%), or fat-free (skim)

### Specialty Milk (as specified on check)

- Evaporated – 12 oz.
- Lactose-free (quart or ½ gallon)\*
- Sweet acidophilus (½ gallon)
- UHT
- Powder 9.6 oz. or 25.6 oz.

\*Two one-quart cartons may be substituted for ½ gallon to obtain the maximum amount on the check.

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

## JUICE

Size is specified on check.

### 64 OZ. PLASTIC, GLASS, OR REFRIGERATED PAPER CONTAINERS

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.

## CHEESE

### 8 OZ. TO 16 OZ., ANY COMBINATION NOT TO EXCEED 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: Cheese food, product, substitute or spread, deli, imitation, spiced, flavored, organic, or imported.

## 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 sauce vegetables; nuts; salad bar items; breaded vegetables; edible blossoms; or party trays with dip, dressing, or croutons.

## FISH

For fully breastfeeding moms.

### UP TO 30 OZ., CAN OR POUCH, ANY SIZE, PACKED IN WATER OR OIL

Light Tuna, Pink Salmon, or Sardines

Not included: Albacore tuna, King Oscar sardines, or organic.

## EGGS

### 1 DOZEN, ANY SIZE, WHITE OR BROWN

Not included: Low cholesterol, organic, cage free, or free range.

### 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, meats.

## CEREAL

### COLD CEREAL, 9 OZ. OR LARGER, ANY COMBINATION NOT TO EXCEED 36 OZ.

= whole grain

\* = folic acid



Malt-O-Meal Brand

Almonds

Honey Roasted

Cinnamon Bunches

2 1/2 minute



Malt-O-Meal Brand

No fruit, maple, vanilla or organic

1, 2 1/2, 10 minute



Unfrosted

Brown Sugar

Cinnamon

Regular, no fruit

Regular only

Regular only

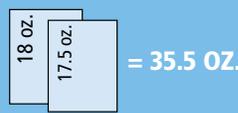


Instant, regular flavor only



Original only

### COMBINE YOUR CEREALS FOR A TOTAL OF 36 OUNCES OR LESS



## WHOLE GRAINS

### BREAD 16 OZ., SOFT

Whole wheat or whole grain loaf.



AUNT MILLIE'S

- Cranberry-Apple Swirl, Raisin Swirl
- Whole Grain White Bread
- Healthy Goodness DHA omega-3



BUNNY

100% Whole Wheat



HEALTHY LIFE

- 100% Whole Wheat
- 100% Whole Grain
- Wheat Bread 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  
100% Soft  
Whole Wheat



NATURE'S OWN  
100% Whole Wheat  
Sugar Free



BEST CHOICE  
100% Whole Wheat



SCHNUCK'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

### SOFT 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 PANTO  
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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