

JUICE

Size is specified on check.

64 OZ. PLASTIC, GLASS OR REFRIGERATED PAPER CONTAINERS

100% juice (fruit or vegetable).



Any flavor
Any flavor except Apple Cider
Grape, red or white **only**



Any flavor, no V-Fusion, Splash or Smoothie
Campbell's Tomato



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

11.5 OZ. – 12 OZ. FROZEN CONCENTRATE

100% fruit juice



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



Any flavor
Any flavor

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

The Vitamin C content for juice is found on the "Nutrition Facts" label.

Babies are born to breastfeed!

FISH

For fully breastfeeding moms.

5 oz. can or up to 7 oz. pouch light tuna or pink salmon or 3.75 oz. can sardines, regular or low sodium, packed in oil or water.

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

FRUITS AND VEGETABLES

Dollar amount specified on Cash Value Voucher.

FRESH WHOLE OR CUT (INCLUDES PLAIN BAGGED)

Not included: Potatoes other than yams or sweet potatoes, farmers' market, salad bars, party trays, fruit baskets or nut mixtures.

OTHER FRESH ITEMS

MUSHROOMS ARE APPROVED

Not included: Herbs, spices or edible blossoms.

Questions?

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



This institution is an equal opportunity provider.

www.wichealth.org

March 2010



strong families start here

WIC APPROVED FOODS

Effective March 1, 2010 through September 30, 2010

INFANT CEREAL

As listed on check.

8 OZ. BOX GERBER ONLY, ANY GRAIN OR MULTIGRAIN

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



BABY FOOD

4 OZ. GLASS JARS, BRAND MAY BE SPECIFIED ON CHECK (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, BRAND MAY BE SPECIFIED ON CHECK (MEAT ONLY, MAY INCLUDE BROTH OR GRAVY) For fully breastfed infants.

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



INFANT FORMULA



Enfamil



Enfamil



Enfamil

Gentlease LIPIL

• 12 oz. powder

LIPIL with Iron

Premium LIPIL ProSobee LIPIL

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

Other brands, quantities and sizes as listed on the check.

CEREAL

Moms: Look for the * for cereals with 100% DV (daily value) of folic acid.

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

 = whole grain



HOT CEREAL



PEANUT BUTTER

18 OZ. JARS ONLY, REGULAR OR CRUNCHY

Not included: Deli, spread, whipped, organic, mixed with jelly, marshmallow or honey.

CHEESE

8 OZ. OR 16 OZ. PACKAGES ONLY

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.

EGGS

MEDIUM OR LARGE, WHITE ONLY

Not included: Jumbo or extra large, brown, low cholesterol, egg substitute, organic, cage free or free range.

BEANS, PEAS AND LENTILS

REGULAR OR LOW SODIUM

- Dry 16 oz. bag
- Cans up to 16 oz. Refried, Kidney, Garbanzo or Navy beans only.

Not included: Boxed, frozen, organic, soups, added sugars, fats, oils or meat.

MILK

LEAST-EXPENSIVE BRAND

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.

*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, soy, buttermilk, Milnot or Vitamite.

WHOLE GRAINS

BREAD

16 oz., 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

Not included: Buns, rolls, bagels or bakery.

SOFT TORTILLAS

16 oz., corn or whole wheat.

- Chi-Chi's: Whole Wheat
- Sante Fe: Whole Wheat or Corn
- La Banderita: Whole Wheat or Corn
- Mission: Corn

BROWN RICE

Up to 16 oz., plain boxes or bags, instant, quick or regular.

- Mahatma
- Minute
- Uncle Ben's
- Success
- Riceland

