

Infant Formula

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



Infant Food

If brand name is printed on check, only that brand is allowed.

FRUITS & VEGETABLES

4 oz. jar



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

MEATS

2.5 oz. jar



(Meat only, may include broth or gravy)

Available items:

- Turkey and Broth
- Chicken and Broth
- Beef and Broth
- Ham and Broth

Not included:

- Pouches, 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, or DHA

Infant Cereal

If brand name is printed on check, only that brand is allowed.



ANY GRAIN OR MULTIGRAIN

8 oz. container

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

Milk

FLUID MILK

Least expensive brand only in category stated on check (e.g. least expensive whole milk if whole milk stated on check)

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

SPECIALTY MILK As listed on check.

- Evaporated: 12 oz.
- Lactose-free: quart or 1/2 gallon*
- UHT
- Powder: 9.6 oz. or 25.6 oz.
- 8th Continent Soymilk Original only, 1/2 gallon
- Silk Soymilk Original only, 1/2 gallon

* Two one-quart cartons may be substituted for 1/2 gallon if 1/2 gallons are not available.

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

Cheese

U.S. MADE, PREPACKAGED

8 oz. or 16 oz. only

Choose regular, light, low-fat, or fat-free; block or sliced.

Any of the following flavors or combinations of flavors:

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

Not included: Shredded, bagged, cubed, string, stick, crumbles, cheese from deli area, cheese food, product, substitute or spread, imitation, spiced, flavored, organic, or imported.

Eggs

LARGE OR EXTRA LARGE WHITE EGGS

1 dozen

Least expensive brand.

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

Fruits and Vegetables

Fruit and Vegetable Cash Value Vouchers are redeemable up to the amount stated on the voucher (\$6.00, \$10.00, or \$15.00). If the purchase price exceeds the stated value, participant may pay the additional amount with another form of tender or choose to purchase a lesser quantity. No cash back or gift cards are allowed.

FROZEN

Any variety of frozen fruits without added sugar.

Any variety of frozen vegetables except white potatoes.

Not included: Packages with added sugar, oils or fats, herbs or spices; creams, sauces, or breading.

FRESH

- Whole or cut
- Plain bagged salad

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; nuts; salad bar items; edible blossoms; ornamental or decorative pumpkins; or party trays with dip, dressing, or croutons.

Peanut Butter

REGULAR OR CRUNCHY

16-18 oz. jars

Not included: Spread, organic, mixed with jelly, marshmallow, honey, Smucker's Natural, Fifty 50, Jif Omega 3, Smart Balance, Krema, Better'n Peanut Butter, Health Valley, Reese's, or natural peanut butter.

Juice

Size is specified on check.

100% juice (fruit or vegetable) and at least 120% Vitamin C

SHELF STABLE OR REFRIGERATED

64 oz. only. Any container. **For children only.**

Apple Juice

Least expensive brand

Grape Juice

Least expensive brand

Grapefruit Juice

Least expensive brand

Orange Juice

Least expensive brand

Tomato Juice

Least expensive brand

Vegetable Juice

Least expensive brand

Juicy Juice 100% Juice Blends

- Apple Raspberry
- Tropical
- Orange Tangerine
- Fruit Punch
- Strawberry Banana
- Mango
- Berry
- Cherry
- Kiwi Strawberry

Old Orchard 100% Juice Blends

- Acai Pomegranate
- Peach Mango
- Blueberry Pomegranate
- Kiwi Strawberry
- Wild Cherry
- Berry Blend
- Cranberry Pomegranate
- Red Raspberry
- Cherry Pomegranate
- Apple Cranberry

Not included: Welch's 64 oz. grape juice, 59 oz. size, Natalies OJ, gourmet/premium juices, beverages, cocktail juices, fruit drinks, juice drinks, or organic juices.

FROZEN CONCENTRATE

11.5 oz. - 12 oz. **For women only.**

Juice concentrates must make 48 oz. or more when mixed per manufacturer's directions.



Apple Juice

Least expensive brand



Grape Juice

Least expensive brand



Orange Juice

Least expensive brand



Grapefruit Juice

Least expensive brand

NON-FROZEN CONCENTRATE

11.5 oz. - 12 oz. **For women only.**



Welch's
Any flavor

Whole Grains

BREAD

16 oz. only. Whole wheat or whole grain loaf.



Aunt Millie's

- Cranberry-Apple Swirl
- Raisin Swirl
- Whole Grain White



Best Choice

100% Whole Wheat



Bunny

100% Whole Wheat



Healthy Life

- 100% Whole Wheat
- 100% Whole Grain Wheat Sugar Free



Holsum

100% Whole Wheat



Kroger

100% Whole Wheat



Meijer

100% Whole Wheat



Nature's Own

100% Whole Grain Sugar Free



Roman Meal

100% Whole Wheat



Sara Lee

Classic 100% Whole Wheat



Schnuck's

100% Whole Wheat



Spartan

Whole Grain



Sunbeam

100% Whole Wheat



Wonder

100% Whole Wheat

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

BROWN RICE

14-16 oz.

Any brand, plain, boxes or bags, instant, quick, or regular.



TORTILLAS

16 oz. only

Chi-Chi's

- Whole Wheat or Corn

Mission

- Whole Wheat or Corn

Don Pancho

- Whole Wheat or Corn

Ortega

- Whole Wheat

La Banderita

- Whole Wheat or Corn

Best Choice

- Whole Wheat or Corn

La Burrita

- Corn

Carlita

- Corn Tortillas 5½" Soft Taco Style
- Whole Wheat Tortillas 8" Whole Grain

Meijer

- Whole Wheat 8" Fajita Style

Spartan

- Whole Wheat 8" Fajita Style

Shurfresh

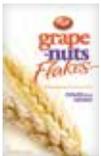
- Corn/Maiz Tortillas 6"

Cereal

18 oz. or 36 oz. only

Indicates a minimum of 51% whole grain cereal

POST CEREAL



18 oz.



Vanilla Bunches
18 oz.



Honey Roasted
18 & 36 oz.



Almonds
18 & 36 oz.



Cinnamon Bunches
18 oz.



Banana Blueberry
18 oz.

QUAKER

GENERAL MILLS

B&G FOODS



Peach Raspberry
18 oz.



18 oz.



Regular only
18 oz.



18 oz.



18 oz.



2-1/2 minute
18 oz.

KELLOGG'S



18 oz.



18 oz.



Bite size
18 & 36 oz.



Big Bite
18 oz.



Unfrosted
18 oz.



Original, no fruit
18 oz.

MALT-O-MEAL



Regular only
18 & 36 oz.



18 oz.



18 oz.



Honey
18 & 36 oz.



Honey & Almond
18 & 36 oz.



Strawberry Cream
18 & 36 oz.



Frosted
18 & 36 oz.



Blueberry
18 & 36 oz.



18 & 36 oz.



Original only
18 & 36 oz.

Fish

PACKED IN WATER, OIL, OR VEGETABLE BROTH

Cans only

- Chunk Light Tuna in 5 oz. or 12 oz.
- Pink Salmon in 5, 6, 7.5 or 14.75 oz.

Not included: Albacore or Yellow fin tuna, white, solid, fresh, frozen, foil pack, flavored, organic, premium price brands such as Tonno Genova and Sustainable Seas, Red salmon, skinless and boneless salmon and sardines.

Beans, Peas & Lentils

DRY

1 lb. bag (16 oz.)

CANNED

15-64 oz.

- Kidney (may have a small amount of sugar)
- Garbanzo (Chick Peas)
- Navy
- Great Northern
- Black

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

QUESTIONS?

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



Indiana State
Department of Health

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