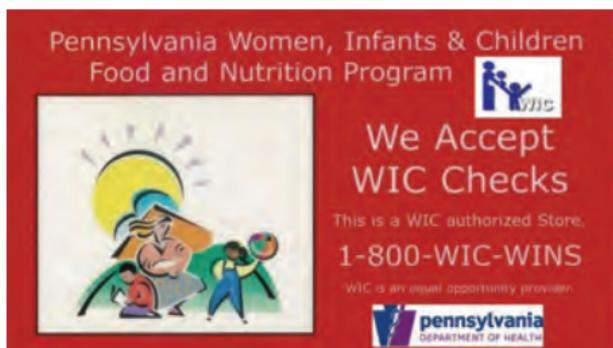


# PENNSYLVANIA WIC FOOD LIST SHOPPING GUIDE

**Effective:**

**October 1, 2014 thru September 30, 2015**

## **Basic Rules and Regulations**



- Use your WIC check at any WIC authorized store displaying this red WIC decal.
- Self-serve lines are **not** allowed.
- Checks **altered** in any way **will not** be accepted.
- WIC checks **cannot** be used before the **First Day to Use** or after the **Last Day to Use**.
- **Only** the type and quantity of food printed on the WIC check and listed in this **WIC Program Food List** can be purchased.
- **No returns, rain checks, or substitutions.**
- **Identical exchange of store damaged product is allowed.**
- Coupons, buy one get one free, extra free ounces, discount/club cards **are allowed** with WIC checks.



## WIC Sales Steps

- Separate WIC foods from your other groceries. Separate WIC foods by check. **Each check** will be **rung up separately**.
- Give the cashier your WIC ID and WIC check(s) before the sale is rung up. A WIC sale **cannot** be rung up without the WIC ID.
- The “Family ID Number” on the check(s) must match the “Family ID Number” on the **WIC ID** card.
- The cashier enters the total of each WIC sale in the “**Pay Exactly**” box of the check.
- Make sure the amount in the “**Pay Exactly**” box matches the total on the register.
- If a mistake is made entering the “**Pay Exactly**” amount, the cashier must draw a single line through the amount and write the correct amount above. The WIC customer must initial to verify the correction.
- Once the “**Pay Exactly**” box is correctly filled in, the WIC customer must sign on the “**Signature of Endorser or Proxy**” line and fill in the date.

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# Cow's Milk

## Gallons or Half Gallons

### Types Allowed:

- Any brand pasteurized fluid milk
- If your check says “whole milk” you **must** buy whole milk
- If your check says “2%” you **must** buy 2%
- If your check says “1% or skim” you can buy 1%, skim, nonfat, fat free, or acidophilus
- If your check says lactose free, kosher, evaporated, or dry milk then you **must** buy the listed milk

### Exceptions:

- You may buy a single quart of milk **only** if it is listed on your check

### Cannot buy:

Flavored milk, buttermilk, goat's milk, milk with added calcium, protein, plant sterols, vitamin C, omega-3's, organic milk, Ultra High Temperature (UHT) processed milk, or milk in glass bottles

1 quart = 32 ounces

1 half gallon = 64 ounces

2 quarts = half gallon

2 half gallons = 1 gallon



### Nutrition Fact:

*1% and skim milk contain just as much calcium and vitamin D for strong bones and teeth, and are lower in fat for a healthy heart.*

# Cheese

**8 ounce or 16 ounce packages only**

## **Types Allowed (Any Brand):**

American (Pasteurized Process)

Cheddar Cheddarella Colby (Longhorn)

Cojack Monterey Jack Mozzarella

Muenster Provolone Swiss

These may be regular, reduced fat, low fat or fat free, low cholesterol, lactose free, low sodium, smoked or calcium fortified.

Kosher cheese must be listed on the WIC check.

## **Forms allowed:**

Block, sliced, shredded, stick, and string only. Must be marked with weight, type, and cost.

## **Cannot buy:**

Cubed, individually wrapped slices, imported, deli service, cheese foods, imitation cheese, cheese products or spreads, cheese with added ingredients, organic cheese, cheese packed in water

1 pound of cheese = 8 ounces + 8 ounces

8 ounces = ½ pound

16 ounces = 1 pound



## **Nutrition Fact:**

*Choose low-fat cheeses. Cheese typically does not contain vitamin D, which is needed by the body to take in calcium.*

## Soy Products

Soy products must be listed on the WIC check.

### Soy Beverage 32 or 64 ounce containers



#### Allowed:

Pacific Natural Foods - Ultra Soy  
(Original or Vanilla flavored)  
Shelf Stable

8<sup>th</sup> Continent –  
Original or Vanilla  
Refrigerated Section



Silk Original  
Refrigerated Section



**Cannot buy:**  Any other brand or flavors of soy beverage

## Tofu

16 ounce containers only

#### Allowed:

Azumaya: Firm, Extra Firm



House Foods Premium:  
Medium Firm, Firm,  
Extra Firm



Nasoya: Silken, Lite Silken



**Cannot buy:**  Any other brand or type of tofu



#### Nutrition Fact:

*The calcium and vitamin D in soy products may not be as easy for your body to use. If you eat a lot of soy products you may need other sources of calcium and vitamin D in your diet.*

## Infant Formula

Brand, type and size specified on the check.

## Infant Cereal

**8 or 16 ounce containers**

### Allowed:

Gerber: barley, rice, oatmeal, whole wheat, or multigrain.



### Cannot buy:

Organic varieties, cereal with added DHA, ARA, fruit, formula, or yogurt

## Infant Fruits and Vegetables

**4 ounce containers only**

### Allowed:

Any brand 100% vegetables or fruits (mixed varieties are okay like peas & carrots or sweet potatoes & apples)

### Cannot buy:

Added DHA, ARA, salt or sugar, desserts, organic varieties, mixed with cereal, noodles, rice, meats, yogurt, flour, starches or any other ingredients, squeezable pouches

## Infant Meats

**2.5 ounce containers only**

(fully breastfed babies only)

### Allowed:

Any brand single ingredient meats (with or without gravy or broth)

### Cannot buy:

Added DHA, ARA, salt or sugar, organic varieties, mixed with cereal, rice, noodles, vegetables, fruit, or any other ingredients



### Nutrition Fact:

*Breastmilk is best for baby's first 12 months.  
Adding infant foods at 6 months helps babies  
learn to eat a variety of foods.*

# Juice for Children

**64 ounce bottles or cartons only**  
**100% pasteurized juice**

Calcium, vitamins C and D are okay  
 (no other added vitamins or minerals allowed).

Any Brand  
 Orange  
 (Calcium  
 & Vitamin  
 D okay)



All Flavors



Pineapple



Sesame Street flavors okay

**No Cranberry Juice  
 & More or Fruitable Items**



Purple, Red or  
 White Grape Juice



All Flavors except  
 Premium Flavors



Tomato, Low Sodium  
 Tomato, V8,  
 V8 Low Sodium



Apple Juice



**Store Brand Juices – Single Flavored Juices Only:**  
 Apple, Cranberry, Grape, Orange, or Pineapple

Essential Everyday	Giant Eagle	Shurfine
Food Club	Great Value	Weis Quality
Giant	Hannaford	

Apple only – Harvest Classic, My Essentials, ShopRite

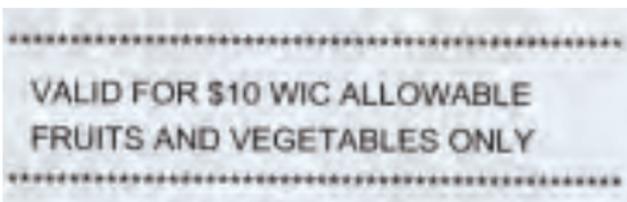
Grape only – Valu Time

Apple & Grape only – America's Choice, Krasdale  
 Red & White, Tipton Grove, White Rose

**Cannot buy:** ☞ Ciders, cocktails, artificial sweeteners, food colorings, added sugar, alcohol, carbonation, fiber, omega-3's, DHA, ARA, beta-carotene, vitamin A, vitamin E, or organic juice

# Fruits

## Purchase with the Cash Value Voucher (CVV)



### Can Buy:

- **Fresh**, whole or cut with no added sugars

**Examples:** Apples, Bananas, Blackberries, Blueberries, Cantaloupe, Cherries, Grapes, Honeydew Melon, Mangos, Nectarines, Oranges, Pana, Peaches, Pears, Pineapple, Plantains, Plums, Raspberries, Strawberries, Watermelon



- **Frozen**, any brand, with no added sugars

**Examples:** Blueberries, Cherries, Mango, Peaches, Pineapple, Raspberries, Strawberries

## Fruit and Vegetable Checks (Cash Value Voucher) Only

- At the discretion of the store, checks can be combined together.
- If you go over the dollar amount of the check, you will have to pay the difference using cash, SNAP (formerly Food Stamps), personal check or credit/debit card.
- If you spend less than the dollar amount you will not receive any money back.
- The amount in the pay exactly box cannot exceed the value of the check. If the amount of the sale of fruits and vegetables is less than the value of the check, cashier enters the lesser amount.

# Fruits



- **Any brand canned, jarred or multi-pack** with no added sugars, fats, oils or sodium (salt)

**Examples:** Mandarin Oranges, Peaches and Pears in 100% juice, Pineapple in its own juice, Unsweetened Apple Sauce

Organic fruits can be purchased but tend to be more expensive. You will get more food with non-organic items.

## **Cannot buy:** ❌

- Party trays, fruit baskets, salad bar items
- Items that contain dips or sauces
- **Ingredients other than fruit** - sugar, honey, high fructose corn syrup, heavy or light syrup, dextrose, sucrose, maple syrup, artificial sweeteners, fats, oils, or sodium (salt)
- Dried fruit, trail mix
- Fruit leathers, fruit snacks, fruit roll-ups
- Fruit and nut mixtures
- Fruit cocktails, cranberry sauce, pie filling
- Baked goods containing fruit
- Maraschino cherries or products that contain maraschino cherries
- Squeezable pouches
- Infant or toddler fruits

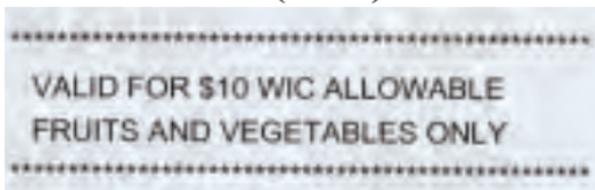


## **Nutrition Fact:**

*Fruits and vegetables are excellent sources of vitamins, minerals, fiber, and antioxidants that give you and your family many health benefits.*

# Vegetables

## Purchase with the Cash Value Voucher (CVV)



### Can Buy:

- **Fresh**, whole or cut with no added sugars, fats or oils



**Examples:** Asparagus, Avocado, Beets, Broccoli, Cabbage, Carrots, Cauliflower, Celery, Chayote, Collard Greens, Corn, Cucumbers, Eggplant, Escarole, Fennel, Garlic, Ginger Root, Green Beans, Green Lima Beans, Green Peas, Green Squash, Kale, Lettuce, Malanga Root, Mushrooms, Mustard Greens, Onions, Peppers, Pumpkin, Sugar Snap Peas, Spinach, String Beans, Sweet Potatoes, Tomatoes, Turnips, Winter Squash, Yams, Yautia, Yellow Beans, Yellow Squash, Yuca

- **Canned**, any brand with no added sugars, fats or oils (whole kernel corn and green peas that contain sugar)

**Examples:** Asparagus, Beets, Carrots, Corn (whole kernel), Green Beans, Green Peas, Mushrooms, Pumpkin, Spinach, Tomatoes, Yams (unsweetened), Wax Beans



# Vegetables

- **Frozen**, any brand with no added sugars, fats or oils (steam in bag is allowed)



**Examples:** Asparagus, Avocado, Black-Eyed Peas, Broccoli, Carrots, Cauliflower, Corn (whole kernel), Edamame (Soybeans), Garbanzo Beans, Green Beans, Kidney Beans, Lima Beans, Mixed Vegetables, Pearl Onions, Peas, Peppers, Spinach, String Beans, Succotash, Sugar Snap Peas

Organic vegetables can be purchased but tend to be more expensive. You will get more food with non-organic items.

## Cannot buy:

- Party trays, salad bar items
- Items that contain dips or sauces
- **Ingredients other than vegetables** - sugar, honey, high fructose corn syrup, cheese sauce, noodles, rice, nuts, spices, fats or oils
- **Any type of white potatoes** (including Red Bliss, Purple and Yukon Gold)
- Sauerkraut, pickled vegetables and olives
- Jarred salsa, pasta sauce
- Fresh herbs and spices, edible blossoms
- Dried vegetables
- Baked goods containing vegetables
- Infant or toddler vegetables
- Squeezable pouches



### **Nutrition Fact:**

*Fruits and vegetables are excellent sources of vitamins, minerals, fiber, and antioxidants that give you and your family many health benefits.*

# Cereals

**12 ounce packages or larger,  
No individual serving boxes**

**Store Brand Cereals:** Corn Flakes,  
Corn Squares (or biscuits), Rice Squares  
(or biscuits), Toasted Oats or Tasteos ✓

America's Choice	Giant	ShopRite
Essential Everyday	Great Value	Shurfine
Food Club	Hannaford	Weis Quality
	Ralston Foods	



✓ Whole Grain Cereals, better for your health



How to get 36 ounces of cereal

$$12 \text{ oz.} + 12 \text{ oz.} + 12 \text{ oz.} = 36 \text{ oz.}$$

$$18 \text{ oz.} + 18 \text{ oz.} = 36 \text{ oz.}$$

$$12 \text{ oz.} + 24 \text{ oz.} = 36 \text{ oz.}$$

**Exception:** For children, you may buy infant cereal in an 8 ounce box or larger.

**Cannot buy:**  Any other brand or type of cereal, organic cereals



**Nutrition Fact:**

*Choosing whole grain cereals will help you meet the goal of eating “half your daily grain servings as whole grain.”*

## Whole Grains - 16 ounce Packages

### Whole Wheat or Whole Grain Bread & Rolls

100% Stoneground  
Whole Wheat Bread



100% Whole Wheat Bread

100% Whole Wheat Bread



Stoneground 100% Whole  
Wheat Bread or Very Thin Soft  
100% Whole Wheat Bread



Sungrain 100% Whole Wheat Bread

Classic 100% Whole Wheat Bread



Small 100% Whole Wheat Bread

100% Stoneground Whole Wheat  
Bread Hamotzie, 100% Stoneground  
Whole Wheat Bread Mezonot, or  
6 Pack Whole Wheat Rolls



Nickles Country Style  
100% Whole Wheat Bread



Schmidt Old Tyme 100%  
Whole Wheat Bread

**Store Brands:** 100% Whole Wheat Bread –  
Acme, America's Choice, Best Yet, Giant, Great  
Value, Hannaford, ShopRite and Shurfine

**Cannot buy:** Any other package size,  
brand or type of whole grain products, organic  
whole grains, items with added omega-3's,  
dried fruits, seeds, nuts, extra calcium, or  
vitamin D.

# Whole Grains - 16 ounce Packages

## Whole Grain Brown Rice



Natural Whole  
Grain Brown Rice

**Store Brands:** America's Choice, Best Yet, Essential Everyday, Giant, Great Value, Gulf Pacific, My Essentials, Shurfine, and White Rose

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## Oats



Natural Quick Oats



## Soft Corn or Whole Wheat Tortillas



Corn or  
Whole Wheat



Yellow or  
White Corn



White Corn



Yellow or  
White Corn



LA BANDERITA

Corn



LA BURRITA  
CORN TORTILLAS

Yellow Corn



Whole Wheat  
with Honey



Yellow Corn  
Extra Thin or  
Whole Wheat

## **Store Brands:**

Yellow or White Corn or Whole Wheat Tortillas –  
Giant

Fajita Size Tortillas White Corn – Giant Eagle

Corn All Natural Tortillas – Nature's Promise

## Whole Grains - 24 ounce Packages

(Women fully breastfeeding multiple infants only)

### Whole Wheat or Whole Grain Bread

100% Whole  
Wheat Bread



Hearty 100%  
Whole Wheat Bread

Giant Harvest  
100% Whole Wheat Bread



Natural or Premium  
100% Whole Wheat Breads

Nickles Country Style  
100% Whole Wheat Bread



 Pepperidge Farm Oatmeal Bread, 15 Grain Bread,  
Farmhouse Soft 100% Whole  
Wheat Bread, Soft Honey Whole Wheat Bread

ShopRite 100% Stone Ground  
Wheat Bread



Weis Quality  
Whole Grain Wheat Bread



### Oats

Quaker Steel Cut Oats

**Cannot buy:**  Any other package size, brand or type of whole grain products, organic whole grains, items with added omega-3's, dried fruits, seeds, nuts, extra calcium, or vitamin D



### **Nutrition Fact:**

*Diets rich in whole grains and low in fat and cholesterol may help lower the risk of heart disease and certain cancers.*

# Juice for Women

**48 ounce bottles**

**100% pasteurized juice**

Calcium, vitamins C and D added are okay  
(no other added vitamins or minerals allowed)



Apple, Naturally Cranberry, Cranberry  
Apple, or Cranberry Raspberry

Traditional Cranberry,  
Cranberry Grape



All Flavors



Apple



**Store Brands – 48 ounce containers**

**Apple** – Giant Eagle, Red & White, Shurfine

**Grape** (purple or white) – Red & White,  
Shurfine, White Rose

**Pineapple** – Shurfine

## **11.5 - 12 ounce Frozen Concentrate**

**Old Orchard** – All flavors with green pull tab

**Welch's** – All flavors with yellow pull tab

**Orange** – Any brand (calcium & vitamin D okay)

**Dole** – All flavors 100% juice

### **Apple**

America's Choice

Great Value

Shurfine

Essential Everyday

Hannaford

Tipton Grove

Food Club

My Essentials

Valu Time

Giant

Seneca

Weis Quality

ShopRite

## **Shelf Stable Concentrate**



All flavors with yellow trim

**Cannot buy:** ☞ Ciders, cocktails, artificial sweeteners, food colorings, added sugar, alcohol, carbonation, fiber, omega-3's, DHA, ARA, beta-carotene, vitamin A, vitamin E, or organic juice

## Canned Fish

**3.75, 5 or 6 ounce cans only**

### **Allowed:**

Any brand chunk Light Tuna, Pink Salmon or Sardines

### **Cannot buy:** ☒

Products packed in oil, albacore tuna, brisling sardines, red salmon, or organic fish

## Peanut Butter

**16 to 18 ounce containers**

### **Allowed:**

Any brand labeled “Peanut Butter” only

### **Cannot buy:** ☒

Reduced fat peanut butter, peanut butter spread, those mixed with jelly, marshmallow, chocolate or honey, organic peanut butter, added omega-3’s, DHA, ARA, or artificial sweeteners

## Chicken Eggs

**1 dozen packages only**

### **Allowed:**

Any brand grades A or AA Regular: large, medium or small raw shell brown or white chicken eggs.

### **Cannot buy:** ☒

Specialty eggs such as, vegetarian fed, organic, low cholesterol, fat modified, high in omega-3’s, etc.



### **Nutrition Fact:**

*Canned fish, peanut butter, beans and eggs are excellent sources of protein and cost much less than meat.*

## Legumes (Beans)

### Not purchased with the CVV

Can only be purchased with a WIC check that specifies the highlighted item below:

\*2\*HALF Gal Whole Milk  
\*1\*Doz Eggs  
\*4\*15.5-16 oz Canned Beans  
(Or \*1\*-Lb Dry Beans/Peas)  
\*1\*64 oz containers Juice  
\*18-oz or less WIC Cereal  
\*16 oz. WIC Allowable Whole Grain

### Beans to Buy:

- 15.5 to 16 ounce cans  
(canned kidney beans may contain sugar)
- 1 pound of dried beans

### Examples, but not limited to the following:

Black Beans, Blackeye Peas, Butter Beans, Garbanzo Beans, Great Northern Beans, Kidney Beans, Lentils, Lima Beans, Navy Beans, Pink Beans, Pinto Beans, Split Peas

### Cannot buy:

Canned green or yellow beans, green lima beans, wax beans, any canned bean item containing organic beans, added seasonings (spices), sugars, oils, fats, sauces or meats

## Shopping Tips

To help get the most for your money when shopping for food:

- Use Coupons
- Buy Store Brands
- Don't buy all your WIC foods at one time, some food may spoil. Spread your purchases throughout the entire month. Stores have more brands and varieties available during the middle of the month.

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