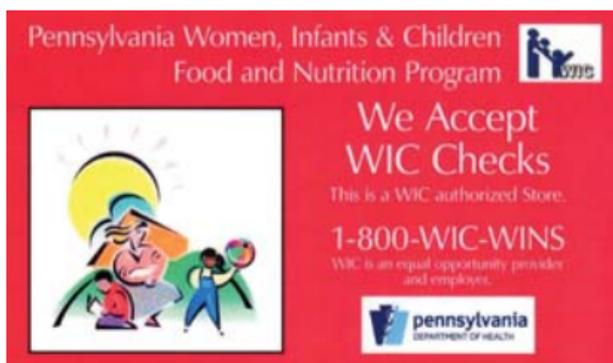


# PENNSYLVANIA WIC FOOD LIST SHOPPING GUIDE

**Effective:**

**October 1, 2015 thru September 30, 2016**

## **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 = 1/2 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**

House Foods Premium:  
Medium Firm, Firm,  
Extra Firm



Nasoya: 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.*

# Yogurt

**32 ounce containers only**  
**Type specified on check.**  
**(Whole Fat, Lowfat, Nonfat)**

## Allowed:

### Whole Fat



All Natural Plain



Plain

---

### Lowfat



Plain,  
Strawberry,  
Vanilla



Plain,  
Vanilla



Vanilla



Plain, Vanilla



Peach, Plain,  
Raspberry, Strawberry,  
Strawberry Banana,  
Vanilla



Vanilla



Plain



Plain, Vanilla



Peach, Strawberry,  
Strawberry Banana,  
Vanilla



Plain, Vanilla



Plain, Vanilla



Peach, Plain,  
Strawberry



Harvest Peach, Strawberry,  
Strawberry Banana, Vanilla

# Yogurt

**32 ounce containers only**  
**Type specified on check.**  
**(Whole Fat, Lowfat, Nonfat)**

## Nonfat



Plain



Plain,  
Vanilla



Plain



Plain



Plain



Plain



Plain, Vanilla



Plain



Plain



Plain



Plain, Vanilla



Plain, Vanilla



Plain, Vanilla



Plain

**Cannot buy:**  Greek, organic, or drinkable yogurts, yogurts with nonnutritive sweeteners, yogurts with mix-in ingredients such as granola, candy pieces, honey, or nuts.

## Infant Formula

Brand specified on the check.

## Infant Cereal

**8 or 16 ounce containers**

Brand specified on the check.

**Allowed:**

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**

(multipacks allowed)

**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



100% Juices (except  
Cranberry Juice & More Items)  
Sesame Street flavors okay  
Fruitables not allowed



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, or Pineapple

Best Yet	Giant	Shurfine
Essential Everyday	Giant Eagle	
Food Club	Great Value	

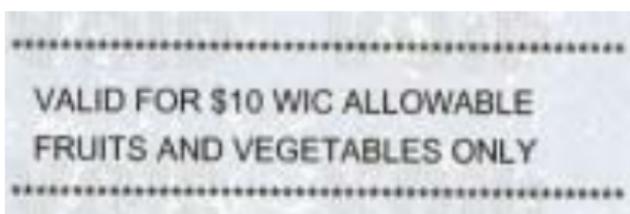
Grape only – Valu Time

Apple & Grape only – America's Choice, Hytop,  
Krasdale, Red & White, Market Pantry, ShopRite,  
Tipton Grove, Weis

**Cannot buy:** ☹ Ciders, cocktails, nonnutritive 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



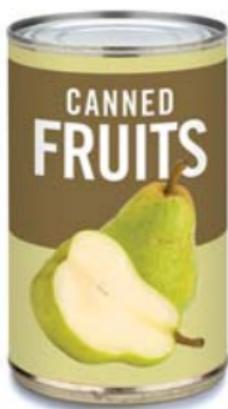
- **Frozen**, any brand, with no added sugars

**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:

- Squeezable pouches
- 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, nonnutritive 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
- Infant or toddler fruits

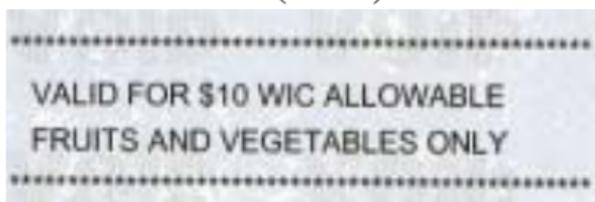


### **Nutrition Fact:**

*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, Potatoes, Pumpkin, Sugar Snap Peas, Spinach, String Beans, 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:

- Squeezable pouches
- 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
- 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



### **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 Eagle	ShopRite
Essential Everyday	Great Value	Shurfine
Food Club	Hannaford	Weis Quality
Giant	Ralston Foods	



Regular or Almond



Regular



Cinnamon or Brown Sugar



Instant-Original, 1, 2.5 or 10 min. Whole Grain ✓ Healthy Grain ✓



Dulce de Leche, Regular or Multigrain



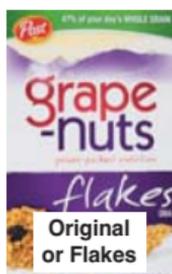
Corn, Rice, Wheat ✓



Regular, Honey or Berry Berry



✓ Whole Grain Cereals, better for your health



How to get 36 ounces of cereal  
12 oz. + 12 oz. + 12 oz. = 36 oz.  
18 oz. + 18 oz. = 36 oz.  
12 oz. + 24 oz. = 36 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



100% Whole Wheat Bread



100% Whole  
Wheat Bread



100% Whole  
Wheat Bread



Wheat Whole  
Grain Bread



100% Stoneground  
Whole Wheat Bread,  
Whole Wheat Hamburger Buns,  
Whole Wheat Hot Dog Buns



100% Whole Wheat  
with Honey



100% Whole Wheat



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



Classic 100%  
Whole Wheat Bread

## Whole Grains - 16 ounce Packages

### Whole Wheat or Whole Grain Bread & Rolls



100% Whole  
Wheat Bread



Whole Wheat Bread,  
Whole Wheat Rolls,  
Whole Wheat Hot Dog Buns



Small 100%  
Whole Wheat Bread



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



100% Whole  
Wheat Bread



Country Style 100%  
Whole Wheat Bread



Old Tyme 100%  
Whole Wheat Bread

**Store Brands:** 100% Whole Wheat Bread – Acme, America's Choice, Best Yet, Essential Everyday, Giant, Giant Eagle, Krasdale, ShopRite and Weis Quality

**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, Rice on the Side, Shurfine and Weis Quality

## Oats



Natural Quick Oats

Gluten Free Chex Oatmeal

## Soft Corn or Whole Wheat Tortillas



Yellow or White Corn



White Corn or Whole Wheat Fajita Style



Yellow, White Corn, or Whole Wheat



Corn



Corn, Whole Wheat Soft Taco, or Whole Wheat Fajita



LA BURRITA CORN TORTILLAS

Yellow Corn



Whole Wheat with Honey



Whole Wheat



Yellow Corn Extra Thin or Whole Wheat



Whole Wheat



Whole Wheat

### **Store Brands:**

Yellow, White Corn, or Whole Wheat Tortillas – Giant Fajita Size White Corn Tortillas or Soft Taco Size Whole Wheat Tortillas – Giant Eagle  
Corn All Natural Tortillas – Nature's Promise

## Whole Wheat Pasta



Whole Wheat Spaghetti, Whole Wheat Thin Spaghetti, Whole Wheat Macaroni, Whole Wheat Penne



100% Whole Wheat Pasta Spaghetti, 100% Whole Wheat Pasta Penne Rigate



Whole Wheat Penne Rigate, Whole Wheat Spaghetti, Whole Wheat Angel Hair

**Cannot buy:** Organic. Pasta with added sugars, fats, oils, or salt.

## Whole Grains - 24 ounce Packages

(Women fully breastfeeding multiple infants only)

### Whole Wheat or Whole Grain Bread



100% Whole Wheat Bread



100% Whole Wheat Bread



100% Whole  
Wheat Bread



100% Whole  
Wheat Bread



Natural or Premium  
100% Whole Wheat Breads



100% Whole  
Grain Bread



Natural 100%  
Whole Grain Bread



Country Style 100%  
Whole Wheat Bread

*(continued on next page)*

## Whole Grains - 24 ounce Packages

(Women fully breastfeeding multiple infants only)

### Whole Wheat or Whole Grain Bread



Double Fiber,  
Farmhouse Soft 100% Whole Wheat Bread,  
Honey Oat, Oatmeal Bread,  
Soft Honey Whole Wheat Bread,  
Whole Grain 100% Whole Wheat Bread



100% Stone Ground Wheat Bread,  
Natural 100% Whole Wheat Bread,  
Premium 100% Whole Wheat Bread



Dutch Country 100% Whole Wheat,  
Family Grains 100% Whole Wheat

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### 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



All Flavors



Apple



Apple



Apple

## Store Brands – 48 ounce containers

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

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

**Pineapple** – Essential Everyday, 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)

**Grape** – Essential Everyday, Food Club, Giant,  
 Hannaford, Market Pantry

### Apple

America's Choice

Great Value

ShopRite

Best Yet

Hannaford

Shurfine

Essential Everyday

Market Pantry

Tipton Grove

Food Club

My Essentials

Weis Quality

Giant

Seneca

## Shelf Stable Concentrate



All flavors with yellow trim

**Cannot buy:** ☒ Ciders, cocktails,  
 nonnutritive 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 nonnutritive 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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