

EFFECTIVE OCTOBER 1, 2016
THRU SEPTEMBER 30, 2017

FOOD LIST

& SHOPPING
GUIDE

INDEX

Milk/Cheese.....	3-4
Yogurt.....	5-6
Soy Products.....	7
Juice for Children.....	8
Juice for Women.....	9-10
Fruits/Vegetables.....	11-12
Cereals.....	13-14
Whole Grains.....	15-18
Infant Foods.....	19
Canned Fish/Peanut Butter/Eggs...	20
Legumes (Beans).....	21
Shopping Tips.....	22

FRUIT & VEGETABLE CHECKS

CASH VALUE VOUCHER (CVV)



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.

WIC SALES STEPS

- ① Foods being purchased with WIC checks must be listed on your WIC check.
- ② 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.
- ③ The “Family ID Number” on the check(s) must match the “Family ID Number” on the WIC ID card.
- ④ The cashier enters the total of each WIC sale in the “Pay Exactly” box of the check.
- ⑤ Make sure the amount in the “Pay Exactly” box matches the total on the register.
- ⑥ 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.
- ⑦ 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.

WIC SALES STEPS

MILK/CHEESE

YOGURT

SOY PRODUCTS/JUICE FOR CHILDREN

JUICE FOR WOMEN

FRUIT/VEGETABLES



MILK

GALLONS OR HALF GALLONS

ANY BRAND

- 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.

CANNOT BUY:

- Flavored milk
- Buttermilk
- Goat’s milk
- Organic milk
- Ultra High Temperature (UHT) processed milk
- Milk in glass bottles
- Milk with added:
 - Calcium
 - Protein
 - Plant sterols
 - Vitamin C
 - Omega-3s

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



NUTRITION FACT

Serve fat free or lowfat (1%) milk, cheese and yogurts at meals and snacks. They’re packed with vitamins, minerals and protein for strong bones, teeth and muscles.



CHEESE

8 OR 16 OZ PACKAGES ONLY

ANY BRAND

- American (Pasteurized Process)
- Cheddar
- Cheddarella
- Colby (Longhorn)
- Cojack
- Monterey Jack
- Mozzarella
- Muenster
- Provolone
- Swiss

FORMS ALLOWED:

- Block
- Sliced
- Shredded
- Stick
- String

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

Cheese must be marked with weight, type, and cost.

Kosher cheese must be listed on the WIC check.

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



NUTRITION FACT

Calcium and vitamin D work together to protect your bones. Calcium helps build and maintain bones, while vitamin D helps your body effectively absorb calcium.

MILK/CHEESE

YOGURT

SOY PRODUCTS/JUICE FOR CHILDREN

JUICE FOR WOMEN

FRUIT/VEGETABLES



YOGURT

32 OZ CONTAINERS ONLY

TYPE SPECIFIED ON CHECK -
WHOLE FAT, LOWFAT, NONFAT

WHOLE FAT



All Natural
Plain



Plain

LOWFAT



Plain, Vanilla,
Strawberry



Plain,
Vanilla



Plain,
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

NONFAT



Plain



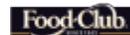
Plain, Vanilla



Plain



Plain



Plain



Plain, Vanilla



Plain



Plain



Plain



Plain, Vanilla



Plain, Vanilla



Plain, Vanilla



Plain

CANNOT BUY:

- Greek
- Organic
- Drinkable yogurts
- Yogurts with non-nutritive sweeteners
- Yogurts with mix-in-ingredients such as:
 - Granola
 - Candy pieces
 - Honey
 - Nuts



SOY PRODUCTS MUST BE LISTED ON WIC CHECK

SOY BEVERAGES 32 OR 64 OUNCE CONTAINERS



Pacific - Ultra Soy
Original or Vanilla
Shelf Stable



8th 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

Soy is a nutrient-rich food that contains complete protein, carbohydrates, fiber, healthy fats, vitamins and minerals important to good health. If you choose soy products you may need other sources of calcium and vitamin D in your diet.

JUICE FOR CHILDREN 64 OZ BOTTLES OR CARTONS ONLY

100% PASTEURIZED JUICE



100% Juices and Sesame Street Flavors
Not allowed: "Cranberry Juice and More" items and "Fruitables"



Tomato, Low Sodium Tomato, V8, V8 Low Sodium



All flavors



Pineapple



Apple



Apple



Apple



All flavors except premium flavors



Apple



Purple, Red or White Grape Juice

ANY BRAND ORANGE JUICE
Calcium and Vitamin D okay

STORE BRANDS

Single Flavored Juices Only: Apple, Cranberry, Grape, Pineapple

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

Apple and Grape Only

- America's Choice
- Hytop
- Krasdale
- Red & White
- Market Pantry
- ShopRite
- Tipton Grove
- Weis Quality

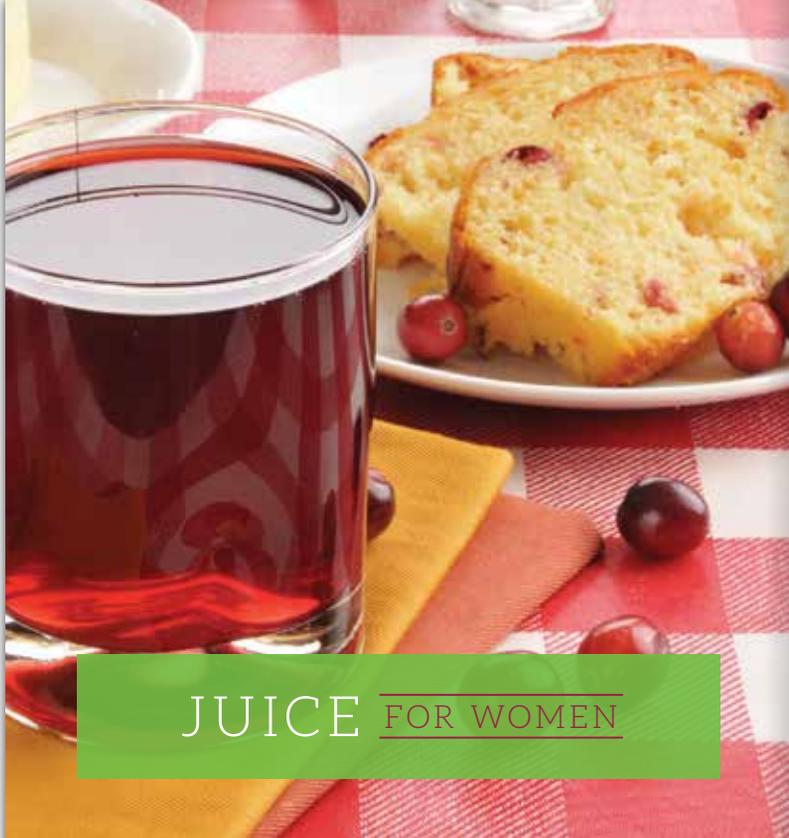
Grape Only

- Valu Time

CALCIUM AND VITAMINS C AND D ARE OKAY
No other added vitamins or minerals allowed.

CANNOT BUY:

- Ciders
- Cocktails
- Organic juice
- Juices with:
 - Non-nutritive sweeteners
 - Beta-carotene
 - Food colorings
 - Added sugars
 - Carbonation
 - Omega-3s
- Vitamin A
- Vitamin E
- Alcohol
- Fiber
- DHA
- ARA



JUICE FOR WOMEN

CALCIUM AND VITAMINS C AND D ARE OKAY
No other added vitamins or minerals allowed.

11.5-12 OZ FROZEN CONCENTRATE

100% PASTEURIZED JUICE



All flavors with green pull tabs



All flavors with yellow pull tabs

ORANGE

- Any Brand (Calcium and Vitamin D okay)

GRAPE

- Essential Everyday
- Food Club
- Hannaford
- Giant
- Market Pantry

APPLE

- America's Choice
- Giant
- Seneca
- Best Yet
- Great Value
- ShopRite
- Essential Everyday
- Hannaford
- Shurfine
- Food Club
- Market Pantry
- Tipton Grove
- My Essentials
- Weis Quality

48 OZ BOTTLES

100% PASTEURIZED JUICE



Apple,
 Naturally Cranberry,
 Cranberry Apple, or
 Cranberry Raspberry



All flavors



Apple



Apple



Traditional
 Cranberry



Apple

48 OZ STORE BRANDS

APPLE

- Essential Everyday
- Giant Eagle
- Red & White
- Shurfine

GRAPE (Purple or White)

- Red & White
- Shurfine

PINEAPPLE

- Essential Everyday
- Shurfine

SHELF STABLE CONCENTRATE



All flavors with yellow trim

CANNOT BUY:

- Ciders
- Cocktails
- Organic juice
- Juices with:
 - Non-nutritive sweeteners
 - Food colorings
 - Added sugars
 - Alcohol
- Carbonation
- Fiber
- Omega-3s
- DHA
- ARA
- Beta-carotene
- Vitamin A
- Vitamin E

FRUIT

PURCHASE WITH CASH VALUE VOUCHER (CVV)



FRESH

Whole or cut with no added sugars, for example:

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

FROZEN

Any brand, with no added sugars, for example:

Blueberries	Pineapple
Cherries	Raspberries
Mangos	Strawberries
Peaches	

CANNED

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

Mandarin Oranges	Pineapple in its own juice
Peaches and Pears in 100% 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:

- Ingredients other than fruit - *sugar, honey, high fructose corn syrup, heavy or light syrup, dextrose, sucrose, maple syrup, non-nutritive sweeteners, fats, oils, or sodium (salt)*
- Party trays, fruit baskets, salad bar items
- Items that contain dips or sauces
- 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

VEGETABLES

PURCHASE WITH CASH VALUE VOUCHER (CVV)



FRESH

Whole or cut with no added sugars, fats or oils, for example:

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

FROZEN

Any brand with no added sugars, fats or oils. Steam in bag allowed. For example:

Asparagus	Corn	Kidney Beans	Spinach
Avocado	<i>whole kernel</i>	Lima Beans	String Beans
Black-Eyed Peas	Edamame <i>soybeans</i>	Mixed Vegetables	Succotash
Broccoli	Garbanzo Beans	Pearl Onions	Sugar Snap
Carrots	Beans	Peas	Peas
Cauliflower	Green Beans	Peppers	

CANNED

Any brand with no added sugars, fats or oils. Whole kernel corn and green peas that contain sugar are allowed. For example:

Asparagus	Corn	Mushrooms	Yams
Beets	<i>whole kernel</i>	Pumpkin	<i>unsweetened</i>
Carrots	Green Beans	Spinach	Wax Beans
	Green Peas	Tomatoes	

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*
- Jarred salsa, pasta sauce
- Sauerkraut, pickled vegetables and olives
- Fresh herbs and spices, edible blossoms
- Dried vegetables
- Baked goods containing vegetables
- Infant or toddler vegetables
- Squeezable pouches

CEREALS

12 OZ PACKAGES OR LARGER



WHOLE GRAIN CEREALS
Make Half Your Grains Whole

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

STORE BRANDS

Corn Flakes, Corn Squares (or biscuits), Rice Squares (or biscuits),
Toasted Oats or Tasteos

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



Original

Original

Cinnamon or
Brown Sugar
Almonds,
Honey Roasted,
Cinnamon, Vanilla



Original or
Flakes

Regular or
Multigrain

Corn, Rice,
Wheat

Honey
Clusters

Regular, Honey,
Berry Berry



Whole
Grain



Wheat Flakes

Original

Original, Bite
Size, Little Bites

Regular

Regular or
Almond



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

Maple
Oatmeal

Simple
Granola



Banana Nut
Crunch

CANNOT BUY: Any other brand or type of cereal, organic cereals

WAYS TO BUY 36 OUNCES OF CEREAL

You can buy any combination of WIC approved hot or cold cereals that add up to 36 ounces or less.



or



or



or



14

CEREALS

WHOLE GRAINS

WHOLE GRAINS

INFANT FOOD/CANNED FISH/PEANUT BUTTER/EGGS

WHOLE GRAINS

16 OZ PACKAGES

WHOLE WHEAT OR WHOLE GRAIN BREAD AND 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	 100% Whole Wheat with Honey
 100% Whole Wheat Bread	 Country Style 100% Whole Wheat Bread	 Stoneground 100% Whole Wheat Bread or Very Thin Soft 100% Whole Wheat Bread

 Classic 100% Whole Wheat Bread	 Old Tyme 100% Whole Wheat Bread	 100% Whole Wheat Bread
 Whole Wheat Bread, Rolls, or 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		

100% WHOLE WHEAT BREAD | STORE BRANDS

- Acme
- America's Choice
- Best Yet
- Essential Everyday
- Giant
- Giant Eagle
- Krasdale
- ShopRite
- Weis Quality

CANNOT BUY:

- Any other package size, brand or type of whole grain products
- Organic whole grains
- Whole grains with:
 - Added omega-3s
 - Dried fruits
 - Seeds
 - Nuts
 - Extra calcium
 - Vitamin D

WHOLE GRAINS

FOR WOMEN FULLY BREASTFEEDING MULTIPLE INFANTS ONLY

BREAD - 24 OZ PACKAGES

Whole Wheat or Whole Grain

 100% Whole Wheat	 100% Whole Wheat	 100% Whole Wheat
 100% Whole Grain	 Natural 100% Whole Grain	 Country Style 100% Whole Wheat
 100% Whole Wheat	 100% Whole Wheat	 Natural or Premium 100% Whole Wheat

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

CANNOT BUY:

- Any other package size, brand or type of whole grain products
- Organic whole grains
- Whole grains with:
 - Added omega-3s
 - Dried fruits
 - Seeds
 - Nuts
 - Extra calcium
 - Vitamin D

OATS - 24 OZ PACKAGE


Steel Cut Oats

WHOLE GRAINS

16 OZ PACKAGES

WHOLE GRAIN BROWN RICE



Mahatma



Natural Whole Grain Brown Rice

STORE BRANDS

- America's Choice
- Best Yet
- Essential Everyday
- Giant
- Great Value
- Shurfine
- Weis Quality

TORTILLAS

Soft Corn or Whole Wheat



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



Yellow Corn



Whole Wheat with Honey



Whole Wheat



Yellow Corn Extra Thin or Whole Wheat



Whole Wheat



Whole Wheat

STORE BRANDS

GIANT

- Yellow
- White Corn
- Whole Wheat

GIANT EAGLE

- Fajita Size White Corn
- Soft Taco Size Whole Wheat

NATURE'S PROMISE

- Corn All Natural

WHOLE WHEAT PASTA



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



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



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

CANNOT BUY:

Organic. Pasta with added sugars, fats, oils, or salt

OATS



Natural Quick Oats

NUTRITION FACT

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



INFANT FOODS

INFANT FORMULA

BRAND SPECIFIED ON CHECK

CANNOT BUY: Organic or Non-GMO

INFANT CEREAL

8 OR 16 OUNCE CONTAINERS | Brand specified on check
Barley, rice, oatmeal, whole wheat, or multigrain.

CANNOT BUY:

- Organic varieties
- Cereal with added:
 - Fruit
 - Formula
 - DHA
 - ARA
 - Yogurt

INFANT FRUITS AND VEGETABLES

4 OUNCE CONTAINERS | Multipacks allowed

Any brand 100% vegetable or fruits. *Mixed varieties are okay for example: peas and carrots or sweet potatoes and apples.*

CANNOT BUY:

- Added DHA, ARA, salt or sugar
- Desserts
- Organic varieties
- Squeezable pouches
- Mixed with cereal, noodles, rice, meats, yogurt, flour, starches or any other ingredients



= 2

TIP: When buying infant vegetables and fruit, a 2-pack is counted as 2 containers.

INFANT MEATS

2.5 OUNCE CONTAINERS | Fully breastfed babies only

Any single brand 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

Breastfeeding is a priority of the WIC Program. It provides many health, nutritional, economical and emotional benefits to mother and baby.



PEANUT BUTTER

16 TO 18 OZ CONTAINERS

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 non-nutritive sweeteners

CANNED FISH

3.75, 5 OR 6 OZ CANS ONLY



Any brand chunk Light Tuna, Pink Salmon or Sardines

CANNOT BUY:

- Products packed in oil
- Albacore Tuna
- Brisling Sardines
- Red Salmon
- Organic fish

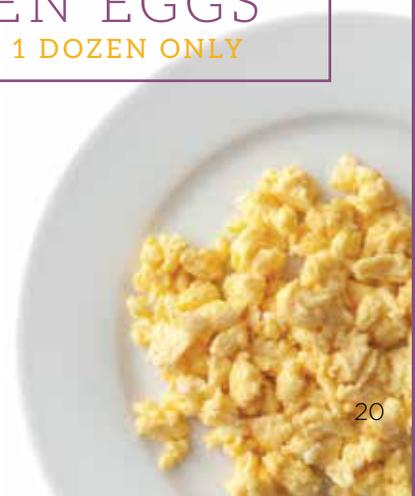
CHICKEN EGGS

CARTONS OF 1 DOZEN ONLY

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-3s



LEGUMES (BEANS)

15.5-16 OZ CONTAINERS

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

Types of Beans to Purchase:

- 15.5 to 16 oz cans
Sugar in canned kidney beans is allowed
- 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

NUTRITION FACT

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

BASIC RULES & REGULATIONS

Use your WIC check at any WIC authorized store displaying this 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.

Do not sell or exchange WIC checks, food, or formula for cash, credit, or other items on-line or any other means of selling items.

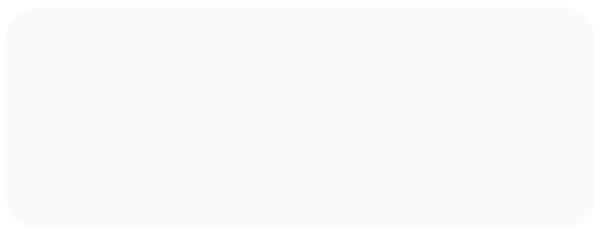
SHOPPING TIPS GET THE MOST FOR YOUR MONEY



- Use coupons. Most stores feature weekly specials.
- Buy store brands.
- Don't use all your WIC checks for one month during the same shopping trip. Some food may spoil. Spread your purchases throughout the entire month. Stores have more brands and varieties available during the middle of the month.



YOUR WIC AGENCY



In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

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- (1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

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