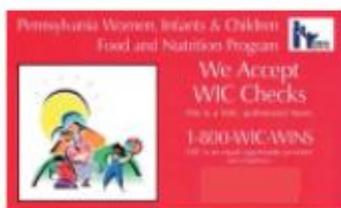


PENNSYLVANIA WIC FOOD LIST SHOPPING GUIDE

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.

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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.

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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

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:

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.

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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.*

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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).



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)

VALID FOR \$10 WIC ALLOWABLE
FRUITS AND VEGETABLES ONLY

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.

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Vegetables

Purchase with the Cash Value Voucher (CVV)

VALID FOR \$10 WIC ALLOWABLE
FRUITS AND VEGETABLES ONLY

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



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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.

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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	



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✓ 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



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 Hamotzic, 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, Krastdale, 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



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)

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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

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.

~20~

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

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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.*

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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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