



California WIC  
Authorized Food List

# Shopping Guide

April 2, 2019 (Revised)



# The New California WIC Card!

California WIC is moving from paper checks to an electronic card. Shopping with the new WIC Card will be easier than using paper checks.



During this time, some WIC families will have paper checks and others will have a WIC Card. This WIC Authorized Food List Shopping Guide includes information on how to use both.

## Ways to Find a WIC Authorized Grocery Store

- Use the free WIC phone app on your smart phone.
- Go to [www.myfamily.wic.ca.gov](http://www.myfamily.wic.ca.gov).
- Look for the WIC logo near the front door or window of the store.
- Ask your local WIC office for a list of stores in your area.





## At the Checkout

### Start your checkout

- Separate your WIC foods from your non-WIC items. Some stores may need to scan your WIC items first.
- Tell the cashier you are using your WIC Card.
- Ask the cashier when to swipe your WIC Card and enter your PIN.
- Always swipe your WIC Card first before using other forms of payment, such as CalFresh, debit card, or cash.
- Pay close attention as the cashier scans each WIC item.



# Using Your California WIC Card

## Before You Go Shopping

Your WIC Food Balance shows the foods and the amounts available to your family between specific dates. As you shop and use your WIC foods, your Food Balance will change. Be sure to shop for all of the foods in your WIC Food Balance within the allowed dates.

### There are many ways to find your WIC Food Balance

- Use the free WIC phone app on your smart phone.
- Get a printout at your WIC office.
- Look at your store receipt from your last shopping trip.
- Ask a cashier or customer service person at the store to print your WIC Food Balance.
- Call the toll free number on the back of your WIC Card, **1-844-4MY-FAMILY** or **1-844-469-3264**.
- Go online to **www.myfamily.wic.ca.gov**.

## At the Store

- Get just the WIC foods you need at each shopping trip.
- Use your WIC Authorized Food List Shopping Guide, the free WIC phone app, and your WIC Food Balance to help you choose the right foods.
- Separate your WIC foods from your non-WIC items as you shop to make checkout easier.



### After the cashier scans all your items

- Look over your WIC purchases and make sure all items are correct before your sale is totaled. The cashier may give you a receipt or show you a screen to review.
- Confirm all your purchases are correct using the card machine. Any foods not available in your WIC Food Balance can be put back or bought using another form of payment.
- Tell the cashier if you want to put something back before the cashier gives you the final receipt.
- Give the cashier your store loyalty card and any coupons you have.
- Pay for any non-WIC items using another form of payment.
- Wait for the cashier to complete the sale and give you a final receipt. Save your receipt in a safe place, such as your wallet.

## Reading Your Receipt

- Your receipt lists the items you just bought.
- Your receipt shows what you have left in your WIC Food Balance. All family benefits are combined.
- The receipt shows the last day you can buy the rest of your WIC foods. Your WIC Food Balance will expire at midnight on that day.



### When You Have Questions About WIC Authorized Foods or Your WIC Card

- Use the free WIC phone app.
- Call **1-844-4MY-FAMILY** or **1-844-469-3264**.
- Contact your local WIC office.



## Using Your WIC Checks

- 1 Take your signed WIC ID Folder with you to the store.



- 2 Use your checks starting on the **"First Day to Use"** and no later than the **"Last Day to Use."**

- 3 Look at **"What to buy"** on your check. Choose WIC authorized foods using your WIC Authorized Food List Shopping Guide.

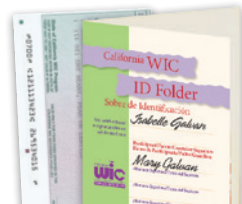
- 4 Group your WIC foods by each check.



- 5 Tell the cashier right away that you are using WIC checks.



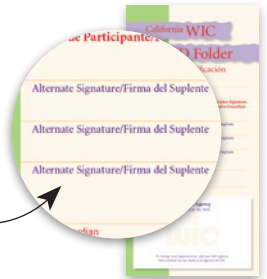
- 6 Give your WIC ID Folder and checks to the cashier.



- 7 The **"Exact Purchase Price"** is then filled in by **the cashier** on each check at the register.

- 8 After the purchase price has been entered, **sign your WIC checks in front of the cashier.**

- 9 Your alternate on file with WIC must sign your WIC ID Folder before they shop for you. Teach your alternate how to shop with WIC checks.



- 10 You must **buy the full amount of formula** printed on the Infant Formula WIC checks. You may, however, choose to buy less of the other foods printed on the checks.

- 11 The WIC Fruits and Vegetables check has a printed dollar value. If your purchase costs more than the amount on the check, you may pay the extra amount.

## Important WIC Authorized Food List Shopping Guide Information

Authorized food items are specific to each individual food category and subcategory. For WIC EBT, all authorized products must be included in CDPH's Authorized Product List. For a copy of the Authorized Product List, visit the California Health and Human Services Open Data Portal at: <https://data.chhs.ca.gov>.

If a manufacturer makes a Non-material Change to an authorized Brand Specific product, CDPH will continue to authorize that food for purchase. Non-material Changes include changes to brand name, product name, and/or product or logo artwork.

The WIC Authorized Food List Shopping Guide can be downloaded from the WIC website at [www.wicworks.ca.gov](http://www.wicworks.ca.gov). If you are a WIC participant, you can also get a copy from your local WIC office.

## If You Have Problems at the Grocery Store

- Ask to speak with the store manager.
- Contact your local WIC office if you are not satisfied, or
- Contact the State WIC Program at **1-800-852-5770** or **wic@cdph.ca.gov**.
- Save your store receipt.
- Report the following information:
  - » date,
  - » time,
  - » store name,
  - » names of the store staff involved, and
  - » details of the situation.



## No Added Sugars—Shopping Tips

Added sugars are not allowed in some WIC foods, such as juice, canned fruits, frozen fruits and vegetables, and dried fruits. Foods lower in sugars help prevent obesity, diabetes, some cancers, and tooth decay.

**Sugar has many names. Some other names include:**

- Agave or agave syrup
- Barley malt
- Brown sugar
- Cane syrup
- Corn sugar
- Corn syrup
- Dextrose
- Evaporated cane juice
- Fructose
- Glucose
- High-fructose corn syrup
- Honey
- Maltodextrin
- Maltose
- Maple sugar
- Molasses
- Powdered sugar
- Raw sugar
- Sucrose

**Artificial, reduced-calorie, and no-calorie sweeteners are also NOT allowed. Some names for them are:**

- Acesulfame potassium
- Aspartame
- Malitol
- Maltitol
- Monk fruit
- Nectresse
- NutraSweet
- Sorbitol
- Splenda
- Stevia
- Sucralose
- Truvia
- Xylitol

**Check the ingredients for added sugars or sweeteners. See example of labels for canned pineapple below.**

### Can Buy

#### Nutrition Facts

Serving Size 1/2 Cup (122g)

Amount Per Serving	
<b>Calories</b> 70	Calories from Fat 0 % Daily Value*
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	<b>0%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Potassium</b> 150mg	<b>4%</b>
<b>Total Carbohydrate</b> 16g	<b>5%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 15g	
<b>Protein less than 1g</b>	
Vitamin A 0%	Vitamin C 25%
Calcium 0%	Iron 2%

**INGREDIENTS:** PINEAPPLE, PINEAPPLE JUICE, CITRIC ACID, ASCORBIC ACID

### Cannot Buy

#### Nutrition Facts

Serving Size 1/2 Cup (122g)

Amount Per Serving	
<b>Calories</b> 110	Calories from Fat 0 % Daily Value*
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	<b>0%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Potassium</b> 95mg	<b>3%</b>
<b>Total Carbohydrate</b> 26g	<b>9%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 25g	
<b>Protein</b> 0g	
Vitamin A 0%	Vitamin C 20%
Calcium 0%	Iron 0%

**INGREDIENTS:** PINEAPPLE, WATER, **SUGAR**, CITRIC ACID, ASCORBIC ACID



## Smart Shopping Tips

Here are some tips for stretching your WIC benefits and food dollars:

- Check store ads and websites for sales.
- Create a weekly meal plan based on sale items.
- Make a grocery list.
- Use grocery store loyalty cards.
- Use coupons.
- Buy store or generic brands.
- Take advantage of “buy one, get one free” specials.
- Buy fresh fruits and vegetables that are in season.

# Milk

**Can Buy** | Any brand, one (1) gallon size, plain fluid cow's milk. Pasteurized or ultra-pasteurized.



- 1% Lowfat (light)
- Nonfat (fat free, skim)

**The following are allowed if printed on the check or included in your WIC Food Balance:**

- Half gallons
- Whole milk
- Lactose free milk
- Evaporated milk in 12 oz cans
- Powdered dry milk in 9.6 oz or 25.6 oz containers
- 2% Reduced fat milk

## Cannot Buy ❌

- Any other type, flavor, or size of milk
- Specialty milks, such as calcium-fortified milk, milk with added DHA, ultra heat treated (UHT) shelf-stable milk, A2 milk, ultra-filtered milk, or protein-fortified milk
- Cultured milks, such as acidophilus milk, buttermilk, or kefir milk
- Flavored milk, such as chocolate
- Goat's or soy milk
- Non-dairy substitutes
- Pint size or glass bottles
- Raw (unpasteurized) milk
- Sweetened condensed or filled milk
- Organic milk

## Helpful Hint

To get the most milk, buy fluid cow's milk.

# Cheese

**Can Buy** | Any brand in 16 oz package of pasteurized and made in the USA cheese in the varieties listed below. Regular, low sodium, low fat, reduced fat, or nonfat.



## Block or Round:

### Cheddar Cheese

- Orange, yellow, or white
- Mild, medium, sharp, or longhorn

### Colby Cheese

### Jack Cheese

**Marbled or Blends of authorized cheeses**, such as Colby-Jack or Cheddarella

### Mozzarella Cheese

## Cannot Buy ❌

- Any other variety, size, or texture of cheese
- Diced, grated, sliced, crumbled, or shredded cheese
- Cheese purchased from or sliced at the deli
- Cheese with added ingredients, such as hot peppers or spices
- Organic cheese

## Individually Wrapped Sticks:

### Mozzarella String Cheese



# Eggs

**Can Buy** | Any brand dozen-size carton.

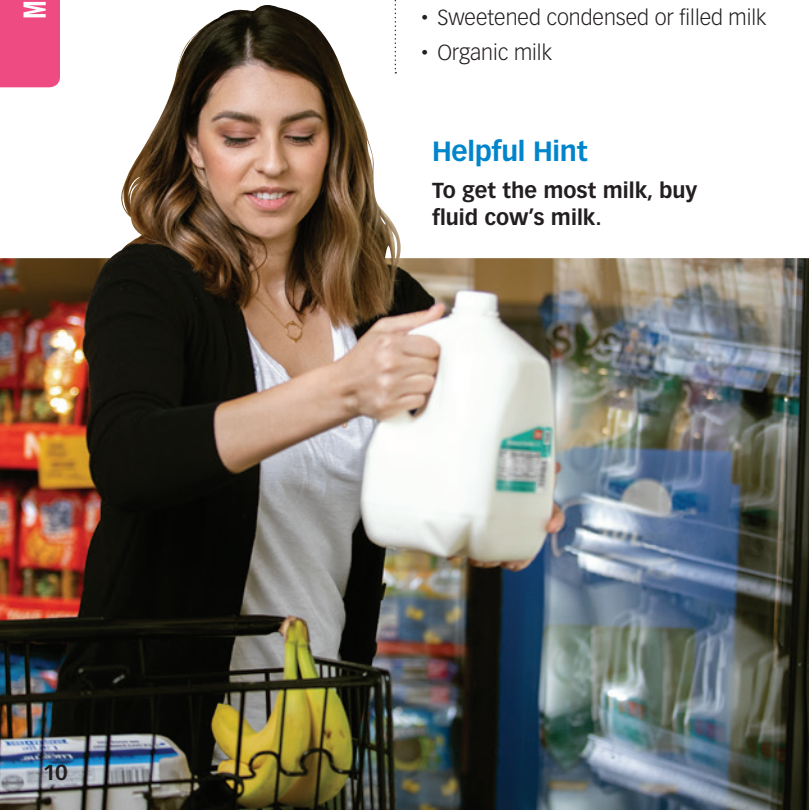
## Chicken Eggs

- White
- Large



## Cannot Buy ❌

- Any other size, type, or color of eggs
- Powdered or liquid eggs
- Specialty eggs, such as cage-free, organic, vitamin-enriched, pastured, low cholesterol, or DHA-enriched



# Yogurt

Can Buy | Brands, flavors (plain, vanilla, or strawberry), and fat levels of cow's milk yogurt listed below and on the next page in quart (32 oz) container.

\*Brand offers whole fat options



## Alta Dena\*

- Plain (Nonfat, Lowfat, Whole)
- Strawberry (Lowfat)
- Vanilla (Lowfat)



## Berkeley Farms

- Plain (Nonfat, Lowfat)
- Strawberry (Lowfat)
- Vanilla (Lowfat)



## Crystal

- Plain (Low Fat)



## Dannon\*

- Plain (Nonfat, Lowfat, Whole)
- Strawberry (Whole)
- Vanilla (Lowfat, Whole)

**Early On**

## Early On

- Plain (Fat Free)
- Strawberry (Lowfat)



## Essential Everyday\*

- Blended Plain (Fat Free, Lowfat, Whole)
- Blended Strawberry (Lowfat)
- Blended Vanilla (Lowfat)



## Great Value

- Plain (Nonfat)
- Strawberry (Lowfat)
- Vanilla (Lowfat)



## Kroger

- Blended Plain (Lowfat)
- Plain (Nonfat)



## LALA

- Plain (Low Fat)
- Vanilla (Low Fat)



## Lucerne\*

- Plain (Fat Free, Whole)
- Strawberry (Lowfat)



## Market Pantry

- Plain (Nonfat)



## Mountain High\*

- Plain (Fat Free, Lowfat, Whole)
- Strawberry (Whole)
- Vanilla (Fat Free, Lowfat, Whole)



## Springfield

- Plain (Lowfat)
- Strawberry (Lowfat)



## Stater Bros.

- Plain (Fat Free)
- Blended Strawberry (Lowfat)
- Blended Vanilla (Lowfat)



## Sunnyside Farms

- Original Plain (Lowfat)
- Original Strawberry (Lowfat)
- Original Vanilla (Lowfat)



## Western Family

- Plain (Low-Fat)



## WinCo Foods\*

- Plain (Nonfat, Whole)
- Strawberry (Lowfat)
- Vanilla (Lowfat)



## Yoplait

- Plain (Nonfat)
- Original Strawberry (Low Fat)
- Original Vanilla (Low Fat)

## Cannot Buy

- Any other brand, size, or flavor of yogurt
- Any other type of yogurt, such as Greek yogurt, lactose free yogurt, soy yogurt, or goat's milk yogurt
- Yogurt with mix-in ingredients, such as granola, candy pieces, honey, or nuts
- Drinkable yogurts
- Fat level not printed on check or included in your WIC Food Balance
- Yogurt with artificial, reduced-calorie, or no-calorie sweeteners
- Organic yogurt

## Helpful Hint

You must buy yogurt fat level printed on check/ included in your WIC Food Balance.

# Soy

Can Buy | Brands, types, and sizes listed below, organic and twin-packs allowed.



## 8th Continent Soymilk Original

- Refrigerated
- Half gallon



## Great Value Soymilk Original

- Refrigerated
- Half gallon



## Pacific Ultra Soy Original

- Shelf-Stable
- Quart

## Helpful Hint

If you are interested in buying soy and/or tofu, talk with WIC staff.



## Silk Soymilk Original

- Refrigerated
- Half gallon and Quart



## WESTSOY Organic Plus Soymilk Plain

- Shelf-Stable
- Quart

## Cannot Buy ❌

- Any other brand, type, size, or flavor of soy
- Light, lowfat, fat free, or nonfat soy
- Unsweetened soy

# Tofu

Can Buy | Brands and textures of plain tofu listed below in 16 oz package.



## Azumaya

- Silken
- Firm
- Extra Firm



## Nasoya

- Organic Silken



## House Foods

- Premium Medium Firm
- Premium Firm
- Premium Extra Firm



## O Organics

- Organic Sprouted Super Firm

## Cannot Buy ❌

- Any other brand, size, or texture of tofu
- Tofu with added fats, sugars, sweeteners (artificial, reduced-calorie, or no-calorie), oils, sodium, flavoring, or seasoning
- Cubed, dried, baked, or fried tofu
- Tofu in bulk (not pre-packaged)





# Bottled Juice and Concentrate Juice

**Can Buy** | Any brand pasteurized juice in authorized flavors, sizes, and forms listed below. Must have "100% Juice" and "80% Vitamin C" (or more) on the front label. Added Calcium and/or Vitamin D are allowed.

- 64 oz bottled (ready-to-drink) containers or
- 11.5 oz, 12 oz, or 16 oz concentrate (frozen or non-frozen) containers



- Apple**
- Cranberry**
- Grape**
  - Red, Purple, or White
- Grapefruit**
  - Ruby Red, Pink, or White\*
- Orange\***
- Pineapple**
- Prune**

- Tomato**
  - Regular, low sodium, or spicy
- Vegetable**
  - Regular, low sodium, or spicy
- Juice Blends**
  - Juice that is named as two or more authorized flavors on the front label, such as Cranberry-Grape, Apple-Grape, or Cran-Apple

\* Orange juice and white grapefruit juice are not required to have "80% Vitamin C" on the front label.

## Cannot Buy

- Any other flavor, type, or size of juice
- Juice not labeled as listed above
- Refrigerated juice
- Diet, light, or lite juice
- Organic juice
- Cider
- Juice with added ingredients or supplements, such as caffeine, carnitine, chromium, DHA, echinacea, ginkgo biloba, ginseng, guarana, St. John's wort, taurine, or wheatgrass

## Helpful Hint

**To get the most juice:**

- For children, choose 64 oz bottles or 16 oz frozen or non-frozen containers.
- For women, choose 11.5 oz or 12 oz frozen or non-frozen containers.



# Whole Grains

**Can Buy** | **Whole Wheat Bread** — Any brand in 16 oz package.

- Loaves, buns, or rolls that have "100% Whole Wheat" on the front label
- Store bakery bread is allowed, if labeled appropriately



**Can Buy** | Any brand in 16 oz package, plain.

- Brown Rice**
  - Short, medium, or long grain
  - Regular, quick, or instant
  - Basmati Brown
  - Jasmine Brown
- Whole Grain Barley**
  - Organic is allowed
- Oatmeal or Oats**
  - Old fashioned
  - Rolled, cut, or steel cut
  - Regular, quick, or instant
  - Crystal Wedding
- Bulgur**
  - Organic is allowed

## Cannot Buy

Refer to the **Cannot Buy** section on page 22 for a full listing of cannot buys for Whole Grains.

**Can Buy** | **Corn Tortillas (Soft, yellow or white) and Whole Wheat Tortillas** — Brands and products in 16 oz package listed below and on the next two pages.



**Chavez Supermarket**

- Corn Tortillas



**Chi-Chi's**

- White Corn Taco Style Tortillas
- Whole Wheat Tortillas Fajita Style



### Don Pancho

- White Corn Tortillas
  - Soft Taco Style
- Whole Wheat Tortillas



### Guerrero

- Tortillas de Maiz Blanco (Corn)
  - Tortillas de Harina Integral (Whole Wheat)



### La Burrita

- Corn Tortillas



### Ortega

- Whole Wheat Tortillas



### El Comal

- Corn Tortillas
- 100% Whole Wheat Flour Tortillas



### Herdez

- Whole Wheat Tortillas Flour/Trigo Integral Fajita Style



### Market Pantry

- 100% Whole Wheat Tortillas



### Ozuna

- Corn Tortillas
- Whole Wheat Tortillas



### El Super

- Tortillas De Maiz (Corn)



### IGA

- White Corn Tortillas
- Whole Wheat Tortillas Taco Style



### Mi-Rancho Tortillas

- Soft White Corn Tortillas
- Whole Wheat Flour Tortillas



### Romero's

- Whole Grain Corn Tortillas
- 100% Whole Wheat Grain Flour Tortillas Regular/Soft Taco Size



### Essential Everyday

- White Corn Tortillas 5.5" Soft Taco Style
- 100% Whole Wheat Flour Tortillas



### Kroger

- Yellow Corn Tortillas
- 100% Whole Wheat Tortillas Soft Taco Size



### Mission

- Yellow Corn Tortillas Extra Thin
- 100% Whole Wheat Flour Tortillas Fajita
- 100% Whole Wheat Flour Tortillas Soft Taco



### Signature Select

- Whole Wheat Flour Tortillas Soft Taco Style



### Frestillas

- 100% Whole Wheat Tortillas



### La Banderita

- Corn Tortillas
- Grande Corn Tortillas
- Yellow Corn Tortillas
- 100% Whole Wheat Flour Tortillas Fajita
- 100% Whole Wheat Flour Tortillas Soft Taco



### Northgate Market

- White Corn Tortillas de Maiz
- Yellow Corn Tortillas de Maiz



### Tortilleria Santacruz

- Corn Tortillas
- 100% Whole Wheat Flour Tortillas



### Great Value

- Whole Wheat Flour Tortillas

### Cannot Buy

Refer to the **Cannot Buy** section on page 22 for a full listing of cannot buys for Whole Grains.

# Whole Grains

Can Buy | **Whole Wheat Pasta** — Brands and products in 16 oz package, as listed below and on the next two pages.



## Allegra

- Whole Wheat Spaghetti



## Barilla

- Whole Grain Angel Hair
- Whole Grain Elbows
- Whole Grain Linguine
- Whole Grain Medium Shells
- Whole Grain Penne
- Whole Grain Rotini
- Whole Grain Spaghetti
- Whole Grain Thin Spaghetti



## Essential Everyday

- Whole Wheat Elbow Macaroni
- Whole Wheat Penne Rigate
  - Whole Wheat Rotini
  - Whole Wheat Spaghetti
- Whole Wheat Thin Spaghetti



## Full Circle

- Organic Whole Wheat Angel Hair
- Organic Whole Wheat Spaghetti



## Great Value

- Whole Wheat Elbows
- Whole Wheat Linguine
- Whole Wheat Penne
- Whole Wheat Rotini
- Whole Wheat Spaghetti
- Whole Wheat Thin Spaghetti



## Hodgson Mill

- Whole Wheat Angel Hair
- Whole Wheat Elbows
- Whole Wheat Spaghetti
- Whole Wheat Spirals
- Whole Wheat Thin Spaghetti



## Kroger

- 100% Whole Grain Penne Rigate
  - 100% Whole Grain Rotini
  - 100% Whole Grain Spaghetti
- 100% Whole Grain Thin Spaghetti



## O Organics

- Organic Whole Wheat Elbow Macaroni
- Organic Whole Wheat Linguine
- Organic Whole Wheat Penne Rigate
- Organic 100% Whole Wheat Rotini
  - Organic 100% Whole Wheat Spaghetti
- Organic Whole Wheat Thin Spaghetti



## Racconto

- Whole Wheat Capellini
- Whole Wheat Elbows
- Whole Wheat Farfalle
- Whole Wheat Linguine
- Whole Wheat Penne Rigate
  - Whole Wheat Rigatoni
  - Whole Wheat Rotini
- Whole Wheat Spaghetti



## Ronzoni Healthy Harvest

- 100% Whole Grain Linguine
- 100% Whole Grain Penne Rigate
  - 100% Whole Grain Rotini
  - 100% Whole Grain Spaghetti
- 100% Whole Grain Thin Spaghetti



## Signature Select

- Whole Wheat Elbow Macaroni
  - Whole Wheat Linguine
- Whole Wheat Penne Rigate
  - Whole Wheat Rotini
  - Whole Wheat Spaghetti
- Whole Wheat Thin Spaghetti



## Simple Truth Organic

- Organic Whole Wheat Penne Rigate
- Organic Whole Wheat Rotini
  - Organic Whole Wheat Spaghetti



## Simply Balanced

- Organic Whole Wheat Farfalle
- Organic Whole Wheat Penne Rigate
- Organic Whole Wheat Spaghetti



## Springfield

- Whole Wheat Penne Rigate
  - Whole Wheat Rotini



### Western Family

- 100% Whole Wheat Penne Rigate
- 100% Whole Wheat Spaghetti

### Cannot Buy

- Any other type, brand, or size of corn tortillas, whole wheat tortillas, or whole wheat pasta
- Any other type, size, or variety of whole wheat bread, brown rice, whole grain barley, oatmeal, oats, or bulgur
- Whole grains with added ingredients, such as fruits, nuts, or spices
- Refrigerated or frozen bread, dough, mixes, tortillas, rice, oats, or pasta
- Ready-to-serve rice
- Brown rice mixed with any other type of rice
- Individual or flavored oatmeal packets
- Pearled barley
- Organic bread, tortillas, oatmeal, or brown rice
- Whole grains in bulk (not pre-packaged)
- Homemade whole grains
- Whole grains with artificial, reduced-calorie, or no-calorie sweeteners



### WinCo Foods

- Whole Wheat Penne
- Whole Wheat Rotini
- Whole Wheat Spaghetti

## Dry Beans, Peas, or Lentils

**Can Buy | Any brand or variety in 16 oz package, organic allowed.**



### Varieties including, but not limited to:

- Black
- Black-eyed Peas
- Garbanzo (Chickpeas)
- Great Northern
- Kidney
- Lentils
- Lima
- Mixed
- Navy
- Pink
- Pinto
- Red
- Split Peas

### Cannot Buy

- Canned or frozen beans, peas, or lentils
- Dry beans, peas, or lentils with added sugars, fats, oils, vegetables, fruits, or meat
- Soy nuts
- Dry beans, peas, or lentils with artificial, reduced-calorie, or no-calorie sweeteners
- Dry beans with flavors or spices or bean soup mixes with flavoring packets or spices
- Dry beans, peas, or lentils in bulk (not pre-packaged)

## Canned Mature Beans

**Can Buy | Any brand, type, or variety in 15 oz – 16 oz can. Plain, regular or low sodium.**



### Varieties including, but not limited to:

- Black
- Black-eyed Peas
- Garbanzo (Chickpeas)
- Great Northern
- Kidney
- Lentils
- Lima
- Mixed
- Navy
- Pink
- Pinto
- Red

### Cannot Buy

- Dry or frozen beans, peas, or lentils
- Canned immature peas, such as green peas, green beans, or wax beans
- Canned lentils or beans with added sugars, fats, oils, vegetables, fruits, or meat
- Canned lentils or beans with artificial, reduced-calorie, or no-calorie sweeteners
- Canned baked or refried beans
- Flavored lentils or beans, such as Cajun, barbecue, or ranch style beans
- Canned organic lentils or beans

### Helpful Hint

**To get the most canned beans, buy 16 oz cans.**



## Peanut Butter



**Can Buy | Any brand in 16 oz – 18 oz container. Plain, regular, low sodium, or low sugar.**

- Any texture, such as creamy, smooth, crunchy, chunky, super crunchy, or super chunky
- Old fashioned or natural is allowed

### Cannot Buy

- Any other size, type, or flavor of peanut butter
- Honey nut roasted peanut butter
- “Grind your own” peanut butter
- Peanut butter spread
- Lowfat or reduced fat peanut butter
- Peanut butter with added ingredients, such as jams, jellies, chocolate, marshmallows, or honey
- Peanut butter with added supplements, such as omega-3 fatty acids or flax seed
- Peanut butter with artificial, reduced-calorie, or no-calorie sweeteners
- Organic peanut butter

### Helpful Hint

**To get the most peanut butter, buy 18 oz containers.**



Dry Beans, Peas, or Lentils

Canned Mature Beans

Whole Grains

Peanut Butter

# Breakfast Cereal

**Can Buy** | Brands and products in 12 oz – 36 oz box or bag of cereal listed below and on the next page.

- = 50% or more folic acid per serving      ● = 5 or more grams of fiber per serving

## WHOLE GRAIN CEREALS — 51% or more whole grain

### General Mills



Cheerios      Multi Grain Cheerios      Honey Kix      Kix      Total Whole Grain

### Kellogg's



Frosted Mini Wheats Original      Frosted Mini Wheats Little Bites

### Quaker



Life — Original      Oatmeal Squares — Brown Sugar      Oatmeal Squares — Cinnamon

### Post



Grape-Nuts      Bran Flakes

### B&G Foods



Cream of Wheat Whole Grain

**Instant Oatmeal or Instant Oats** | Brands listed below in 11.8 oz – 12 oz containers of individual serving packets. Old fashioned, classic, regular, or original flavor.

- |                |                 |                    |                  |
|----------------|-----------------|--------------------|------------------|
| • Best Yet     | • Hy-Vee        | • Red & White      | • Springfield    |
| • Early On     | • IGA           | • Shurfine         | • Stater Bros.   |
| • First Street | • Kroger        | • Signature Select | • Sunny Select   |
| • Food Club    | • Raley's       | • Special Value    | • Western Family |
| • Great Value  | • Ralston Foods | • WinCo Foods      |                  |

## OTHER CEREALS — Less than 51% whole grain

### Kellogg's



Corn Flakes      Special K — Original

### Post/Malt-O-Meal



Honey Bunches of Oats — Honey Roasted      Malt-O-Meal Hot Cereal — Original

### ● Crisp(y) Rice:

- |                |                         |                    |
|----------------|-------------------------|--------------------|
| • Best Yet     | • Kroger                | • Signature Select |
| • First Street | • Malt-O-Meal           | • Springfield      |
| • Food Club    | • Market Pantry         | • Stater Bros.     |
| • Great Value  | • Mill Select Early On* | • Sunny Select     |
| • Hospitality  | • Parade                | • Valu Time        |
| • HyTop        | • Raley's               | • Western Family   |
| • Hy-Vee       | • Ralston Foods         | • WinCo Foods      |
| • IGA          | • Red & White           |                    |
| • Kiggins      | • Shurfine              |                    |

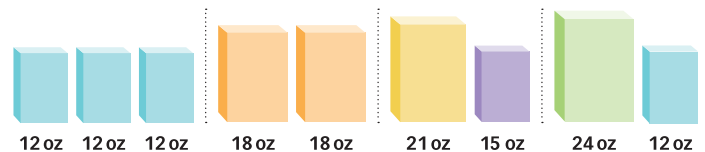
\*Cereal is 51% or more whole grain

## Cannot Buy ❌

- Any other brand, type, size, or flavor of breakfast cereal
- Grits
- Hot breakfast cereal with added fruits, nuts, sugars, or sweeteners (artificial, reduced-calorie, or no-calorie)

## Helpful Hint

To buy the full 36 oz of cereal:



# Canned Fish

Can Buy | Any brand, regular or low sodium.

## Chunk Light Tuna:

- 5 oz can
- Packed in water
- Plain

## Mackerel:

- 15 oz can
- Packed in water or tomato sauce

## Pink Salmon:

- 5 oz, 6 oz, or 14.75 oz can
- Packed in water
- Plain



## Sardines:

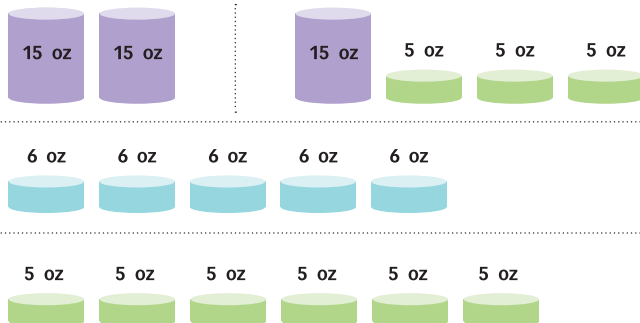
- 15 oz can
- Packed in water, mustard, or tomato sauce

## Cannot Buy

- Any other flavor, variety, size, or type of fish
- Solid white, albacore tuna, or prime fillet fish
- Specialty salmon, such as smoked, wild sockeye, blue back salmon, or red salmon
- Organic canned fish or canned fish in organic sauce
- Canned fish packed in oil
- Canned mackerel or sardines packed in any other sauce, such as chili or hot sauce
- Tuna or salmon kits
- Fish packed in pouches or plastic containers
- Canned king mackerel

## Helpful Hint

To buy the full 30 oz of fish:



# Fruits and Vegetables

Can Buy | Fresh Fruits and Vegetables — Any brand, type, or combination, organic allowed.

- Any variety of whole or cut fruits and vegetables
- Bagged fruits and vegetables
- Bagged or packaged salad mixtures
- Garlic, onion, ginger, jalapeños, peppers, and chilies are allowed



## Cannot Buy

- Any food or product from the salad bar or deli, party trays, fruit baskets, or decorative vegetables and fruits, such as chilies or garlic on a string or painted pumpkins
- Nuts or fruit-nut mixtures
- Edible blossoms, such as squash blossoms
- Bagged salad or vegetable or fruit kits with added ingredients, such as dressing, croutons, cheese, dips, or sauces
- Dried vegetables
- Herbs and spices, such as parsley, basil, cilantro, or mint
- Fruits and vegetables with added fats, oils, or sugars
- Fruits and vegetables with artificial, reduced-calorie, or no-calorie sweeteners



Can Buy | Dried Fruits — Any brand, size, and type of container, organic allowed.

- Any variety of dried fruits without added fats, sugars, or oils, such as raisins, prunes, dried plums, figs, dates, or apricots
- Freeze-dried is allowed
- Pitted or with pits are allowed

## Cannot Buy

- Dried fruits with added fats, oils, or sugars
- Dried fruits with artificial, reduced-calorie, or no-calorie sweeteners
- Dried fruits in bulk (not pre-packaged)
- Dried fruits with added artificial or natural flavors, including essences
- Dried or freeze-dried vegetables
- Fruit snacks or fruit bites
- Trail mix

# Fruits and Vegetables

**Can Buy | Canned Fruits** — Any brand, size, and type of container, organic allowed.



- Any variety of canned fruits, packed in water or juice without added sugars
- Natural or unsweetened applesauce is allowed
- Combinations of canned fruits and canned vegetables are allowed

## Cannot Buy ❌

- Canned fruits packed in syrup, such as heavy, light, or extra light
- Fruit cocktail, mixed fruit with cherries, cranberry sauce, or pie filling
- Canned fruits with added sugars, salt, fats, or oils
- Canned fruits with artificial, reduced-calorie, or no-calorie sweeteners
- Canned fruits that do not list a fruit as the first ingredient
- Home-canned or home-preserved fruits

**Can Buy | Canned Vegetables** — Any brand, size, and type of container, organic allowed. Regular or low sodium.



- Any variety of canned vegetables
- Sweet potatoes or yams without added sugars or syrup are allowed
- Combinations of canned vegetables and canned fruits are allowed
- Tomatoes or tomato products are allowed, such as whole, strained, crushed, diced, paste, or purees

## Cannot Buy ❌

- Canned vegetables with added fats or oils
- Canned vegetable mixtures with mature beans
- Pickled, creamed, or sauced canned vegetables
- Canned tomato products with added sugars, fats, oils, or sweeteners (artificial, reduced-calorie, or no-calorie)
- Home-canned or home-preserved vegetables
- Soups, ketchup, relishes, olives, salsa, stewed tomatoes, or tomato sauces (tomato, pizza, spaghetti)
- Canned mature beans, such as black-eyed peas, kidney beans, or pinto beans
- Canned vegetables that do not list a vegetable as the first ingredient

# Fruits and Vegetables

**Can Buy | Frozen Fruits** — Any brand, size, and type of container, organic allowed.



- Any variety of frozen fruits without added sugars
- Combinations of frozen fruits and frozen vegetables are allowed

## Cannot Buy ❌

- Frozen fruits with added ingredients, oils, salt, or sugars
- Frozen fruits with artificial, reduced-calorie, or no-calorie sweeteners
- Frozen fruits that do not list a fruit as the first ingredient

**Can Buy | Frozen Vegetables** — Any brand, size, and type of container, organic allowed. Regular or low sodium.



- Any variety of frozen vegetables
- Sweet potatoes or yams without added sugars or syrup are allowed
- Combinations of frozen vegetables and frozen fruits are allowed
- Frozen beans of any kind are allowed, such as green beans, wax beans, black-eyed peas, black beans, or pinto beans

## Cannot Buy ❌

- Breaded or flavored frozen vegetables
- French fries, tater tots, hash browns, or mashed potatoes
- Frozen vegetables that do not list a vegetable as the first ingredient
- Frozen vegetables with sauce, such as cheese, butter, or teriyaki sauce
- Frozen vegetables with added sugars, sweeteners (artificial, reduced-calorie, or no-calorie), oils, fats, pasta, rice, or any other ingredient



# Infant Fruits and Vegetables

**Can Buy** | Any product made by the brands listed below and on the next page in 4 oz container, organic allowed.



- Plain fruits, plain vegetables, or combinations of two or more plain fruits and vegetables
- Multi-packs are allowed



Gerber



## Cannot Buy

- Any other size or brand of infant fruits and vegetables
- Infant fruits and vegetables in pouches
- Infant desserts, puddings, or smoothies
- Infant juice
- Infant dinners
- Graduates or toddler infant food
- Dried or powdered infant fruits and vegetables
- Infant fruits and vegetables mixed with cereal, meat, pasta, or rice
- Infant fruits and vegetables with added sugars, salt, spices, starch, fiber, or DHA
- Infant fruits and vegetables with artificial, reduced-calorie, or no-calorie sweeteners
- Infant fruits and vegetables that do not list a fruit or vegetable as the first ingredient

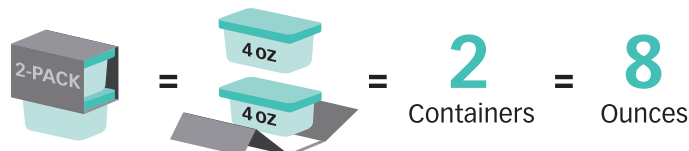
## Nutrition Tip

Most babies are ready for baby food around 6 months old.



## Helpful Hint

Single containers and multi-packs can be mixed and matched. A multi-pack has 2 or more containers.





# Infant Cereal

**Can Buy** | Brands and types listed below in 8 oz or 16 oz container.



## Beech-Nut

- Oatmeal and Organic Oatmeal
  - Multigrain and Organic Multigrain
  - Rice Single Grain



## Early On

- Oatmeal



## Earth's Best Organic

- Whole Grain Oatmeal
- Whole Grain Multi-Grain
- Whole Grain Rice



## Gerber

## Gerber

- Oatmeal and Organic Oatmeal
  - Barley
  - Whole Wheat
  - MultiGrain
- Rice and Organic Rice



## Mom's Choice

- Rice



## Yummy Naturals

- Multigrain



## Cannot Buy

- Any other brand, type, or size of infant cereal
- Infant cereal with added ingredients, such as DHA, probiotics, formula, milk, fruits, vegetables, sugars, or sweeteners (artificial, reduced-calorie, or no-calorie)

# Infant Meats

**Can Buy** | Any product made by the brands listed below in 2.5 oz container, organic allowed.



- Added broth or gravy is allowed
- Multi-packs are allowed



## Gerber



## Cannot Buy

- Any other size or brand of infant meats
- Infant dinners or infant meats mixed with veggies, fruits, cereal, pasta, or rice
- Graduates or toddler infant food
- Infant meats with added sugars, salt, spices, fiber, or DHA
- Infant meats with artificial, reduced-calorie, or no-calorie sweeteners
- Infant meats in pouches





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