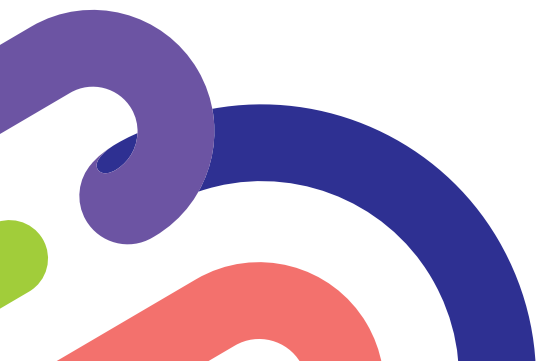




WASHINGTON SHOPPING GUIDE

EFFECTIVE JANUARY 2025



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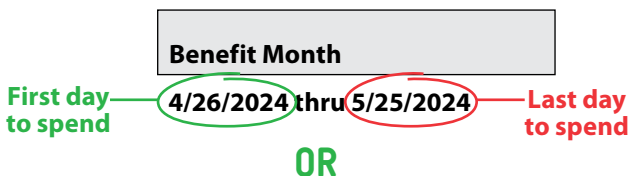
PLAN AHEAD BEFORE YOU SHOP

Check to see what foods are available on your WIC benefits. Here are two ways you can do this:

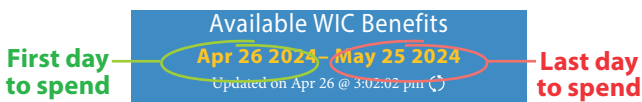
- Call the number on the back of your WIC Card.
- Use the WICShopper app. Register your WIC Card, and see current benefits under **My Benefits**.

Make sure benefits are active on the day you plan to shop:

- Check the printed WIC shopping list from your WIC clinic.



- Use the WICShopper app, register your WIC Card, and view My Benefits.



Make a shopping list and check to see what items are WIC allowed:

- This WIC Shopping Guide will help show what to “Buy” or “Don’t Buy.”
- The WICShopper app will let you search for specific food items. For example, if you have cheese listed in My Benefits:
 - » Click on the cheese and search the cheese you want to buy to see if it’s an allowed WIC item.
 - » You’ll see cheese from the brand that you can buy with your WIC benefits.

Find a Store:

- Use the WICShopper app to find a WIC store near you.
- Look for stores that have a “WIC Accepted Here” sign in the window.

Be aware of any grocery store bag fees:

- Bags are only covered by the store if you are using your WIC card to purchase items.

Otherwise

- You will need to pay your own grocery bag fees, if applicable.

Or

- Bring your own reusable bags

SHOPPING TIPS

USE YOUR WIC TOOLS WHILE YOU SHOP

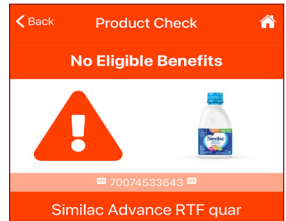
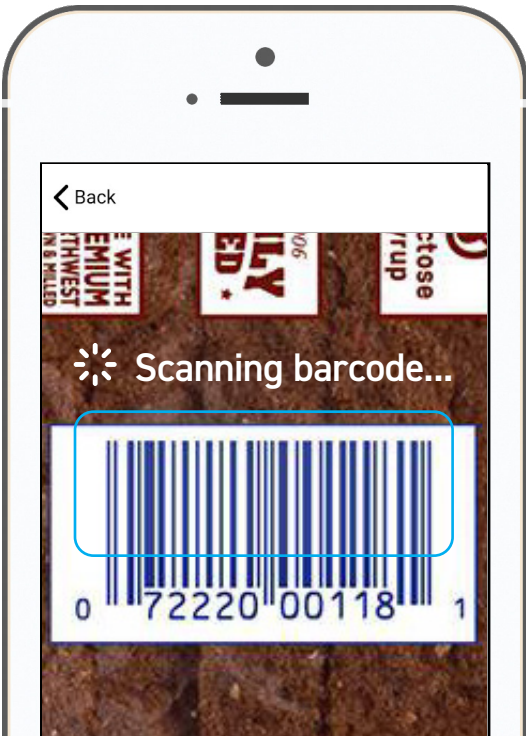
The WIC Shopping Guide

- Use this guide until you're familiar with WIC allowed items.
- If you have a smartphone, a digital version of the Shopping Guide is located in the WICShopper app under "WIC Allowable Foods" and on our WIC webpage at doh.wa.gov/WIC/WICFoods.

The WICShopper App

Confirm if an item is WIC allowed:

- Scan the barcode on the item's packaging with your smart phone or enter in the 12 digit UPC.
- The app will show you if an item is **WIC Allowed** or **Not a WIC Item**.
- If the app shows **No Eligible Benefits**, then you either don't have enough benefits or the right benefits to get that item.



Important! The app can't recognize most fresh fruits and vegetables even if they have a barcode. Those items will scan as "Not a WIC Item" even though most fresh produce is WIC allowed. Check page 16 in the guide to see what you need to know.

WHAT TO KNOW WHEN SHOPPING

Only buy the WIC foods you want:

- You don't have to buy all of your WIC foods at one time.
- You can shop as often as needed within your first and last day to spend.
- You don't have to get any WIC benefits you don't want.

When a store doesn't carry a specific WIC approved food item you want:

- Stores aren't required to carry all WIC approved foods.
- You can ask the store if they're able to order an item.
- Look for the item at a different store.

Try to use benefits before your Last Day to Spend:

- That gives WIC staff enough time to help fix any issues.

You can receive in-store or food company coupons, such as:

- Buy one, get one free
- Store loyalty card benefits
- Food company coupon's (e.g. Darigold)
- Store specials

You can use these specials for non-WIC foods. For example, if Kellogg's has a deal to buy one cereal and get one free, you can use WIC benefits to buy Rice Krispies and then get another cereal free that may or may not be WIC allowed.

UNDERSTANDING FOOD PACKAGE SIZES

WIC has specifies food package sizes because WIC wants to make sure that you get all your food benefits. For example, WIC allows gallons, half gallon and quarts. At first glance, this may seem easy to understand. That is until you realize some milk brands aren't using the WIC approved sizes. A half gallon of milk must have 64 oz in it to be WIC allowed. Yet some brands only contain 54 oz of milk.

The WICShopper app can quickly check if an item is allowed. The table below shows standard package sizes for WIC.

STANDARD FOOD PACKAGE SIZES AND ABBREVIATIONS		
Liquid Food Package	Ounces (oz)	Liter (L) or Milliliter (ml)
1 Quart	32 oz	946 ml
Half (1/2) Gallon	64 oz	1.89 L
1 Gallon	128 oz	3.78 L
Solid Food Package	Ounces (oz)	Grams (g)
Half (1/2) Pound	8 oz	226 g
1 Pound (lb)	16 oz	453 g
2 Pounds (lbs)	32 oz	907 g

SHOPPING TIPS

AT STORE CHECKOUT

Separate WIC foods from other items you're buying:

- This helps in case a food item isn't covered by WIC as expected. You'll be able to find the item quicker.
- Place your more expensive food items up front on the conveyor belt. That way if you only have enough benefits to cover one of the items, WIC will pay for the more expensive item.
- There's a 50 item limit when using your WIC card. If you plan to buy a lot of foods at one time, have the cashier split the items into separate purchases.

Swipe your WIC Card and enter your PIN:

- If a food item isn't covered by WIC as expected, you don't have to buy it.
- You can choose to pay for any food item not covered by WIC (using SNAP, cash, debit, credit) or put it back.

WIC RECEIPTS

```
8 oz      Whole grains
1.75 CTR  Beans, dry or canned
39.5 OZ   Cereal - hot / cold
0 CTR     Peanut butter / beans
30 OZ     Fish - canned
```

** End of Beginning Benefit Balance **

* eWIC Benefit Redemption/Purchase *

```
0.25 CTR  Beans, dry or canned
1 S&W RED KIDNEY BNS          1.39
```

```
17 OZ     Fish - canned
1 CHKN OF SEA TUNA           2.99
1 OPN NAT CHUNK              1.99
```

** End of Benefit Redemption/Purchase **

+++ Remaining eWIC Benefits +++

```
8 oz      Whole grains
1.5 CTR   Beans, dry or canned
39.5 OZ   Cereal - hot / cold
0 CTR     Peanut butter / beans
13 OZ     Fish - canned
```

Benefits Expire MIDNIGHT on 5/25/2024

This section lists the foods available to you before you shopped. Some foods are listed in ounces, some are called containers, and fruits and vegetables are in dollar amounts.

This section lists the foods you just bought.

This section lists your remaining balance. These are the WIC foods you have through your last day to spend date.

This shows the last day you can buy the rest of your WIC foods for this month. Your **next** WIC benefits are available to use at 12:01 a.m. on the next day.

Keep copies of your receipts.

If you have questions, receipts can help staff figure out what happened.

Take a picture of receipts and save them in your phone or keep receipts in the WIC ID and Card folder.

Important! WIC Card balance receipts printed at the store **don't show all the types of allowed items.** For example, if the balance receipt shows "Milk - 1% Nonfat and Soy," it means you can get the following:

- All WIC allowed low fat (1%) and nonfat (0%, skim, fat free) milk or soy beverage options listed in this WIC Shopping Guide. This includes:

Cow milk – nonfat/fat free (0%) and low fat (1%)

- Fluid
- Dry
- Powder
- Evaporated/canned
- Acidophilus
- Lactose free
- Buttermilk
- Kefir

Goat milk – Low Fat

- Fluid

Soy beverage

Below is an example of what's seen on a WIC shopping list from the clinic compared to what is seen on the WIC Card balance receipt at the store.

WIC Clinic Shopping List:

Benefit Month	Serial Number	Quantity	UOM	Description
4/26/2024 thru 5/25/2024	998833	\$11.00	\$\$\$\$	Fruit and Vegetables – Cash Value Voucher
	998833	16	Ounce	Whole Wheat Bread or Whole Grains
	998833	2	Dozen	Eggs – all WIC
	998833	2	CTNR	Peanut Butter/Beans All WIC
	998833	6	Gallon	Milk or Soy(1% & Nonfat) All WIC – Cow,Goat,Soy

Store Receipt:

WIC EBT Benefit Balance Receipt

Date: 5/4/2024 Time: 05:27PM

11.00 \$\$\$ Fruit & Veg - WIC

16 OZ WW Bread/Whl Grn - WIC

2 DOZ Eggs Dozen - WIC

2 CTR PB/Beans - WIC

6 GAL Milk - 1% Nonfat Soy

These Benefits expire
at MIDNIGHT on 5/25/2024

*** End of benefit balance receipt ***

WHEN ITEMS AREN'T COVERED BY WIC AS EXPECTED

If you have questions on why a food item wasn't covered by WIC benefits:

- Take a photo of the item or keep copies of all receipts if purchased.
- Review “Buy” and “Don't Buy” in the Shopping Guide to see why it may not be WIC allowed.
- If fresh fruits and veggies aren't covered, let WIC know. Stores must assign a WIC code to each item even if it has a barcode on it. Without the WIC code your card won't recognize the item at checkout.
- Check with your WIC clinic or submit a request to the state WIC office by:
 - » Using “I couldn't buy this” in the WICShopper app.
 - » Email us at wawicfoods@doh.wa.gov. We'll need to know the following:
 - » Store name and location.
 - » The date you tried to buy the item.
 - » WIC card number.
 - » Item description—Receipts, or clear photos, or as much detail as possible. If details are provided instead of receipts or photos, we are looking for the following:
 - ▶ food type (milk, cereal, etc.)
 - ▶ brand name/type
 - ▶ package size
 - ▶ 12-digit UPC (barcode number)

For Example: Oatmeal, Bob's Old Fashioned Rolled Oats, 32 oz size, UPC 039978021540

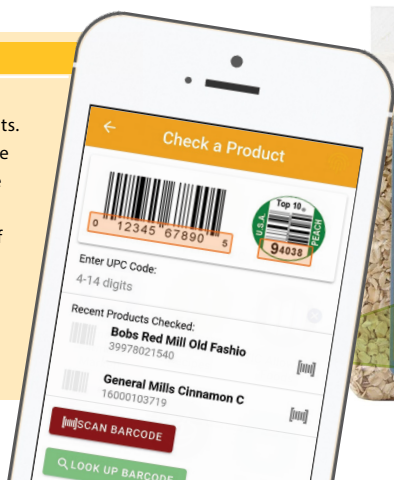
Depending on the store, you also may be able to find the item online and send us a link.

NOTE

WIC regularly updates foods you can buy with your benefits. Always scan the product to be sure it is WIC approved. Make sure to scan to barcode on the product and not the shelf barcode. This will make sure the app provides accurate information.



Key Enter UPC



BABY CEREAL

BUY

Must Be

8 oz or 16 oz

Dry

These brands:

Beech-Nut

Earth's Best

Gerber



These types:

Barley

Multigrain

Oatmeal

Whole grain

Organic

Non-organic

Natural



DON'T BUY

With added:

Flavors, fruit, or formula

Prebiotics, probiotics, or DHA

Cans, jars, or pouches

Rice cereal

Single-serve or individual packets

BABY FOOD – FRUITS AND VEGETABLES

BUY

Must Be

Stage 1 or 2

Plain fruit and vegetable only

Sizes:

4 oz glass jars/plastic containers

2 oz plastic containers in double packs (4 oz total)

4 oz plastic containers in double packs (8 oz total)

multi-pack boxes

These brands:

Beech-Nut

Earth's Best Organic

Gerber

Happy Baby Organic

O Organics

Tippy Toes

Wild Harvest Organic

You Can Choose

Any combination of fruits and vegetables, organic, non-organic

DON'T BUY

With added:

Cereal/grains - granola, oats, rice, or noodles

Spices e.g. cinnamon

Meats

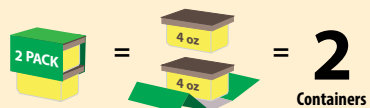
Flavors or sugars

Pouches

Stage 3

SHOPPING TIP

When buying baby food fruits and vegetables, a 2-pack is counted as 2 containers.



BABY FOOD – MEATS



FULLY BREASTFEEDING BABIES ONLY

BUY

Must Be

- Single meat only
- Stage 1 or 2
- 2.5 oz glass jars

These brands:

- Beech-Nut
- Gerber
- O Organics
- Tippy Toes
- Wild Harvest

You Can Choose

- Organic
- Non-organic
- With broth or gravy

DON'T BUY

With added:

- Flavors, sugars, or spices
- Cereals, grains, or noodles
- Fruits or vegetables
- Meat sticks
- Dinners
- Stage 3

FORMULA

Buy only the brand, type, container size, and amount of formula listed in your WIC Benefits. For information about WIC Approved Formulas, visit www.doh.wa.gov/WICFoods/InfantFormula, or call 1-800-841-1410.



Look for this symbol throughout

the guide. The symbol shows which WIC foods are increased for those mostly breastfeeding. If fully breastfeeding, you will also get fish and your infant will get baby food meats.

Breastfeeding provides moms and babies with lifelong health benefits.





BUY

Must Be

- 15 oz to 16 oz cans
- Plain beans or low fat plain refried beans

You Can Choose

- Any brand
- Low or reduced sodium
- Individual cans or a 4-pack
- Non organic or organic



DON'T BUY

With added:

- Flavors or meats
- Honey, syrups, molasses, sugar, or other sweeteners
- Baked beans
- Bean salad
- Bean sprouts
- Chili beans
- Green or wax beans
- Mixed beans
- Bean soups
- Peas
- Pouches

SHOPPING FOR BEANS OR PEANUT BUTTER

You can choose canned beans, dried beans, or peanut butter with your WIC benefits.

Choose the right size! 1 CTR of peanut butter/dry or canned beans =



15-18 oz

OR



16 oz

OR



15-16 oz cans

Buying Canned Beans If you choose to buy canned beans, 1 container (CTR) on shopping list = 4 cans of beans. You must buy all four cans of beans to make sure you get all of your WIC benefits.

One can of beans = **.25 CTR**

Two cans of beans = **.50 CTR**

Three cans of beans = **.75 CTR**

Four cans of beans = **1.0 CTR**



BEANS/PEAS/LENTILS – DRIED

BUY

Must Be

16 oz bag

You Can Choose

Any brand

Any variety

Non organic or organic



DON'T BUY

With added flavors or spices

Boxes

Barley

Bean and rice mix

Bulk (sold by weight)

Chia seeds

Coffee beans

Dried refried beans

Farro

Frozen

Green beans

Heirloom

Quinoa

Sprouted or germinated

Soup or soup mix

SHOPPING FOR BEANS OR PEANUT BUTTER

If you choose dry beans, 1 container (CTR) = a 16 oz bag of dried beans.

See page 9 for more information.

BREAKFAST CEREAL – HOT AND COLD

BUY

You Can Choose

- Any package up to 36 oz
- Any brand
- Boxes or bags
- Ready to eat (cold cereal)
- Instant or regular (hot cereal)
- Gluten free
- Organic

Examples of cold cereal varieties:

- Corn flakes
- Bran flakes
- Crispy rice
- Corn squares
- Rice squares
- Oat squares
- Wheat squares (frosted and unfrosted)
- Toasted oats/O's (plain and multigrain)
- Honey oat clusters with nuts

Example of hot cereal varieties:

- Creamy rice
- Creamy wheat
- Malted barley
- Oatmeal (unflavored individual serving packets)

WIC-approved cereals meet specific nutritional criteria. We make sure:

- Our cereals contain limited sugar.
- Our cereals contain iron.
- 75% of our approved cereals are whole grain.

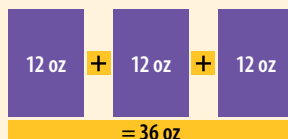


DON'T BUY

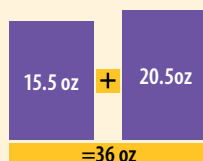
Cylinders

SHOPPING TIP

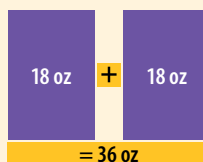
See handout in WICShopper app or online titled, "[Tips for Buying WIC Breakfast Cereal.](#)" It can help you find cereal and package sizes that work best for your family.



OR



OR



Other 36 oz combinations:

9 + 9 + 9 + 9	15.5 + 20.5
9 + 9 + 18	18 + 18
10.6 + 13.4 + 12	14 + 22
12 + 12 + 12	16 + 20
12 + 24	36



BUY

Must Be

Made from pasteurized cow milk

Made in USA

Sizes:

8 oz

16 oz (1 lb)

32 oz (2 lbs)

These types:

Cheddar (mild, medium, sharp, extra sharp, yellow, or white)

Colby

Colby Jack

Colby Monterey Jack

Monterey Jack

Mozzarella

Munster

Provolone

Swiss

You Can Choose

Any brand

These types:

Block or bar of cheese

Shredded and grated cheese

String or cheese sticks

Kosher or non-Kosher

DON'T BUY

With added flavors, herbs, nuts, seeds, spices, or vegetables

Single serving sticks or packets

Cheese made from raw milk

Cotija

Cracker cut

Cream cheese

Deli cheese

Cubed or sliced

Fresh mozzarella

Goat or sheep cheese

Imported

Lactose free

Organic

Parmesan

Pepper Jack

Processed pasteurized American

Queso fresco

Ricotta

Unpasteurized

Vintage cheese





BUY

Must Be

12-count carton (1 dozen)

Shelled eggs from a chicken

**You Can Choose**

Any brand

Any size: small, medium, large, extra-large, or jumbo

White or brown eggs

Cage free

Organic or Non-Organic

Omega 3

DON'T BUY

Bulk

DHA

Dried or powdered

Duck eggs

Egg substitute products

Fertile

Free-range or pasture-raised

Hard-boiled eggs

Liquid eggs

Low or reduced cholesterol

Pasteurized

Reduced saturated fat



FISH – CANNED AND POUCHES

BUY

You Can Choose

- Tuna/salmon cans: up to 20 oz
- Tuna/salmon pouches: 2.5-5 oz
- Sardine cans: 3.75 and 4.25 oz
- Forms of Tuna: Solid, Chunk
- Color of Tuna: White, light
- Any brand
- With added flavors
- Albacore tuna
- Boneless
- Can, foil bags, or pouches
- Low sodium
- No added salt
- Skinless
- SkipJack
- Wild caught
- Yellowfin



***Note:** Choosing can and pouch sizes that add up to 30 oz will allow you to maximize your full benefit amount.

DON'T BUY

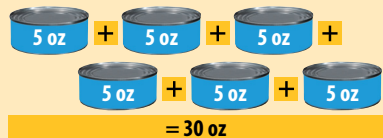
- With added foods
- Brisling sardines
- Dried
- Fillet
- Fresh
- Frozen
- Glass
- Jack Mackerel
- Organic
- Red salmon
- Smoked
- Snack packs
- Tongol tuna

SHOPPING TIPS

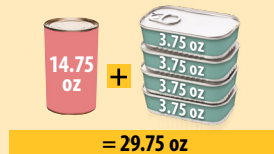
Visit the DOH *Healthy Fish Guide* at doh.wa.gov/community-and-environment/food/fish/healthy-fish-guide to help make healthy choices when shopping for fish.

You can choose a combination of chunk light tuna, pink salmon, or sardines up to the amount of ounces (oz) listed in your WIC Benefits.

Examples:



..... OR



FRUITS, VEGETABLES, AND HERBS – FRESH

BUY

You Can Choose

- Any brand or type
- Cut or whole
- Fresh fruits and vegetables in bags, clam shells, cups, plastic bowls, or tubs
- Fresh fruits and vegetables in foam trays wrapped in plastic
- Fruit and vegetable party trays and platters without dips
- Fresh herbs cut at the root or with root intact
- Fresh garlic and ginger
- Non organic or organic

SHOPPING TIP

You can buy a combination of canned, fresh, **and** frozen fruits and vegetables. Remember, if you choose more foods than are listed in your WIC Benefits, you can pay the extra or choose not to buy it.

DON'T BUY

- With added:
 - Dips, dressings, fats, oils, or sauces
 - Flavors, foods, nuts, or spices
- Dried fruits or vegetables
- Edible blossoms of flowers
- Fruit baskets
- Party trays or platters with dips
- Salad bar items
- Sugar cane
- Dried herbs or spices such as vanilla beans, cinnamon, anise, or dried thyme
- Potted herbs such as potted basil, potted rosemary, or potted mint
- Ornamental or decorative items such as:
 - Dried chili peppers, garlic on a string, gourds, carved or painted pumpkins



FRUITS / VEGETABLES – FROZEN

BUY

You Can Choose

Any size bag, box, or steamer pouch

Any brand

Non organic or organic

Frozen beans are OK (such as: black-eyed peas, edamame, garbanzo, and lima beans)

DON'T BUY

With added:

Fats, oils, salts, seasonings, spices, sugars or sauces

Meats, noodles, nuts, pasta, rice, or grains

Battered or breaded

Creamed

Deli items

Dried fruits, vegetables, or fruit leather

French fries

Hash browns

Mashed potatoes, Potatoes O'Brien, Tater Tots®

SHOPPING TIP

You can buy a combination of canned, fresh, **and** frozen fruits and vegetables. Remember, if you choose more foods than are listed in your WIC Benefits, you can pay the extra or choose not to buy it.



BUY

You Can Choose

- Any brand or type
- Any size can, glass or plastic container
- Applesauce: may contain cinnamon
- First ingredient listed is a fruit
- Non organic or organic

DON'T BUY

- With added:
 - Sugars, fats, oils or salt
- Canned fruit in heavy or "light"/"lite" syrup, lightly sweetened juice or sweetened nectar
- Fruit roll-ups
- Fruit-nut mixtures
- Home canned and home preserved jams, jellies, fruit syrups or fruit spreads
- Pie filling
- Pouches

SHOPPING TIP

You can buy a combination of canned, fresh, **and** frozen fruits and vegetables. Remember, if you choose more foods than are listed in your WIC Benefits, you can pay the extra or choose not to buy it.



VEGETABLES - CANNED

BUY

You Can Choose

- Any brand or type
- Any size can, glass or plastic container
- Canned tomatoes: crushed, diced, sliced, purees, sauced, stewed, or paste
- Canned mixed vegetables containing beans
- First ingredient listed is a vegetable
- Sweet Potatoes
- May contain spices
- Non organic or organic

DON'T BUY

- With added:
 - Sugars, fats, oils or salt
 - Creamed or with sauce
 - Home canned and home preserved
 - Ketchup
 - Olives
 - Pickled vegetables
- Vegetables with added:
 - meats, noodles, rice, nuts, pasta, or grains

SHOPPING TIP

You can buy a combination of canned, fresh, **and** frozen fruits and vegetables. Remember, if you choose more foods than are listed in your WIC Benefits, you can pay the extra or choose not to buy it.



ADULT PARTICIPANTS ONLY TOMATO/VEGETABLE (46 OZ)

JUICE



BUY

Must Be

- 46 oz cans or plastic bottles
- Non-refrigerated only
- Only these brands and types

Tomato

- Campbell's
- Food Club
- Haggen
- Kroger
- That's Smart!

Vegetable

- Campbell's V8 Essential Antioxidants
- Campbell's V8 Hint of Black Pepper
- Campbell's V8 Hint of Lime
- Campbell's V8 Low Sodium
- Campbell's V8 Original
- Campbell's V8 Spicy Hot
- Campbell's V8 Spicy Hot Low Sodium
- Food Club
- Haggen
- Kroger



DON'T BUY

- Cartons or glass bottles
- Cider
- Cocktail
- Juice drink
- Organic
- Punch
- Refrigerated
- Unfiltered

JUICE - ADULT PARTICIPANTS ONLY - TOMATO/VEGETABLE (46 OZ)

JUICE ADULT PARTICIPANTS ONLY FROZEN (11.5 OR 12 OZ)



BUY

Must Be

11.5 or 12 oz frozen
Only these brands and types

Apple

Essential Everyday
Food Club
Freedom's Choice
Great Value
IGA
Kroger
Langers
Old Orchard
Signature Select
Tree Top
WinCo

Grape or White Grape

Essential Everyday
Food Club
Great Value
Old Orchard
Welch's

Grapefruit

Any brand 100% grapefruit

Orange

Any brand 100% orange

Mixed Fruit

Dole

Orange Peach Mango
Pineapple Orange
Pineapple Orange Banana

Old Orchard

Apple Cherry
Apple Cranberry
Apple Kiwi Strawberry
Apple Passion Mango
Apple Raspberry
Apple Strawberry Banana

BUY

Berry Blend
Blueberry Pomegranate
Cherry Pomegranate
Cranberry Blend
Cranberry Pomegranate
Cranberry Raspberry
Pineapple Orange
Pineapple Orange Banana

Welch's

White Grape Peach
White Grape Raspberry

Pineapple

Dole
Old Orchard



DON'T BUY

Cider
Cocktail
Juice drink
Lemon
Lemonade
Lime
Limeade
Organic
Punch not 100% Juice
Refrigerated
Unfiltered

CHILDREN ONLY JUICE

FRUIT – MIXED OR BLENDS (64 OZ)

BUY

Must Be

- 64 oz plastic bottles
- Non-refrigerated only
- Only these brands and types

Essential Everyday

- Berry
- Cherry
- Cranberry
- Cranberry Raspberry
- Grape Blend
- 100% Juice Punch

Food Club

- Cranberry Raspberry

Great Value

- Cranberry Blend
- Cranberry Grape
- Cranberry Pomegranate
- White Grape and Peach

Haggen

- Cranberry
- Cranberry Raspberry

Juicy Juice

- Apple Raspberry
- Berry
- Cherry
- Cranberry Apple
- Fruit Punch
- Kiwi Strawberry
- Mango
- Orange Tangerine
- Passion Dragonfruit
- Peach Apple
- Strawberry Banana
- Strawberry Watermelon
- Tropical

Kroger

- Cranberry
- White Grape Peach

BUY

Langers

- Apple Berry Cherry
- Apple Cranberry
- Apple Grape
- Apple Kiwi Strawberry
- Apple Orange Pineapple
- Apple Peach Mango
- Cranberry Grape Plus
- Cranberry Plus
- Cranberry Raspberry Plus

Ocean Spray

- Cranberry Blackberry
- Cranberry Cherry
- Cranberry Concord Grape
- Cranberry Mango
- Cranberry Pineapple
- Cranberry Pomegranate
- Cranberry Raspberry
- Cranberry Watermelon
- Cranberry Elderberry

Old Orchard

- Acai Pomegranate
- Apple Cranberry
- Berry Blend
- Black Cherry Cranberry
- Blueberry Pomegranate
- Cherry Pomegranate
- Cranberry Pomegranate
- Immune Health Citrus
- Immune Health Superfruit
- Immune Health Tropical Fruit
- Kiwi Strawberry
- Mango Tangerine
- Orange Tangerine
- Peach Mango
- Red Raspberry
- Strawberry Watermelon
- Wild Cherry

JUICE CHILDREN ONLY FRUIT – MIXED OR BLENDS (64 OZ)

BUY

Signature Select

- Cranberry
- Cranberry Grape
- Cranberry Raspberry

Tree Top

- Apple Berry
- Apple Cranberry
- Apple Grape
- Orange Passionfruit
- Pineapple Orange Buy

Welch's (Bold)

- White Grape Cherry
- White Grape Peach
- Orange Pineapple Apple



DON'T BUY

- Cartons or glass bottles
- Cider
- Cocktail
- Frozen
- Juice Drink
- Lemon
- Lemonade
- Lime
- Limeade
- Organic
- Punch not 100% Juice
- Refrigerated
- Unfiltered

JUICE – CHILDREN ONLY – FRUIT – MIXED OR BLENDS (64 OZ)

CHILDREN ONLY JUICE SINGLE FRUIT (64 OZ)

BUY

Must Be

- 64 oz plastic bottles
- Non-refrigerated only
- Only these brands and types

Apple

- Best Yet
- Essential Everyday
- Food Club
- Freedom's Choice
- Great Value
- Haggen
- IGA
- Juicy Juice
- Kroger
- Langers
- Market Pantry
- Mott's
- Ocean Spray
- Old Orchard
- Signature Select
- Tree Top
- WinCo

Grape, Red Grape, or White Grape

- Essential Everyday
- Food Club
- Freedom's Choice
- Great Value
- Haggen
- IGA
- Juicy Juice
- Kroger
- Langers
- Market Pantry
- Ocean Spray
- Old Orchard
- Signature Select
- That's Smart!
- Welch's
- Winco

BUY

Pineapple

- Essential Everyday
- Food Club
- Great Value
- Kroger
- Langers
- Libby's
- Old Orchard
- Signature Select

Orange Juice

Must Be

- 100% orange juice
- Shelf stable/Not refrigerated
- Any brand

Some examples:

- Essential Everyday
- Food Club
- Golden Crown
- Juicy Juice
- Langers
- Old Orchard
- Signature Select
- Tropicana



DON'T BUY

See page 22.

JUICE CHILDREN ONLY VEGETABLE JUICE (64OZ)

BUY

Must Be

- 64 oz plastic bottles
- Non-refrigerated only
- Only these brands and types

Campbell's

- Tomato Juice
- Low Sodium Tomato Juice

Campbell's V8

- Original 100% Vegetable Juice
- Low Sodium
- 100% Vegetable Juice Spicy Hot
- 100% Vegetable Juice

Food Club

- Tomato Juice
- Vegetable Juice
- Spicy Vegetable Juice

Signature Select

- Low Sodium 100% Vegetable Juice
- Vegetable Juice
- Tomato Juice

WinCo

- Low Sodium 100% Vegetable Juice
- 100% Vegetable Juice





LIQUID

BUY

Must Be

Only the milk fat type (nonfat: 0%, low fat: 1%, reduced fat: 2%, whole) listed on your WIC benefits

Gallon, 96 oz, half-gallon, or quart size containers.

Plastic or paper containers

Cow milk

Pasteurized

Refrigerated

Unflavored

WIC-approved cow milk meets specific nutritional criteria.

We make sure our cow milk contains:

- at least 150 mcg vitamin A per cup
- at least 2.5 mcg vitamin D per cup



BUY

You Can Choose

Any combination of gallons, half-gallons, and quarts up to the total amount of milk listed in your WIC benefits

Acidophilus

Any brand

Buttermilk

Calcium-fortified

Kefir

Kosher

Lactobacillus

Lactose free

Probiotics

Organic

Skim milk with added thickeners (Creamy Fat Free, Skim Supreme)

SHOPPING TIP

Some milks aren't allowed since they come in the wrong container type or size. For example, some fairlife® and a2 Milk® containers are not the right size. Also, milk in glass containers is not allowed.

For one gallon, you can combine two half-gallons or four quarts.



1.0 GAL = 1 gallon
or 128 oz



0.5 GAL = 1 half gallon
or 64 oz



0.25 GAL = 1 quart
or 32 oz



EVAPORATED

BUY

Must Be

Only the milk fat type (nonfat: 0%, low fat: 1%, reduced fat: 2%, whole) listed on your WIC benefits

12 oz can

Cow milk

Pasteurized

Unflavored

**Note: See page 25 for nutritional criteria for cow milk.*

BUY

You Can Choose

Any brand

Calcium-fortified

Kosher

SHOPPING TIPS

Most products won't say "Whole Milk" on the label when it is a whole milk product. Buy 5 cans for each gallon of milk to receive your full WIC benefits.



5 cans evaporated milk = 1 gallon



DRY

BUY

Must Be

Only the milk fat type (nonfat: 0%, low fat: 1%, reduced fat: 2%, whole) listed on your WIC benefits

Mixes to 1 quart of milk or more

Cow milk

Homogenized

Pasteurized

Unflavored

You Can Choose

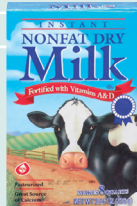
Boxes, cylinders, plastic bags, or pouches

Any brand

Calcium-fortified

Kosher

***Note:** See page 25 for nutritional criteria for cow milk.



SHOPPING TIP

The amount listed on your WIC benefits equals the amount of dry milk after mixing with water. See table below for help converting dry milk to quarts.

Dry Cow Milk Reconstitution

Milk Fat	Size Printed on Container	Water Added Makes
Nonfat	9.6 oz	3 Quarts
Nonfat	9.64 oz	3 Quarts
Nonfat	25.6 oz	8 Quarts
Nonfat	32 oz	10 Quarts
Nonfat	64 oz	20 Quarts
Whole	12.6 oz	3 Quarts
Whole	28.1 oz	7 Quarts
Whole	56.3 oz	13 Quarts

DON'T BUY FOR ALL TYPES OF COW MILK

Added flavors, foods, or spices
 Almond, coconut, hemp, rice, or other grain or nut beverages
 Bulk powdered milk
 Chocolate milk
 Filled milk
 Glass bottles
 Half and half
 Low-carb dairy beverage
 Non homogenized
 Omega 3
 Other animal milk, such as goat or sheep
 Pints, half-pints, or smaller size

Raw milk
 Single-serve or individual packets
 Sweetened condensed milk
 UHT containers
 Unpasteurized milk
 Whipping cream

SHOPPING TIP

See page 28 for goat milk information and 31 for soy beverage information.



BUY

Must Be These Brands and Types:

Meyenberg

- 12 oz Evaporated Milk, Whole (3.5% Milk Fat)
- 12 oz Powdered Milk, Whole (3.5% Milk Fat)
- 32 oz (1 quart) Liquid Milk, Whole (3.5% Milk Fat)
- 32 oz (1 quart) Liquid Milk, Low Fat (1% Milk Fat)
- 64 oz (1 quart) Liquid Milk, Whole (3.5% Milk Fat)



Grace Harbor Farms

- 32 oz (1 quart) Liquid Milk, Whole (3.5% Milk Fat)
- 32 oz (1 quart) Kefir, Whole (3.5% Milk Fat)
- 64 oz (1 quart) Liquid Milk, Whole (3.5% Milk Fat)



WIC-approved goat milk meets specific nutritional criteria.

We make sure our goat milk contains:

- at least 150 mcg vitamin A per cup
- at least 2.5 mcg vitamin D per cup



Dry Goat Milk Reconstitution

Container Size	Water added makes
1 can	3 quarts of milk
2 cans	6 quarts of milk
3 cans	9 quarts of milk
4 cans	12 quarts of milk
12 oz pouch	3 quarts of milk
A box of 12 4-oz pouches	4 quarts of milk

DON'T BUY

Other goat milk brands

BUY

Must Be

Only the milk fat type (nonfat: 0%, low fat: 1%, whole) listed on your WIC benefits

1 quart (32 ounces)

Plastic container

Cow milk

Homogenized

Pasteurized

Less than 40 grams of sugar per 8 oz

These brands only

Activia

Best Yet

Brown Cow

Chobani

Dannon

Darigold

Essential Everyday

Food Club

Fred Meyer

Great Value

Green Valley creamery

Kroger

LaLa

Lucerne

Market Pantry

Mountain High

Nancy's

Oikos

Open Nature

Tillamook

WinCo

Yami

Yoplait

Zoi

BUY

You Can Choose

Plain or fruit flavored (only if less than 40 grams of sugar per 8 oz serving and no artificial sweeteners) (See Don't Buy.)

Stevia is ok

Greek (not organic)



DON'T BUY

Artificial sweeteners: aspartame, saccharin, or sucralose (Splenda™)

2% cow milk yogurt

With added:

Flavors, grains, granola, or nuts

Candy, honey, spices, or added protein

Custards or whips

Drinkable or squeezable

Frozen yogurt

Light

Organic

Raw milk

Single-serve or multi-packs

Yogurt kits



PEANUT BUTTER

BUY

Must Be

15-18 oz jars

You Can Choose

Any brand

Creamy or smooth

Chunky or extra chunky

Crunchy or extra crunchy

Low sodium

Natural peanut butter

No stir or stir

Regular or organic

Salted or unsalted



DON'T BUY

Bulk (sold by weight)

Freshly ground or grind-it-yourself

Low carb peanut butter spread

Low glycemic

Other nuts or seed butters (e.g. almond, cashew, sesame)

Omega 3

Powdered

Roasted honey nut

Single-serve

Spreads

“Squeeze It” tubes

Valencia

With added:

Flavors, foods, or spices

Flax or safflower oil

Chocolate

Honey

Jelly

Marshmallows

SHOPPING FOR BEANS OR PEANUT BUTTER

You can choose canned beans, dried beans, or peanut butter with your WIC benefits.

Choose the right size! 1 CTR of peanut butter/dry or canned beans =



OR



OR



15-18 oz

16 oz

15-16 oz cans

Buying Peanut Butter If you choose peanut butter, 1 container listed on the WIC benefits = 15-18 oz jar peanut butter. Buying an 18 oz jar will allow you to maximize your benefits.

BUY

Must Be These Brands and Types:

Brand	Sizes	Type	Refrigerated or Not
8th Continent	half gallon	Original	Refrigerated
			
Pacific Ultra	32 oz (quart)	Original	Non-refrigerated only
			
Silk	32 oz (quart), half gallon, or twin pack (2 half-gallon)	Original	Refrigerated OR Non-refrigerated
			
Bettergoods	half gallon	Original	Refrigerated
			

DON'T BUY

Other non-dairy beverages like almond, coconut, hemp, or rice milk
 Blends or creamers
 8th Continent Complete
 8th Continent Light
 Pacific organic Unsweetened
 Pacific Select
 Silk Vanilla/Very Vanilla/Chocolate

Silk DHA Omega-3
 Silk Light Original/Vanilla/Chocolate
 Silk Organic Original/Vanilla
 WestSoy, West life

SHOPPING TIP

2 qts = 1 half gallon
 4 qts = 1 gallon
 2 half gallons = 1 gallon



BUY

Must Be

8 oz or 16 oz containers only

You Can Choose

Whole, cubed, or sliced

Non organic or organic

Extra/super firm

Firm

Medium firm

Soft

Silken

WIC-approved tofu meets specific nutritional criteria. We make sure our tofu contains 100 mg of calcium per 100 grams of tofu.



DON'T BUY

With added flavors, foods, or spices

Baked

Dessert tofu

Fried

Non refrigerated



You Can Choose

- Brown Rice
- Oatmeal
- Soft Tortillas
- Whole Wheat Pasta
- Whole Wheat Bread
- Whole Wheat Hamburger and Hot Dog Buns

NEW! As of January 2025, Washington WIC has expanded sizing options for many whole grains. Maximizing your full whole grain benefit may take some extra planning.

To make sure you use all of your whole grain benefits, see the handout, [“Tips for Using Your Whole Grain Benefit.”](#)

16 OZ MONTHLY BENEFIT

CHOOSE ONLY ONE

12 oz

Whole Wheat Hamburger Buns

14 oz

Brown Rice, instant

Whole Wheat Hamburger Buns

16 oz

Brown Rice

Oatmeal

Soft Tortillas

Whole Wheat Pasta

Whole Wheat Bread

Whole Wheat Hamburger Buns

Whole Wheat Hot Dog Buns

SHOPPING TIP

Depending on your monthly benefit amount, purchasing certain package sizes may leave you with unused benefits.

For example, if you have a 16 oz monthly benefit, purchasing a 14 oz package will leave you with 2 oz of unused whole grain benefits. If you have a 32 oz monthly benefit, purchasing a 26 oz package will leave you with 6 oz of unused whole grain benefits.

32 OZ OR MORE MONTHLY BENEFIT

CHOOSE A COMBINATION OF

12 oz

Whole Wheat Hamburger Buns

14 oz

Brown Rice, instant

Whole Wheat Hamburger Buns

16 oz

Brown Rice

Oatmeal

Soft Tortillas

Whole Wheat Pasta

Whole Wheat Bread

Whole Wheat Hamburger Buns

Whole Wheat Hot Dog Buns

18 oz

Oatmeal

24 oz

Oatmeal

Whole Wheat Bread

32 oz

Brown Rice

Oatmeal

Note: The above lists of whole grain package sizes does not include all WIC-approved package size options.





WHOLE GRAIN CHOICES

BROWN RICE

BUY

You Can Choose

- Any brand
- Bags or boxes
- Gluten free
- Instant or regular
- Non-organic or organic
- Types: Extra-long, long, medium, or short grain
- Any package up to 48 oz



DON'T BUY

- With added flavors, foods, or spices
- Basmati
- Black
- Bulk (sold by weight)
- Boil-in-Bag
- Chia seeds
- Farro
- Grits
- Individual serving size packets
- Jasmine
- Mahogany
- Mixed rice
- Quinoa
- Red
- Sprouted or germinated
- White
- Wild

OATMEAL

BUY

You Can Choose

- Any brand
- Bags, boxes, or cardboard cylinders
- Gluten free
- Instant or quick
- Non-organic or organic
- Old-fashioned, regular, or steel cut
- Any package up to 48 oz



DON'T BUY

- With added flavors, foods, or spices
- Boxes with individual packets
- Bulk (sold by weight)
- Granola
- Grits
- Individual serving size packets
- Metal cylinders
- Quinoa

SHOPPING TIP

Ounces (oz) on the package will be subtracted from your benefit total. To make sure you get all of your whole grain benefits, please see page 33 of this guide and the handout, ["Tips for Using Your Whole Grain Benefit."](#)

Note: If you have 16 oz monthly benefits and choose the 14 oz instant brown rice, you will have 2 oz of benefits that you will be unable to use.



SOFT TORTILLAS

BUY

Must Be

- Whole wheat tortillas
- OR
- Plain, soft white, or yellow corn tortillas

You Can Choose

- Any package up to 48 oz
- Corn or corn masa soft tortillas
- Whole wheat soft tortillas
- Low sodium
- Non organic or organic

WIC-approved tortillas meet specific nutritional criteria.

We make sure our tortillas are whole grain:

- Our whole wheat tortillas are made with 100% whole wheat flour. (“Whole wheat flour” is the only flour listed in the ingredient list.)
- Our corn tortillas are made from ground masa flour (corn flour).



DON'T BUY

- With added flavors, foods, or spices
- 96% whole wheat
- Chips, taco salad bowls, taco shells, tostada, or any other hard tortillas
- Low carb or carb balance
- Mixed-grain tortillas, such as corn and wheat together
- Red corn
- Reduced fat, or fat-free tortillas
- Sprouted or germinated
- Store-made
- Tortillas with “light” or “lite” on the label
- Wraps

SHOPPING TIP

Ounces (oz) on the package will be subtracted from your benefit total. To make sure you get all of your whole grain benefits, please see page 33 of this guide and the handout, [“Tips for Using Your Whole Grain Benefit.”](#)



WHOLE WHEAT PASTA

BUY

Must Be

Made from whole wheat or whole durum wheat

You Can Choose

Any package up to 48 oz

Bags or boxes

Any type

Non organic or organic

WIC-approved pastas meet specific nutritional criteria.

We make sure our pastas are:

- Made from whole wheat flour and/or whole durum flour. (“Whole wheat flour” and/or “whole durum wheat flour” are the only flours listed in the ingredients list.)
- Free of added sugars, fats, oils, foods, seasonings, or salts



BUY

Here are some examples of types:

Angel hair	Penne
Bows	Rigate
Egg noodles	Rotini
Elbow	Shell
Fettuccine	Spaghetti
Fusilli	Spirals
Lasagna	Vermicelli
Linguine	Ziti
Macaroni	

DON'T BUY

- With added flavors, foods, or seasonings
- 51% whole grain or whole wheat
- Buckwheat
- Bulk (sold by weight)
- Fresh
- Gluten free
- Mixed grain
- Multi-colored
- No boil, no drain
- Refrigerated
- Rice pasta
- Semolina
- Sprouted or germinated
- Vegetable

SHOPPING TIP

Ounces (oz) on the package will be subtracted from your benefit total. To make sure you get all of your whole grain benefits, please see page 33 of this guide and the handout, [“Tips for Using Your Whole Grain Benefit.”](#)

WHOLE WHEAT BREAD

BUY

Must Be

Whole wheat or whole grain

You Can Choose

Any brand

Any package up to 48 oz

Loaf and sliced

Low sodium

Non organic or organic

Sugar free

WIC-approved breads meet specific nutritional criteria.

We make sure our breads:

- Are labeled “100% whole wheat” **and/or**
- Contain at least 50% whole grains by weight

Examples of whole grains include: whole wheat flour, whole oat flour, whole cornmeal, whole millet.



SHOPPING TIP

Ounces (oz) on the package will be subtracted from your benefit total. To make sure you get all of your whole grain benefits, please see page 33 of this guide and the handout, [“Tips for Using Your Whole Grain Benefit.”](#)

DON'T BUY

With added flavors, foods, or spices

Artisan or gourmet (bread baked in small batches)

Breads not wrapped in plastic

Breads with “light” or “lite” on the label

Bagels

Cracked wheat

English muffins

Extra fiber

French

Frozen or refrigerated dough

Gluten free

Sourdough

Sprouted or germinated

Store-made

Uncooked bread mixes

Un sliced

SHOPPING TIP

Here is an example of what the ingredient list might look like for an approved whole grain bread. The first grain ingredient is a “whole” grain.

INGREDIENTS: WHOLE WHEAT FLOUR, WATER, YEAST, BROWN SUGAR, VITAL



INGREDIENTS: WHOLE WHEAT FLOUR, WATER, YEAST, BROWN SUGAR, VITAL WHEAT GLUTEN, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SALT, DOUGH CONDITIONERS (SODIUM STEAROYL LACTYLATE, CALCIUM STEAROYL LACTYLATE, MONO- AND DIGLYCERIDES, CALCIUM PEROXIDE, CALCIUM IODATE, DATEM, ENZYMES, ASCORBIC ACID), SOYBEAN OIL, VINEGAR, CULTURED WHEAT FLOUR, MONOCALCIUM PHOSPHATE, CITRIC ACID, SODIUM CITRATE, SOY LECITHIN, NATAMYCIN (TO RETARD SPOILAGE), CONTAINS WHEAT AND SOY.



WHOLE WHEAT HAMBURGER AND HOT DOG BUNS

BUY

Must Be

Whole wheat or whole grain

You Can Choose

Any brand

Any package up to 48 oz

Non organic or organic

Topped with seeds

WIC-approved buns meet specific nutritional criteria.

We make sure our hamburger and hot dog buns:

- Are labeled “100% whole wheat” and/or
- Contain at least 50% whole grains by weight

Examples of whole grains include: whole wheat flour, whole oat flour, whole cornmeal, whole millet.



DON'T BUY

With added flavors or spices

Artisan or gourmet buns (baked in small batches)

Buns not wrapped in plastic

Buns with “light” or “lite” on the label

Bagels

English muffins

Extra fiber

Dinner, French, or hoagie buns or rolls

Frozen or refrigerated dough

Gluten free

Sourdough

Sprouted or germinated

Store-made

SHOPPING TIPS

See page 37 for a sample of what the ingredient list will look like for whole grain buns.

Ounces (oz) on the package will be subtracted from your benefit total. To make sure you get all of your whole grain benefits, please see page 33 of this guide and the handout, [“Tips for Using Your Whole Grain Benefit.”](#)



WASHINGTON STATE DEPARTMENT OF HEALTH
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