WASHINGTON SHOPPING GUIDE

UPDATED OCTOBER 2021
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PLAN AHEAD BEFORE YOU SHOP

Check to see what foods are available on your WIC benefits:

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

  Benefit Month
  
  First day to spend: 12/26/2019 thru 1/25/2020
  Last day to spend

  OR

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

  Available WIC Benefits
  Jul 30 2019 - Aug 29 2019
  Updated on Jul 30 @ 3:02:02 pm

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 for Tillamook to see if it’s an allowed WIC item.
  » You’ll see all Tillamook cheeses that are WIC allowed 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.
USE YOUR WIC TOOLS WHILE YOU SHOP

The WIC Shopping Guide
• Use the 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 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.

Important! The app can’t recognize 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 the 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:
- Know 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.

You can receive in-store or manufacturer specials, such as:
- Buy one, get one free
- Manufacturer promotions
- Store loyalty card benefits
- 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 wants to make sure you get all of your food benefits. For this reason, WIC can only allow specific food package sizes. See allowed package sizes under “Must Be.” In some cases, it’s not always easy to know if a food package is the right size.

For example on page 25, WIC allows gallons, half gallons, and quarts of milk. At first glance, this may seem easy to understand. That is until you realize some new milk brands aren’t using the standard size. For example, a half gallon of milk must have 64 oz in it to be WIC allowed. Yet some new brands only contain 54 oz of milk.

The WICShopper app can help quickly check if an item is allowed. The table below notes standard package sizes WIC must use when approving foods.

### STANDARD FOOD PACKAGE SIZES AND ABBREVIATIONS

<table>
<thead>
<tr>
<th>Liquid Food Package</th>
<th>Ounces (oz)</th>
<th>Liter (L) or Milliliter (ml)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Quart</td>
<td>32 oz</td>
<td>946 ml</td>
</tr>
<tr>
<td>Half (1/2) Gallon</td>
<td>64 oz</td>
<td>1.89 L</td>
</tr>
<tr>
<td>1 Gallon</td>
<td>128 oz</td>
<td>3.78 L</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Solid Food Package</th>
<th>Ounces (oz)</th>
<th>Grams (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Half (1/2) Pound</td>
<td>8 oz</td>
<td>226 g</td>
</tr>
<tr>
<td>1 Pound (lb)</td>
<td>16 oz</td>
<td>453 g</td>
</tr>
<tr>
<td>2 Pounds (lbs)</td>
<td>32 oz</td>
<td>907 g</td>
</tr>
</tbody>
</table>
AT STORE CHECKOUT

Separate WIC foods from other items you’re buying:

- This helps in case a food item isn’t covered by WIC Card as expected. You will 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.

Swipe your WIC Card and enter your PIN:

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

WIC RECEIPTS

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

- 256.00 OZ is 256 ounces
- 16.00 $$$ is $16.00 worth
- 3.00 CTR is 3 containers

This section lists the foods you just bought.

This section lists your remaining balance. These are the WIC foods you have left to buy this month.

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
  - **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:

<table>
<thead>
<tr>
<th>Benefit Month</th>
<th>Serial Number</th>
<th>Quantity</th>
<th>UOM</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>8/5/2021 thru 9/4/2021</td>
<td>998833</td>
<td>$11.00</td>
<td>$$$</td>
<td>Fruit and Vegetables – Cash Value Voucher</td>
</tr>
<tr>
<td></td>
<td>998833</td>
<td>16</td>
<td>Ounce</td>
<td>Whole Wheat Bread or Whole Grains</td>
</tr>
<tr>
<td></td>
<td>998833</td>
<td>2</td>
<td>Dozen</td>
<td>Eggs – all WIC</td>
</tr>
<tr>
<td></td>
<td>998833</td>
<td>2</td>
<td>CTNR</td>
<td>Peanut Butter/Beans All WIC</td>
</tr>
<tr>
<td></td>
<td>998833</td>
<td>6</td>
<td>Gallon</td>
<td>Milk or Soy(1% &amp; Nonfat) All WIC – Cow, Goat, Soy</td>
</tr>
</tbody>
</table>

### Store Receipt:

```
WIC EBT Benefit Balance Receipt
Date: 8/10/2021 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 9/04/2021
*** 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, 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. Let WIC know if this happens.
- 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 category (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 could send us a link.

NOTE

If you scanned any of the food items with your WICShopper app, it will be stored in your app under Key Enter UPC.
## BABY CEREAL

<table>
<thead>
<tr>
<th>**</th>
<th><strong>BUY</strong></th>
<th><strong>DON’T BUY</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Must Be</td>
<td>8 oz or 16 oz&lt;br&gt;Dry</td>
<td>With added:&lt;br&gt;- Flavors, fruit, or formula&lt;br&gt;- Prebiotics, probiotics, or DHA&lt;br&gt;- Cans, jars, or pouches&lt;br&gt;- Rice cereal&lt;br&gt;- Single-serve or individual packets</td>
</tr>
<tr>
<td>These brands:</td>
<td>Beech-Nut&lt;br&gt;Beech-Nut Organic&lt;br&gt;Earth’s Best Organic&lt;br&gt;Gerber&lt;br&gt;Gerber Organic</td>
<td></td>
</tr>
<tr>
<td>You Can Choose</td>
<td>Barley, multigrain, oatmeal, and whole wheat</td>
<td></td>
</tr>
</tbody>
</table>

## BABY FOOD – FRUITS AND VEGETABLES

<table>
<thead>
<tr>
<th>**</th>
<th><strong>BUY</strong></th>
<th><strong>DON’T BUY</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Must Be</td>
<td>Stage 1 or 2&lt;br&gt;Plain fruit and vegetable only&lt;br&gt;Sizes:&lt;br&gt;- 4 oz glass jars/plastic containers&lt;br&gt;- 2 oz plastic containers in double packs (4 oz total)&lt;br&gt;- 4 oz plastic containers in double packs (8 oz total)</td>
<td>With added:&lt;br&gt;- Cereal/grains - granola, oats, rice, or noodles&lt;br&gt;- Spices e.g. cinnamon&lt;br&gt;- Meats&lt;br&gt;- Flavors or sugars&lt;br&gt;- Pouches&lt;br&gt;- Stage 3</td>
</tr>
<tr>
<td>These brands:</td>
<td>Beech-Nut&lt;br&gt;Beech-Nut Organic&lt;br&gt;Earth’s Best Organic&lt;br&gt;Gerber&lt;br&gt;Gerber Organic&lt;br&gt;Happy Baby Organic&lt;br&gt;O Organics&lt;br&gt;Tippy Toes&lt;br&gt;Tippy Toes Organic&lt;br&gt;Wild Harvest Organic</td>
<td></td>
</tr>
<tr>
<td>You Can Choose</td>
<td>Any combination of fruits and vegetables</td>
<td></td>
</tr>
</tbody>
</table>

**SHOPPING TIP**

When buying baby food fruits and vegetables, a 2-pack is counted as 2 containers.
Look for this symbol throughout the guide if you are mostly breastfeeding. The more you breastfeed, the more WIC foods you get. 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.

### BABY FOOD – MEATS

<table>
<thead>
<tr>
<th>BUY</th>
<th>DON’T BUY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Must Be</strong></td>
<td>With added:</td>
</tr>
<tr>
<td>Stage 1 or 2</td>
<td>Flavors, sugars, or spices</td>
</tr>
<tr>
<td>2.5 oz glass jars</td>
<td>Cereals, grains, or noodles</td>
</tr>
<tr>
<td><strong>These brands:</strong></td>
<td>Fruits or vegetables</td>
</tr>
<tr>
<td>Beech-Nut</td>
<td>Meat sticks</td>
</tr>
<tr>
<td>Gerber</td>
<td>Dinners</td>
</tr>
<tr>
<td>O Organics</td>
<td>Stage 3</td>
</tr>
<tr>
<td>Tippy Toes</td>
<td></td>
</tr>
<tr>
<td>Tippy Toes Organic</td>
<td></td>
</tr>
<tr>
<td>Wild Harvest Organic</td>
<td></td>
</tr>
<tr>
<td><strong>You Can Choose</strong></td>
<td></td>
</tr>
<tr>
<td>Any variety</td>
<td></td>
</tr>
<tr>
<td>Single meat</td>
<td></td>
</tr>
<tr>
<td>With broth or gravy</td>
<td></td>
</tr>
</tbody>
</table>

### FORMULA

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

- Look for this symbol throughout the guide if you are mostly breastfeeding. The more you breastfeed, the more WIC foods you get. 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.
**BEANS – CANNED**

**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 =**

- 16 oz
- 16 oz
- 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

<table>
<thead>
<tr>
<th>BUY</th>
<th>DON’T BUY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Must Be</strong></td>
<td>With added flavors or spices</td>
</tr>
<tr>
<td>16 oz bag</td>
<td>Boxes</td>
</tr>
<tr>
<td><strong>You Can Choose</strong></td>
<td>Barley</td>
</tr>
<tr>
<td>Any brand</td>
<td>Bean and rice mix</td>
</tr>
<tr>
<td>Any variety</td>
<td>Bulk (sold by weight)</td>
</tr>
<tr>
<td>Non organic or organic</td>
<td>Chia seeds</td>
</tr>
<tr>
<td></td>
<td>Coffee beans</td>
</tr>
<tr>
<td></td>
<td>Dried refried beans</td>
</tr>
<tr>
<td></td>
<td>Farro</td>
</tr>
<tr>
<td></td>
<td>Frozen</td>
</tr>
<tr>
<td></td>
<td>Green beans</td>
</tr>
<tr>
<td></td>
<td>Heirloom</td>
</tr>
<tr>
<td></td>
<td>Quinoa</td>
</tr>
<tr>
<td></td>
<td>Sprouted or germinated</td>
</tr>
<tr>
<td></td>
<td>Soup or soup mix</td>
</tr>
</tbody>
</table>

**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 – COLD

#### BUY

<table>
<thead>
<tr>
<th>Must Be</th>
<th>Frosted Mini Wheats BS Blueberry, or Strawberry</th>
</tr>
</thead>
<tbody>
<tr>
<td>9, 11, 11.8, 12, 12.7, 14, 14.3, 14.5, 15, 15.2, 15.5, 16, 18, 20, 20.5, 21, 21.5, 22, 24, or 36 oz</td>
<td>Rice Krispies (Plain)</td>
</tr>
<tr>
<td>Only these brands and types:</td>
<td>Special K Protein Original (W) or Honey Almond Ancient Grain (W)</td>
</tr>
<tr>
<td>W = whole grain cereals</td>
<td></td>
</tr>
</tbody>
</table>

### Essential Everyday
- Corn Flakes
- Crispy Rice
- Crunchy Corn Squares
- Crunchy Oat Square
- Crunchy Rice Squares
- Crunchy Wheat Squares (W)
- Oats More w/ Honey
- Tasteeos (W)

### Food Club
- Corn Flakes
- Corn Squares
- Crisp Rice
- Frosted Shredded Wheat, Bite Size, or Strawberry (all W)
- Honey & Oats with Almonds
- Honey & Oats with Oat Clusters
- Rice Squares
- Toasted Oats (W)
- Twin Grain Crisps
- Wheat Squares (W)

### General Mills
- Cheerios: Plain (W), Multigrain (W)
- Chex (all W): Blueberry, Cinnamon, Corn, Rice, or Wheat
- Kix: Berry Berry, Honey (W), or (Plain) (W)
- Whole Grain Total (W)

### Great Value
- Corn Squares
- Rice Squares

### Kelloggs
- All-Bran Complete Wheat Bran Flakes (W)
- Corn Flakes
- Crispix
- Frosted Little Bites or Mini Wheats Original (W)

### DON’T BUY

Bags or Cylinders

### SHOPPING TIP

You can choose a combination of breakfast cereals up to the amount of ounces (oz) listed in your WIC Benefits. See page 12 for examples.
# Breakfast Cereal - Hot

## Buy

### Must Be

- 9, 11, 11.8, 12, 12.7, 14, 14.3, 14.5, 15, 15.2, 15.5, 16, 18, 20, 20.5, 21, 21.5, 21.7, 22, 24, or 36 oz

### Only these brands and types:

- **W** = whole grain cereals

#### Oatmeal

- Essential Everyday Oatmeal Instant Original 12 packets (**W**)
- Food Club Oatmeal Instant Original 12 packets (**W**)
- Great Value Instant Oatmeal Regular 12 packets (**W**)
- IGA Oatmeal Instant Original 12 packets (**W**)
- Kroger Oatmeal Instant Original 12 packets (**W**)
- Quaker Oatmeal Instant Original 12 packets (**W**)
- Signature Select Oatmeal Instant Original 12 packets (**W**)

#### Rice

- Cream of Rice
- Cream of Rice Instant

#### Wheat

- Cream of Wheat (Instant or 2½ minute)
- Cream of Wheat Whole Grain (Instant or 2½ minute) (**W**)
- Malt O Meal Original

## Don’t Buy

- Bags
- Cylinders

## Shopping Tip

Most hot cereals come in 11.8, 12, 14, 18, and 36 oz sizes.

### 36 oz Combinations:

| 9 + 9 + 9 + 9 | 14.5 + 21.5 |
| 11 + 11 + 14 | 15 + 21 |
| 11 + 9 + 16 | 15.5 + 20.5 |
| 11.8 + 9 + 15.2 | 16 + 20 |
| 12.7 + 9 + 14.3 | 24 + 12 |
| 14 + 22 | 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:
- Kosher or non-Kosher
- 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
Calcium and/or Vitamin D fortified
Fat free, low fat, and reduced fat
Part skim or whole
Reduced sodium
These types:
- Block or bar of cheese
- Shredded and grated cheese
- String or cheese sticks
This includes:
- All allowed cheese types or any combination of allowed cheese types

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
# EGGS

## 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

## 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
- Omega 3
- Pasteurized
- Reduced saturated fat
### BUY

**Must Be**

**Canned:**
- Chunk light tuna in water (net wt, not drained wt): 5 oz, 6 oz, and 4-pack of 5 oz cans (20 oz total)
- Pink salmon: 5 oz, 6 oz, 7.5 oz and 14.75 oz*
- Sardines in water: 3.75 oz or 4.25 oz

**Pouches:**
- All allowed types of fish above in 2.5 oz sizes

**You Can Choose**

- Any brand
- Boneless
- Can, foil bags, or pouches
- Low sodium
- No added salt
- Skinless
- Wild caught

*Note: If you choose the 14.75 oz salmon you will have 1 oz of benefits that you won’t be able to use.

### DON’T BUY

- With added flavors, foods, or spices
- Albacore tuna
- Brisling sardines
- Dried
- Fillet
- Fresh
- Frozen
- Glass
- Jack Mackerel
- Organic
- Red salmon
- Smoked
- Snack packs
- Solid or chunk white tuna
- Tongol tuna
- Yellowfin tuna

### SHOPPING TIP

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**
  - 5 oz + 5 oz + 5 oz = 15 oz
  - 14.75 oz = 14.75 oz
  - = 29.75 oz

- = 30 oz
# FRUITS / VEGETABLES – 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
- Non organic or organic

## DON’T BUY

**With added:**
- Dips, dressings, fats, oils, or sauces
- Flavors, foods, herbs, nuts, or spices
- Dried fruits or vegetables
- Edible blossoms of flowers
- Fruit baskets
- Party trays or platters with or without dips
- Salad bar items
- Sugar cane

**Herbs, or spices such as:**
- Aloe vera, anise, banana leaves, basil, bay leaves, caraway, chervil, chives, cilantro, corn husk, dill, fenugreek, lemongrass, lime leaves, marjoram, mint, oregano, parsley, rosemary, sage, savory, tarragon, thyme, vanilla beans, or wheatgrass

**Ornamental or decorative items such as:**
- Dried chili peppers, garlic on a string, gourds, carved or painted pumpkins

---

**SHOPPING TIP**
You can buy a combination of 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.
### FRUITS / VEGETABLES – FROZEN

<table>
<thead>
<tr>
<th>BUY</th>
<th>DON’T BUY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>You Can Choose</strong></td>
<td><strong>With added:</strong></td>
</tr>
<tr>
<td>Any size bag, box, or steamer pouch</td>
<td>Fats, oils, salts, seasonings, spices, sugars or sauces</td>
</tr>
<tr>
<td>Any brand</td>
<td>Meats, noodles, nuts, pasta, rice, or grains</td>
</tr>
<tr>
<td>Non organic or organic</td>
<td>Battered or breaded</td>
</tr>
<tr>
<td>Frozen beans are OK (such as: black-eyed peas, edamame, garbanzo, and lima beans)</td>
<td>Creamed</td>
</tr>
<tr>
<td></td>
<td>Deli items</td>
</tr>
<tr>
<td></td>
<td>Dried fruits, vegetables, or fruit leather</td>
</tr>
<tr>
<td></td>
<td>French fries</td>
</tr>
<tr>
<td></td>
<td>Hash browns</td>
</tr>
<tr>
<td></td>
<td>Mashed potatoes, Potatoes O’Brien, Tater Tots®</td>
</tr>
</tbody>
</table>

### SHOPPING TIP

You can buy a combination of 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**

<table>
<thead>
<tr>
<th>Must Be</th>
</tr>
</thead>
<tbody>
<tr>
<td>46 oz cans or plastic bottles</td>
</tr>
<tr>
<td>Non-refrigerated only</td>
</tr>
<tr>
<td>Only these brands and types</td>
</tr>
</tbody>
</table>

**Tomato**
- Campbell's
- Food Club
- Haggen
- Kroger

**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
APPLE  ONLY THESE BRANDS

GRAPE OR WHITE GRAPE  ONLY THESE BRANDS

GRAPEFRUIT / ORANGE  ANY BRAND

PINEAPPLE  ONLY THESE BRANDS

MIXED FRUIT  ONLY THESE BRANDS
### Buy

#### Must Be
- 11.5 or 12 oz frozen
- Only these brands and types

#### Apple
- Essential Everyday
- Food Club
- Great Value
- IGA
- Kroger
- Langers
- Old Orchard
- Signature Select
- Tree Top

#### 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
  - Berry Blend

### Buy

- 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
NON-REFRIGERATED ONLY

APPLE: ONLY THESE BRANDS AND TYPES

GRAPE, RED GRAPE, OR WHITE GRAPE: ONLY THESE BRANDS AND TYPES

ORANGE: ANY BRAND

PINEAPPLE: ONLY THESE BRANDS AND TYPES
<table>
<thead>
<tr>
<th>BUY</th>
<th>BUY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Must Be</strong></td>
<td><strong>Orange Juice</strong></td>
</tr>
<tr>
<td>64 oz plastic bottles</td>
<td>100% orange juice</td>
</tr>
<tr>
<td>Non-refrigerated only</td>
<td>Shelf stable/Not refrigerated</td>
</tr>
<tr>
<td>Only these brands and types</td>
<td>Any brand</td>
</tr>
<tr>
<td><strong>Apple</strong></td>
<td><strong>Some examples:</strong></td>
</tr>
<tr>
<td>Essential Everyday</td>
<td>Essential Everyday</td>
</tr>
<tr>
<td>Food Club</td>
<td>Food Club</td>
</tr>
<tr>
<td>Great Value</td>
<td>Golden Crown</td>
</tr>
<tr>
<td>Haggen</td>
<td>Juicy Juice</td>
</tr>
<tr>
<td>IGA</td>
<td>Langers</td>
</tr>
<tr>
<td>Juicy Juice</td>
<td>Old Orchard</td>
</tr>
<tr>
<td>Kroger</td>
<td>Signature Select</td>
</tr>
<tr>
<td>Langers</td>
<td>Tropicana</td>
</tr>
<tr>
<td>Old Orchard</td>
<td>Signature Select</td>
</tr>
<tr>
<td>Signature Select</td>
<td>Tree Top</td>
</tr>
<tr>
<td><strong>Grape, Red Grape, or White Grape</strong></td>
<td><strong>DON’T BUY</strong></td>
</tr>
<tr>
<td>Essential Everyday</td>
<td>Cartons or glass bottles</td>
</tr>
<tr>
<td>Food Club</td>
<td>Cider</td>
</tr>
<tr>
<td>Great Value</td>
<td>Cocktail</td>
</tr>
<tr>
<td>Haggen</td>
<td>Frozen</td>
</tr>
<tr>
<td>IGA</td>
<td>Lemon</td>
</tr>
<tr>
<td>Juicy Juice</td>
<td>Lemonade</td>
</tr>
<tr>
<td>Kroger</td>
<td>Lime</td>
</tr>
<tr>
<td>Langers</td>
<td>Limeade</td>
</tr>
<tr>
<td>Old Orchard</td>
<td>Organic</td>
</tr>
<tr>
<td>Signature Select</td>
<td>Punch not 100% Juice</td>
</tr>
<tr>
<td>Welch's</td>
<td>Refrigerated</td>
</tr>
<tr>
<td><strong>Pineapple</strong></td>
<td>Unfiltered</td>
</tr>
<tr>
<td>Essential Everyday</td>
<td></td>
</tr>
<tr>
<td>Food Club</td>
<td></td>
</tr>
<tr>
<td>Kroger</td>
<td></td>
</tr>
<tr>
<td>Langers</td>
<td></td>
</tr>
<tr>
<td>Old Orchard</td>
<td></td>
</tr>
<tr>
<td>Signature Select</td>
<td></td>
</tr>
</tbody>
</table>

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

NON-REFRIGERATED ONLY

MIXED FRUIT ONLY THESE BRANDS

[Images of various juice bottles and packages showing different fruit blends]
<table>
<thead>
<tr>
<th>BUY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Must Be</strong></td>
</tr>
<tr>
<td>64 oz plastic bottles</td>
</tr>
<tr>
<td>Non-refrigerated only</td>
</tr>
<tr>
<td>Only these brands and types</td>
</tr>
<tr>
<td><strong>Essential Everyday</strong></td>
</tr>
<tr>
<td>Berry</td>
</tr>
<tr>
<td>Cherry</td>
</tr>
<tr>
<td>Cranberry</td>
</tr>
<tr>
<td>Cranberry Raspberry</td>
</tr>
<tr>
<td>Grape Blend</td>
</tr>
<tr>
<td>100% Juice Punch</td>
</tr>
<tr>
<td><strong>Food Club</strong></td>
</tr>
<tr>
<td>Cranberry Raspberry</td>
</tr>
<tr>
<td><strong>Great Value</strong></td>
</tr>
<tr>
<td>Cranberry Blend</td>
</tr>
<tr>
<td>Cranberry Grape</td>
</tr>
<tr>
<td>Cranberry Pomegranate</td>
</tr>
<tr>
<td>White Grape and Peach</td>
</tr>
<tr>
<td><strong>Haggen</strong></td>
</tr>
<tr>
<td>Cranberry</td>
</tr>
<tr>
<td>Cranberry Raspberry</td>
</tr>
<tr>
<td><strong>Juicy Juice</strong></td>
</tr>
<tr>
<td>Apple Raspberry</td>
</tr>
<tr>
<td>Berry</td>
</tr>
<tr>
<td>Cherry</td>
</tr>
<tr>
<td>Cranberry Apple</td>
</tr>
<tr>
<td>Fruit Punch</td>
</tr>
<tr>
<td>Kiwi Strawberry</td>
</tr>
<tr>
<td>Mango</td>
</tr>
<tr>
<td>Orange Tangerine</td>
</tr>
<tr>
<td>Passion Dragonfruit</td>
</tr>
<tr>
<td>Peach Apple</td>
</tr>
<tr>
<td>Strawberry Banana</td>
</tr>
<tr>
<td>Strawberry Watermelon</td>
</tr>
<tr>
<td>Tropical</td>
</tr>
<tr>
<td><strong>Kroger</strong></td>
</tr>
<tr>
<td>Cranberry</td>
</tr>
<tr>
<td>White Grape Peach</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>BUY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Langers</strong></td>
</tr>
<tr>
<td>Apple Berry Cherry</td>
</tr>
<tr>
<td>Apple Cranberry</td>
</tr>
<tr>
<td>Apple Grape</td>
</tr>
<tr>
<td>Apple Kiwi Strawberry</td>
</tr>
<tr>
<td>Apple Orange Pineapple</td>
</tr>
<tr>
<td>Apple Peach Mango</td>
</tr>
<tr>
<td>Cranberry Grape Plus</td>
</tr>
<tr>
<td>Cranberry Plus</td>
</tr>
<tr>
<td>Cranberry Raspberry Plus</td>
</tr>
<tr>
<td><strong>Old Orchard</strong></td>
</tr>
<tr>
<td>Acai Pomegranate</td>
</tr>
<tr>
<td>Apple Cranberry</td>
</tr>
<tr>
<td>Berry Blend</td>
</tr>
<tr>
<td>Black Cherry Cranberry</td>
</tr>
<tr>
<td>Blueberry Pomegranate</td>
</tr>
<tr>
<td>Cherry Pomegranate</td>
</tr>
<tr>
<td>Cranberry Pomegranate</td>
</tr>
<tr>
<td>Kiwi Strawberry</td>
</tr>
<tr>
<td>Mango Tangerine</td>
</tr>
<tr>
<td>Peach Mango</td>
</tr>
<tr>
<td>Red Raspberry</td>
</tr>
<tr>
<td>Wild Cherry</td>
</tr>
<tr>
<td><strong>Signature Select</strong></td>
</tr>
<tr>
<td>Cranberry</td>
</tr>
<tr>
<td>Cranberry Grape</td>
</tr>
<tr>
<td>Cranberry Raspberry</td>
</tr>
<tr>
<td><strong>Tree Top</strong></td>
</tr>
<tr>
<td>Apple Berry</td>
</tr>
<tr>
<td>Apple Cranberry</td>
</tr>
<tr>
<td>Apple Grape</td>
</tr>
<tr>
<td>Orange Passionfruit</td>
</tr>
<tr>
<td>Pineapple Orange</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>DON’T BUY</th>
</tr>
</thead>
<tbody>
<tr>
<td>See page 22.</td>
</tr>
</tbody>
</table>
## MILK – COW MILK

### LIQUID

<table>
<thead>
<tr>
<th><strong>BUY</strong></th>
<th><strong>BUY</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Must Be</strong></td>
<td><strong>You Can Choose</strong></td>
</tr>
<tr>
<td>Only the milk fat type (nonfat: 0%, low fat: 1%, reduced fat: 2%, whole) listed on your WIC benefits</td>
<td>Any combination of gallons, half-gallons, and quarts up to the total amount of milk listed in your WIC benefits</td>
</tr>
<tr>
<td>Gallon, half-gallon, or quart size containers</td>
<td>Acidophilus</td>
</tr>
<tr>
<td>Plastic or paper containers</td>
<td>Any brand</td>
</tr>
<tr>
<td>Cow milk</td>
<td>Buttermilk</td>
</tr>
<tr>
<td>Homogenized</td>
<td>Calcium-fortified</td>
</tr>
<tr>
<td>Pasteurized</td>
<td>Kefir</td>
</tr>
<tr>
<td>Refrigerated</td>
<td>Kosher</td>
</tr>
<tr>
<td>Unflavored</td>
<td>Lactobacillus</td>
</tr>
<tr>
<td></td>
<td>Probiotics</td>
</tr>
<tr>
<td></td>
<td>Skim milk with added thickeners (Creamy Fat Free, Skim Supreme)</td>
</tr>
</tbody>
</table>

### SHOPPING TIP

Some milks aren’t allowed since they come in the wrong container type or size. For example, fairlife® and a2 Milk® are not the right size (59oz). Also, milk in glass containers aren’t allowed (see page 26).

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

<table>
<thead>
<tr>
<th><strong>BUY</strong></th>
<th><strong>BUY</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Must Be</strong></td>
<td><strong>You Can Choose</strong></td>
</tr>
<tr>
<td>Only the milk fat type (nonfat: 0%, low fat: 1%, reduced fat: 2%, whole) listed on your WIC benefits</td>
<td>Any brand</td>
</tr>
<tr>
<td>12 oz can</td>
<td>Calcium-fortified</td>
</tr>
<tr>
<td>Cow milk</td>
<td>Kosher</td>
</tr>
<tr>
<td>Homogenized</td>
<td></td>
</tr>
<tr>
<td>Pasteurized</td>
<td></td>
</tr>
<tr>
<td>Unflavored</td>
<td></td>
</tr>
</tbody>
</table>

5 cans evaporated milk = 1 gallon

### SHOPPING TIP

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.
MILK – COW MILK

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

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

<table>
<thead>
<tr>
<th>Milk Fat</th>
<th>Size Printed on Container</th>
<th>Water Added Makes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nonfat</td>
<td>9.6 oz</td>
<td>3 Quarts</td>
</tr>
<tr>
<td>Nonfat</td>
<td>9.64 oz</td>
<td>3 Quarts</td>
</tr>
<tr>
<td>Nonfat</td>
<td>25.6 oz</td>
<td>8 Quarts</td>
</tr>
<tr>
<td>Nonfat</td>
<td>32 oz</td>
<td>10 Quarts</td>
</tr>
<tr>
<td>Nonfat</td>
<td>64 oz</td>
<td>20 Quarts</td>
</tr>
<tr>
<td>Whole</td>
<td>12.6 oz</td>
<td>3 Quarts</td>
</tr>
<tr>
<td>Whole</td>
<td>28.1 oz</td>
<td>7 Quarts</td>
</tr>
<tr>
<td>Whole</td>
<td>56.3 oz</td>
<td>13 Quarts</td>
</tr>
</tbody>
</table>

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
Organic
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 27 for goat milk information and 30 for soy beverage information.
**BUY**

**Must Be**
- Meyenberg brand only
- Only the milk fat type listed in your WIC benefits (low fat or whole)
- Homogenized
- Pasteurized
- Refrigerated
- Unflavored

Only **Dry** goat milk when whole fat milk is listed in your WIC benefits

### Dry Goat Milk Reconstitution

<table>
<thead>
<tr>
<th>Container Size</th>
<th>Water added makes</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 can</td>
<td>3 quarts of milk</td>
</tr>
<tr>
<td>2 cans</td>
<td>6 quarts of milk</td>
</tr>
<tr>
<td>3 cans</td>
<td>9 quarts of milk</td>
</tr>
<tr>
<td>4 cans</td>
<td>12 quarts of milk</td>
</tr>
<tr>
<td>12 oz pouch</td>
<td>3 quarts of milk</td>
</tr>
<tr>
<td>A box of 12 4-oz pouches</td>
<td>4 quarts of milk</td>
</tr>
</tbody>
</table>

**BUY**

Only **Evaporated** goat milk when whole fat milk is listed in your WIC benefits

![Meyenberg Goat Milk Can]

### whole milk benefits

5 cans evaporated milk = 1 gallon

**DON’T BUY**

Other goat milk brands

**SHOPPING TIPS**

Most participants have low fat/nonfat milk benefits. In this case, you can only get fluid goat milk and it isn’t always available at stores.

- 2 quarts = 1 half gallon
- 2 half gallons = 1 gallon
- 4 quarts = 1 gallon
# MILK – YOGURT

## 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
<table>
<thead>
<tr>
<th><strong>BUY</strong></th>
<th><strong>DON’T BUY</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Must Be</strong></td>
<td>Bulk (sold by weight)</td>
</tr>
<tr>
<td>16 oz jar</td>
<td>Freshly ground or grind-it-yourself</td>
</tr>
<tr>
<td><strong>You Can Choose</strong></td>
<td>Low carb peanut butter spread</td>
</tr>
<tr>
<td>Any brand</td>
<td>Low glycemic</td>
</tr>
<tr>
<td>Creamy or smooth</td>
<td>Other nuts or seed butters (e.g. almond, cashew, sesame)</td>
</tr>
<tr>
<td>Chunky or extra chunky</td>
<td>Omega 3</td>
</tr>
<tr>
<td>Crunchy or extra crunchy</td>
<td>Powdered</td>
</tr>
<tr>
<td>Low sodium</td>
<td>Roasted honey nut</td>
</tr>
<tr>
<td>Natural peanut butter</td>
<td>Single-serve</td>
</tr>
<tr>
<td>No stir or stir</td>
<td>Spreads</td>
</tr>
<tr>
<td>Regular or organic</td>
<td>“Squeeze It” tubes</td>
</tr>
<tr>
<td>Salted or unsalted</td>
<td>Valencia</td>
</tr>
<tr>
<td></td>
<td>With added:</td>
</tr>
<tr>
<td></td>
<td>Flavors, foods, or spices</td>
</tr>
<tr>
<td></td>
<td>Flax or safflower oil</td>
</tr>
<tr>
<td></td>
<td>Chocolate</td>
</tr>
<tr>
<td></td>
<td>Honey</td>
</tr>
<tr>
<td></td>
<td>Jelly</td>
</tr>
<tr>
<td></td>
<td>Marshmallows</td>
</tr>
</tbody>
</table>

**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 =

- **16 oz**
- **16 oz**
- **15–16 oz cans**

**Buying Peanut Butter** If you choose peanut butter, 1 container listed on the WIC benefits = 16 oz jar peanut butter.
### Must Be These Brands and Types:

<table>
<thead>
<tr>
<th>Brand</th>
<th>Sizes</th>
<th>Type</th>
<th>Refrigerated or Not</th>
</tr>
</thead>
<tbody>
<tr>
<td>8th Continent</td>
<td>half gallon or gallon</td>
<td>Original or Vanilla</td>
<td>Refrigerated</td>
</tr>
<tr>
<td>Great Value</td>
<td>half gallon</td>
<td>Original</td>
<td>Refrigerated</td>
</tr>
<tr>
<td>(Walmart brand)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pacific Ultra</td>
<td>32 oz (quart)</td>
<td>Original</td>
<td>Non-refrigerated</td>
</tr>
<tr>
<td>Silk</td>
<td>32 oz (quart), half gallon, or twin pack (2 half-gallon)</td>
<td>Original</td>
<td>Refrigerated OR Non-refrigerated only</td>
</tr>
<tr>
<td>West Soy Organic Plus</td>
<td>32 oz (quart)</td>
<td>Plain or Vanilla</td>
<td>Non-refrigerated only</td>
</tr>
</tbody>
</table>

### 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

### SHOPPING TIP

- 2 qts = 1 half gallon
- 4 qts = 1 gallon
- 2 half gallons = 1 gallon
## BUY

### Must Be
- 16 oz container only
- Calcium-set
- Refrigerated

### These brands and types:
- Azumaya Extra Firm
- Azumaya Firm
- Azumaya Silken
- House Foods Extra Firm
- House Foods Firm
- House Foods Medium Firm
- Nasoya Organic Silken
- Nasoya Organic Sprouted Super Firm
- O Organic Silken
- O Organic Sprouted Extra Firm

### You Can Choose
- Whole, cubed, or sliced
- Non organic or organic

## DON’T BUY

- With added flavors, foods, or spices
- Baked
- Dessert tofu
- Fried
- Non refrigerated
**WHOLE GRAIN CHOICES**

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

Below, you will see allowed food package sizes for each benefit package. Pages 33 to 35 will explain what’s allowed for each whole grain option.

To make sure you use all of your whole grain benefits, see the whole grain options below.

---

### 16 OZ MONTHLY BENEFIT

**CHOOSE ONLY ONE**

<table>
<thead>
<tr>
<th>14 oz</th>
<th>16 oz</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brown Rice, instant</td>
<td>Brown Rice</td>
</tr>
<tr>
<td>Oatmeal</td>
<td>Oatmeal</td>
</tr>
<tr>
<td>Soft Tortillas</td>
<td>Soft Tortillas</td>
</tr>
<tr>
<td>Whole Wheat Pasta</td>
<td>Whole Wheat Pasta</td>
</tr>
<tr>
<td>Whole Wheat Bread</td>
<td>Whole Wheat Bread</td>
</tr>
<tr>
<td>Whole Wheat Hamburger Buns</td>
<td>Whole Wheat Hamburger Buns</td>
</tr>
<tr>
<td>Whole Wheat Hot Dog Buns</td>
<td>Whole Wheat Hot Dog Buns</td>
</tr>
</tbody>
</table>

### 32 OZ MONTHLY BENEFIT

**CHOOSE ONLY ONE**

<table>
<thead>
<tr>
<th>32 oz</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brown Rice, instant</td>
</tr>
<tr>
<td>Brown Rice</td>
</tr>
<tr>
<td>Oatmeal</td>
</tr>
</tbody>
</table>

**OR**

**CHOOSE TWO**

<table>
<thead>
<tr>
<th>14 oz</th>
<th>16 oz</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brown Rice, instant</td>
<td>Brown Rice</td>
</tr>
<tr>
<td>Oatmeal</td>
<td>Oatmeal</td>
</tr>
<tr>
<td>Soft Tortillas</td>
<td>Soft Tortillas</td>
</tr>
<tr>
<td>Whole Wheat Pasta</td>
<td>Whole Wheat Pasta</td>
</tr>
<tr>
<td>Whole Wheat Bread</td>
<td>Whole Wheat Bread</td>
</tr>
<tr>
<td>Whole Wheat Hamburger Buns</td>
<td>Whole Wheat Hamburger Buns</td>
</tr>
<tr>
<td>Whole Wheat Hot Dog Buns</td>
<td>Whole Wheat Hot Dog Buns</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>18 oz*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oatmeal</td>
</tr>
</tbody>
</table>

*18 oz oatmeal can only be combined with 14 oz instant brown rice to equal 32 oz:*

$$14 \text{ oz} + 18 \text{ oz} = 32 \text{ oz}$$
### BROWN RICE

**BUY**

**Must Be**
- 16 oz of brown rice
- 14 oz instant brown rice only
- If benefits issued is more than 16 oz, you can also choose a 32 oz size

**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

**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**

**Must Be**
- 16 oz size only
- If benefits issued is more than 16 oz, you can also choose an 18 oz or 32 oz size.

**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

**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 options, please see the whole grain table on page 32.

**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.
# Whole Grain Choices

## Soft Tortillas

<table>
<thead>
<tr>
<th><strong>Buy</strong></th>
<th><strong>Don’t Buy</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Must Be</strong></td>
<td>With added flavors, foods, or spices</td>
</tr>
<tr>
<td>16 oz only</td>
<td>96% whole wheat</td>
</tr>
<tr>
<td><strong>Only these brands:</strong></td>
<td>Chips, taco salad bowls, taco shells, tostada, or any other hard tortillas</td>
</tr>
<tr>
<td>Celia’s</td>
<td>Low carb or carb balance</td>
</tr>
<tr>
<td>Essential Everyday</td>
<td>Mixed-grain tortillas, such as corn and wheat together</td>
</tr>
<tr>
<td>Don Pancho</td>
<td>Red corn</td>
</tr>
<tr>
<td>Great Value</td>
<td>Reduced fat, or fat-free tortillas</td>
</tr>
<tr>
<td>Guerrero</td>
<td>Sprouted or germinated</td>
</tr>
<tr>
<td>Kroger</td>
<td>Store-made</td>
</tr>
<tr>
<td>La Banderita</td>
<td>Tortillas with “light” or “lite” on the label</td>
</tr>
<tr>
<td>La Burrita</td>
<td>Wraps</td>
</tr>
<tr>
<td>Market Pantry</td>
<td></td>
</tr>
<tr>
<td>MiCasa</td>
<td></td>
</tr>
<tr>
<td>Mission</td>
<td></td>
</tr>
<tr>
<td>Ortega</td>
<td></td>
</tr>
<tr>
<td>Signature Select</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>You Can Choose</strong></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Corn or corn masa soft tortillas</td>
<td></td>
</tr>
<tr>
<td>Whole wheat soft tortillas</td>
<td></td>
</tr>
<tr>
<td>Low sodium</td>
<td></td>
</tr>
<tr>
<td>Non organic or organic</td>
<td></td>
</tr>
</tbody>
</table>

**Shopping Tip**

Ounces (oz) on the package will be subtracted from your benefit total. To make sure you get all of your whole grain options, please see the whole grain table on page 32.
## Whole Wheat Pasta

### Buy

<table>
<thead>
<tr>
<th>Must Be</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>16 oz only</td>
<td></td>
</tr>
</tbody>
</table>

**Only these brands:**

- Barilla
- Bella Terra
- DeLallo Organic
- Delverde Organic
- Essential Everyday
- Food Club
- Full Circle Organic
- Garofalo
- Gia Russa
- Good and Gather
- Great Value
- Hodgson Mill
- Kroger
- Natural Directions Organic
- O Organics
- Racconto
- Ronzoni Healthy Harvest
- Signature Select
- Simple Truth Organic
- Simply Balanced Organic
- WinCo

**You Can Choose**

- Bags or boxes
- Any type
- Non organic or organic
- Whole wheat or whole durum wheat

### 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 options, please see the whole grain table on page 32.
## WHOLE WHEAT BREAD

### BUY

**Must Be**
- 16 oz size only
- 100% whole wheat on the label

**Or**
- Whole grain, if the first ingredient on the ingredient list is “whole” grain.

**You Can Choose**
- Any brand
- Loaf and sliced
- Low sodium
- Non organic or organic
- Sugar free

**Here are some examples:**
- Best Yet
- Bimbo
- Franz
- Fred Meyer
- Kroger
- Oroweat
- Sara Lee
- Sterns

### 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
- Multigrain
- Sourdough
- Sprouted or germinated
- Store-made
- Uncooked bread mixes
- Unsliced

### SHOPPING TIP

Ounces (oz) on the package will be subtracted from your benefit total. To make sure you get all of your whole grain options, please see the whole grain table on page 32.

### SHOPPING TIP

Here is a sample of what the ingredient list will look like for whole grain bread. The first ingredient is a “whole” grain.
## Whole Wheat Hamburger and Hot Dog Buns

### Buy

<table>
<thead>
<tr>
<th>Must Be</th>
<th>Don’t Buy</th>
</tr>
</thead>
<tbody>
<tr>
<td>16 oz size only</td>
<td>With added flavors or spices</td>
</tr>
<tr>
<td>100% whole wheat on the label</td>
<td>Artisan or gourmet buns (baked in small batches)</td>
</tr>
<tr>
<td>Or</td>
<td>Buns not wrapped in plastic</td>
</tr>
<tr>
<td>Whole grain, if the first ingredient</td>
<td>Buns with “light” or “lite” on the label</td>
</tr>
<tr>
<td>on the ingredient list is “whole”</td>
<td>Bagels</td>
</tr>
<tr>
<td>grain.</td>
<td>English muffins</td>
</tr>
<tr>
<td></td>
<td>Extra fiber</td>
</tr>
<tr>
<td></td>
<td>Dinner, French, or hoagie buns or rolls</td>
</tr>
<tr>
<td></td>
<td>Frozen or refrigerated dough</td>
</tr>
<tr>
<td></td>
<td>Gluten free</td>
</tr>
<tr>
<td></td>
<td>Multigrain</td>
</tr>
<tr>
<td></td>
<td>Sourdough</td>
</tr>
<tr>
<td></td>
<td>Sprouted or germinated</td>
</tr>
<tr>
<td></td>
<td>Store-made</td>
</tr>
</tbody>
</table>

### You Can Choose

- Any brand
- Non organic or organic
- Topped with seeds

### Here are some examples:

- Franz
- Great Value
- Open Nature
- Oroweat
- Signature Select
- Simple Truth Organic
- WinCo

### 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 options, please see the whole grain table on page 32.
We create opportunities for people with limited resources to make healthy nutrition choices. We support healthy eating, breastfeeding, access to healthy foods, and physical activity.

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