Questions?

Just call your local Indiana WIC clinic or call 800-522-0874.

Indiana State Department of Health

This institution is an equal opportunity provider.

To complete your nutrition education, please go to **wichealth.org.**

October 2010

CEREAL

*Moms: Look for the * for cereals with 100% DV (daily value) of folic acid.*

COLD CEREAL, 9 OZ. OR LARGER, ANY COMBINATION NOT TO EXCEED 36 OZ.

= whole grain ★ = folic acid

Malt-O-Meal Brand

Almonds

Honey Roasted

Cinnamon Bunches

2½ minute

Malt-O-Meal Brand

No fruit, maple, vanilla or organic

1, 2½, 10 minute

Unfrosted

Brown Sugar

Cinnamon

Regular, no fruit

Regular only

Regular only

Instant, regular flavor only

COMBINE YOUR CEREALS FOR A TOTAL OF 36 OUNCES OR LESS

24 oz. + 12 oz. = 36 OZ.

18 oz. + 18 oz. = 36 OZ.

12 oz. + 12 oz. + 12 oz. = 36 OZ.

18 oz. + 17.5 oz. = 35.5 OZ.

HOT CEREAL

Original only

WHOLE GRAINS

BREAD 16 OZ., SOFT

Whole wheat or whole grain loaf.

AUNT MILLIE'S
- Cranberry-Apple Swirl, Raisin Swirl
- Whole Grain White Bread
- Healthy Goodness DHA omega-3

BUNNY
100% Whole Wheat

HEALTHY LIFE
- 100% Whole Wheat
- 100% Whole Grain
- Wheat Bread Sugar Free

PEPPERIDGE FARM
- Swirl Whole Wheat Cinnamon with Raisins
- Stoneground 100% Whole Wheat
- Very Thin Soft 100% Whole Wheat

ROMAN MEAL
100% Whole Wheat

SARA LEE
Classic 100% Whole Wheat

WONDER
100% Soft Whole Wheat

NATURE'S OWN
100% Whole Wheat Sugar Free

BEST CHOICE
100% Whole Wheat

SCHNUCK'S
100% Whole Wheat

NOT INCLUDED: Buns, rolls, bagels, or bakery.

BROWN RICE, ANY BRAND, UP TO 16 OZ., PLAIN BOXES OR BAGS, INSTANT, QUICK, OR REGULAR

SOFT TORTILLAS, 16 OZ.

Corn or whole wheat.

CHI-CHI'S
Whole Wheat or Corn

LA BANDERITA
Whole Wheat or Corn

MISSION
Whole Wheat or Corn

BEST CHOICE
Whole Wheat or Corn

DON PANCHO
Whole Wheat or Corn

LA BURRITA
Corn

ORTEGA
Whole Wheat

BREASTFEEDING IS HEALTHY FOR BABIES

Each mother can help her baby develop and grow with her own natural milk. It's a healthy, affordable solution for every mom.

Healthy for babies
- Best possible nutrition
- Easy to digest
- Reduces risk of SIDS, ear infections, RSV and diarrhea
- Helps prevent chronic diseases like diabetes, asthma, heart disease, and cancer
- Promotes brain growth
- Always safe and clean

Healthy for moms
- Promotes weight loss after pregnancy
- Prevents chronic diseases like osteoporosis and cancer
- Always ready at the right temperature

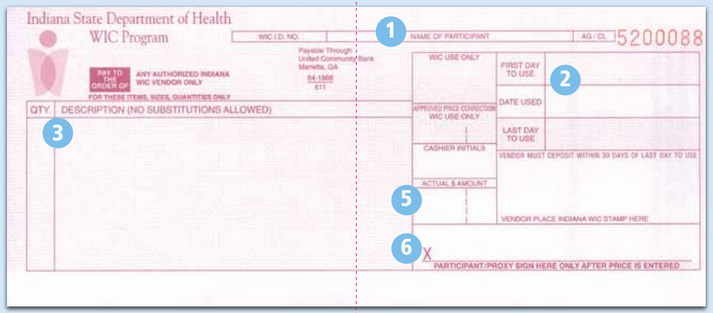
Great for families
- Helps moms and babies stay healthy
- Healthy moms and babies are more active and ready for play
- Saves time, money and the environment

Healthy Families Start Here

WIC APPROVED FOODS

Effective October 1, 2010

HOW TO USE A WIC CHECK



1. **Make sure the participant's name is listed.** Contact your local WIC agency if someone else needs to use the WIC check.

2. **Check the dates**. Date must be the same as or after the "First Day to Use" and before or the same as the "Last Day to Use."

3. **Choose the items you want to buy from the "Authorized Food" list on the WIC check.** Look for WIC approved items in this booklet.

Look for matching blue shelf tags located by many WIC approved items.

4. **Group WIC foods together according to what is listed on each check**. Keep WIC foods separate from any other foods you may buy.

5. After scanning your items, **the cashier will write in the total amount of your WIC foods.**

6. **The cashier will hand the check back for you to sign and date.** Never sign or date a WIC check before the "Actual $ Amount" has been filled in.

7. **Show the cashier your WIC ID Folder.**

INFANT CEREAL

As listed on check.

8 OZ. BOX GERBER ONLY, ANY GRAIN OR MULTIGRAIN

NOT INCLUDED: *Canned, formula, fruit, organic or variety packs, DHA.*

INFANT FORMULA

Gentlease
12 oz. powder

Premium Infant
12.5 oz. powder
13 oz. concentrate
32 oz. ready-to-use

ProSobee
12.9 oz. powder
13 oz. concentrate
32 oz. ready-to-use

BABY FOOD

4 OZ. GLASS JARS, BEECH-NUT (FRUIT OR VEGETABLE ONLY)
Includes single ingredient or combination of single ingredients (e.g., apple-banana).

NOT INCLUDED:
- *Mixtures with cereal, desserts, dinners, or food combinations (e.g., meat and vegetables, rice, pasta, yogurt, or noodles)*
- *Organic, added sugar, starch, salt, or DHA*

2.5 OZ. GLASS JARS, BEECH-NUT (MEAT ONLY, MAY INCLUDE BROTH OR GRAVY)

Available items:
- Turkey and Broth
- Chicken and Broth
- Beef and Broth

MILK

FLUID MILK
White only, type and size specified on check.
- Whole or Vitamin D
- Reduced-fat (2%), low-fat (½ or 1%), or fat-free (skim)

SPECIALTY MILK (as specified on check)
- Evaporated – 12 oz.
- Lactose-free (quart or ½ gallon)*
- Sweet acidophilus (½ gallon)
- UHT
- Powder 9.6 oz. or 25.6 oz.

*Two one-quart cartons may be substituted for ½ gallon to obtain the maximum amount on the check.

NOT INCLUDED: *Flavored, imitation, organic, non-dairy, soy, buttermilk, Milnot, or Vitamite.*

BEANS, PEAS, AND LENTILS

- **DRY 1 LB. BAG**
- **CANNED, ANY COMBINATION NOT TO EXCEED 64 OZ.**
  - Fat Free Refried
  - Kidney (may have a small amount of sugar)
  - Garbanzo (Chick Peas)
  - Navy
  - Great Northern
  - Black

NOT INCLUDED: *Boxed, baked beans, wax beans, organic, soups, added sugars, fats, oils, or meats.*

FRUITS AND VEGETABLES

Dollar amount specified on Cash Value Voucher.

FROZEN
Any variety of frozen fruits without added sugar.

Any variety of frozen vegetables except white potatoes and without added sugar, oils or fats; herbs or spices; creams or sauces; breading.

FRESH WHOLE OR CUT (INCLUDES PLAIN BAGGED)

NOT INCLUDED: *Red, Yukon Gold, Russet and other kinds of white potatoes (orange yams and sweet potatoes are allowed); pickled vegetables; olives; herbs or spices; creamed or sauced vegetables; nuts; salad bar items; breaded vegetables; edible blossoms; or party trays with dip, dressing, or croutons.*

JUICE

Size is specified on check.

64 OZ. PLASTIC, GLASS, OR REFRIGERATED PAPER CONTAINERS
100% juice (fruit or vegetable) and at least 120% Vitamin C.
For Children Only.

Any flavor

Any 100% Juice – except Premium

Grape (purple), red or white **only**

Regular or low sodium only

Regular or low sodium only

Any brand

Any brand

Hy-Top, Indian Summer, Lucky Leaf, Musselman's, Seneca

NOT INCLUDED: *Beverages, cocktail juices, fruit drinks, juice drinks, or organic juices.*

11.5 OZ. – 12 OZ. FROZEN CONCENTRATE
100% fruit juice and at least 120% Vitamin C.
For Women Only.

Any flavor

Any brand

Any brand

Any flavor with yellow tab

Any flavor with green tab

11.5 OZ. – 12 OZ. NON-FROZEN CONCENTRATE
100% fruit juice and at least 120% Vitamin C.
For Women Only.

Any flavor

Any flavor

PEANUT BUTTER

18 OZ. JARS ONLY, REGULAR OR CRUNCHY

NOT INCLUDED: *Spread, organic, mixed with jelly, marshmallow, or honey.*

CHEESE

8 OZ. TO 16 OZ., NOT TO EXCEED 16 OZ.
Choose regular, light, low-fat, or fat-free; block, sliced, shredded, bagged, cubed, string, stick, or crumbles.

Any of the following flavors or combinations of flavors:
- *American – pasteurized processed*
- *Cheddar*
- *Colby*
- *Colby-Jack*
- *Monterey Jack*
- *Mozzarella*
- *Provolone*
- *Swiss*

NOT INCLUDED: *Cheese food, product, substitute or spread, deli, imitation, spiced, flavored, organic, imported, or any size smaller than 8 oz.*

EGGS

1 DOZEN, ANY SIZE, WHITE OR BROWN

NOT INCLUDED: *Low cholesterol, organic, cage free, or free range.*

FISH

For fully breastfeeding moms.

UP TO 30 OZ., ANY SIZE, CAN OR POUCH, PACKED IN WATER OR OIL
- Light Tuna
- Pink Salmon
- Sardines

NOT INCLUDED: *Albacore tuna, King Oscar sardines, or organic.*