

JUICE

46 OZ. CANS AND BOTTLES (PLASTIC OR GLASS)
100% fruit juice and 100% Vitamin C



Great Value,
Hy-Top,
Lucky Leaf,
Marsh,
Muslemann's,
Seneca,
Speas Farm

11.5 – 12 OZ. FROZEN CONCENTRATE
100% fruit juice and 100% Vitamin C



Any brand Any brand Any flavor with yellow tab With green tab, no pomegranate or tart cherry

11.5 NON-FROZEN CONCENTRATE
100% fruit juice and 100% Vitamin C



Not included: beverages, cartons, cocktail juices, fruit drinks, juice drinks, organic juices, reduced acid



Babies are born to breastfeed!

EXTRA FOODS FOR BREASTFEEDING MOMS WHO DO NOT RECEIVE WIC FORMULA

CARROTS

- Fresh or frozen 1 or 2 lb. bags
- Canned up to 40 oz. total

Not included: organic

TUNA

- 6 oz. can only in water or oil

Not included: flavorings or added ingredients, organic, sauces

strong
families
start
here



WIC APPROVED FOODS

Effective October 1, 2007
through September 30, 2008

INFANT CEREAL

8 OZ. BOX ONLY, ANY GRAIN OR MULTIGRAIN



Not included: canned, Earth's Best, formula, fruit, organic or variety packs / No DHA

INFANT JUICE

32 OZ., ANY FLAVOR



Not included: Gerber Graduates, yogurt or organic

INFANT FORMULA



Enfamil
Gentlease LIPIIL
• 12 oz. powder

Enfamil
LIPIIL with Iron
ProSobee LIPIIL
LactoFree LIPIIL
• 13 oz. concentrate
• 12.9 oz. powder
• 32 oz. ready-to-use

Other brands, quantities and sizes as listed on the check.



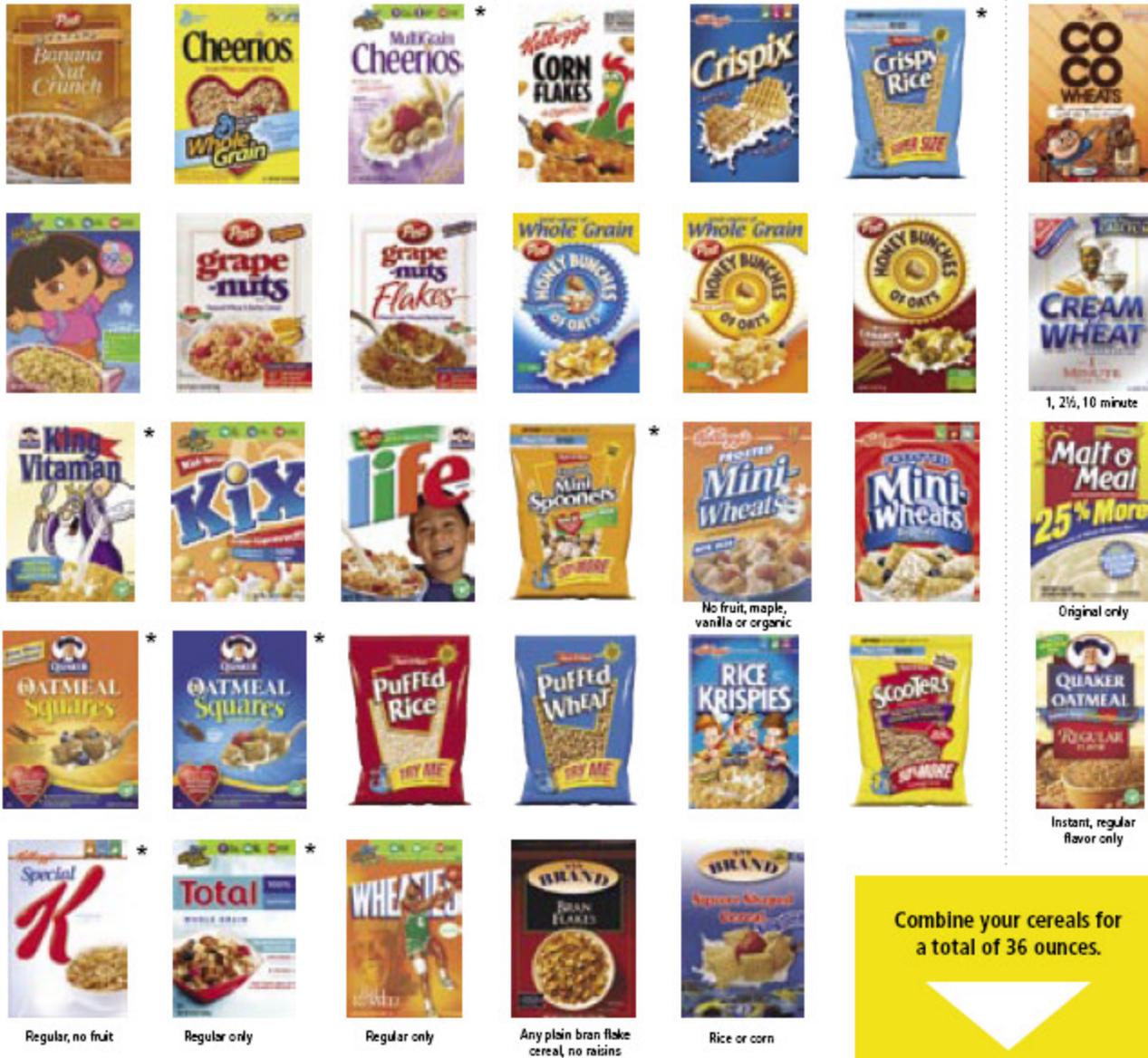
Indiana State
Department of Health

USDA is an equal opportunity provider and employer.

CEREAL

COLD CEREAL, 10 OZ. OR LARGER, ANY COMBINATION NOT TO EXCEED 36 OZ.

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



HOT CEREAL

Combine your cereals for a total of 36 ounces.

24 oz. = 36 OZ.
 18 oz. = 36 OZ.
 12 oz. = 36 OZ.
 18 oz. = 35.5 OZ.
 16.5 oz. = 26.5 OZ.

PEANUT BUTTER

18 OZ. JAR ONLY, ALL VARIETIES, ALL BRANDS.

Not included: Deli, Goober, Healthy Valley, honey flavor, organic, reduced fat, sodium free or spread.

CHEESE

8 OZ. OR 16 OZ. PACKAGES ONLY.

Choose regular, light or low-fat; 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, cheese product, cheese spread, cheese substitute, cheese from the deli, fat-free cheese, flavored or imitation cheese, imported cheese, organic cheese, Velveeta.

EGGS

MEDIUM OR LARGE.

Not included: brown, Eggland's Best, Good News, low cholesterol, organic, specialty eggs.

DRIED BEANS, PEAS AND LENTILS

16 OZ. BAG ONLY.

Not included: boxed, canned, flavored, fresh, frozen, organic, with additives.

MILK

LEAST EXPENSIVE BRAND, BASED ON TYPE PURCHASED (1%, 2%, WHOLE, ETC.).

Fluid Milk – container size as specified on check (½ gallon, gallon).

- Chocolate or other flavors
- Fat-free
- Low-fat (1%, ½%)
- Reduced-fat (2%)
- Skim or nonfat
- Sweet Acidophilus (½ gallon)
- Vitamin D
- Whole

Specialty Milk (as specified on check)

- Powdered – 16 oz. or 25.6 oz low-fat or nonfat dry milk
- Evaporated – 12 oz.
- Lactose-reduced or Lactose-free (quart or ½ gallon)

When buying specialty milks you may purchase whole, 2%, 1%, skim or nonfat. Two one-quart cartons may be substituted for ½ gallon to obtain the maximum amount on the check.

Not included: goat's milk, imitation, milk beverages, Milnot, non-dairy, organic, soy milk, soy drink, Vitamite, Yorktown.