# INDIANA WIC | WIC APPROVED FOODS

**EFFECTIVE OCTOBER 1, 2016**

## INFANT FORMULA

Brand, type, and size specified on check/ shopping list. No substitutions.

## INFANT FOOD

**FRUITS & VEGETABLES**
**4 oz. container or packs of two 4 oz. plastic tubs**

Includes single ingredient or combination of fruits and/or vegetables (e.g., apple-banana, sweet potato-apple).

**MEATS**
**2.5 oz. container**
*(Meat only, may include broth or gravy)*

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

***Not included:*** Organic, pouches, mixtures with cereal, desserts, dinners, or food combinations (e.g., meat and vegetables, rice, pasta, yogurt, or noodles) meat sticks, added sugar, starch, salt, or DHA.

## INFANT CEREAL

**ANY GRAIN OR MULTIGRAIN**
**8 or 16 oz. container**

***Not included:*** Organic, canned, formula, fruit, or variety packs, DHA, quinoa.

## MILK

**FLUID MILK**

Least expensive brand only in category stated on shopping list (e.g., least expensive whole milk if whole milk stated on shopping list)
- Whole or Vitamin D
- Reduced-fat (2%)
- Low-fat (½ or 1%) or fat-free (skim)

**SPECIALTY MILK** *As listed on shopping list.*
- Evaporated: 12 oz.
- Lactose-free: quart or ½ gallon*
- UHT
- Powder: 9.6 oz. or 25.6 oz.
- 8th Continent Soymilk Original only, ½ gallon
- Silk Soymilk Original only, ½ gallon

* Two one-quart cartons may be substituted for ½ gallon if ½ gallons are not available.

***Not included:*** Organic, flavored, imitation, buttermilk, Milnot, Vitamite, or glass bottles.

## YOGURT

**1 Quart (32 oz.) only**

Any flavor: fat free, low fat or whole fat.

***Not included:*** Greek, organic, light or multi-packs, mix-in ingredients like granola, candy pieces, honey or nuts, more than 40 grams of sugar per 8 oz. serving.

## CHEESE

**U.S. MADE, PREPACKAGED**
**8 oz. or 16 oz. only**

Choose regular, light, low-fat, or fat-free; block, sliced, shredded, 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:*** Organic, cheese from deli area, cheese food, cheese product, substitute or spread, imitation or individually wrapped cheese slices, spiced, flavored, imported, or any size smaller than 8 oz.

## FRUITS & VEGETABLES

**NON-ORGANIC OR ORGANIC**

*Fruit and Vegetable Cash Value Benefits are redeemable up to the amount stated on the shopping list. If the purchase price exceeds the stated value, participant may pay the additional amount with another form of tender or choose to purchase a lesser quantity. No cash back or gift cards are allowed.*

**FROZEN**
**Any variety of frozen fruits without added sweetener.**

**Any variety of frozen vegetables including sweet potatoes and yams.**

***Not included:*** All other frozen potatoes and vegetable packages with added sweetener, oils or fats, herbs or spices; creams, sauces, or breading.

**FRESH**
- **Whole or cut**
- **Plain bagged salad**

***Not included:*** Pickled vegetables, olives, herbs or spices, nuts, salad bar items, edible blossoms, ornamental or decorative pumpkins, or party trays with dip, dressing, or croutons.

## EGGS

**LARGE OR EXTRA LARGE WHITE EGGS**
**1 dozen**

Least expensive brand.

***Not included:*** Organic, brown, low cholesterol, Eggland's Best or other specialty eggs, or free range.

## PEANUT BUTTER

**REGULAR OR CRUNCHY**
**16 - 18 oz. jars**

***Not included:*** Organic, spread, mixed with jelly, marshmallow, honey, Smucker's Natural, Fifty 50, Jif Omega 3, Smart Balance, Krema, Better'n Peanut Butter, Health Valley, Reese's, or natural peanut butter.

## JUICE

*Size is specified on shopping list.*

**100% JUICE (FRUIT OR VEGETABLE) AND AT LEAST 120% VITAMIN C**

**SHELF STABLE OR REFRIGERATED**
**64 oz. only. Any container.** ***For children only.***

- **Apple Juice**
- **Grapefruit Juice** White or Pink
- **Tomato Juice**
- **Pineapple Juice**
- **Juicy Juice 100% Juice Blends** Any Flavor
- **Grape Juice** Purple or White
- **Orange Juice**
- **Vegetable Juice**
- **Old Orchard 100% Juice Blends** Any Flavor

***Not included:*** Organic, 59 oz. size, Welch's 64 oz. grape juice, Natalies OJ, gourmet/ premium price juices, beverages, cocktail juices, fruit drinks, or juice drinks.

**FROZEN CONCENTRATE**
**11.5 oz. – 12 oz.** ***For women only.***

*Juice concentrates must make 48 oz. or more when mixed per manufacturer's directions.*

**Apple Juice**

**Dole** Any Flavor

**Grape Juice** Purple or White

**Orange Juice**

**Grapefruit Juice** White or Pink

**Welch's** Any flavor with yellow tab

**Old Orchard** Any flavor with green tab

**NON-FROZEN CONCENTRATE**
**11.5 oz. – 12 oz.** ***For women only.***

**Welch's** Any flavor

# WHOLE GRAINS

## BREAD

**16 oz. only.** Whole wheat or whole grain loaf.

**Aunt Millie's**
100% Whole Wheat

**Best Choice**
100% Whole Wheat

**Bimbo**
100% Whole Wheat

**Bunny**
100% Whole Wheat

**Butternut**
100% Whole Wheat

**Family Choice**
100% Whole Wheat

**Holsum**
100% Whole Wheat

**IGA**
100% Whole Wheat

**Kroger**
100% Whole Wheat

**Meijer**
100% Whole Wheat

**Nature's Own**
- 100% Whole Grain Sugar Free
- 100% Whole Wheat w/ Honey

**Roman Meal**
100% Whole Wheat

**Sara Lee**
Classic 100% Whole Wheat

**Schnuck's**
100% Whole Wheat

**Schwebel**
100% Whole Wheat

**Spartan**
Whole Grain

**Village Hearth**
100% Whole Wheat

**Wonder**
100% Whole Wheat

***Not included:*** Buns, rolls, bagels, or bakery items.

## BROWN RICE

**14 - 16 oz.**
Any brand, plain, boxes or bags, instant, quick, or regular.

***Not included:*** Organic.

## WHOLE WHEAT PASTA

**16 oz. only**
Any brand, any shape whole wheat pasta.

***Not included:*** Organic.

## TORTILLAS

**16 oz. only**

**Best Choice**
- Whole Wheat or Corn

**Chi-Chi's**
- Whole Wheat or Corn

**Don Pancho**
- Whole Wheat or Corn

**Essential Everyday**
- Corn Tortillas 5½"
- Whole Wheat 8" Whole Grain

**Food Club**
- Whole Wheat

**Great Value**
- Whole Wheat

**Guerrero**
- Whole Wheat or Corn

**IGA**
- Whole Wheat

**Kroger**
- Whole Wheat

**La Banderita**
- Whole Wheat or Corn

**La Burrita**
- Corn

**Meijer**
- Whole Wheat 8"

**Mi Casa**
- Whole Wheat

**Mission**
- Whole Wheat or Corn

**Ortega**
- Whole Wheat

**Schnucks**
- Whole Wheat

**Shurfresh**
- Corn/Maiz 6"

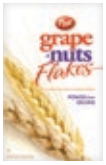
**Spartan**
- Whole Wheat 8"

**Tio Santi**
- Whole Wheat

# CEREAL

**18 oz. or 36 oz. only (11.8 oz. Instant Oatmeal allowed as an exception)**

## POST CEREAL




*18 oz.*

*Whole Grain Vanilla Bunches, 18 oz.*

*Whole Grain Honey Crunch, 18 oz.*

*Whole Grain Almond Crunch, 18 oz.*

*Honey Roasted 18 & 36 oz.*

*Almonds 18 & 36 oz.*

## QUAKER

*Cinnamon Bunches, 18 oz.*

*18 oz.*

## GENERAL MILLS

*Original only 11.8 oz.*

*18 oz.*

*18 oz.*

*Whole Grain 18 & 36 oz.*

## B&G FOODS

*Regular only 18 & 36 oz.*

*18 oz.*

*18 oz.*

## KELLOGG'S

*Whole Grain 18 oz.*

*18 oz.*

*Original Bite Size 18 & 36 oz.*

*Original, no fruit 18 oz.*

*Regular only 18 & 36 oz.*

*18 oz.*

*18 oz.*

## MALT-O-MEAL

*Honey 18 & 36 oz.*

*Strawberry Cream 18 & 36 oz.*

*Frosted 18 & 36 oz.*

*Blueberry 18 & 36 oz.*

*18 & 36 oz.*

*Original only 18 & 36 oz.*

# FISH

## PACKED IN WATER, OIL, OR VEGETABLE BROTH

**Cans only**

- Chunk Light Tuna in 5 oz. or 12 oz.
- Pink Salmon in 5, 6, 7.5 or 14.75 oz.

***Not included:*** Organic, Albacore or Yellow fin tuna, white, solid, fresh, frozen, foil pack, flavored, premium price brands such as Tonno Genova and Sustainable Seas, Red salmon, and sardines.

# BEANS, PEAS & LENTILS

## DRY

**1 lb. bag (16 oz.)**

- Any type

***Not included:*** Organic, boxed, baked beans, wax beans, soups, added sugars, fats, oils, added seasoning, or meats.

## CANNED

**15 - 64 oz.**

- Kidney (may have a small amount of sugar)
- Cannellini
- Garbanzo (Chick Peas)
- Great Northern
- Black-eyed Peas
- Fat Free Refried
- Black
- Pinto
- Lima (Butter Bean)
- Navy

***Not included:*** Organic, boxed, baked beans, wax beans, soups, added sugars, fats, oils, added seasoning or meats.

## QUESTIONS?

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

This institution is an equal opportunity provider.

Indiana State Department of Health