



FOOD LIST

Effective October 1, 2023



WIC Participant Responsibilities

Before you shop:

1. Check your benefit balance and the date your benefits expire.
2. Shop only at WIC-approved stores. Your WIC office will let you know the locations where you can use your benefits. Look for the "We Accept eWIC" decal at the grocery store.
4. Tell the WIC staff if you would like someone else to be able to pick up or use your WIC benefits.

To check your family balance, the Food List and more, download the EzWIC app or WIC Shopper app.



EzWIC app
Arizona WIC
Navajo Nation WIC



WIC Shopper app
ITCA WIC

While you shop:

1. Read your benefits carefully to know which foods and quantities you can purchase.
 - a. You can check your WIC balance at the store by swiping your card at the checkout stand and entering your PIN, calling the customer service number on your card, or using your WIC program's shopping app.
2. You do not have to buy all your foods at one time.

At the checkout stand:

1. Tell the cashier right away that you are using an eWIC card. Use your eWIC card before other methods of payment.
2. Wait for the cashier to ask you to swipe your eWIC card and enter your PIN.
3. After foods are rung up, review the transaction before approving. After approving, the WIC food items purchased will be deducted from your account.
4. You will be given a new receipt with the remaining benefit balance and the date your benefits expire. Keep your receipt so you know the remaining balance and expiration date for your next shopping trip.

Note: Self-checkout may be allowed at some WIC approved vendors. Please look for signs near the self-checkout to see if it is approved or ask a store employee.

If you want to know if a certain brand of food is eligible, please contact your WIC office or use the resources listed for your program below.



Arizona WIC

- Contact the WIC Shoppers' Helpline
866-927-8390
Monday - Friday 7 a.m. - 7 p.m.
Saturday 8 a.m. - 1 p.m.
azwicshoppershelpline@azdhs.gov
- Check the EzWIC app
- [Contact your WIC office](#)



Inter Tribal Council of Arizona WIC

- Contact your WIC office
- Check the WIC Shopper app
- Or call 800-360-6150



Navajo Nation WIC

- Email your WIC office at
nwicznpdocuments@navajo-nsn.gov
- Call your WIC office at 928-871-6698 or 1-800-307-4231
- Or check the EzWIC app

If you have problems at the grocery store:

Talk to the store manager. Report the date, time, and names of store staff involved and save your store receipt. Contact your WIC office if you are still not satisfied.

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotope, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](#) (AD-3027), found online at <https://www.usda.gov/oascr/how-to-file-a-program-discrimination-complaint> and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

Submit your completed form or letter to USDA by:

1. Mail:
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
2. Fax: (202) 690-7442; or
3. Email: program.intake@usda.gov

This institution is an equal opportunity provider.

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Infant Cereal and Formula

Infant Cereal

Included

Any of the following brands and varieties of infant cereal:

- 8 or 16 ounce size
- organic

Not Included

- added fruit, sugar, yogurt, formula, or DHA/ARA
- high protein
- jars, cans, or single serving cups



Oatmeal



MultiGrain
Oatmeal
Rice



MultiGrain
Oatmeal
Rice

Infant Formula

Only the brand, type, and size included in your WIC benefits.



24-Hour
Breastfeeding Hotline
1-800-833-4642
gobreastmilk.org

Infant Fruits and Vegetables

Included

Any of the following brands of infant fruits and vegetables:

- stage 1 or stage 2
- single or mixed variety
- 2 or 4 ounce size
- single or 2-packs
- natural or organic

Not Included

- added formula, cereal, or DHA/ARA
- added salt, sugar, or starches
- desserts, dinners, or food combinations
- pouches
- smoothies

Beech-Nut



Gerber



You can mix and match up to the amount included in your benefits.

256oz = 128 2oz containers or 64 4oz containers

128oz = 64 2oz containers or 32 4oz containers

64oz = 32 2oz containers or 16 4oz containers

Infants 9 months and older can get cash value benefits towards fresh fruits and vegetables instead of half of their infant fruits and vegetables. Ask a WIC staff member for more information.

Infant Meats

Allowable for fully breastfeeding infants only.

Included

Any single ingredient infant meats:

- 2.5 ounce size
- any stage
- added broth and gravy
- organic

Not Included

- added salt or sugar
- dinners or food combinations
- meat sticks

Beech-Nut®



Gerber



You can mix and match meat types up to the amount included in your benefits.

77.5oz = 31 jars

Milk



Included

Any brand, refrigerated milk in quarts, half gallons, or gallons as specified in your WIC benefits:

- pasteurized fluid cow's milk (includes organic in the gallon size only)
 - fat-free
 - low-fat (1%)
 - reduced-fat (2%)
 - whole

Other milk types:

- evaporated milk (up to 12 ounce size, includes lactose free)
- powdered dry milk (9.6 to 56.4 ounce size)
- UHT/sterile/long shelf-life milk (includes lactose free)
- lactose free cow's milk (half gallon size)
- **Navajo Nation WIC only:** lactose free cow's milk (half gallon and 96 ounce size)

Not Included

- acidophilus milk
- buttermilk
- chocolate milk
- creamers
- filled milk
- flavored milk
- half and half
- nut or grain milk (such as almond, coconut, or rice milk)
- organic milk in sizes other than a gallon
- raw milk
- sweetened condensed milk

Soy Milk

Included

Any of the following brands and types of soy milk in the sizes listed.

Not Included

- added DHA/ARA
- organic or light
- soy milk in other flavors

Soy milk comes in quart and half gallon sizes.

32oz (1 quart) = 0.25 gallon (gal)

64oz (half gallon) = 0.5 gallon (gal)

8th
CONTINENT
SOYMILK



half gallon refrigerated,
original and vanilla

Pacific
FOODS



32oz shelf
stable,
original

Silk



half gallon
refrigerated,
original

Goat Milk

Arizona WIC only

Fat content is specified in your WIC benefits.

Included

Meyenberg brand of goat milk

Not Included

Other brands of goat milk

Meyenberg



low fat and
whole, one
quart



whole powdered
12oz



whole evaporated
12oz

Tofu

Included

Any of the following brands of calcium set tofu:

- 14 to 16 ounce size
- any texture including soft, medium, firm, or extra firm
- organic

Azumaya
Tofu



Good & Gather



House Foods



nasoya



organics



simple truth
organic



SUNRISE
白昇



Kefir

Fat content is specified in your WIC benefits.

Included

Lifeway Kefir 32 ounce (1 quart) size:

- any flavor
- fat free
- low fat (1%)
- whole (3.25%)
- organic

Not Included

- grassfed
- oat kefir
- other brands or sizes of kefir

Lifeway



Low-Fat and Nonfat Yogurt | page 1

Fat content is specified in your WIC benefits.

24 to 32 ounce Yogurt

Included

Any of the following brands of regular or Greek yogurt:

- 24 to 32 ounce size
- any flavor

Store brands:



Food Club



Great Value



Good & Gather



Kroger



Lucerne



O Organics



Open Nature



Simple Truth



WinCo

Not Included

- Go-Gurt slushies
- non-dairy yogurt
- yogurt mix-ins such as granola, candy pieces, honey, nuts, or similar ingredients
- yogurts that are drinkable

You can mix and match yogurt options up to the amount included in your benefits.

For example, one container (or 32oz) of yogurt could be:

- one 32oz yogurt
- two 16oz packs
- one 6oz 4-pack and one 5.3 or 6oz yogurt
- six 5.3oz yogurts
- five 6oz yogurts



Plain



Light + Fit



Blended



Pro



Triple Zero



Greek



Greek Style



Blended



Low-fat/Fat Free



Low-fat/Fat Free



Greek
Good & Creamy



Original



Greek

Single Serving Yogurt and Yogurt Packs

Included

Any of the following brands of single serving yogurts and yogurt packs, any flavor, in the sizes listed.

Store brands:

5.3 to 6oz single serving or 4-pack



Food Club



Great Value



Kroger



Lucerne



Open Nature



WinCo

Not Included

- Go-Gurt slushies
- non-dairy yogurt
- yogurt mix-ins such as granola, candy pieces, honey, nuts, or similar ingredients
- yogurts that are drinkable



4 to 5.3oz single or 4-pack



Activia



Light + Fit Original or Greek



5.3oz single or 4-pack



Blended



Pro



Triple Zero



Organic Kids
2oz 8-pack
4oz 6-pack



6oz single



Original

4oz 8-pack



Original Kids



2oz 8-pack



2oz 16-pack



5.3oz single or 4-pack



Zero Sugar



6oz single



Good & Creamy

Whole Milk Yogurt | page 1

Fat content is specified in your WIC benefits.

24 to 32 ounce Yogurt

Included

Any of the following brands of regular or Greek yogurt:

- 24 to 32 ounce size
- any flavor

Not Included

- non-dairy yogurt
- yogurts that are drinkable
- yogurt mix-ins such as granola, candy pieces, honey, nuts, and similar ingredients

Store brands:



Food Club



Good & Gather



Great Value



Lucerne



O Organics



Simple Truth Organic



WinCo



Cream Top



Greek



Plain



Greek



Original



Whole Milk



GREEK YOGURT.



Greek

Single Serving Yogurt and Yogurt Packs

Included

Any of the following brands of single serving yogurts and yogurt packs, any flavor, in the sizes listed.

Not Included

- non-dairy yogurt
- yogurts that are drinkable
- yogurt mix-ins such as granola, candy pieces, honey, nuts, or similar ingredients

Store brands:

5.3 to 6oz single serving or 4-pack



Food Club



WinCo



8oz tub



4oz 4-pack



OIKOS

5.3oz single serving or 4-pack



Blended



5oz single serving or 4-pack



French Style



Organic Kids
2oz 8-pack
4oz 6-pack

Cheese



Included

Any brand of pasturized, pre-packaged cheese:

- 8 or 16 ounce size
- block, shredded, sliced, or string
- regular, reduced fat, or low sodium

Any of the following types of cheese:

- Cheddar (mild, medium, sharp, extra sharp, Longhorn, or white)
- Colby (includes Longhorn)
- Monterey Jack
- Mozzarella (includes string cheese)
- Muenster
- Provolone
- Swiss
- Blended cheese (blend of any types listed above)

Not Included

- added peppers or other ingredients
- cheese from the deli counter
- cheese spread
- cheese sticks (except mozzarella string cheese)
- cream cheese
- diced cheese
- imported cheese
- processed American cheese, processed cheese food, cheese product
- random weight cheese

Type of juice is specified in your WIC benefits.

11.5 to 12 ounce frozen juice and 64 ounce shelf stable juice

Included

Any of the following brands of 100% juice:

- flavors and types listed below
- allowable containers include plastic bottles, cartons, and cans

Not Included

- added sugar or sweetener
- juice cocktail
- light juice
- Odwalla or Naked brands of refrigerated orange juice
- Tree Top 3 apple blend
- V8 Splash

Apple

Store brands:



Essential Everyday



Food Club



Great Value



Kroger



Signature Select



Springfield



Juice | page 2

Type of juice is specified in your WIC benefits.

**11.5 to 12 ounce frozen juice and
64 ounce shelf stable juice**

Grape

Store brands:



Essential Everyday



Food Club



Great Value



Kroger



Signature Select



Springfield



Orange/Grapefruit Calcium fortified allowed

11.5 to 12oz frozen

- any brand



64oz shelf stable or refrigerated:

- any brand, excluding Odwalla or Naked



Shopping tip: 64oz = half gallon

Juice | page 3

Type of juice is specified in your WIC benefits.

**11.5 to 12 ounce frozen juice and
64 ounce shelf stable juice**

Mixed Flavors

Store brand:



Great Value



original,
low sodium,
and spicy hot
flavors



Type of juice is specified in your WIC benefits.

11.5 to 12 ounce frozen juice and
64 ounce shelf stable juice

Pineapple

Store brands:



Signature Select



Springfield



Tomato

Campbell's



Juice Packs

Included

Any of the following brands of 100% juice in the sizes listed.

Not Included

- added sugar or sweetener
- juice cocktail
- light juice
- organic juice



6oz 6-pack



Pineapple



Pineapple Orange



Pineapple Orange Banana



4.23oz 8-pack



6.75oz 8-pack



5.5oz 6-pack



5.5oz 8-pack

original, low sodium, spicy hot



6oz 8-pack



6.75oz 8-pack



6.75oz 8-pack

Shopping tip for Arizona WIC and Navajo Nation WIC:

When you purchase a juice pack, the total number of ounces is deducted from your benefits.

For example, a 6 ounce 6-pack decreases your benefit total by 36 ounces. You may end up with ounces left in your benefits at the end of the month. Ask a WIC staff member for more information.

WIC and the American Academy of Pediatrics recommend limiting juice to less than 4 ounces daily for toddlers 1 to 3 years old, and less than 6 ounces daily for children 4 to 6 years old.

Fruit

Fresh Fruit



Included

Any variety of fresh fruit:

- whole
- cut-up
- single pieces
- bagged and pre-packaged
- organic

Not Included

- added sugar, fat, oil, or salt
- dried fruit
- fruit baskets
- fruit for purchase on salad bars
- fruit with dipping sauce
- fruit-nut mixtures
- ornamental fruits
- party trays

Frozen Fruit



Included

Any variety of frozen fruit:

- any single or mixed variety
- any size and type of container
- organic

Not Included

- added sugar, fat, oil, or salt
- any other added ingredients
- artificial sweetener such as aspartame, Splenda, or stevia

Canned Fruit



Included

Any variety of canned fruit:

- any single or mixed variety packaged in juice
- any size and type of container (shelf stable or refrigerated)
- unsweetened applesauce
- organic

Not Included

- added sugar, fat, oil, or salt
- artificial sweetener such as aspartame, Splenda, or stevia
- cranberry sauce or pie filling
- fruit packaged in heavy, light, or extra light syrup
- fruit packaged in sweetened fruit juice or nectar

Fresh Vegetables



Included

Any variety of fresh vegetables:

- whole
- cut-up
- single pieces
- bagged and pre-packaged, including lettuce
- organic

Included

The following fresh herbs and spices:

- Bay Leaves
- Basil
- Cilantro
- Chives
- Dill
- Ginger
- Mint
- Oregano
- Parsley
- Rosemary
- Sage
- Thyme

Not Included

- added sugar, fat, oil, or salt
- breaded, creamed, or sauced vegetables
- dried herbs and spices
- edible blossoms such as squash blossoms (broccoli, cauliflower, and artichokes are allowed)
- herb plants
- herbs or spices not listed as allowable
- kits with dressings or dipping sauces
- ornamental vegetables, such as chilies on a string
- painted pumpkins
- party trays
- vegetable-grain mixtures
- vegetables for purchase on salad bars

Frozen Vegetables



Included

Any variety of frozen vegetables:

- any single or mixed variety
- any size and type of container
- steamer bags
- organic

Not Included

- added sugar, oil, fat, pasta, or rice
- breaded or seasoned vegetables
- french fries, tater tots, or hash browns
- sauce such as cheese, butter, or teriyaki sauce

Canned Vegetables



Included

Any variety of canned vegetables:

- any single or mixed variety
- any size and type of container
- added sugar allowed for sweet peas or corn
- regular or low sodium
- tomato sauce, paste, puree, whole, crushed, and diced tomatoes
- organic

Not Included

- added fat or oil
- added pasta or rice
- added sugar for any vegetable other than sweet peas or corn
- pickled or creamed vegetables
- pizza sauce, soups, ketchup, relish, or olives
- vegetables in sauce

Beans

Dry Beans



Included

Any eligible brand of dried beans, peas, or lentils:

- 16 ounce size
- organic

Not Included

- bean soup mixes with flavoring packets/spices
- beans in bulk bins
- fresh or frozen beans
- green, yellow, or wax beans
- refried beans

Canned Beans



Included

Any brand, any variety of canned beans:

- up to 16 ounce size
- allowable containers include cans, cups, jars, or pouches
- plain or low sodium
- organic

Including, but not limited to:

- Black
- Black Njahi
- Black-eyed peas
- Cannellini
- Garbanzo (Chickpeas)
- Great Northern
- Kathika
- Kidney (red and white)
- Lentils
- Lima
- Mayocoba
- Navy
- Pink
- Pinto
- Red

Not Included

- added fat, oils, meat, fruits, or vegetables
- baked, Cajun, barbeque, or ranch style beans
- chili beans
- peas, green beans, or wax beans
- pork and beans
- refried beans

Shopping Tip:

Each can of beans counts as 0.25 of a container (CTR).

Peanut Butter



Included

Any brand of peanut butter:

- 16 to 18 ounce size
- plain, creamy, crunchy, chunky, or super chunky
- low sodium
- low sugar
- natural

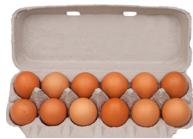
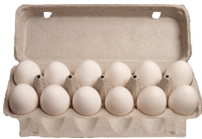
Not Included

- added jams, jellies, chocolate, marshmallows, DHA, omega-3, or honey
- peanut butter in tubes
- peanut butter spread

Shopping Tip:

For each container (CTR) of beans or peanut butter (PB) on your eWIC card, you can buy either a 16 ounce bag of dry beans, peas or lentils, 4 cans of beans (up to 16 ounce size each), or a 16 to 18 ounce jar of peanut butter.

Eggs



Included

Any brand of eggs:

- dozen size
- fresh, raw, white, or brown chicken eggs
- medium, large, extra large, or jumbo
- organic, free range, and cage free

Not Included

- egg substitutes
- nest and fertile
- six-pack size

Fish

Tuna



Included

Any brand, any size, up to the amount listed in your WIC benefits:

- chunk light only
- regular or low sodium
- plain or flavored
- allowable containers include cans, cups, jars, or pouches

Not Included

- added beans, pasta, rice, or vegetables
- added soy protein
- artificial or plant-based tuna
- lunch or snack kit tuna mix
- prime fillet
- solid or white Albacore tuna
- tuna with crackers or other foods

Pink Salmon



Included

Any brand, any size, up to the amount listed in your WIC benefits:

- pink salmon only
- regular or low sodium
- plain or flavored
- allowable containers include cans, cups, jars, or pouches

Not Included

- Atlantic salmon
- fillets
- red salmon

Sardines



Included

Any brand of sardines:

- 3.75 ounce size
- flavored, seasoned, or plain

Not Included

- Brisling
- Norwegian

Hot Cereal

Included

Any of the following brands of hot cereal in 9 to 36 ounce size.

Store brand instant grits, original flavor, individual packets:



Food Club

Not Included

- added raisins, fruit, or nuts
- less than 9 ounce size
- organic cereals
- variety packs

You can mix and match cereal options up to the amount included in your benefits.

Store brand instant oatmeal, original flavor, individual packets:



Essential Everyday



Food Club



Great Value



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Signature Select



original
instant
individual
packets



original 1 minute
original 2.5 minute
original instant
individual packets



instant grits
original and
butter



instant
oatmeal
original



original
and
chocolate



Coco Wheats

- ★ = 100% folic acid per serving
- = Gluten free
- ◆ = Whole grain cereal. Whole grains are higher in fiber and nutrients important for heart and digestive health.

Cold Cereal

Included

Any of the following brands of cold cereal in 9 to 36 ounce size.

Not Included

- frosted cereals, except those listed as allowable
- less than 9 ounce size
- variety packs

You can mix and match cereal options up to the amount included in your benefits. Examples:

$$9 + 9 + 9 + 9 = 36 \quad | \quad 24 + 12 = 36 \quad | \quad 18 + 18 = 36$$

Store brand of Crispy Rice:



First Street



Food Club



Great Value



Kroger



Market Pantry



Signature Select



WinCo

Store brand of Toasted Oats:



First Street



Food Club



Great Value



Kroger



Signature Select



WinCo

★ = 100% folic acid per serving

■ = Gluten free

◆ = Whole grain cereal. Whole grains are higher in fiber and nutrients important for heart and digestive health.

Cold Cereal



Cheerios
multi-grain original
multi-grain with strawberries
original



Chex
cinnamon
corn
rice
wheat



Fiber One
honey clusters
Kix
original
Total
Wheaties



Kashi
honey toasted
warm cinnamon



All Bran
wheat flakes
Corn Flakes
original
Crispix
Frosted Mini Wheats
blueberry muffin



Frosted Mini Wheats
cinnamon roll
little bites chocolate
little bites original
original



Frosted Mini Wheats
strawberry
Special K
original
protein touch of cinnamon
Rice Krispies

★ = 100% folic acid per serving

■ = Gluten free

◆ = Whole grain cereal. Whole grains are higher in fiber and nutrients important for heart and digestive health.

Cold Cereal

Malt O Meal



Crispy Rice
Frosted Mini Spooners
 original
 strawberries and cream



Great Grains
 banana nut crunch
 crunchy pecan
Honey Bunches of Oats
 almond



Honey Bunches of Oats
 cinnamon bunches
 honey roasted
 maple and pecans



Honey Bunches of Oats
 vanilla
Grape Nuts
 flakes
 original



Life
 original
Quaker Oatmeal Squares
 brown sugar
 cinnamon

Grain Berry
 with Amazing QNIX Sorghum



Grain Berry
 multi-bran flakes

★ = 100% folic acid per serving

■ = Gluten free

◆ = Whole grain cereal. Whole grains are higher in fiber and nutrients important for heart and digestive health.

100% Whole Wheat and Whole Grain Bread

Included

Any of the following bread options up to a 16 ounce size.



Any eligible store or house brand labeled 100% Whole Wheat

BIMBO



100% Whole Wheat



100% Whole Wheat hamburger buns | hot dog buns



Sandwich thins multi grain | whole wheat



100% Whole Wheat



100% Whole Wheat



100% Whole Wheat

Brown Rice



Included

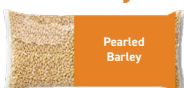
Any brand of brown rice:

- 14 to 16 ounce size
- instant, quick, boil in bag, or regular cooking
- short or long grain

Not Included

- basmati or jasmine rice
- organic rice
- seasoned or flavored rice
- white rice

Barley



Included

Any brand of barley:

- up to 16 ounce size
- instant, quick, boil-in-bag, or regular cooking

Not Included

- barley in bulk bins
- soup kits

Whole Wheat Pasta

Included

Whole wheat pasta in a 16 ounce size. Including, but not limited to the following brands:

Not Included

- added sugars, fats, oils, or salt
- pastas that list any other flours besides whole wheat and/or whole durum wheat flour in the ingredients

Store brands:



Good and Gather



Great Value



Kroger



O Organics



Signature Select



Simple Truth Organic



Sun Harvest



WinCo



Soft Corn Tortillas

Included

Yellow or white soft corn tortillas in a 16 ounce size. Including, but not limited to the following brands:

Not Included

- organic tortillas
- tortilla chips
- tostada or taco shells

Store brands:



El Super



Kroger



Whole Wheat Flour Tortillas

Included

Whole wheat flour tortillas in a 16 ounce size. Whole wheat flour must be the only flour listed in the ingredient list. Including, but not limited to the following brands:

Not Included

- flavored tortillas (such as spinach or tomato)
- organic tortillas
- tortilla chips
- tostada or taco shells
- white flour tortillas

Store brands:



Great Value



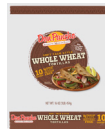
Kroger



Los Altos
Ranch Market



Signature
Select





WIC promotes breastfeeding as the optimal infant feeding choice.

The WIC Program provides:



Breastfeeding peer counselors



Lactation consultants



Classes and support groups



Educational materials



Breast pumps



The enhanced exclusively breastfeeding WIC food package

Contact your local WIC clinic to learn more.



24-Hour
Breastfeeding Hotline
1-800-833-4642
gobreastmilk.org