



ARKANSAS WIC PROGRAM
**APPROVED
FOOD LIST**



Think Healthy! Think WIC!

Effective October 1, 2016 - September 30, 2018

For more information, contact the WIC State Office at
(501) 661-2508, 1-800-235-0002, your local health unit or
www.healthy.arkansas.gov/wic.

Infant Foods



Milk & Cheese



FRUITS AND VEGETABLES (4 OZ CONTAINERS)

BEECHNUT STAGE 2

- Apples
- Apple & Banana
- Apple & Blueberry
- Apple & Cherry
- Apple, Mango & Kiwi
- Apple, Pear & Banana
- Apricot, Pear & Apple
- Banana & Mixed Berry
- Bananas
- Banana & Strawberry
- Corn, Pear & Pineapple
- Corn & Sweet Potato
- Garden Vegetables
- Green Beans
- Mango
- Mixed Vegetables
- Peaches
- Pears
- Pear & Pineapple
- Pear & Raspberry
- Squash
- Sweet Carrots
- Sweet Peas
- Sweet Potatoes

GERBER

- Apples
- Applesauce
- Apple Blueberry
- Apples & Cherries
- Apple Peach Squash
- Apple Strawberry Banana
- Apricot with Mixed Fruit
- Bananas
- Bananas with Apples & Pears
- Banana Carrot Mango
- Banana Mixed Berry
- Banana Orange Medley
- Banana Plum Grape
- Carrots
- Green Beans
- Garden Vegetables
- Mixed Vegetables
- Peaches
- Pears
- Pear Pineapple
- Pear Zucchini Corn
- Peas
- Prune Apple
- Pumpkin
- Squash
- Squash Apple & Corn
- Sweet Potato Apple & Pumpkin
- Sweet Potatoes
- Sweet Potatoes & Corn

MEATS (2.5 OZ CONTAINERS)

BEECHNUT

- Beef & Beef Broth
- Chicken & Chicken Broth
- Turkey & Turkey Broth

GERBER

- Beef & Beef Gravy
- Chicken & Chicken Gravy
- Ham & Ham Gravy
- Turkey & Turkey Gravy

INFANT FORMULA

- Type and amount to be issued is printed on WIC benefit
- No exchanges or substitutions

Not Allowed: Low iron formula or any brand not listed on WIC benefit

INFANT CEREAL

- 8 oz container – dry, plain, unflavored (Beechnut or Gerber)
Rice, Oatmeal, MultiGrain, Whole Wheat

Not Allowed: Cereal with fruit flakes, high protein or individual servings

MILK

- **Least expensive brand available** at the time of purchase
- Vitamin D or A/D fortified
- Milk type and amount to be issued is printed on WIC benefit
 - Fat Free, Skim or Non-fat
 - Low Fat, Light or 1%
 - Reduced Fat or 2%
 - Milk (Whole) [Word “WHOLE” does not appear on label]
 - Evaporated
 - Skim Evaporated
 - Non-fat Dry (25.6 oz box only)
 - Acidophilus
 - Lactose Free Milk (store brand, Dairy Ease or Lactaid) (Whole or Vitamin D, Reduced Fat or 2%, Low Fat or 1% or Fat Free)

Not Allowed: “Deluxe”, “Plus”, organic, flavored, sweetened-condensed, non-dairy, goat’s milk, Copy Cow or Vitamite

CHEESE

- 16 oz package only
- **Least expensive brand available** at time of purchase within variety selected
- Regular or low-fat cheese
- Varieties: American, Cheddar, Colby, Colby-Jack (Colby-Monterey Jack) or Mozzarella

Not Allowed: Cheese foods, cheese products, whips or spreads, shredded, grated, smoked, cubed, crumbled, imported, deli sliced or individually wrapped

YOGURT

- 32 oz container, any variety
- Whole Fat
 - Dannon
 - LaLa
- Low fat/Non-fat
 - Brookshires
 - Coburn Farms
 - Dannon
 - Essentail Everyday
 - Food Club
 - Great Value
 - LaLa
 - Kroger
 - Shurfine
 - Yoplait

Not Allowed: Organic, Greek style, fruit on the bottom, yogurts with added granola, candy, etc.

SOY-BASED BEVERAGE (HALF-GALLON CONTAINERS)

- 8th Continent Soy Original
- 8th Continent Soy Vanilla
- Great Value Original
- Silk Original

Grains



WHOLE GRAINS

TORTILLAS (16 OZ PACKAGE ONLY)

- Best Choice Corn or 100% Whole Wheat
- Brookshires Corn or Whole Wheat
- Chi-Chi's White Corn or Whole Wheat
- Don Pancho White Corn or Whole Wheat
- Great Value Whole Wheat
- Kroger 100% Whole Wheat
- La Banderita Corn or Whole Wheat
- La Burrta Corn
- MiCasa Whole Wheat
- Mission Yellow Corn Extra Thin or Whole Wheat
- Shurfine White Corn or Fajita Style Whole Wheat
- Tia Rosa 100% Whole Wheat
- Tio Santi 100% Whole Wheat

OATMEAL (16 OZ CONTAINER ONLY)

- Crystal Wedding Oats
- Mom's Best Old Fashioned Oats
- Mom's Best Quick Oats
- Shurfine Quick Oats

BROWN RICE (14-16 OZ PACKAGE ONLY)

- Any brand: Plain brown rice in box or bags; may be instant, quick, boil-in-bag or regular cooking

BREAD (16 OZ PACKAGE ONLY)

- Best Choice 100% Whole Wheat
- Bimbo 100% Whole Wheat
- Bunny 100% Whole Wheat
- Great Value 100% Whole Wheat
- Kroger 100% Whole Wheat
- Nature's Own 100% Whole Wheat made with Real Honey
- Nature's Own 100% Whole Grain Sugar Free
- Ozark Hearth 100% Whole Wheat
- Roman Meal Sungrains 100% Whole Wheat
- Sara Lee Classic 100% Whole Wheat
- Wonder Soft 100% Whole Wheat

WHOLE WHEAT PASTA (16 OZ PACKAGE ONLY)

Spaghetti and macaroni – any shape

- Allegra Whole Wheat
- Barilla Whole Grain
- Clearly Organic Whole Wheat
- Essential Everyday Whole Wheat
- Full Circle Whole Wheat
- Great Value Whole Wheat
- Hodgson Mill Whole Wheat
- Kroger 100% Whole Grain
- Racconto Whole Wheat
- Ronzoni Whole Grain
- Shurfine Whole Wheat
- Simple Truth Organic Whole Wheat

CEREAL

- Any combination of the following cereals not to exceed number of ounces listed on the WIC benefit
- 12-36 oz packages only

COLD

GENERAL MILLS

- Cheerios (Ancient Grains, Multigrain or Plain)
- Chex (Corn, Rice or Wheat)
- Dora the Explorer
- Kix (Berry, Honey or Plain)

KELLOGG'S

- Corn Flakes
- Frosted Mini Wheats Original (Big Bite, Bite Size or Little Bites)
- Frosted Mini Wheats Harvest Delights (Blueberry or Cranberry)
- Frosted Mini Wheats Touch of Fruit in the Middle Raspberry
- Rice Krispies (Original)

MOM'S (MALT-O-MEAL)

- Crispy Rice
- Mini Spooners (Blueberry, Frosted Original or Strawberry Cream)
- Oat Blenders (with Honey or with Almonds)

POST

- Grape-Nut Flakes
- Grape-Nuts
- Honey Bunches of Oats (Honey Roasted, with Almonds, Cinnamon Bunches or Pecan Bunches)

QUAKER

- Life Plain
- Oatmeal Squares (Hint of Brown Sugar or Cinnamon)

HOT

B & G FOODS

- Cream of Wheat (Instant, 1-minute or 2½ minute)
- Cream of Wheat Whole Grain 2½ minute
- Cream of Rice

JIM DANDY

- Quick or Original Grits

MOM'S (MALT-O-MEAL)

- Quick Cooking Hot Wheat Cereal (Original or Chocolate flavor)

QUAKER

- Grits (Original flavor only) (instant in individual packets, quick or regular)
- Instant Oatmeal (Original flavor only) (individual packets)

Vegetables & Fruits



Protein



VEGETABLES & FRUITS

- The Cash Value Benefit (CVB) is issued only for the purchase of fresh and frozen vegetables or fruits
- Purchases can be made for greater than the value of the Cash Value Benefit, but participants must pay the difference
- Purchases can be made for less than the value of the Cash Value Benefit, but participants will not be given any change
- Household members' Cash Value Benefits may be combined together to make a larger vegetable & fruit purchase
- Vegetables or fruits may be purchased as organic or regular

FRESH VEGETABLES & FRUITS

- Any variety of fresh vegetables and fruits
- Salad mixtures, vegetables or fruits in bags or containers

Not Allowed: Items from a salad bar; party trays; fruit baskets; nuts; fruit/nut mixtures; herbs; spices; salad dressings; salad kits or salad mixtures containing salad dressing, croutons, etc.; decorated pumpkins; or gourds

FROZEN VEGETABLES

- Any brand plain vegetable or plain vegetable mixtures
- Any package type (bag or box)
- Salt and preservatives allowed

Not Allowed: French fries; tator tots; vegetables with sauces, seasoning, flavoring or breading; vegetables mixed with pasta, rice or any other non-vegetable ingredient

FROZEN FRUIT

- Any brand plain fruit or plain fruit mixtures with no added sugar
- Any package type (bag, box or tub)

Not Allowed: Ingredients other than fruit (including sugar)

EGGS

- **Least expensive brand available** at the time of purchase
- Dozen containers only
- Small, Medium or Large White Grade A or AA

Not Allowed: Cage Free, Brown, Fertile, Free Range, Organic, Omega-3 or with added vitamins or minerals (such as Eggland's Best)

PEANUT BUTTER (16-18 OZ JAR)

- JIF, Peter Pan, Skippy or store brands only; creamy, crunchy or extra crunchy (regular, reduced-fat or natural)

Not Allowed: "Plus", Omega-3, organic, peanut butter combinations or whipped

FISH

- Chunk Light Tuna in Water (any brand)
- Pink Salmon (any brand)
- Sardines: Beach Cliff, Crown Prince, La Preferida, Polar, Port Clyde, or PortSide brands only; any flavor
- May contain bones and skin
- Canned fish only
- Any brand and any combination of fish types and can sizes not to exceed number of ounces listed on WIC benefit

Not Allowed: Albacore or smoked-flavored tuna, breast of tuna, tuna spread, tuna in oil or low salt/low fat tuna, tuna with any fillers, or flavored tuna; blueback salmon, red salmon, chum salmon, or flavored salmon

DRY BEANS

- 1 lb bag, any kind, plain, unseasoned mature dry beans, peas or lentils

Not Allowed: Mixed beans, flavored beans, or organic beans

CANNED BEANS (14-16 OZ CANS)

- **Least expensive brand** within chosen variety at time of purchase
- Regular; low-salt or low sodium; or no salt, salt free or sodium free
- Varieties Allowed:
 - Black Beans
 - Blackeye Peas
 - Butter Beans (all varieties)
 - Chick Peas/Garbanzo Beans
 - Crowder Peas
 - Great Northern Beans
 - Lima Beans
 - Navy Beans
 - Pink Beans
 - Pinto Beans
 - Purple Hull Peas
 - Red Beans
 - Mayocoba Beans
 - Refried Beans (fat free or no fat only)
 - Kidney Beans, Red or White (Cannellini Beans)

Not Allowed: Baked beans, chili beans, mixed beans, organic beans, beans with any added flavoring, fat, oil or meat

Juice



- **Least expensive brand** at the time of purchase
- Women may receive any variety of flavors and any combination of type (frozen concentrate or 46-48 oz single strength) per WIC benefit
- Children may receive any combination of flavors within the 64 oz single strength juices
- 100% pure juice

Not Allowed for any type juice (frozen concentrate or single strength): Cocktails, fruit or juice drinks, ades, fruit/vegetable blends or blended juices other than noted below

64 oz Plastic Bottles or Cartons (may be refrigerated)

APPLE

- Always Save
- Best Choice
- Big Tex
- Brookshires
- Essential Everyday
- Kroger
- Langers
- Old Orchard 100%
- Parade
- Seneca
- Shurfine 100%
- Textsun
- Tipton Grove

GRAPE

- Always Save
- Bay Mist
- Best Choice (Purple or White)
- Big Tex (Purple or White)
- Brookshires (Purple or White)
- Essential Everyday (Purple or White)
- Great Value (Purple or White)
- Kroger (Purple or White)
- Langers (Purple or White)
- Langers Plus (Purple or White)
- Old Orchard 100% (Purple or White)
- Parade
- Shurfine (Purple or White)
- Textsun (Purple or White)
- Tipton Grove
- ValuTime

ORANGE

- All brands qualify if 100% juice

PINEAPPLE

- All brands qualify if 100% juice

GRAPEFRUIT

- All brands qualify if 100% juice

BLENDED

- Best Choice 100% Juice (all flavors & blends)
- Big Tex (Orange Pineapple, Orange Mango, Pineapple Mango)
- Essential Everyday 100% Juice (all flavors & blends)
- Great Value 100% Juice (Cranberry Concord Grape, Cranberry Pomegranate, White Grape Peach)
- Juicy Juice (all flavors & blends; except Apple)
- Kroger (Berry, Cranberry Pomegranate Fruit Punch, White Grape Peach)
- Langers (all flavors & blends)
- Langers Plus (all flavors & blends)
- Northland (Pomegranate Blueberry, Cranberry Pomegranate)
- Old Orchard (all flavors & blends)
- Parade (Orange Pineapple, Orange Mango, Pineapple Mango)
- Shurfine Juice A-Lot (all flavors & blends)
- Textsun (Orange Pineapple, Orange Mango, Pineapple Mango)

VEGETABLE

- Best Choice
- Big Tex
- Diane's Garden
- Essential Everyday
- Garden Fest
- Great Value
- Kroger (Original, Low Sodium, Spicy)
- Parade
- Red Gold
- Shurfine
- Textsun
- V-8 (Original, Low Sodium, Spicy Hot, Spicy Hot Low Sodium)

TOMATO

- Best Choice
- Big Tex
- Brookshires
- Campbell's
- Great Value
- Langers
- Langers Plus
- Parade
- Shurfine
- Textsun

CRANBERRY

- Best Choice 100%
- Great Value 100%
- Kroger Traditional
- Langers Plus
- Northland
- Shurfine

11-12 oz Frozen

APPLE

- Always Save
- Best Choice
- Essential Everyday
- Food Club
- Great Value
- Kroger
- Old Orchard
- Parade
- Seneca
- Shurfine
- Tipton Grove

GRAPE

- Best Choice
- Food Club
- Great Value
- Kroger
- Old Orchard (Purple or White)
- Parade
- Seneca
- Shurfine
- Welch's (Purple or White)

ORANGE

- All brands qualify if 100% juice

PINEAPPLE

- All brands qualify if 100% juice

GRAPEFRUIT

- All brands qualify if 100% juice

BLENDED

- Dole 100% Juice (all flavors & blends)
- Old Orchard 100% Juice (all flavors & blends)
- Welch's 100% Juice (all flavors & blends)

APPLE

- Always Save
- Best Choice
- Brookshires
- Big Tex
- Great Value
- Kroger
- Lucky Leaf
- Parade
- Shurfine
- Seneca
- Texsun

GRAPE

- Always Save
- Best Choice
- Big Tex (Purple or White)
- Parade
- Seneca
- Shurfine
- Texsun (Purple or White)
- Welch's (Purple or White)

ORANGE

- All brands qualify if 100% juice

PINEAPPLE

- All brands qualify if 100% juice

GRAPEFRUIT

- All brands qualify if 100% juice

BLENDED

- Big Tex (Orange Mango, Pineapple Mango, Orange Pineapple)
- Brookshires Orange Pineapple
- Juicy Juice (all flavors & blends)
- Parade (Orange Mango, Pineapple Mango, Orange Pineapple)
- Texsun (Orange Mango, Pineapple Mango, Orange Pineapple)
- Shurfine Juice A-Lot (all flavors & blends)

VEGETABLE

- Always Save
- Best Choice
- Big Tex
- Brookshires
- Essential Everyday
- Great Value
- Kroger
- Parade
- Red Gold
- Shurfine
- Texsun
- V-8 (Original, Low Sodium, Spicy Hot, Spicy Hot Low Sodium)

Juice – continued

TOMATO

- Always Save
- Best Choice
- Big Tex
- Brookshires
- Campbell's
- Del Monte
- Diane's Garden
- Essential Everyday
- Great Value
- Kroger
- Parade
- Red Gold
- Red Gold No Salt Added
- Shurfine
- Texusun

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