

# Kentucky



**WIC-Approved Foods**  
**10/01/2016 - 9/30/2018**

# Cereal

10 ounces or larger

## B & G Foods

- Cream of Wheat Instant
- Cream of Wheat Whole Grain#
- Cream of Rice Instant
- Cream of Wheat 2 1/2 Minute



## General Mills

- Cheerios#
- Multi-Grain Cheerios#
- Cheerios Ancient Grains#
- Fiber One Honey Clusters#
- Wheaties#
- Corn Chex
- Rice Chex
- Wheat Chex#
- Dora the Explorer Kix#
- Honey Kix#
- Berry Berry Kix#
- Total#



# Cereal

## Kellogg's

- All Bran Complete Wheat Flakes#
- Corn Flakes
- Frosted Mini Wheats Original#
- Frosted Mini Wheats Little Bites#
- Unfrosted Mini Wheats#



## Post

- Alpha-Bits#
- Bran Flakes#
- Honey Bunches of Oats Honey Roasted
- Honey Bunches of Oats with Vanilla Bunches#
- Honey Bunches of Oats Whole Grain Honey Crunch#
- Grape Nuts Original#
- Grape Nuts Flakes



## Quaker

- Original Instant Oatmeal#
- Life Original#
- King Vitaman
- Oatmeal Squares Golden Maple#
- Oatmeal Squares Brown Sugar#



## Malt-O-Meal

- Crispy Rice
- Frosted Mini Spooners#
- Original Hot Wheat Cereal



## Sunbelt Bakery

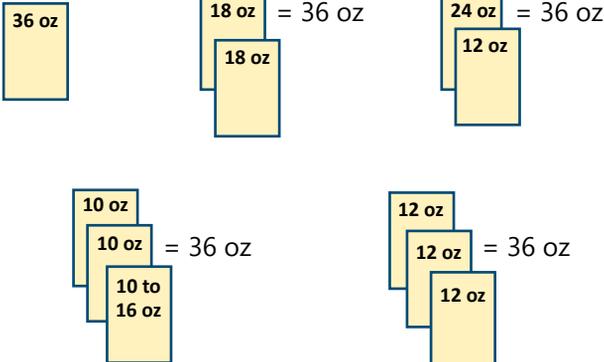
- Simple Granola#



### NO Cereals not listed NO Organic Cereals

whole grain cereals are denoted with # symbol

### To buy 36 ounces of cereal



## Juice

### Unsweetened 100% Fruit/Vegetable

### 100% Frozen Fruit Juice 12 ounce (makes 48 ounces)

Any brand - Grapefruit or Orange  
Seneca - Apple  
Old Orchard - Any Flavor



### Can or Plastic 100% Fruit Juice 48 or 64 ounce

Any Brand - Grapefruit or Orange  
Apple - Lucky Leaf, Musselman's, Seneca, Mott's  
Pineapple - Del Monte, Libby's  
Juicy Juice - Any Flavor  
Old Orchard 100% Juice - Any Flavor

### Can or Plastic 100% Vegetable Juice 64 ounce

<u>Tomato Juice</u>	<u>Vegetable Juice</u>
Campbell's	V-8
Campbell's Low Sodium	V-8 Low Sodium

### Purchase size shown on EBT shopping list

**YES** Added calcium

### **Not allowed**

- NO** 46 ounce juice
- NO** 11.5 ounce juice
- NO** Other juices or fruit drinks
- NO** Organic juice
- NO** Cocktails
- NO** V8 Lite, Splash, or Fusion
- NO** DHA, prebiotics, or artificial sweeteners

## Milk

Lowest price brand of the type and size specified and selected



Fat-Free/Skim  
Low-Fat (1%)  
Reduced-Fat  
Whole

Acidophilus &/or bifidum (A/B), lactose free and powdered milks are allowed if shown on EBT shopping list

YES Added calcium

### Not allowed

NO Flavored milk, Goat's Milk, Buttermilk, Vitamite 100, Rice, Almond, or Evaporated Milk

NO Organic Milk

NO Added plant sterols, sterols, DHA, ARA &/or Omega 3

NO Shelf stable liquid milk

## Soy Milk

Half-gallon container

To purchase soy milk, it must be shown on EBT shopping list

Soy Milk- Half-Gallon container

Approved Soymilk

Silk Soy  
Original

8th Continent  
Original



NO other soy milk is authorized.

## Milk

# WIC Cuts the Fat to 1% or Less Milk



For women and children  
2 years and older.

- Fewer Calories for a healthier weight.
- Less saturated fat for a healthier heart.
- More calcium for strong bones, teeth and healthy blood pressure.
- Same or more amounts of vitamins A and D.



# Yogurt

32 ounce tubs only

Purchase type shown  
on EBT shopping list



## Whole milk yogurt

### Dannon

- Whole Milk Plain



### Kroger

- Whole Milk Plain
- Whole Milk Vanilla



### Meijer

- Whole Milk Plain



## Low fat and fat free yogurt

### Coburn Farms

- Low Fat Plain
- Low Fat Vanilla



### Dannon

- Nonfat Plain
- Strawberry Nonfat
- Strawberry Banana Nonfat
- Lowfat Plain
- Lowfat Vanilla



### Essential Everyday

- Fat Free Plain
- Plain Low Fat
- Strawberry Banana Lowfat
- Peach Low Fat
- Strawberry Low Fat
- Vanilla Low Fat



# Yogurt

### Food Club



- Fat Free Plain
- Lowfat Vanilla
- Strawberry Lowfat

### Food Lion



- Plain Nonfat
- Vanilla Lowfat

### Great Value



- Nonfat Plain
- Lowfat Vanilla
- Lowfat Strawberry Banana
- Lowfat Strawberry
- Lowfat Peach

### Kroger



- Fat Free Plain
- Blended Lowfat Plain
- Blended Lowfat Vanilla

### Meijer



- Plain Nonfat
- Plain Lowfat
- Lowfat Strawberry Banana
- Lowfat Strawberry
- Lowfat Vanilla

### Our Family



- Nonfat Plain
- Nonfat Vanilla
- Nonfat Strawberry

### Yoplait



- Plain Nonfat
- Original Vanilla Low Fat
- Original Strawberry Banana Low Fat
- Original Strawberry Low Fat
- Original Harvest Peach Low Fat

### Not allowed

- NO** Organic
- NO** Greek or strained yogurt
- NO** Artificial sweeteners (NO Light & Fit, Carb Master)
- NO** Multipacks
- NO** Drinkable yogurt or frozen yogurt
- NO** Mix-in ingredients such as granola, candy pieces, honey, or nuts

## Cheese

**Block, Crumbled, Cubed, Sliced,  
Shredded, or String**  
**8 or 16 ounce packages only**  
**Lowest price brand of the type and size  
selected**

Brick  
Cheddar  
Colby  
Monterey Jack

Mozzarella  
Muenster  
Provolone  
Swiss



**YES** Variety packs/blends, low cholesterol, low or reduced-fat, nonfat, fat-free, added calcium and low sodium

### **Not allowed**

- NO** Deli cheese of any type
- NO** American Cheese
- NO** Cheese food, cheese product, cheese spread, pasteurized processed cheese, imitation cheese
- NO** Added pepper, pimento, added herbs, spices, seasonings or flavorings (wine or smoked)
- NO** Organic Cheese
- NO** Added probiotics (e.g., Live Active, etc.)

## Eggs

**Grade A - White - Dozen only**  
**Size - Small, medium or large**



### **Not allowed**

- NO** Organic, cage free, free range, low cholesterol, antibiotic free, vegetarian fed hen, multigrain diet fed, and no growth hormone
- NO** Added Omega 3 or other fatty acids
- NO** Brown eggs

## Dried Beans & Dried Peas

**Any Brand**  
**Dried - 16 ounce bag OR**  
**Canned - 15 to 16 ounce**



**Any** plain bean  
or pea. Some  
examples include:

Black  
Black-eyed  
Garbanzo  
Great Northern  
Kidney  
Lentils

Mixed  
Navy  
Pinto  
Red  
Speckled

**YES** Mixed beans (pinto and great northern etc.)  
**YES** Regular or low sodium

### **Not allowed**

- NO** Added meats, flavorings, sauces, spices/seasoning, fats, sugars, or oils
- NO** Organic or baked
- NO** Canned green beans, green peas, or waxed beans

## Peanut Butter

**Any Brand**  
**16 to 18 ounce only**



**YES** Chunky, Creamy, Crunchy, or Extra Crunchy  
**YES** Low sodium or low sugar  
**YES** Natural

### **Not allowed**

- NO** Low carb
- NO** Chocolate, marshmallow, artificial sweeteners, jelly, honey, or flavors added
- NO** Tubes, slices or "To Go" containers
- NO** Organic Peanut Butter
- NO** Reduced Fat
- NO** Whips
- NO** Omega 3, flaxseed, or plus

# Breastfeeding

## Breastfeeding is best for mother and baby.

Mother's milk is the perfect food for your baby. The milk that your body makes to feed your baby is the best food to keep your baby healthy and happy. There are many benefits of breastfeeding your baby.

### Benefits for Baby

- ✓ Most complete form of food for your baby.
- ✓ Provides immunities to your baby.
- ✓ Protects baby against Sudden Infant Death Syndrome (SIDS), ear infections, obesity, allergies, etc.
- ✓ Babies who are breastfed have less gas, spitting up and colic.

### Benefits for Mother

- ✓ Decreased risk of breast and ovarian cancer.
- ✓ Helps you return to pre-pregnancy weight faster.
- ✓ Increases bonding with your baby.
- ✓ Cheaper than bottle feeding.

## Is my baby getting enough?

Your baby will need to eat 8-12 times per day. This means your newborn baby needs to eat every 1 ½ to 3 hours. Babies have very small stomachs when they are born.



**1 Day Old**

5-7 ml

size of marble



**3 Days Old**

22-27 ml/ 1 oz.

size of strawberry



**10 Days Old**

60-81 ml/ 2-2.7 oz.

size of an egg

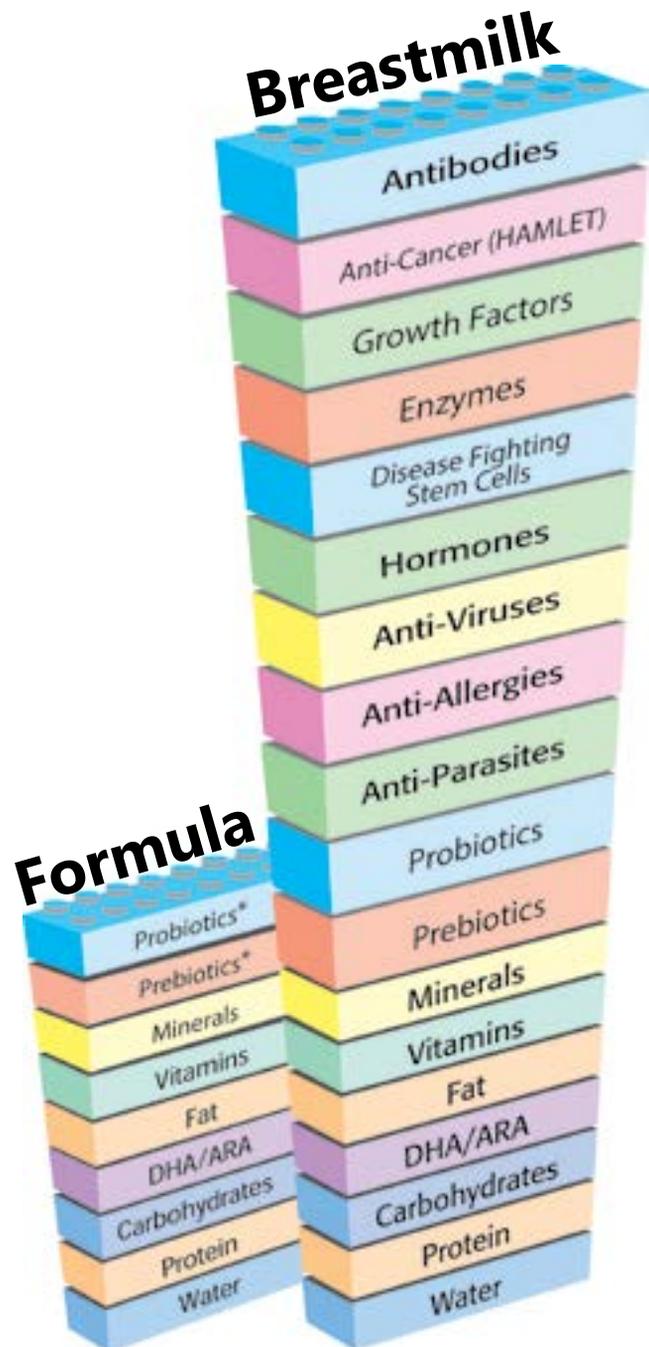


### To make sure your baby is getting enough:

- ✓ Monitor your baby's weight gain. Babies should have a ½ to 1 ounce weight gain daily the first 6 months of life. Your baby should be back to birth weight by 2 weeks.
- ✓ Count wet and dirty diapers. Your baby should have 6 or more wet diapers and at least 3 dirty diapers after the first 6 days of life.

# Breastfeeding

## Breastmilk Has More of the Good Things Babies Need



# Tofu

8 or 14 to 16 ounce container

<u>Nasoya</u>	<u>House Foods</u>	<u>Azumaya</u>	<u>Simple Truth</u>
Extra Firm	Extra Firm	Firm	Firm
Firm	Firm		
Lite Firm	Regular		
Lite Silken			
Soft			
Super Firm Cubed			



**To purchase tofu, it must be shown on EBT shopping list**

**YES** Prepared with calcium/magnesium salts

**Not Allowed**

**NO** Added fats, sugars, oils or sodium

**NO** Marinated or seasoned tofu

# Fish

**Only type and sizes below.  
Any brand packed only in oil or water.**

Pink Salmon - 6 & 7.5 ounce cans only

Sardines - 3.75 & 15 ounce cans only

Tuna Fish - 5 & 6 ounce cans only



**To purchase fish, it must be shown on EBT shopping list**

**YES** Regular or low sodium

**Not Allowed**

**NO** White or albacore tuna

**NO** Organic Fish

**NO** Foil Containers

**NO** Added seasonings, flavors, or dressings

# Fruits and Vegetables

Fresh

**YES** Whole or cut

**YES** Organic

**Not Allowed**

**NO** Added sugars, fats or oils

**NO** Ornamental fruits or vegetables such as painted pumpkins or peppers on a string

**NO** Party trays or fruit baskets

**NO** Muffins or baked goods

**NO** Items from the deli

**NO** Items from salad bar, i.e., potato salad

**NO** Herbs or spices

**NO** Sprouts

**NO** Fruit/nut mixtures

**NO** Dried fruit or vegetables

**NO** Canned or pouches

**NO** Added dressings, croutons, herbs, spices, marinades etc.

Frozen

**YES** Any brand, variety, or size

**YES** Whole, cut or mixed

**YES** Organic

**YES** With or without salt

**Not Allowed**

**NO** Added sugar, syrup, artificial sweeteners, fats, oils

**NO** Added meat, pasta, rice, nuts, cheese, butter, herbs, spices, seasonings, marinades, dressings, condiments or sauces

**NO** French fries or tater tots

**NO** Breaded or battered vegetables



# Whole Grains

100% Whole Wheat & Whole Grain  
Bread/Buns  
16 ounce size only



Aunt Millie's Healthy Goodness 100% Whole Wheat



Best Choice 100% Whole Wheat



Bimbo 100% Whole Wheat



Bunny 100% Whole Wheat



Essential Everyday 100% Whole Wheat



Food Lion 100% Whole Wheat



Healthy Life Sugar Free 100% Whole Grain



IGA 100% Whole Wheat



Kern's 100% Whole Wheat



Kroger 100% Whole Wheat



Meijer 100% Whole Wheat



Nature's Own Whole Grain Sugar Free

# Whole Grains

100% Whole Wheat & Whole Grain  
Bread/Buns  
16 ounce size only



Pepperidge Farm Light Style Soft Wheat



Pepperidge Farm Stoneground 100% Whole Wheat



Pepperidge Farm Very Thin Soft 100% Whole Wheat



Pepperidge Farm Whole Grain Seeded Rye



Roman Meal Sungrain 100% Whole Wheat



Sara Lee 100% Whole Wheat



Schwebel's 100% Whole Wheat



Wonder 100% Whole Wheat



Healthy Life 100% Whole Wheat Hot Dog Buns



Healthy Life 100% Whole Wheat Sandwich Buns

## **Not Allowed**

**NO** White Bread

**NO** Organic Bread

**NO** Additives such as herbs, spices, peppers, cheese, tomatoes or raisins

# Whole Grains

**100% Whole Wheat Pasta**  
**16 ounce size only - Any Brand**



**YES** Any shape (for example whole wheat rotini, penne, spaghetti, macaroni/elbows, or linguine)

### **Not Allowed**

- NO** Organic
- NO** Added cheese, vegetables, sugars, fats, oils, salt (sodium), or other flavorings
- NO** Egg noodles
- NO** Pasta meals or canned pasta
- NO** Gluten free or brown rice pasta
- NO** Corn flour, chia seed flour, or flax seed

# Whole Grains

**Brown Rice**  
**14 or 16 ounce only- Any Brand**



**YES** Instant, quick, or regular

### **Not Allowed**

- NO** Organic
- NO** Additives such as herbs, spices, peppers, cheese,

# Whole Grains

**Tortillas**  
**16 ounce package only**

### **Whole Wheat Tortillas**

- |              |                    |
|--------------|--------------------|
| Best Choice  | Ortega             |
| Carlita      | Meijer             |
| Celias       | Food Lion          |
| Don Pancho   | IGA                |
| Kroger       | Food Club          |
| La Banderita | Tio Santi          |
| MiCasa 100%  | Essential Everyday |
| Mission      |                    |



### **Corn Tortillas**

- |              |                    |
|--------------|--------------------|
| Carlita      | Meijer             |
| Celias       | Mission            |
| Don Pancho   | Best Choice        |
| La Banderita | Guerrero           |
| La Burrita   | Essential Everyday |



### **Not Allowed**

- NO** Organic
- NO** Additives such as herbs, spices, peppers, cheese, spinach or tomatoes

**Combine whole grains to equal the amount shown on your EBT shopping list**

**EXAMPLE:** 16 oz. bread + 16 oz. tortilla = 32 oz.

**EXAMPLE:** 16 oz. bread + 16 oz. pasta = 32 oz.

# Infant Foods



**Breastmilk is Best.**

## Formula

**Purchase size and type shown on EBT shopping list**

**Not Allowed**

- NO** Whole, Low-Fat, Skim, Evaporated, or Goat's Milk
- NO** Organic Formula
- NO** Oral rehydration fluids or electrolyte solutions, such as Pedialyte

## Dry Infant Cereal 8 ounce size only

Approved Brands

Gerber



Beechnut



**Not Allowed**

- NO** Additives such as fruit, formula, sugar, yogurt, or DHA & ARA
- NO** Organic
- NO** Cereal in jars or pouches

# Infant Foods

## Infant Fruits & Vegetables 4.0 ounce size only

Approved Brands

Gerber



Beechnut



**YES** Plain fruit or vegetable combinations such as peas and carrots, apple and banana, or sweet potato and apple

**Not Allowed**

- NO** Additives such as sugars, starches, salt/sodium, yogurt, or DHA & ARA
- NO** Organic
- NO** Dinners, desserts, "delights" or puddings
- NO** Pouches

## Infant Meat 2.5 ounce size only

Approved Brands

Gerber



Beechnut



**To purchase infant meat, it must be shown on EBT shopping list**

**YES** Plain meats with gravy

**Not Allowed**

- NO** Additives such as fruit, vegetable, or DHA & ARA
- NO** Oil, sugar, onion or garlic
- NO** Organic
- NO** Chicken sticks, Turkey Sticks, or Meat Sticks
- NO** Gerber Graduates Lil' Meals, Lil' Sides or Lil' Entrees
- NO** "Dinners"
- NO** Pouches

# Infant Foods

## Food Conversions

### Infant Cereal

$$8 \text{ oz} + 8 \text{ oz} + 8 \text{ oz} = 24 \text{ oz.}$$

### Infant Fruits and Vegetables

Fully Formula & Partially Breastfed Infant

**128 oz. = 32 (4 oz.) jars**

or

**128 oz. = 16 2-packs of 4 oz.**

Fully Breastfed Infant

**256 oz. = 64 (4 oz.) jars**

or

**256 oz. = 32 2-packs of 4 oz.**

### Infant Meat

Fully Breastfed Infant

**77.5 oz. = 31 (2.5 oz.) jars**



# DON'T FALL FOR THE TRAP



**SELLING OR TRADING WIC  
FORMULA, FOODS OR EWIC  
CARDS IS A VIOLATION  
THAT COULD RESULT IN  
CRIMINAL CHARGES  
AND/OR DISQUALIFICATION  
FROM RECEIVING FUTURE  
BENEFITS.**



# Report Violators of Laws and Regulations of USDA Programs

## Criminal Activity, such as:

- Bribery
- Smuggling
- Theft
- Fraud
- Endangerment of Public Health or Safety
- Mismanagement/ Waste of Funds
- Workplace Violence
- Employee Misconduct
- Research Misconduct
- Conflict of Interest

**Call 1-800-424-9121 or visit [www.usda.gov/oig](http://www.usda.gov/oig)**

The identity of complainants is protected under the provisions of the Whistleblower Protection Act of 1989.

## Your Rights

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, audiotape, 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: [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), 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: (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](mailto:program.intake@usda.gov). This institution is an equal opportunity provider.

**Kentucky WIC Help Desk  
(877) 597-0367**



**Kentucky Public Health**  
Prevent. Promote. Protect.