



MARYLAND
WOMEN,
INFANTS &
CHILDREN
PROGRAM

*Better
nutrition
for a
brighter
future*



WIC

AUTHORIZED FOODS LIST

EFFECTIVE
OCTOBER 2014


– Revised April 2015 –

*Bring this list when you shop
for WIC foods!*

WIC Foods

To have a healthy baby, you need to eat right. The way you eat can affect how well your baby grows. A child needs the right foods to grow strong and be ready to learn.

WIC foods are packed with nutrients like:

- Protein to build muscles and organs
 - Calcium and vitamin D for strong bones
 - Iron for healthy blood
 - Vitamins to help the body work
- 



WIC foods are also low in sugar and fat.

WIC foods are for you or your child only.

They help you get what you need to stay healthy.

You'll still need to buy other foods. WIC foods are meant to add to what you already eat.

When money is tight, it's hard to eat the way you should. WIC staff can give you tips to get the most food value for the money. You can also get ideas for quick and low cost meals and snacks.

WIC Fraud Prevention Is Everyone's Responsibility!



By following these rules, you help the Maryland WIC Program help you and others.

- ✗ Do not sell or give away your WIC Foods.
- ✗ Do not sell or give away your WIC checks.
- ✗ Do not buy or attempt to buy food items that are not WIC allowed.
- ✗ Do not return your WIC foods to the store for a refund or store credit.
- ✓ Report stores or other WIC participants that you know are not following the rules to your Local WIC Agency.

How to shop for WIC foods

WIC gives you checks to buy your WIC foods. Here are the steps you must follow:

1. Shop at a WIC approved store. Look for the **WIC Accepted Here** sign.
2. Decide what checks to spend. Look at the dates. You can only spend a check on or between the **First and Last Dates to Spend**.
3. Take your checks, WIC ID Folder, and Authorized Foods List to the store.
4. Buy only the foods shown on the checks and WIC Authorized Foods List.
5. Use a checkout lane with a cashier. **DO NOT** use a cash-only express or self-checkout lane.
6. Separate foods into groups for each check. Keep non-WIC items separate.
7. Give the cashier your WIC ID Folder and each check you are spending.
8. Let the cashier ring up the foods, one check at a time.
9. Sign each check **AFTER** the cashier enters the total price. Be sure the price is correct.
10. Get all WIC sales receipts and your ID Folder from the cashier.

Your “Steps for Using Your WIC Checks” leaflet is a handy guide for showing these steps!



Frequently Asked Questions

1. What does “store brand if available” mean?

You must buy the store brand if the store carries it and if it is in stock. Refer to the Store Brand Shopping Guide for store brand examples.

2. What should I do if the store brand is not available?

If the store carries national brands in addition to the store brand and the store brand is not available, you can buy a national brand.

3. If the store brand of cheddar cheese is not in stock, can I buy a national brand of cheddar or must I buy the store brand of another kind of cheese like American or Swiss?

If the store brand of the kind of cheese you want to buy is not in stock, you can buy a national brand of that cheese. For example, if you want to buy cheddar cheese and the store only has the store brand of American, you can buy a national brand of cheddar. You do not need to buy the store brand of American cheese.

4. If the store brand of navy beans is not in stock, can I buy a national brand of navy beans or do I need to buy the store brand of another kind of beans like kidney beans or black beans?

If the store brand of the kind of beans you want to buy is not in stock, you can buy a national brand of those beans. You do not need to buy a different kind of WIC allowed beans.

5. If the store brand of baby food sweet potatoes is not in stock, can I buy a national brand of baby food sweet potatoes or must I buy the store brand of another kind of baby food vegetables like green beans?

If the store brand of the kind of baby food vegetables, fruit, or meat you want to buy is not in stock, you can buy a national brand. For example, if you want to buy baby food sweet potatoes and the store only has the store brand of green beans, you can buy a national brand of baby food sweet potatoes.

6. Do I need to buy the store brand of fruit or vegetables with a Fruit and Vegetable check?

No, you can buy any brand of fruit or vegetables with a Fruit and Vegetable check.



Remember, breastfeeding is best for you and your baby.

7. Can I buy green beans, wax beans, or sweet peas with a WIC check offering beans?

No, but you can buy green beans, wax beans or sweet peas with a Fruit and Vegetable check.

8. Can I buy a pumpkin with a Fruit and Vegetable check?

Yes, a pumpkin is considered a fruit. You can buy it with a Fruit and Vegetable check. Painted or decorated pumpkins are not allowed.

9. My store carries cultural foods like aloe vera and cactus. Can I buy these with a Fruit and Vegetable check?

Yes, aloe vera and cactus are used as vegetables in some cultures. You can buy these with a Fruit and Vegetable check.

10. Can I buy baby food fruit and vegetables with a Fruit and Vegetable check?

No, Fruit and Vegetable checks are intended for women and child participants.

11. Can I buy fruit like applesauce in the “snack pack” size with a Fruit and Vegetable check?

Yes, you can buy any size of canned fruit in a metal, glass, or plastic container. It must be packed in water or unsweetened juice.

12. If a WIC check says “15 ounces or less cereal” can I buy a 15 ounce or smaller box of COLD cereal?

No, you can only buy an 11.8 to 15 ounce box of HOT cereal.



Milk

BUY:

- ✓ Type and size shown on check
- ✓ Store brand if available

BUY IF PRINTED ON CHECK:

- ✓ Lactose-reduced or lactose-free
- ✓ Powdered
- ✓ Evaporated
- ✓ UHT (Ultra High Temperature)
- ✓ Kosher



DO NOT BUY:

- ✗ Super skim or ultra skim
- ✗ Buttermilk
- ✗ Chocolate or other flavor
- ✗ Organic, rice, or goat milk
- ✗ Sweetened condensed

Cheese

BUY:

- ✓ American, Cheddar, Monterey Jack, Mozzarella, or Swiss
- ✓ Store brand if available
- ✓ 16 ounce size only
- ✓ Blocked or sliced
- ✓ Lowfat, reduced fat, and low sodium OK



DO NOT BUY:

- ✗ Organic or imported
- ✗ Deli, string, or individually wrapped
- ✗ Cheese food, spread, or product
- ✗ Cream cheese
- ✗ Shredded, crumbled, or cubed
- ✗ With flavors, nuts, peppers, or crackers

Eggs

BUY:

- ✓ White, medium or large
- ✓ Store brand if available
- ✓ One dozen only



DO NOT BUY:

- ✗ Organic, brown, fertile, or cage free
- ✗ Lowfat or cholesterol free, omega-3, pasteurized, or other specialty eggs

Beans, Peas, Lentils

BUY:

- ✓ Beans like kidney, pinto, black, navy, garbanzo, or lima
- ✓ Split peas, black-eyed peas, or lentils
- ✓ Store brand if available
- ✓ Dry, 16 ounce bag
- ✓ Canned, water pack, 15 to 16 ounce can



DO NOT BUY:

- ✗ Organic
- ✗ Green or wax beans, sweet peas*
- ✗ Soup, soup mixes, or with flavor packets
- ✗ Beans with sauce, meat, fat, or oil

**BUY with your WIC Fruit & Vegetable check*

Peanut Butter

BUY:

- ✓ Plain, smooth, crunchy, extra crunchy, or creamy
- ✓ Store brand if available
- ✓ 16 to 18 ounce container
- ✓ Low sodium and low sugar OK



DO NOT BUY:

- ✗ Organic, natural, reduced fat, fresh-ground
- ✗ Honey roasted, mixed with marshmallow, jelly, jam, honey, or chocolate
- ✗ Peanut butter spreads

Canned Fish

BUY IF PRINTED ON CHECK:

- ✓ Chunk light tuna, water pack, 5 to 6 ounce can
- ✓ Pink salmon, water pack, 5 to 7.5 ounce can
- ✓ Sardines, water pack, 3.75 ounce can
- ✓ Store brand if available



DO NOT BUY:

- ✗ Albacore or white tuna
- ✗ Red salmon
- ✗ Fish with added flavor or sauce
- ✗ Organic, low sodium, or gourmet
- ✗ Pouch, bowl, or kit

BUY:

- ✓ Brands and types shown here only
- ✓ 18 ounce size or larger (cold cereal)
- ✓ 11.8 ounce size or larger (hot cereal)

DO NOT BUY:

- ✗ Organic



GENERAL MILLS
Cheerios 🌿



GENERAL MILLS
Multi Grain Cheerios 🌿



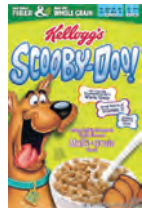
GENERAL MILLS
Kix 🌿



GENERAL MILLS
Gluten Free Corn Chex (GF)



GENERAL MILLS
Gluten Free Rice Chex (GF)



KELLOGG'S
Scooby-Doo! 🌿



QUAKER
Oatmeal Squares Brown Sugar 🌿



QUAKER
Oatmeal Squares Cinnamon 🌿



QUAKER
Life Original 🌿



QUAKER
Instant Oatmeal Original Flavor 🌿



QUAKER
Instant Grits Original Flavor



B&G FOODS
Cream of Wheat
• Instant
• 1 Minute
• 2 1/2 Minute

🌿 Indicates Whole Grain Food

Possible ways
to buy up to
36 ounces
of cereal

18 ounces
+18 ounces
36 ounces

18 oz.
Cereal

18 oz.
Cereal

24 ounces
+11.8 ounces
35.8 ounces

Combine different cereals



KELLOGG'S
Rice Krispies



KELLOGG'S
Corn Flakes



KELLOGG'S
Special K



KELLOGG'S
All Bran
Complete Wheat
Flakes



KELLOGG'S
Frosted
Mini Wheats
Big Bites



KELLOGG'S
Frosted
Mini Wheats
Bite size



POST
Shredded Wheat
Lightly Frosted



POST
Shredded Wheat
Honey Nut



POST
Honey Bunches
of Oats
• Vanilla Bunches
• Honey Roasted
• Almond
• Cinnamon
Bunches



POST
Grape-Nuts



POST
Grape-Nuts Flakes



MALT-O-MEAL
Creamy Hot Wheat



MALT-O-MEAL
Oat Blenders
Honey



MALT-O-MEAL
Oat Blenders
Honey & Almonds

 Indicates Gluten Free Food

ounces
ounces
ounces

11.8 oz.
Hot
Cereal

24 oz.
Cereal

18 ounces
+14 ounces
32 ounces

14 oz.
Hot
Cereal

18 oz.
Cereal

Fruit & Vegetable Check

- ✓ Organic is OK
- ✓ Any brand

Fresh

BUY:

- ✓ Loose or pre-packaged
- ✓ Whole or cut

DO NOT BUY:

- ✗ Salad bar items, party platters, fruit baskets
- ✗ Herbs, nuts, peanuts
- ✗ Salad kits with nuts, croutons, or dressing
- ✗ Fruit or vegetables with dips
- ✗ Dried fruit



Frozen

BUY:

- ✓ Plain
- ✓ Bag or box
- ✓ Low sodium OK

DO NOT BUY:

- ✗ With sugar, breading, butter, sauce, fat, or oil
- ✗ With meat, rice, or pasta
- ✗ Fries or tater tots
- ✗ Soup
- ✗ WIC or other juice*



Canned

BUY:

- ✓ Water or juice pack only
- ✓ Metal, glass, or plastic container
- ✓ Low sodium OK

DO NOT BUY:

- ✗ With added meat, fat, oil, rice, or pasta
- ✗ With added sugar or in syrup
- ✗ With artificial sweetener
- ✗ Pickled vegetables, relishes, catsup
- ✗ Cranberry sauce, pie filling
- ✗ Soup
- ✗ WIC or other juice*
- ✗ WIC beans,* pork and beans, or baked beans
- ✗ Pouches or smoothies



** BUY WIC juice and WIC beans with your other WIC checks.*

Juice

BUY:

- ✓ Brands and types shown here only
- ✓ 100% juice, unsweetened
- ✓ Can, carton or bottle size shown on check
- ✓ With calcium and/or vitamin D OK

DO NOT BUY:

- ✗ Less than 120% DV vitamin C
- ✗ Glass bottles
- ✗ Organic or fresh-squeezed
- ✗ Fruit cocktail, punch, drink, or light
- ✗ Shelf stable concentrate

Frozen Concentrate: For Women



ORANGE
Any Brand



GRAPEFRUIT
Any Brand



PINEAPPLE
Dole,
Old Orchard



APPLE
Best Yet,
Essential
Everyday,
Food Lion,
Giant,
Great Value,
Hannaford,
My Essentials,
Old Orchard
(with green
tear strip),
Safeway,
Seneca



GRAPE
Best Yet,
Old Orchard,
Welch's
(with yellow
tear strip)

64 ounce Container: For Children



ORANGE, GRAPEFRUIT
Any brand



PINEAPPLE
Best Yet,
Food Lion,
Hannaford,
Shurfine



APPLE
Best Yet,
Essential
Everyday,
Food Lion,
Giant,
Giant Eagle,
Great Value,
Hannaford,
Market Pantry,
My Essentials,
Old Orchard,
Safeway,
Shop Rite,
Shurfine,
Valu Time,
Wegmans



VEGETABLE
Best Yet,
Diane's Garden,
Giant,
Great Value,
Hannaford,
Harris Teeter,
V8



TOMATO
Campbell's,
Food Lion,
Giant,
Great Value,
Hannaford,
Harris Teeter,
Market Pantry,
Shursaving



GRAPE
(red, purple,
or white)
Best Yet,
Food Lion,
Giant,
Giant Eagle,
Harris Teeter,
Juicy Juice,
Old Orchard,
Valu Time,
Wegmans

Breads & Rolls

BUY:

- ✓ Brands and types shown here only
- ✓ 1 pound or 15 to 16 ounce package

DO NOT BUY:

- ✗ Organic



Breads

- *Acme 100% Whole Wheat Bread*
- *Arnold Stone Ground 100% Whole Wheat*
- *Bimbo 100% Whole Wheat Bread*
- *Food Lion 100% Whole Wheat Sliced Bread*
- *Giant 100% Whole Wheat Bread*
- *Giant Eagle 100% Whole Wheat Bread*
- *Giant Stone Ground 100% Whole Wheat Bread*
- *Great Value 100% Whole Wheat Round Top Bread*
- *Harris Teeter 100% Whole Wheat Bread*
- *Mars 100% Whole Wheat Bread*
- *Nature's Own 100% Whole Wheat 100% Whole Grain Bread Sugar Free*
- *Pepperidge Farm Jewish Rye Bread Whole Grain Seeded*
- *Pepperidge Farm Stone Ground 100% Whole Wheat Bread*
- *Roman Meal Round Top Bread*
- *Roman Meal Sungrain 100% Whole Wheat Bread*
- *Safeway Kitchens 100% Whole Wheat Bread*
- *Sara Lee 100% Whole Wheat Bread*
- *Schmidt Olde Tyme 100% Whole Wheat Bread*
- *Shoppers 100% Whole Wheat Bread*
- *ShopRite 100% Whole Wheat Bread*
- *Shurfine 100% Whole Wheat Bread*
- *Stern's 100% Whole Wheat Bread*
- *Weight Watchers 100% Whole Wheat Bread*
- *Wonder 100% Whole Wheat Bread*

Rolls



- *Giant 100% Whole Wheat Hamburger Rolls*
- *Giant 100% Whole Wheat Hot Dog Rolls*
- *Nature's Own 100% Whole Wheat Sandwich Rolls*
- *Schmidt Old Tyme Whole Grain 100% Whole Wheat Sandwich Rolls*
- *Schmidt Old Tyme 100% Whole Grain White Wheat Sandwich Rolls*
- *Schmidt Old Tyme Whole Grain 100% Whole Wheat Hot Dog Rolls*
- *Schmidt Old Tyme 100% Whole Grain White Wheat Flour Long Rolls*
- *Stern's 100% Whole Wheat Rolls*

Tortillas

BUY:

✓ 1 pound (16 ounce) package

- Buena Vida Whole Grain Tortillas
- Carlita Corn Tortillas or 100% Whole Wheat Tortillas
- Celia's Corn Tortillas
- Chi-Chi's White Corn Tortillas
- Don Pancho White Corn Tortillas
- La Burrita Yellow Corn Tortillas
- La Banderita Corn Tortillas
- Mission Yellow Corn or Whole Wheat Tortillas
- Ortega Whole Wheat Tortillas



DO NOT BUY:

- ✗ Fried corn tortillas, chips, tostadas, or taco shells
- ✗ White flour tortillas or with any added flavors
- ✗ Organic

Brown Rice

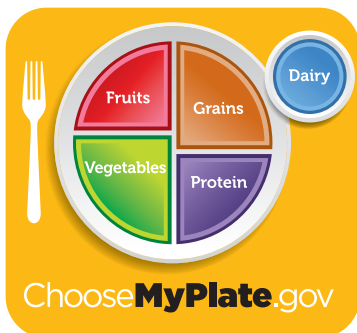
BUY:

- ✓ Regular
- ✓ Store brand if available
- ✓ 1 pound (16 ounce) package
- ✓ Dry, plain



DO NOT BUY:

- ✗ Ready-to-serve or precooked in pouch
- ✗ Rice with added flavor, sauce, or vegetables
- ✗ Organic



Healthy WIC foods like lowfat milk, eggs, beans, whole wheat breads, breakfast cereals, fruits and vegetables make your plate great!



Indicates Whole Grain Food

Infant Foods

Infant Formula

BUY:

- ✓ Brand, type, and size shown on check

DO NOT BUY:

- ✗ Organic formula



Infant Cereal

BUY:

- ✓ Brand shown on check
- ✓ Dry, 8 or 16 ounce container

DO NOT BUY:

- ✗ Organic or with DHA, fruit, or formula
- ✗ Jar or can

Infant Fruits & Vegetables

BUY:

- ✓ Plain vegetables or combination of vegetables (example: carrots and yams)
- ✓ Plain fruit or combination of fruits (example: apples and bananas)
- ✓ Store brand if available
- ✓ Multi-packs OK (a 2 pack = 2 containers)
- ✓ 3.5 or 4 ounce container



DO NOT BUY:

- ✗ Organic or with DHA
- ✗ With meat, yogurt, cereal, pasta, or rice
- ✗ Dinners, desserts, soups, stews, or diced
- ✗ Pouches or smoothies

Infant Meat

BUY IF PRINTED ON CHECK:

- ✓ Plain chicken, turkey, beef, lamb, veal, or ham
- ✓ Store brand if available
- ✓ With gravy or broth OK
- ✓ 2.5 ounce container



DO NOT BUY:



- ✗ Organic or with DHA
- ✗ With added vegetables, fruit, rice, cereal, or pasta
- ✗ Dinners, meat sticks, stews, or soups
- ✗ Pouches

Different Ways to Buy Infant Fruits & Vegetables

Here are some examples of how you can buy combinations of single 4 ounce containers and 2 packs to get to the number of ounces printed on your check.*



If your check says

64
ounces,
there are
3 ways
to make
64 ounces.

 SINGLES	+	 2 PACK *
16	+	0
or		
9	+	4
or		
2	+	8



If your check says

84
ounces,
there are
4 ways
to make
84 ounces.

 SINGLES	+	 2 PACK *
21	+	0
or		
14	+	4
or		
7	+	8
or		
0	+	12

If your check says

88
ounces,
there are
4 ways
to make
88 ounces.

 SINGLES	+	 2 PACK *
22	+	0
or		
15	+	4
or		
8	+	8
or		
1	+	12

* Example is based on pack of two 3.5 ounce containers.

Soy Beverage

BUY:

- ✓ Brand and container size shown on check
- ✓ Half gallons (refrigerated):
 - *8th Continent Original*
 - *Silk Original*
- ✓ Quarts (shelf-stable):
 - *Pacific Natural Foods Ultra Soy Plain*



DO NOT BUY:

- ✗ Any flavors
- ✗ Light or fat-free

Tofu

BUY:

- ✓ Brands and types shown here only
- ✓ 16 ounce container
 - *Azumaya*: Extra Firm, Firm, Silken
 - *House Foods Premium*: Extra Firm, Firm, Medium Firm
 - *Nasoya*: Silken



DO NOT BUY:

- ✗ With added sodium, flavoring, fat, or oil

QUESTIONS?

Ask your WIC staff or call the Maryland WIC Office at 1-800-242-4942 or visit our website at www.mdwic.org

Maryland WIC

Better Nutrition Brighter Future



Lawrence J. Hogan, Jr., Governor
Boyd K. Rutherford, Lt. Governor
Van T. Mitchell, Secretary, DHMH

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