

SHOPPING GUIDE

2017-2018



Questions? Ask your WIC staff or call the state WIC office at 1-800-657-3942.

For the most current list of WIC allowed foods, go to the Minnesota WIC program **website** at www.health.state.mn.us/wic.



To request this material in another format contact:

Minnesota WIC Program
P.O. Box 64882
St. Paul, MN 55164-0882
1-800-657-3942



This institution is an equal opportunity provider.
01/17 ID# 53084

USING WIC Vouchers

1 Use your Vouchers starting on the **"First Day to Use"** and by the **"Last Day to Use."**

2 Look at the **"Items"** for foods and amounts listed on your Voucher. Choose WIC authorized foods using your Shopping Guide.

3 Take your **WIC ID Folder**, **Vouchers** and **Shopping Guide** with you to the store.



4 Keep **WIC foods separate** from other items.

Group your WIC foods by each Voucher.



5 Tell the cashier right away that you are using WIC Vouchers.

6 Give your **WIC Vouchers** and **ID Folder** to the cashier.



7 The cashier fills in the **purchase amount** on each Voucher.

8 Sign your **WIC Voucher** in front of the cashier.

HOW TO USE THE My Minnesota ta WIC App

DOWNLOAD AT



FOOD FINDER



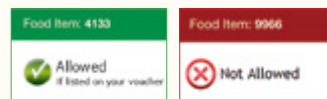
TO CHECK IF A FOOD ITEM IS ALLOWED...

Select **Scan UPC**
to read the barcode.

OR

Enter **UPC/PLU**
and type in the food item code.

Instantly know if the food item is
WIC Allowed:



TO REVIEW ALL ALLOWED FOOD OPTIONS...

The list of the allowed brands
can be found under
Shopping Guide.

Only the WIC Allowed foods
listed on your vouchers can
be purchased.

Printed copies of the Shopping
Guide are also available.

MESSAGES

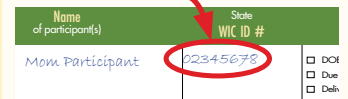


TO RECEIVE APPOINTMENT REMINDERS...

- Register device in **Settings.**
- Enter the **Household ID#** listed on your WIC ID Folder.



- Enter the **State ID#** for one participant in the family.



- Enter one participant's **Name** and **Date of Birth.** You can enter any participant listed, and any birthdate. This information is **not** stored.
- You can register multiple devices with the same information.
- If you get a new phone, you will need to re-register to receive messages.

Tips

- Scan the UPC located on the food package NOT the shelf label.
- The shape of the package can affect your phone's ability to scan properly.
- Limitations may occur based on available Wi-Fi service and connectivity.

Currently available for iPhone 4S and higher, and Android version 4 and higher.
Available for download on the App Store & Google play.

Please rate and comment.

fruits & vegetables

fresh fruits and vegetables

Any Variety



ALLOWED

- All fresh fruits and vegetables
- Whole or cut fruits and vegetables OK
- Plain bagged salad mixtures or bagged vegetables OK **without** any added foods including salad dressing, croutons, cheese, etc.
- Organic OK

NOT ALLOWED

- No salad bar, party trays, baskets
- No decorative fruits or vegetables including pumpkins
- No dried fruits or vegetables
- No spices or herbs (e.g. parsley, cilantro, dill, etc.)
- No nuts
- No fresh salsa

frozen fruits and vegetables

Any Brand



ALLOWED

- Any variety or mixture of *plain* fruits and vegetables
- Any package type or size
- Organic OK
- Check label for ingredients

NOT ALLOWED

- No added sugar or artificial sweeteners
- No added butter, fats, oils, sauces or cheese
- No added pasta, rice or other items
- No potato product shapes like french fries, hash browns or tater tots containing oils, fats or sugars (like dextrose)

Tips

- If the cost of your fruits and vegetables is more than the amount on your voucher, you can put something back or pay the difference with cash, EBT or credit card.
- Buying pre-packaged fruits and vegetables can make it easier to get the full value on your voucher.

- For the best value, choose fresh fruits and vegetables that are in season.
- Eat a rainbow of colorful fruits and vegetables for good health.
- Frozen fruits and vegetables are easy to use! Just take the amount you need out of the package and put the rest in the freezer to use later.



100% juice
SINGLE FLAVOR ONLY

64 oz (half-gallon) refrigerated containers

Only 64 oz Brand



59 oz not allowed

ALLOWED

Orange juice with **120%** or more Vitamin C per serving:

- Added calcium and vitamins OK

11.5 to 12 oz frozen concentrate

Any Brand



ALLOWED

Single flavor juices with **120%** or more daily Vitamin C of these flavors only:

- Orange
- Grapefruit
- Pineapple
- Apple
- Grape

Allowed only when listed on WIC voucher 5.5 to 6 oz



- Any brand orange
- Any brand grapefruit
- Dole Pineapple
- Campbell's Tomato
- V-8, vegetable
- Minute Maid 100% Juice, any flavor

64 oz non-refrigerated plastic bottles

Single flavor fruit juices or vegetable juices with **120%** or more daily Vitamin C

ALLOWED



Any Store Brand

Must be **100%** juice with **120%** Vitamin C of the following **single flavor** fruit juices and vegetable juices:

- Orange Grape
- Grapefruit White Grape
- Pineapple Vegetable
- Apple Tomato

OTHER WIC ALLOWED BRANDS INCLUDE:

- Always Save
- Best Choice
- Diane's Garden
- Essential Everyday
- Fareway
- Food Club
- Fruit Patch
- Great Value
- HyTop
- Hy-Vee
- IGA
- Libby's
- Market Pantry
- Mr. Pure
- Nature's Nectar
- Our Family
- Shurfine
- Tipton Grove
- Valu Time



Campbell's
100% Tomato
100% Tomato
Low Sodium



Indian Summer
Premium Apple



Juicy Juice
100% Apple
100% Orange
No other flavors



Langers
Orange, Apple, Grape, Red Grape, White Grape, Grapefruit, Pineapple, Tomato, Vegetable, Low Sodium Vegetable



Mott's
100% Apple
No Mott's for Tots, Light or Medleys



Musselman
100% Apple



Old Orchard
100% Apple
100% Grape
100% White Grape
100% Orange



V8
100% Vegetable Original,
100% Vegetable Low Sodium,
100% Vegetable Spicy Hot
No other V8 juices



Welch's
100% Grape
100% Red Grape
100% White Grape
No Light, Fiber Added, Calcium Added or Juice Cocktail

NOT ALLOWED FOR ALL JUICES

- No 59 oz juices
- No fruit juice blends
- No juice cocktails or drinks
- No fresh squeezed juices
- No juices other than those flavor varieties listed
- No diet juices or juices with artificial sweeteners like sucralose
- No organic juices

whole grains

tortillas

Whole Wheat • 16 oz (1 lb.)



NOT ALLOWED

- No organic
- No wraps, flat bread or pita bread
- No hard shell tortillas or taco shells

Corn • 16 oz (1 lb.)



NOT ALLOWED

- No organic
- No wraps, flat bread or pita bread
- No hard shell tortillas or taco shells

whole wheat / whole grain bread

16 oz (1 lb.) loaf



NOT ALLOWED

- No organic
- No rolls, buns, bagels, English muffins, pita bread
- No frozen bread dough
- No take and bake bread products

100% whole wheat pasta

16 oz (1 lb.) only



ALLOWED

WIC Allowed Brands

- | | |
|----------------------|--------------------------|
| ■ Allegra | ■ Great Value |
| ■ Barilla | ■ Hodgson Mill |
| ■ Bella Terra | ■ Hy-Vee |
| ■ Bionature | ■ Nash Bros. Trading Co. |
| ■ Delallo | ■ Racconto |
| ■ Essential Everyday | ■ Ronzoni |
| ■ Food Club | ■ Shurfine |
| ■ Full Circle | ■ Simply Balanced |
| ■ Garofalo | |
| ■ Gia Russa | |

- Any shape OK including spaghetti, spirals, macaroni, penne, rotini, elbows and shells

- Organic OK

NOT ALLOWED

- No added sugars, fats, oils or salt
- No pasta made from rice, quinoa, flax, corn or vegetables

whole grains

beans peanut butter

oats

16 oz (1 lb.) only

WIC Allowed Brands



ALLOWED

WIC Allowed Brands

- Mom's Best, natural quick & old fashioned oats
- Our Family, quick oats
- Best Choice, quick & old fashioned oats

- Rolled oats only

NOT ALLOWED

- No added sugar, fats, oils or salt
- No bulk oats
- No organic
- No steel cut oats
- No individual packets
(These can be purchased as cereal)

brown rice

16 oz (1 lb.) only

Any Brand



ALLOWED

- Regular cooking

NOT ALLOWED

- No 14 ounce instant brown rice
- No bulk brown rice
- No added sugar, fats, oils or salt
- No mixes or wild rice
- No organic
- No boil in bag
- No specialty brown rice like basmati

canned beans

15 to 16 oz cans

Any Brand

* Check label for ingredients.



ALLOWED

- Regular or low sodium
- Any variety including kidney, pinto, black, navy, red, garbanzo, great northern, lima and black-eyed peas
- Added sugar OK

NOT ALLOWED*

- No added fats, oils, meat
- No baked beans, pork and beans, chili beans or refried beans
- No soup mix
- No organic
- No green or wax beans

dry beans, peas, lentils

16 oz package

Any Brand



ALLOWED

- Any variety
- Plain pre-packaged

NOT ALLOWED

- No organic
- No bulk beans, peas, lentils
- No soup mixes
- No seasonings or other added ingredients

peanut butter

16 to 18 oz only

Any Brand



ALLOWED

- Creamy, crunchy, chunky
- Natural or reduced sugar
- Shelf-stable only

NOT ALLOWED

- No peanut butter spread or blends
- No organic
- No reduced fat
- No added jams, jellies, chocolate, or honey
- No refrigerated peanut butter
- No Skippy natural peanut butter spread
- No Jif natural peanut butter spread
- No Simply Jif

cereals

whole grain cereals • More than 51% whole grain



Cereals with 100% folic acid



Cereals with 5 or more grams of fiber per serving

Cold Cereals • 12 oz or larger



General Mills
Cheerios
plain
gluten free



General Mills
Multi-Grain
Cheerios
plain
gluten free



General Mills
Kix
honey



General Mills
Kix
plain



General Mills
Kix
berry berry



General Mills
Total
whole grain
plain



General Mills
Wheaties
plain



General Mills
Wheat Chex
plain



Kellogg's
Frosted Mini
Wheats
original



Kellogg's
Frosted Mini
Wheats
little bites



Malt-O-Meal
Mini-Spooners
plain frosted



Malt-O-Meal
Mini-Spooners
strawberry
cream



Malt-O-Meal
Mini-Spooners
blueberry



Post
Grape-Nuts
plain



Post
Honey
Bunches
of Oats
Whole Grain
honey crunch



Post
Honey
Bunches
of Oats
Whole Grain
vanilla bunches



Post
Great Grains
banana nut
crunch



Quaker
Life
plain



Quaker
Oatmeal
Squares
brown sugar



Quaker
Oatmeal
Squares
cinnamon



Any Store Brand
Bran
Flakes



Any Store Brand
Tosted Oats
or Tasteos

Hot Cereals



Cream of
Wheat
18 oz
whole grain



Quaker
Oatmeal
11.8 oz
individual
packets,
original flavor
only



Any Store Brand
Instant
Oatmeal
11.8 oz
individual
packets,
regular flavor

other cereals • Less than 51% whole grain



Cereals with 100% folic acid

Cold Cereals • 12 oz or larger



General Mills
Corn Chex
plain
gluten free



General Mills
Rice Chex
plain
gluten free



Kellogg's
Corn Flakes
plain



Kellogg's
Crispix
plain



Kellogg's
Rice Krispies
plain



Kellogg's
Special K
plain



Malt-O-Meal
Crispy Rice
plain



Post
Honey
Bunches
of Oats
with almonds



Post
Honey
Bunches
of Oats
cinnamon
bunches



Post
Honey
Bunches
of Oats
honey roasted

Hot Cereals



COCO Wheats
28 oz



Cream of
Rice
14 oz
gluten free



Cream of
Wheat
28 oz
original



Malt-O-Meal
28 or 36 oz
original



Malt-O-Meal
28 or 36 oz
chocolate



Quaker
Instant Grits
12 oz
individual
packets,
original flavor
only

Ways to buy up to 36 oz of cereal

You may combine cereals up to a total of 36 ounces per month.



14.5 oz
+ 19.0 oz
33.5 oz



14.0 oz
+ 20.5 oz
34.5 oz



12 oz
12 oz
+ 12 oz
36 oz



18 oz
+ 18 oz
36 oz

WIC ALLOWED
STORE BRAND
Bran Flakes, Toasted
Oats, Tasteos and
Instant Oatmeal include:

- Always Save
- Best Choice
- Clear Value
- Essential Everyday
- Fareway
- Food Club
- Great Value
- Hospitality
- HyTop
- Hy-Vee
- IGA
- Market Pantry
- Millville
- Our Family
- Ralston
- Shurfine
- Valu Time



dairy

milk

**Gallons
or Half-Gallons
Any Brand**



ALLOWED

- Fat-free skim
- Low-fat 1%
- Can buy two ½ gallons when one gallon is listed on the voucher
- BGH/BST-free milk OK

Allowed only when listed on WIC voucher:

- Whole milk or reduced fat 2% milk
- Quart-size containers
- Can buy twin packs when 2 gallons are listed
- Lactose-free, ½ gallon size (unless quarts are listed on voucher)
- Powdered (nonfat dry only)
- Evaporated (fat-free, low-fat or whole)
- Goat (whole or low-fat quarts, pasteurized with Vitamin D)
Poplar Hill
Meyenberg
Meyenberg evaporated also OK
Never use goat milk for infants under 1 year

NOT ALLOWED

- No organic milk
- No buttermilk
- No **Peak** powdered milk
- No chocolate or flavored milk
- No specialty milk or milk with added nutrients (other than Vitamin A or D)
- No milk in glass bottles

yogurt

32 oz containers

* Check the list of ingredients on the label.



ALLOWED

WIC Allowed Brands

- Brown Cow
- Cass Clay
- Chobani
- Coburn Farms
- Dannon
- Essential Everyday
- Fareway
- Food Club
- Great Value
- Greek Gods
- Hy-Vee
- Market Pantry
- Mehedin
- Mountain High
- Nostimo
- Oikos
- Old Home
- Our Family
- Shurfine
- Simply Balanced
- Yoplait
- Ziyad

- Nonfat or low-fat
- Plain or any flavor
- Greek yogurt OK
- Whole milk yogurt OK for 1 year olds only

NOT ALLOWED*

- No organic
- No artificial sweeteners like sucralose, aspartame or **Splenda**
- No yogurts with mix-in ingredients like granola, candy or nuts
- No drinkable yogurts
- No single serve containers
- No 24 oz or 35.3 oz containers
- No yogurt with more than 40g sugar per cup
- No **Dannon Light and Fit** except Plain Greek





dairy



soy foods

cheese

8 to 16 oz

Any Brand



2 (8 oz) packages
is 1 pound

ALLOWED

- Shredded, finely shredded or packaged in blocks
- String (plain unflavored in an 8 oz to 16 oz package), sticks or twists OK
- Low-fat, reduced fat, fat-free or low sodium also OK

OK to buy these cheeses or mixtures of them:

- Cheddar (any type)
- Colby
- Farmer
- Monterey Jack
- Mozzarella
- Muenster
- Provolone
- Swiss

NOT ALLOWED

- No American cheese, processed cheese foods or Velveeta
- No sliced, diced, or grated cheese
- No organic cheese
- No cheese cubes or curds
- No cheese spread
- No cheese with added seasoning, peppers or other foods
- No deli cheese or imported cheese
- No Parmesan or Romano
- No 7 oz reduced fat cheese
- No goat cheese

eggs

Large size

Any Brand



ALLOWED

- Packages of 1 (one) dozen
- White chicken eggs

NOT ALLOWED

- No organic eggs
- No fertile eggs
- No Eggland's Best, Omega or other specialty eggs
- No pasteurized eggs
- No brown eggs

tofu

12 to 16 oz package

WIC Allowed Brands



ALLOWED

WIC Allowed Brands

- Azumaya
- Frieda's
- House
- Mori-nu
- Nasoya
- WestSoy
- Wildwood

- Unflavored plain, any texture
- Refrigerated or shelf-stable
- Calcium listed on label
- Organic OK

NOT ALLOWED

- No added fats, sugar, oils or sodium
- No added seasonings

soy beverages

Half Gallons (64 oz)
or Quarts (32 oz)

WIC Allowed Brands



ALLOWED

WIC Allowed Brands

- 8th Continent, Original only, plain, refrigerated, half gallons only
- Silk, Original only, plain, refrigerated, half gallons only (twin packs OK)
- Pacific Natural Foods, Ultra Soy brand, plain, shelf-stable, quarts only

NOT ALLOWED

- No flavored soy beverages
- No light or fat-free soy beverages
- No organic



infant foods

infant cereals

8 or 16 oz only
WIC Allowed Brands

* Check the list of ingredients on the label.

ALLOWED

 Beech Nut plain rice, oatmeal, multi-grain	 Gerber plain rice, oatmeal, whole wheat, multi-grain, barley	 Parent's Choice plain rice, oatmeal	 Tippy Toes plain rice, oatmeal
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NOT ALLOWED*

- No cereal with added fruit, formula, yogurt or other additives (including DHA)
- No organic infant cereal

infant meats

FOR FULLY BREASTFED INFANTS
2.5 oz only
WIC Allowed Brands

ALLOWED

 Beech Nut	 Gerber	 Tippy Toes
 Tippy Toes Organic	 Wild Harvest Organic	

- Any variety meat or poultry as a single ingredient
- Added broth or gravy OK

NOT ALLOWED

- No dinners
- No added sugar or salt
- No products with DHA

infant fruits & vegetables

4 oz only
WIC Allowed Brands

* Check the list of ingredients on the label.

ALLOWED

 Beech Nut Classics	 Gerber 2-packs of 4 oz	 Tippy Toes	 Tippy Toes 2-packs of 4 oz
 Beech Nut Naturals	 Earth's Best Organic	 Tippy Toes Organic	 Wild Harvest Organic

- Any variety plain fruit or vegetable
- Two or more vegetables/fruits combined OK (e.g. corn/peas, carrots/mangos, apple/banana)
- 2-packs of 4 oz tubs equal two 4 oz jars

NOT ALLOWED*

- No dinners or added meats
- No desserts
- No added sugar or salt
- No DHA
- No squeeze pouches
- No yogurt blends

Allowed only when listed on WIC Voucher



FRESH BANANAS

- Up to 2 (two) pounds of fresh bananas
- Organic OK



canned fish

FOR BREASTFEEDING WOMEN

light tuna

FOR FULLY
BREASTFEEDING
WOMEN

5 to 6 oz only
Any Brand



ALLOWED

- Canned in water
- Regular or low sodium

NOT ALLOWED

- No tuna in oil
- No albacore/white tuna
- No foil packs or lunch packs
- No added ingredients
- No **Wild Planet** brand or other specialty brands

pink salmon

FOR FULLY
BREASTFEEDING
WOMEN

5 oz, 6 oz, 7.5 oz
or 14.75 oz only
Any Brand



ALLOWED

- Canned in water
- Regular or low sodium

NOT ALLOWED

- No salmon in oil
- No foil packs or lunch packs
- No red salmon
- No added ingredients
- No **Wild Planet** brand or other specialty brands

about breastfeeding

SUPPORT AND INFORMATION

**Your breast milk is *all*
your newborn needs!**

Did you know?

Babies have tiny tummies! Moms make just the right amount of milk for their new baby.

Feeding only your milk tells your body to make more milk for your growing baby.

Breastfeeding is convenient!

Always ready – no bottles or mixing required.

New parents have questions!

WIC is here to answer those questions. WIC can also share information about expressing your milk to feed your baby.

Other places to learn more about breastfeeding:

WIC: www.health.state.mn.us/divs/fh/wic/bf/

La Leche League: www.llli.org

What **WIC** participants say about breastfeeding...

"My last baby was premature and the doctors strongly recommended breastfeeding to get her off to a good start."

"It was a way to be closer to my daughter when I went back to work."

"What you taught me must have worked because it's going great!"

