



Effective October 1, 2017
through September 30, 2019

FOOD LIST

& SHOPPING
GUIDE

Nebraska WIC Approved Products

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Look for the **labels**, like this one below, on your store shelves to help you choose **Nebraska WIC Approved Foods**.



- ➔ Use your WIC check for the current month based on the "First Date to Use" and "Last Date to Use".
- ➔ Buy only the foods and amounts listed on your check.
- ➔ Separate your WIC items, by check, and from your other purchases.
- ➔ The cashier will write in the correct purchase price.
- ➔ Sign your check after the price has been written in.
- ➔ Use your checks only in Nebraska.

	NEBRASKA WIC PROGRAM 301 Centennial Mall South • Lincoln, Nebraska 68509-5026 <i>Buying, selling or otherwise misusing WIC benefits is a crime. To report suspected abuse, call 800-424-9212 or visit www.usda.gov/oig/hotline.htm</i>	Acct #: 999999 75-1248 919	52904239 First Date to Use: 10/01/2017 Last Date to Use: 10/31/2017									
	Clinic ID: 10-101 Name: Jill Shopper 1 (DOZEN) MEDIUM OR LARGE EGGS 36 (OUNCES OR LESS) CEREAL 1 (16-18 OZ) PEANUT BUTTER OR DRIED BEANS -or- 4 (15-16 OZ) CANNED BEANS 1 (16-OZ) BREAD/TORTILLA/PASTA/(14-16OZ)BROWN RICE 1 (32-OZ) YOGURT - LOWFAT OR NONFAT YOGURT 2 (GALLON) MILK - 1% OR FAT FREE SKIM 1 (11.5-12 OZ) FROZEN OR POURABLE CONCENTRATE JUICE	FID: 226439	<table border="1"> <tr> <td>Vendor ID Stamp</td> <td>Purchase Amount</td> </tr> <tr> <td></td> <td>\$</td> </tr> <tr> <td></td> <td>Corrected Amount</td> </tr> <tr> <td colspan="2"> <small>Not Payable Without Authorized Nebraska Vendor ID Stamp</small> </td> </tr> <tr> <td colspan="2"> Authorized Signature - Must be signed at retail counter </td> </tr> </table>	Vendor ID Stamp	Purchase Amount		\$		Corrected Amount	<small>Not Payable Without Authorized Nebraska Vendor ID Stamp</small>		Authorized Signature - Must be signed at retail counter
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Authorized Signature - Must be signed at retail counter												
This participant's certification ends on 08/31/2018.												
Vendor Must Deposit Within 60 Days From First Date To Use		Payable through Solutran, Citizens Alliance Bank, Howard Lake, MN 55349										

BREAKFAST CEREAL



Choose from these
COLD CEREALS only:

**12 OZ PKG
OR LARGER**

GENERAL MILLS



Cheerios



Fiber One
Honey Clusters



Berry Berry
Kix



Honey Kix



Kix



MultiGrain
Cheerios



Whole Grain Total



Wheaties



Wheat Chex



Corn Chex



Rice Chex



Vanilla Chex



Cinnamon Chex



KELLOGG'S



Frosted Mini
Wheats Original



Unfrosted Mini
Wheat



Frosted Mini
Wheats Little Bites



Frosted Mini
Wheats Touch of
Fruit in the Middle
Raspberry



Rice Krispies



Special K Original



All Bran Complete
Wheat Flakes



Corn Flakes



Crispix



MALT O MEAL



Frosted Mini
Spooners



Strawberry Mini
Spooners



Blueberry Mini
Spooners



Crispy Rice



Corn Flakes

NATIONAL BRANDS:



Choose from these
COLD CEREALS only:

POST



Alpha-Bits



Great Grains Bana-
na Nut Crunch



Honey Bunches of
Oats Whole Grain
Honey Crunch



Honey Bunches of
Oats with Vanilla
Bunches



Honey Bunches of
Oats Whole Grain
Almond Crunch



Honey Bunches of
Oats Honey
Roasted



Honey Bunches
of Oats with
Almonds



Honey Bunches
of Oats with
Cinnamon Bunches



Grape Nuts Original



Grape Nuts Flakes



Bran Flakes



Honey Nut
Shredded Wheat

QUAKER



Life - Original



Oatmeal Squares -
Hint of Brown
Sugar



Oatmeal Squares -
Cinnamon

SUNBELT BAKERY



Simple Granola Cereal



DO NOT BUY:

- **ORGANIC**
- **FLAVORS OR TYPES NOT LISTED**
- **SIZES ABOVE 36 OUNCES**

BREAKFAST CEREAL

COLD CEREALS, HOT CEREALS



Choose from these
COLD CEREALS only:

**12 OZ PKG
OR LARGER**



- Corn Flakes
- Crispy Rice
- Frosted Shredded Wheat
- Toasted Oats

Best Choice

- Frosted Shredded Wheat
- Happy O's
- Bran Flakes
- Frosted Shredded Wheat Bite Size Maple & Brown Sugar
- Frosted Shredded Wheat Bite Size Strawberry
- Corn Flakes
- Corn Crisps
- Rice Crisps
- Wheat Crisps
- Crispy Rice
- Crispy Corn and Rice



- Corn Squares
- Corn Flakes
- Crispy Rice
- Crispy Hexagons
- Frosted Shredded Wheat
- Nutty Nuggets
- Oat Wise
- Rice Squares
- Tasteeos
- Wheat Squares
- Enriched Bran Flakes



- Corn Flakes
- Toasted Rice
- Toasted Oats



- Rice Squares
- Corn Squares
- Wheat Squares
- Bran Flakes
- Corn Flakes
- Rice Crisps
- Crispy Rice
- Crunchy Honey Oats
- Bite Size Frosted Shredded Wheat
- Toasted Multi-Grain Spins
- O's



- Toasted Corn
- Corn Flakes
- Crispy Rice
- Double Crunch
- Fiber Nuts
- Simple Living Original
- Toasted Rice
- Tasteeos
- Toasted Wheat
- Bran Flakes



- Corn Flakes
- Crispy Hexagons
- 4 Corner Crunch Original
- Rice Biscuits
- Toasted Oats
- Bran Flakes
- Corn Biscuits
- Crispy Rice
- Frosted Shredded Wheat
- Frosted Shredded Wheat Strawberry Cream
- Nutty Nuggets
- Multigrain Toasted Oats
- Oats & More with Almonds
- Oats & More with Honey
- Essentially You
- Wheat Biscuits



- Bran Flakes
- Corn Flakes
- Crispy Rice
- Nutty Nuggets
- Rice Squares
- Toasted Oats
- Honey Oats & Flakes
- Bite Size Shredded Wheat
- Bite Size Frosted Shredded Wheat
- Bite Size Frosted Blueberry Shredded Wheat
- Bite Size Frosted Strawberry Shredded Wheat



- Bran Flakes
- Corn Flakes
- Crispy Rice
- Bite Size Frosted Shredded Wheat
- Bite Size Blueberry Frosted Shredded Wheat
- Bite Size Strawberry Frosted Shredded Wheat
- Honey Crisp Medley With Almonds
- Nutty Nuggets
- Oat Squares
- Rice Bitz
- Living Well Multigrain
- Toasted Oats



- Live it Up!
- Corn Flakes
- Bran Flakes
- Toasted Oats
- Bite Size Frosted Shredded Wheat
- Rice Pockets
- Crispy Rice
- Bite -Sized Shredded Wheat
- Oats & More with Almonds
- Oats & More with Honey



Choose from these
HOT CEREALS only:

COCO WHEATS



Coco Wheats

CREAM OF RICE



Cream of Rice



Cream of Rice Instant

CREAM OF WHEAT



Whole Grain Cream of Wheat



Cream of Wheat Instant



Cream of Wheat 1 Minute



Cream of Wheat 2 1/2 Minutes



Cream of Wheat 10 Minutes

MALT O MEAL



Original



Chocolate

QUAKER



Instant Grits - Original



Best Choice

- Creamy Wheat Farina



- Original Flavor Instant Oatmeal



- Original Instant Oatmeal



- Instant Oatmeal Original



- Instant Oatmeal Regular



- Original Flavor Instant Oatmeal

Ways to buy up to 36 oz of cereal

Buy any combination of hot or cold WIC approved cereals, totaling 36 ounces or less.



WHOLE GRAINS

BREAD, TORTILLAS, PASTA, BROWN RICE



Choose from these **BRANDS** only:

16 OZ PKG 100% WHOLE WHEAT BREAD

SARA LEE



100% Whole Wheat

NATURE'S OWN



100% Whole Wheat



100% Whole Wheat
Sugar Free

WONDER



100% Whole Wheat

HOME PRIDE



100% Whole Wheat

VILLAGE HEARTH



100% Whole Wheat

STORE BRANDS

100% Whole Wheat Bread



PEPPERIDGE FARM



Stone Ground
100% Whole Wheat



Very Thin
100% Whole Wheat



Light Style
100% Whole Wheat



Swirl 100%
Whole Wheat
Cinnamon/Raisin

STORE BRANDS

100% Whole Wheat Hot Dog Buns



DO NOT BUY:

- ⊘ ORGANIC
- ⊘ ANY OTHER PACKAGE, SIZE, BRAND OR TYPE OF BREAD
- ⊘ DELI OR BAKERY BREAD



Choose from these **BRANDS** only:

100% WHOLE WHEAT OR SOFT CORN

16 OZ PKG TORTILLAS



- ⊘ Whole Wheat Tortillas
- ⊘ White Corn Tortillas



- ⊘ Whole Wheat Tortillas
- ⊘ White Corn Tortillas



- ⊘ Whole Wheat Tortillas



- ⊘ White Corn Tortillas



- ⊘ Whole Wheat Tortillas
- ⊘ White Corn Tortillas
- ⊘ Yellow Corn Tortillas
- ⊘ Grande Corn Tortillas



- ⊘ Yellow Corn Tortillas



- ⊘ Whole Wheat Tortillas
- ⊘ Corn Tortillas



- ⊘ Whole Wheat Tortillas
- ⊘ Corn Tortillas



- ⊘ Whole Wheat Tortillas



- ⊘ Whole Wheat Tortillas
- ⊘ White Corn Tortillas



- ⊘ Whole Wheat Tortillas



- ⊘ Whole Wheat Tortillas
- ⊘ Yellow Corn Tortillas



- ⊘ Whole Wheat Tortillas



- ⊘ Whole Wheat Tortillas



- ⊘ Whole Wheat Tortillas



- ⊘ Whole Wheat Tortillas
- ⊘ White Corn Tortillas
- ⊘ Yellow Corn Tortillas



DO NOT BUY:

- ⊘ ORGANIC
- ⊘ FLOUR TORTILLAS
- ⊘ TOSTADAS OR TACO SHELLS

WHOLE GRAINS

BREAD, TORTILLAS, PASTA, BROWN RICE



Choose from these **BRANDS** only:

16 OZ PKG

WHOLE WHEAT PASTA



BARILLA



- ⇒ Whole Grain Thin Spaghetti
- ⇒ Whole Grain Linguine
- ⇒ Whole Grain Angel Hair
- ⇒ Whole Grain Spaghetti
- ⇒ Whole Grain Elbows
- ⇒ Whole Grain Rotini
- ⇒ Whole Grain Shells
- ⇒ Whole Grain Penne

RACCONTO



- ⇒ Whole Wheat Capellini
- ⇒ Whole Wheat Farfalle
- ⇒ Whole Wheat Penne Rigate
- ⇒ Whole Wheat Rigatoni
- ⇒ Whole Wheat Rontini
- ⇒ Whole Wheat Spaghetti
- ⇒ Whole Wheat Elbows
- ⇒ Whole Wheat Linguine

STORE BRANDS



- ⇒ Whole Wheat Elbows
- ⇒ Whole Wheat Linguine
- ⇒ Whole Wheat Penne
- ⇒ Whole Wheat Rotini
- ⇒ Whole Wheat Spaghetti
- ⇒ Whole Wheat Thin Spaghetti



- ⇒ Whole Grain Penne Rigate
- ⇒ Whole Grain Rotini
- ⇒ Whole Grain Spaghetti
- ⇒ Whole Grain Thin Spaghetti



- ⇒ Whole Wheat Spaghetti
- ⇒ Whole Wheat Rotini
- ⇒ Whole Wheat Thin Spaghetti



DO NOT BUY:

- ⇒ ORGANIC
- ⇒ ADDED SUGARS, FATS, OILS OR SALT
- ⇒ PASTA MADE FROM RICE, QUINOA, FLAX, CORN OR VEGETABLE
- ⇒ GLUTEN-FREE



Choose from **ANY BRAND**:

BROWN RICE

16 OZ PKG



OKAY TO BUY:

- ⇒ REGULAR COOKING - 16 OZ PACKAGE
- ⇒ INSTANT OR QUICK COOKING - 14 TO 16 OZ PACKAGE
- ⇒ BAG OR BOX



DO NOT BUY:

- ⇒ ORGANIC
- ⇒ WHITE RICE
- ⇒ RED, BLACK OR WILD RICE
- ⇒ ADDED SEASONINGS, SUGAR, FAT, OIL OR SALT

DAIRY

MILK, EGGS, CHEESE, YOGURT

MILK

Choose from **STORE BRAND** only:

GALLON OR HALF-GALLONS



OKAY TO BUY:

Size and type printed on your WIC check

- ⊕ 1% LOWFAT OR NONFAT SKIM
- ⊕ WHOLE MILK
- ⊕ 2% REDUCED FAT



DO NOT BUY:

- ⊕ ORGANIC
- ⊕ CHOCOLATE, STRAWBERRY OR OTHER FLAVORS
- ⊕ ALMOND, CASHEW, COCONUT OR RICE MILK
- ⊕ GLASS BOTTLES



SPECIALIZED MILK

Buy **SIZE** and **TYPE** printed on your **WIC** check:

HALF-GALLONS

- ⊕ LACTOSE FREE MILK - Any Brand, Half-gallon
- ⊕ ACIDOPHILUS MILK - Any Brand, Half-gallon
- ⊕ EVAPORATED MILK - Any Brand, 12 oz can
- ⊕ DRY MILK - Any Brand, 25.6 ounce box or bag (8 quart size)

SOY MILK



Choose from these **BRANDS** only:

HALF-GALLONS

- ⊕ SILK - Original Soymilk - Half-gallon
- ⊕ 8TH CONTINENT - Original or Vanilla Soymilk - Half-gallon



EGGS



Choose from **ANY BRAND**:

MEDIUM OR LARGE WHITE EGGS



DO NOT BUY:

- ⊕ ORGANIC OR CAGE FREE
- ⊕ BROWN EGGS
- ⊕ SPECIALTY EGGS SUCH AS: Low cholesterol, vegetarian fed, fat modified, fortified/enriched with DHA or OMEGA-3

CHEESE

Choose from **STORE BRAND** only:

16 OZ PKG

BLOCK OR SLICED:
May be regular or reduced-fat



OKAY TO BUY:

- ⊕ MARBLE (BLENDS OF CHEESES LISTED)
- ⊕ AMERICAN PASTEURIZED PROCESS
- ⊕ CHEDDAR
- ⊕ COLBY
- ⊕ COLBY-JACK
- ⊕ MONTEREY JACK
- ⊕ MOZZARELLA
- ⊕ MUENSTER
- ⊕ PROVOLONE
- ⊕ SWISS



DO NOT BUY:

- ⊕ INDIVIDUALLY WRAPPED SLICES, SHREDDED, CUBES, STICKS OR STRING CHEESE
- ⊕ CHEESE FOOD PRODUCTS (LIKE VELVEETA), CHEESE SPREADS, IMITATION CHEESE
- ⊕ CHEESE WITH ADDED INGREDIENTS LIKE JALAPENO OR FLAVOR
- ⊕ ORGANIC OR IMPORTED CHEESE
- ⊕ DELI CHEESE OR FRESH MOZZARELLA
- ⊕ TWO 8-OZ CHEESES

DAIRY

MILK, EGGS, CHEESE, YOGURT



Choose from these **BRANDS** and **FLAVORS** only:

NONFAT AND LOWFAT YOGURT

32 OZ
CONTAINERS ONLY

CHOBANI[®]

- Plain Nonfat Greek
- Strawberry Blended Greek Nonfat
- Vanilla Blended Greek Nonfat
- Blueberry Blended Greek Nonfat
- Peach Blended Greek Nonfat



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



- Vanilla Nonfat
- Strawberry Nonfat
- Greek Vanilla Nonfat
- Greek Plain Nonfat



- Light Vanilla Nonfat
- Original Strawberry Lowfat
- Original Strawberry Banana Lowfat
- Original Vanilla Lowfat
- Original Peach Lowfat
- Plain 0% Nonfat

Brown Cow[®]

- Plain Nonfat
- Vanilla Nonfat



For women and children ages 2-5



- Plain Nonfat
- Greek Vanilla Nonfat
- Greek Honey Nonfat
- Vanilla Lowfat
- Peach Lowfat
- Strawberry Lowfat
- Vanilla Light Nonfat
- Greek Plain Nonfat



- Plain Greek Nonfat
- Vanilla Greek Nonfat
- Triple Zero Blended Greek Vanilla



- Original Strawberry Lowfat
- Original Vanilla Lowfat
- Original Harvest Peach Lowfat
- Original Strawberry Banana Lowfat



- Nonfat Plain
- Lowfat Vanilla
- Light Nonfat Vanilla



- Nonfat Plain
- Blended Lowfat Vanilla
- Blended Lowfat Plain

Best Choice[®]

- Greek Plain Nonfat
- Greek Vanilla Nonfat
- Nonfat Plain
- Lowfat Vanilla



- Greek Nonfat Plain
- Greek Nonfat Blended Vanilla



- Lowfat Plain
- Lowfat Vanilla



- Light Nonfat Vanilla
- Light Nonfat Strawberry
- Light Nonfat Plain
- Greek Nonfat Vanilla
- Greek Nonfat Plain



Choose from these **BRANDS** and **FLAVORS** only:

WHOLE MILK YOGURT

32 OZ
CONTAINERS ONLY

For children 1 year of age

CHOBANI[®]

- Plain Whole Milk Greek



- All Natural Plain Whole
- Whole Milk Strawberry
- Whole Milk Vanilla



- Plain Whole Milk Greek

Brown Cow[®]

- Cream Top Plain Whole Milk
- Cream Top Vanilla Whole Milk
- Cream Top Maple Whole Milk



- Original Plain Whole
- Original Strawberry Whole



- Whole Milk Plain



- Whole Milk Plain
- Whole Milk Vanilla



DO NOT BUY:

- ORGANIC
- ANY OTHER BRAND, SIZE OR FLAVOR OF YOGURT
- DRINKABLE YOGURTS
- YOGURTS WITH MIX-IN INGREDIENTS SUCH AS GRANOLA, CANDY OR NUTS
- FAT LEVEL DIFFERENT THAN WHAT IS ON THE WIC CHECK

PEANUT BUTTER

AND BEANS

PEANUT BUTTER

Choose from **STORE BRAND** only:

16-18 OZ JAR



OKAY TO BUY:

- CREAMY, CHUNKY, CRUNCHY, SMOOTH
- LOW-SUGAR OR REDUCED SUGAR
- LOW-SALT OR REDUCED SALT



DO NOT BUY:

- ORGANIC
- PEANUT BUTTER SPREAD
- NATURAL OR ALL-NATURAL
- ADDED INGREDIENTS SUCH AS HONEY, JELLY, CHOCOLATE
- OMEGA-3
- LOW-FAT OR REDUCED-FAT

CANNED BEANS

Choose from **ANY BRAND**:

15-16 OZ CAN



OKAY TO BUY:

Any single variety, regular or low salt

- BLACK BEANS
- BLACK EYE PEAS
- BUTTER BEAN
- CHICKPEAS
- GARBANZO BEANS
- GREAT NORTHERN BEANS
- KIDNEY BEANS
- LIMA BEANS
- NAVY BEANS
- PINTO BEANS
- RED BEANS



DO NOT BUY:

- ORGANIC
- REFRIED BEANS
- BAKED BEANS OR CHILI BEANS
- GREEN BEANS
- BEANS WITH ADDED SEASONINGS, SUGARS, FATS, OILS OR MEATS



DRIED BEANS

Choose from **STORE BRAND** only:

1 POUND
(16 OZ) BAG



OKAY TO BUY:

Any single variety of dry peas, beans or lentils



DO NOT BUY:

- ORGANIC
- MIXED BEANS
- SOUP MIXES
- ADDED SEASONINGS OR FLAVORS

➤ 1 JAR PEANUT BUTTER OR ➤ 1 BAG OF DRY BEANS



OR

➤ 4 CANS OF BEANS



JUICE

NO SUGAR ADDED



Choose from these **BRANDS** and **FLAVORS** only:

100% JUICE - NO SUGAR ADDED

Juice for Children



CAMPBELL'S



- ➔ Tomato
- ➔ Tomato Low Sodium

V8



- ➔ V8 Vegetable
- ➔ V8 Vegetable Spicy Hot
- ➔ V8 Vegetable Low Sodium

MOTT'S



- ➔ 100% Juice Apple
- ➔ 100% Juice Apple White Grape
- ➔ 100% Juice Apple Mango
- ➔ 100% Juice Apple Cherry

OLD ORCHARD



- ➔ Acai Pomegranate
- ➔ Black Cherry Cranberry
- ➔ Kiwi Strawberry
- ➔ Cranberry Pomegranate
- ➔ Cherry Pomegranate
- ➔ Blueberry Pomegranate
- ➔ Wild Cherry
- ➔ Apple Cranberry
- ➔ Berry Blend
- ➔ Peach Mango
- ➔ Apple
- ➔ Red Raspberry
- ➔ Mango Tangerine
- ➔ Grape
- ➔ Orange
- ➔ White Grape

JUICY JUICE



- ➔ Apple
- ➔ Apple Raspberry
- ➔ Berry
- ➔ Cherry
- ➔ Cranberry Apple
- ➔ Grape
- ➔ Kiwi Strawberry
- ➔ Mango
- ➔ Orange
- ➔ Orange Tangerine
- ➔ Passion Dragonfruit
- ➔ Peach Apple
- ➔ Fruit Punch
- ➔ Strawberry Banana
- ➔ Strawberry Watermelon
- ➔ Tropical
- ➔ White Grape

KROGER



- ➔ Apple
- ➔ Pineapple
- ➔ 100% Cranberry
- ➔ 100% Juice Apple Cider
- ➔ Grape
- ➔ White Grape
- ➔ White Grape Peach
- ➔ Grapefruit
- ➔ Low Sodium Vegetable
- ➔ Spicy Vegetable
- ➔ Vegetable

64 OZ PLASTIC BOTTLES ONLY

100% JUICE - NO SUGAR ADDED

Juice for Children



OUR FAMILY



- ➔ Apple
- ➔ Fresh Pressed Apple
- ➔ Grape
- ➔ White Grape
- ➔ Pineapple
- ➔ 100% Tomato
- ➔ 100% Vegetable
- ➔ Grapefruit

TREE TOP



- ➔ 100% Apple

WELCH'S



- ➔ Grape
- ➔ White Grape
- ➔ Red Grape
- ➔ 100% Super Berry
- ➔ 100% Tropical Trio

ALWAYS SAVE



- ➔ Apple
- ➔ Grape

BEST CHOICE



- ➔ Tomato
- ➔ Vegetable
- ➔ Apple
- ➔ 100% Juice Apple
- ➔ Grape
- ➔ 100% Juice Grape
- ➔ Pineapple
- ➔ White Grapefruit
- ➔ White Grape
- ➔ 100% Juice Punch
- ➔ 100% Juice Berry
- ➔ 100% Juice Cherry

GREAT VALUE



- ➔ White Grape
- ➔ White Grape & Peach
- ➔ 100% Cranberry Grape
- ➔ Apple
- ➔ 100% Cranberry Blend
- ➔ Grape
- ➔ Tomato
- ➔ Vegetable

MARKET PANTRY



- ➔ 100% Apple
- ➔ 100% White Grape
- ➔ 100% Tomato



DO NOT BUY:

- ➔ ORGANIC
- ➔ 64 OZ BOTTLES OR CARTONS FROM THE REFRIGERATED SECTION
- ➔ JUICE DRINKS, COCKTAILS OR "LIGHT" JUICES

JUICE

NO SUGAR ADDED



Choose from these **BRANDS** and **FLAVORS** only:

100% JUICE - NO SUGAR ADDED

Juice for Children



IGA

- Apple
- Grape
- White Grape
- 100% Apple
- Fresh Apple
- 100% Grape
- 100% White Grape
- 100% Grapefruit
- 100% Pineapple
- Tomato
- Vegetable



SIGNATURE KITCHENS

- 100% Apple
- 100% White Grape
- 100% Grape
- 100% Cranberry
- 100% Cranberry Raspberry
- 100% Cranberry Concord Grape



HY-VEE

- Grape
- White Grape
- Cranberry Apple
- Grapefruit
- Apple
- Cranberry
- Cranberry Raspberry
- Pineapple
- Apple with Calcium
- Just Juice 100% Apple
- Just Juice 100% Grape
- Just Juice 100% Punch
- Just Juice 100% Cherry
- Just Juice 100% Berry



Choose from these **BRANDS** and **FLAVORS** only:

100% FROZEN JUICE - NO SUGAR ADDED

Juice for Women

11.5-12 OZ
(Frozen Concentrate)
OR 11.5 OZ
(Pourable Concentrate)

ANY BRAND

- 100% Orange Juice
- 100% Grapefruit Juice

OLD ORCHARD

- Any Flavor with Green Lid



TREE TOP

- Apple



WELCH'S

- Grape
- White Grape
- White Grape Raspberry
- White Grape Peach



ALWAYS SAVE

- Apple
- Orange



BEST CHOICE

- Apple
- Orange



GREAT VALUE

- Apple
- Orange
- Grape



KROGER

- Apple
- Grape
- Orange
- Pineapple-Orange



IGA

- 100% Apple
- Orange



MARKET PANTRY

- 100% Apple
- 100% Grape
- 100% Orange



OUR FAMILY

- Apple
- Orange



SIGNATURE KITCHENS

- Apple
- Orange



WELCH'S POURABLE CONCENTRATE

- Grape
- Apple
- Fruit Fantastic
- Tropical Orange Passion



DO NOT BUY:

- ORGANIC
- JUICE DRINKS, COCKTAILS OR "LIGHT" JUICES

FRUITS/VEGETABLES

ANY VARIETY OF FRESH FRUITS/VEGETABLES

FRESH FRUITS & VEGETABLES



OKAY TO BUY:

- ANY VARIETY FRESH FRUIT OR VEGETABLES; WHOLE, PRE-CUT, OR PACKAGED
- SALAD AND/OR MIXED GREENS IN A BAG OR PLASTIC CONTAINER
- ORGANIC IS OK



DO NOT BUY:

- SALAD BAR ITEMS
- HERBS OR SPICES (SUCH AS BASIL, CILANTRO, PARSLEY, ROSEMARY, MINT, DILL)
- SALAD KITS WITH ADDED DRESSING, NUTS, DRIED FRUIT OR CROUTONS
- ADDED DIPS, CREAMS, SAUCES, HERBS OR SPICES
- PARTY TRAYS
- FRUIT AND NUT MIXTURES
- DRIED, CANNED, JARRED OR FROZEN FRUIT OR VEGETABLES
- FRUIT AND/OR VEGETABLE BASKETS
- DECORATIVE FRUIT OR VEGETABLES
- IF YOUR FRUIT AND VEGETABLES COST MORE THAN THE AMOUNT ON THE CHECK, YOU MAY PAY THE EXTRA AMOUNT.
 - YOU MAY PAY THE EXTRA AMOUNT WITH SNAP, CASH, CHECK, DEBIT OR CREDIT CARD.
 - THE STORE CANNOT FORCE YOU TO PAY THE EXTRA AMOUNT. YOU MAY PUT ITEMS BACK.
 - YOU WILL NOT RECEIVE CHANGE FROM ANY WIC TRANSACTION.

DOLLAR VALUE PRINTED ON THE FRUIT & VEGETABLE CHECK

If you have more than one fruit & vegetable WIC check for your family, the checks cannot be combined.



	NEBRASKA WIC PROGRAM 301 Centennial Mall South • Lincoln, Nebraska 68509-5026 <small>Buying, selling or otherwise misusing WIC benefits is a crime. To report suspected abuse, call 800-424-9212 or visit www.usda.gov/oig/hotline.htm</small>	Acct #: 999999 <small>75-1248 919</small>	52904240 First Date to Use: 10/01/2017 Last Date to Use: 10/31/2017									
	Clinic ID: 10-101 Name: Jack Shopper FRESH FRUITS AND VEGETABLES MAXIMUM VALUE \$8.00	FID: 226439	<table border="1"> <tr> <td>Vendor ID Stamp</td> <td>Purchase Amount</td> </tr> <tr> <td></td> <td>\$</td> </tr> <tr> <td colspan="2">Corrected Amount</td> </tr> <tr> <td colspan="2"><small>Not Payable Without Authorized Nebraska Vendor ID Stamp</small></td> </tr> <tr> <td colspan="2">Authorized Signature - Must be signed at retail counter</td> </tr> </table>	Vendor ID Stamp	Purchase Amount		\$	Corrected Amount		<small>Not Payable Without Authorized Nebraska Vendor ID Stamp</small>		Authorized Signature - Must be signed at retail counter
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Authorized Signature - Must be signed at retail counter												
This participant's certification ends on 08/31/2018.												
<small>Vendor Must Deposit Within 60 Days From First Date To Use</small>		<small>Payable through Solution, Citizens Alliance Bank, Howard Lake, MN 55349</small>										

BABY FOOD

FRUITS/VEGETABLES

CEREAL, MEATS, FORMULA



Choose from these **BRANDS** only:

4 OZ JARS
TWO-PACKS ALLOWED

FRUIT AND VEGETABLES



Beech-Nut Classics



Gerber



Tippy Toes



Beech-Nut Naturals



Tippy Toes Twin Packs



OKAY TO BUY:

- PLAIN OR MIXED FRUITS AND/OR VEGETABLES
- IN GLASS OR PLASTIC
- TWO-PACKS OF 4 OZ CONTAINERS
- A COMBINATION OF SINGLE JARS AND TWO-PACKS



2 JARS

=



1 TWO-PACK



DO NOT BUY:

- ORGANIC
- ADDED SUGARS, SALT, DHA, ARA
- ADDED STARCHES, CEREAL, RICE, PASTA, NOODLES, MEAT, YOGURT, ETC
- DESSERTS OR DINNERS
- POUCHES



Choose from these **BRANDS** only:

BABY CEREAL

8 OZ CONTAINER



Gerber

- Rice
- Oatmeal
- MultiGrain
- Whole Wheat
- Barley



Beech-Nut

- Rice
- Oatmeal
- Multigrain
- Sensitive Oatmeal



DO NOT BUY:

- ORGANIC
- ADDED FRUIT, MILK, YOGURT OR FORMULA
- ADDED DHA/ARA
- JARS, CANS, SINGLE SERVING PACKETS

MEATS - FOR FULLY BREASTFED BABIES

2.5 OZ JARS ONLY

tippy toes
by TopCare™



Beech Nut Meat



Gerber Meat



OKAY TO BUY:

- SINGLE MEAT WITH BROTH OR GRAVY



DO NOT BUY:

- ORGANIC
- MEAT STICKS, DINNERS OR GRADUATES
- ADDED DHA, ARA, SUGAR, SALT, RICE, PASTA, FRUIT OR VEGETABLES

INFANT FORMULA

Purchase the size, brand and type (powdered, concentrate) & number of cans listed on the WIC Check

- NO SUBSTITUTIONS ALLOWED

Call the WIC office if baby needs a different formula

CANNED TUNA AND

SALMON



Choose from **ANY**
BRAND:

**5 OZ CAN
OR LARGER**

FOR FULLY BREASTFEEDING WOMEN

Net weight not drained weight



OKAY TO BUY:

- CHUNK LIGHT TUNA OR PINK SALMON
- PACKED IN WATER OR OIL
- COMBINATION OF SIZES ADDING UP TO 30 OUNCES OR LESS
- MULTI-PACK CANS



DO NOT BUY:

- POUCHES OR SINGLE SERVING PACKAGES
- ALBACORE, CHUNK WHITE OR SOLID WHITE TUNA
- RED, SOCKEYE SALMON
- ORGANIC
- FLAVORED OR SEASONED WITH ADDED INGREDIENTS



NEBRASKA

Good Life. Great Mission.

DEPT. OF HEALTH AND HUMAN SERVICES