

**HEALTHY FOOD.
HEALTHY KID.
HAPPY MOM.**



WIC Foods

July 2017

NH Department of Health and Human Services
Division of Public Health Services
Nutrition Services Section
29 Hazen Drive
Concord, NH 03301

1-800-WIC-4321

www.dhhs.nh.gov/dphs/nhp/wic

www.signupWIC.com



Allowed items are only those listed.

Breakfast Cereal

Cold Cereal

12 oz or larger only

Choose a combination that does not go over 36 ounces.

* Cereals containing 51% or more whole grain.

General Mills

- Cheerios*
- MultiGrain Cheerios*
- Chex (Corn, Rice, and Wheat*)
- Dora
- Fiber One Honey Clusters*
- Kix (Plain*, Honey* & Berry*)
- Total (Plain*)
- Wheaties*



Kellogg's

- All Bran Complete Wheat Flakes*
- Corn Flakes
- Crispix
- Frosted Mini-Wheaties (Original* and Little Bites*)
- Rice Krispies (Plain)
- Special K (plain)
- Touch-of-Fruit Mini Wheaties (Raspberry*)
- Unfrosted Mini-Wheaties*



MOM Brands (formerly Malt-O-Meal)

- Crispy Rice
- Blueberry Mini Spooners*
- Frosted Mini Spooners*
- Strawberry Cream Mini Spooners*



Post

- Alpha Bits*
- Bran Flakes*
- Grape Nuts*
- Grape Nut Flakes*
- Honey Bunches of Oats
 - Whole Grain Honey Crunch*
 - Whole Grain Vanilla Bunches*
 - Cinnamon Bunches
 - Honey Roasted



Quaker

- Corn Bran Crunch*
- Life (Regular*)
- Oatmeal Squares Brown Sugar*
- Oatmeal Squares Cinnamon*



Sunbelt

- Simple Granola*

Hot Cereal

B & G Foods

- Cream of Wheat
 - instant, original 1, 2.5 and 10 minute
- Cream of Rice
 - regular and instant
- Whole Grain Cream of Wheat*



Farina Mills

- Original Creamy Hot Wheat Cereal



Maypo

- Instant Maple Oatmeal*
- Vermont Style Oatmeal*



MOM Brands (formerly Malt-O-Meal)

- Original Hot Wheat
- Creamy Hot Wheat



Store Brands

Bran Cereal

- Bran Flakes*:** Best Yet, Great Value, Hannaford, IGA, Market Basket, Price Chopper/PICs, Shurfine, Signature Kitchens

Oat Cereal

- Toasted Oats/O's*:** Best Yet, Great Value, IGA, Market Basket, Price Chopper/PICs, Shurfine
- Tasteos*:** Hannaford, Market Basket

Wheat Cereal

- Nutty or Crunchy Nuggets*:** Great Value, Hannaford, Market Basket, Price Chopper/PICs
- Wheat Squares or Biscuits*:** Great Value, Market Basket, Shurfine, Signature Kitchens
- Bite Sized Frosted (Original* or Strawberry*):** Best Yet, Great Value, Hannaford, IGA, Market Basket, Price Chopper/PICs, Shurfine, Signature Kitchens

Infant Foods

Infant Cereal

Beech-Nut 8 oz container only

- Rice
- Multigrain
- Oatmeal



Infant Fruits and Vegetables

Beech-Nut Stage 2 fruits, vegetables, or fruit & vegetable combinations, 4 oz jar only, Classics only.

No added ingredients such as DHA, meat, poultry, cereal, noodles, rice, yogurt, or granola.

No desserts, cobbles, dinners, or casseroles.

No toddler foods.



Infant Meats

For fully breastfed babies only.

Beech-Nut Stage 1, 2.5 oz jar only

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



Beans

Canned Beans

15 to 16 oz can only. ANY BRAND and variety is allowed.

Low fat, fat free and vegetarian refried beans are allowed.

No canned green peas, green beans, wax beans, or snap beans. These beans may be purchased with your fruit and vegetable voucher.

No soups. No chili beans, seasoned beans, or baked beans. No added meat. No organic.



Dry Beans, Peas, and Lentils

16 oz (1 lb) bag only. ANY BRAND and variety is allowed.

No flavored, seasoned, gourmet, or soup mixes.



Peanut Butter

ANY BRAND 16 to 18 oz jar only

Natural, Creamy, Smooth, Crunchy, Chunky allowed.

No peanut spreads, low fat, reduced fat, deli, honey roasted, organic, or low carb.

No added artificial sweeteners, honey, marshmallow, chocolate or jelly.



Canned Fish

ANY BRAND chunk light tuna or pink salmon is allowed. 5 ounce can, packed in water only.

No white or albacore tuna.

No sockeye or red salmon.

No pouches.

No flavored, gourmet, smoked, grilled, blackened, or added ingredients.



Store Brand Names

Hannaford	Taste of Inspirations
Price Chopper	PICs
Shaw's	Signature Kitchens, Lucerne, Open Nature
Target	Market Pantry
Walmart	Great Value

Treat WIC vouchers like cash — They may not be replaced if lost or stolen.

Remember

- Valid photo ID** You must have a valid photo ID to cash your WIC vouchers.
- Payees/Proxies** Only the people listed under the signature line on the voucher, or a valid proxy, may use WIC vouchers. If a proxy is shopping for you, they must have both a valid proxy card and a valid photo ID to cash the voucher.
- Valid Dates** Look at the "Do Not Use Before" date and the "Do Not Use After" date on the front of the WIC voucher. Use your vouchers within the dates listed.
- At the register** Separate your WIC foods from the other items at the checkout counter. Separate your WIC foods by each voucher, including the fruit and vegetable voucher. You do not need to buy all of the foods on the voucher.
- You or your proxy must:
 - print the total cost of the foods purchased with the WIC voucher on the "purchase amount line",
 - print the date on the "purchase date line", and
 - sign on the signature line located on the bottom of the WIC voucher.
- If an error is made when writing in the amount or date draw one line through. Write in the correction above the error and sign with your initials.

Smart shopping: You are encouraged to buy store brand or least expensive brands when possible.

Store and manufacturer coupons and promotions

You may use store and manufacturer promotions with your WIC vouchers.

Examples are: buy one, get one free; buy one, get one at a reduced price; additional free ounces added by the manufacturer; store savings cards or customer reward cards; and manufacturer cents-off coupons.

Respect store staff.

You and your proxy must be respectful and courteous to store staff. Store staff must be respectful and courteous to you and your proxy.

Selling, returning, or refunding WIC foods is not allowed.

- You may not receive cash refunds, gift cards, change, rain checks, or IOUs in exchange for WIC vouchers, foods or formula. Only defective, spoiled, or outdated WIC foods/formula may be exchanged for the same product at the store.
- Infant formula bought with WIC vouchers may not be exchanged for another brand or type of formula. Any formula changes must be done by your local WIC office.
- You and your child may be taken off the WIC program for selling WIC foods or trying to get a cash refund for WIC foods.

Whole Grains

100% Whole Wheat Bread

16 oz (1 lb) loaf only

- Arnold Stone Ground 100% Whole Wheat
- Best Yet 100% Whole Wheat
- Bimbo 100% Whole Wheat
- Country Kitchen 100% Whole Wheat
- Gourmet 100% Whole Wheat
- Hannaford 100% Whole Wheat
- IGA 100% Whole Wheat
- Market Basket 100% Whole Wheat
- Nature's Own 100% Whole Wheat with Honey
- Pepperidge Farm
 - Light Style 100% Whole Wheat
 - Light Style Wheat
 - Stone Ground 100% Whole Wheat
 - Very Thin 100% Whole Wheat
 - Whole Grain Rye Seeded
- Price Chopper/PICs 100% Whole Wheat
- Sara Lee 100% Whole Wheat
- Shop Rite 100% Whole Wheat
- Signature Kitchens 100% Whole Wheat
- Signature Kitchens No Salt Added Whole Wheat
- Wonder 100% Whole Wheat

Soft Corn and Whole Wheat Tortillas

16 oz package only

Corn Tortillas

- Chi-Chi's
- Herdez
- IGA
- La Banderita
- Market Basket
- Mayan Farms
- Mission
- Pepito
- Shurfine

Wheat Tortillas

- Chi-Chi's
- Hannaford
- Herdez
- IGA
- La Banderita
- Market Basket
- Market Pantry
- Mi Casa
- Mission
- Ortega
- Pepito
- Shurfine
- Siempre Autentico
- Signature Kitchens

Brown Rice (Any Brand)

14 to 16 oz package

Instant, or Boil-in-Bag Brown Rice

16 oz package only

Regular Brown Rice

No white rice or wild rice.

No added ingredients such as seasonings



Oatmeal (Whole Grain Option)

16 oz package only

- McCann's Irish Oatmeal
- Mom's Best Naturals Quick Oats
- Mom's Best Old Fashioned Oats
- Shurfine 100% Natural Oatmeal
- Silver Palate Thick and Rough Oatmeal

Whole Wheat Pasta

(100% Whole Wheat/Whole Grain Only)

16 oz package only

- Barilla
- Great Value
- Hodgson Mill
- Ronzoni Healthy Harvest
- Shurfine

Milk

Buy size and type listed on voucher.

No goat's milk, raw milk, nut milk or rice milk.
No organic, flavored milk, or buttermilk, or glass bottles.

1% Low Fat or Fat Free Milk

The following types of milk may only be purchased when listed on the voucher:

- Whole Milk
- Lactose Free Milk
- Evaporated milk, 12 oz can only
- UHT milk, 32 oz quart only
- Powdered milk, 32 oz box only



Soymilk

Half-gallon carton only.

- 8th Continent Soymilk Original
- Silk Soymilk Original



Cheese

ANY BRAND

16 oz package only. Blends are allowed.

Allowed types: American, Cheddar, Colby-Jack, Monterey-Jack, Mozzarella, and Swiss.

Block, round, shredded, sliced or string cheese.

String cheese must be 100% Mozzarella.

Prepackaged, dairy case only. Regular or reduced fat.

No deli, imported or organic.

No cheese product or cheese food.

No individually wrapped slices or singles.



Yogurt

32 oz container only. Regular or Greek style. Whole milk, low fat or fat free/nonfat as specified on voucher.

Annie's

Plain, Vanilla

Brown Cow

Plain, Vanilla,
Cream Top Plain,
Cream Top Vanilla,
Cream Top Maple

Cabot

Plain, Vanilla, Vanilla Bean,
Strawberry

Chobani (No Simply 100)

Plain, Vanilla, Strawberry,
Peach

Dannon Naturals and Oikos (No Light & Fit)(No Triple Zero)

Plain, Vanilla, Strawberry,
Strawberry Banana

Great Value (No Light)

Plain, Strawberry, Peach,
Strawberry Banana

Green Mountain Creamery

0% Plain, 5% Plain,
0% Vanilla, 0% Maple

Hannaford

Plain, Vanilla, Strawberry

Lucerne

Plain, Vanilla, Strawberry

Market Basket

Plain, Vanilla, Strawberry,
Peach

Market Pantry (No Light)

Plain, Vanilla

Open Nature

Plain, Vanilla

Price Chopper/PICs

Plain, Vanilla

Price Rite

Plain, Vanilla

Shurfine

Plain, Vanilla

Stonyfield

Plain, French Vanilla,
Vanilla, Strawberry,
Banilla

Taste of Inspiration

Plain, Vanilla, Strawberry

Yoplait

Vanilla, Strawberry, Peach,
Strawberry Banana

100% Fruit Juice

All juice must be labeled as 100% juice.
Calcium fortified is allowed.

No juice drinks, beverages, cocktails, or "light" juice.
No toddler or infant juice. No organic juice.

Plastic Bottles (64 oz. only)

Apple: Apple & Eve, Best Yet, Delish, Great Value, Hannaford, Harvest Classics, Hy-Top, IGA, Langers, Market Basket, Market Pantry, Mott's, Old Orchard, Price Chopper/PICs, Seneca, Shurfine, Signature Kitchens.

Grape: Best Yet, Great Value, Hannaford, Harvest Classics, Hy-Top, IGA, Kedem, Langers, Market Basket, Old Orchard, Price Chopper/PICs, Shurfine, Signature Kitchens, Welch's.

White Grape: Apple & Eve, Best Yet, Great Value, Hannaford, Harvest Classics, Hy-Top, IGA, Langers, Market Basket, Market Pantry, Old Orchard, Price Chopper/PICs, Shurfine, Signature Kitchens, Welch's.

Juicy Juice: All flavors, including blends.



Refrigerated Plastic Jugs or Cartons (64 oz. only)

ANY BRAND

100% Orange Juice only



Frozen Concentrate

(11.5 oz or 12 oz.)

Apple: Best Yet, Great Value, Hannaford, Hy-Top, IGA, Langers, Market Basket, Market Pantry, Old Orchard, Price Chopper/PICs, Seneca, Shurfine, Signature Kitchens.

Cranberry: Langers, Old Orchard

Grape: Best Yet, Great Value, Hannaford, Langers, Market Basket, Market Pantry, Old Orchard, Welch's.

Grapefruit: Any brand

Orange: Any brand

Pineapple: Any brand

Welch's: All flavors, including blends. Must have yellow top.*

White Grape: Old Orchard, Welch's



Non-Frozen Concentrate (11.5 oz)

Welch's: All flavors, including blends.

Must have yellow rim.*



*Only Welch's yellow top & rim are 100% juice.

Eggs

Any choice of color and size, full dozen only.

No specialty eggs (including fertile, organic, free-range/running, cage free, vegetarian fed, omega-3, natural or low cholesterol)



Tofu

16 ounce package only.

- Azumaya - Extra Firm, Firm, Silken
- House Foods - Extra Firm, Firm, Medium Firm
- Nasoya - Sprouted Super Firm, Silken
- Soy Boy - Firm



Fruit & Vegetable Voucher

Fresh

ANY BRAND, variety, size, or mixture of fresh fruits and vegetables with no added sugar, syrup, artificial sweeteners, fat, or oil.

– Whole or cut up

– Loose or packed in bags or plastic containers



Canned

(also includes boxes, plastic or glass containers)

ANY BRAND, variety, size, or mixture of canned fruits and vegetables with no added sugar, syrup, artificial sweeteners, fat, oil, or meat.

– Canned fruit must be packed in water or fruit juice.

– Canned vegetables may be with or without salt and may have added seasonings or spices.

– Applesauce with no sugar added and applesauce/fruit blends with no sugar added.

– Tomato sauce, tomato paste, whole tomatoes, crushed tomatoes, diced tomatoes or stewed tomatoes.

– Canned beans and peas such as green peas, green beans, wax beans, snap beans, and snap peas are allowed.

Frozen

ANY BRAND, variety, size, or mixture of frozen fruits and vegetables with no added sugar, syrup, artificial sweeteners, fat, oil, meat, pasta, rice, or sauce. Frozen vegetables may be with or without salt.

– Any frozen beans or peas such as lima beans and blackeye peas are allowed.

No items from the salad bar, party trays, or fruit baskets.

No decorative fruits or vegetables, painted pumpkins, or gourds.

No fresh or dried herbs and spices. No garlic on a string.

No edible blossoms, flowers, or plants.

No dried or dehydrated fruits or vegetables.

No jarred baby and toddler fruits & vegetables.

No pouches of fruit purees or fruit pulps. No frozen fruit bars.

No beverages such as fruit juice, tomato juice, and vegetable juice.

No fruit-nut mixtures.

No ketchup, relishes, pickles, olives, sauerkraut, or mustard.

No jelly, jams, fruit preserves, or apple butter.

No salsa, pizza sauce, or pasta sauce.

Organic products are allowed when using the fruit & vegetable voucher.