

WIC Food List



**A shopper's
guide to the
Oregon WIC
approved
foods**



**Effective
October 1, 2016**

Revised March 1, 2018





Tips for a successful eWIC shopping trip!

- If you have a smartphone, use the **free WICShopper app to scan foods** as you shop. Be sure to **register your eWIC card with the app** so you can check your benefits from your phone.
- **Ask to review the receipt** that prints after you swipe your eWIC card. Make sure it lists all your WIC foods before you approve the purchase.
- If you find out that you can't use your WIC benefits for a food, **you can tell the checker you'd like to put it back**. If you've already paid for it with your own money, it's okay to go to customer service and ask for a refund.
- If you need to report a problem with a WIC purchase, **keep your receipt**.

Have other questions about your WIC food benefits?

- Check your benefit balance at www.ebtedge.com or call 1-844-234-4946 (toll-free).
- Talk to your WIC clinic if you have questions about your WIC foods or amounts.

FRESH fruit and vegetables

✔ BUY

- Whole, pre-cut, shredded or packaged
- Salad and greens in a bag
- Organic is OK



✘ DON'T BUY

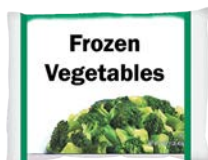
- No salad bar items, deli items or party trays
- No added dressing or dip
- No added nuts, dried fruit, croutons, etc.
- No canned or jarred fruits or vegetables
- No herbs or spices (like basil, cilantro or parsley)
- No plants

FROZEN fruit and vegetables

✔ BUY

Any brand or variety of frozen fruit and vegetables when listed on your benefit list

- Whole, cut or mixed
- Frozen beans are OK (like lima beans, edamame and black-eyed peas)
- Organic is OK



✘ DON'T BUY

- No added salt, sugar, fats or oils
- No added sauce or creamed vegetables
- No added rice, pasta, meat, nuts or noodles
- No french fries, hash browns, potatoes O'Brien or tater tots
- No breaded or battered vegetables



Tip: shopping for whole grains



- Enjoy a variety of whole grains! WIC now offers oats, whole wheat bread, brown rice, bulgur, whole grain pasta, and soft corn or whole wheat tortillas.
- The total amount of grains you can buy is shown on your benefit list.
- If you have enough whole grain benefits, you can buy more than one type of grain at a time. For example, if your benefit list says you have **32 oz of whole grains**, you could buy:



16 ounces

AND



16 ounces

Oats

✓ BUY

- Any brand
- Quick, rolled and old-fashioned oats are OK
- Gluten-free oats are OK

⊘ DON'T BUY

- No instant (when buying as a whole grain)
- No organic or bulk
- No steel-cut, Irish or Scottish oats
- No added sugar, fat, oil or salt



Is oatmeal a cereal or a whole grain?

It's both! When shopping with WIC, remember:

- Use your **cereal benefits** to buy **instant oatmeal** in **single-serving packets**.
- Use your **whole grain benefits** to buy **other types of oats** (in a box, bag or tub).

100% whole wheat bread

✔ BUY

- Loaf of bread, any brand
- Must say **"100% whole wheat"** on the label



⊘ DON'T BUY

- No light or "lite" bread
- No organic

Brown rice

✔ BUY

- Any brand
- Instant, "minute" or boil in bag rice are OK
- Brown jasmine and brown basmati rice are OK



⊘ DON'T BUY

- No white, wild, milled or sprouted rice
- No added seasonings, sugar, fat, oil or salt
- No organic or bulk



Bulgur

✔ BUY

- Any brand

⊘ DON'T BUY

- No added seasonings, sugar, fat, oil or salt
- No organic or bulk



Whole grain pasta

✔ BUY

- Choose from **these brands and products** only:

Barilla



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

Essential Everyday



- Whole Wheat Macaroni
- Whole Wheat Penne
- Whole Wheat Rotini
- Whole Wheat Spaghetti
- Whole Wheat Thin Spaghetti

Great Value



- Whole Wheat Elbow Macaroni
- Whole Wheat Linguine
- Whole Wheat Penne Rigate
- Whole Wheat Rotini
- Whole Wheat Thin Spaghetti
- Whole Wheat Vermicelli

Kroger



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

Market Pantry



- 100% Whole Grain Penne
- 100% Whole Grain Rotini
- 100% Whole Grain Spaghetti
- 100% Whole Grain Thin Spaghetti

Ronzoni



- 100% Whole Grain Linguine
- 100% Whole Grain Penne Rigate
- 100% Whole Grain Rotini
- 100% Whole Grain Spaghetti
- 100% Whole Grain Thin Spaghetti

Food Club/Western Family



- Whole Wheat Penne Rigate
- Whole Wheat Spaghetti

⊘ DON'T BUY

- No organic or bulk

Soft corn tortillas

✔ BUY

- Soft yellow or white corn tortillas only
- Choose from **these brands** only:



Archer Farms	Herdez
Cabo Loco	Kroger
Calidad	La Banderita
Canteca	La Burrita
Casa Rosa	Las 4 Hermanas
Casa Valdez	Mission
Don Pancho	Pepes
Essential Everyday	Reser's
Food Club	Salsa Locas
Great Value	Signature Kitchens
Guerrero	Tortilla Land

⊘ DON'T BUY

- No fried tortillas or tortilla chips
- No organic or bulk

Whole wheat tortillas

✔ BUY

- 100% whole wheat tortillas only
- Choose from **these brands** only:



Don Pancho	Kroger
Essential Everyday	La Banderita
Food Club	Market Pantry
Guerrero	Mission
Herdez	Ortega

⊘ DON'T BUY

- No fried tortillas or tortilla chips
- No white flour tortillas
- No organic or bulk

Tip: shopping for milk



- Check your benefit list to see how much milk you can buy and what type: fat-free or 1%, 2%, or whole milk.
- Fat-free milk includes non-fat, skim milk and 0%.
- Make sure you have enough benefits left to buy the container size you're trying to buy.
- Remember, the store can't let you buy a type of milk that isn't on your benefit list. If you have questions about your milk benefit, talk to your WIC clinic.

Choose the right size!

Milk

1.0

GAL =



gallon

0.5

GAL =



half-gallon

0.25

GAL =

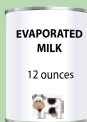


quart

Evaporated and dry milk

1

CAN =



evaporated milk
12 ounce can

1

CTR =



dry milk
25.6 ounce box or bag

Milk

✔ BUY

- Any brand, pasteurized with vitamins added
- Skim Delux, Ultra, Creamy, Royale, Supreme, etc. are OK

Only the type(s) of milk listed on your benefit list are allowed. Check your list to see if you can buy one of these types of milk:

- Whole milk
- Reduced-fat milk (2%)
- Acidophilus milk
- Lactose-free milk
- Any brand dry non-fat milk (25.6 oz size)
- Any brand evaporated milk (12 oz can)



⊘ DON'T BUY

- No rice milk, buttermilk, flavored milk or raw milk
- No organic
- No added Omega-3 or Vitamin E
- No specialty items like glass bottles

Goat milk

✔ BUY

- Buy the type of goat milk shown on your benefit list
- Only Meyenberg Goat Milk is allowed



Whole
goat milk
Half-gallon or
quart



Lowfat
goat milk
quart



Whole
powdered
goat milk
12 ounce can



Whole
evaporated
goat milk
12 ounce can

Soy milk

✓ BUY

- Choose from **these brands and products** only:

Refrigerated



8th Continent
(original or vanilla)
Half-gallon

Silk
(original)
Half-gallon or quart

Shelf stable



Westsoy Organic Plus
(plain or vanilla)
Quart or half-gallon

Pacific Ultra Soy
(original or vanilla)
Quart

Tofu

✓ BUY

- 16 oz (1 lb) containers only
- Choose from **these brands and products** only:



Azumaya Tofu
Firm or Extra Firm

House Foods
Firm, Medium Firm or Extra Firm

Yogurt



- 32 ounce containers only
- Buy the type of yogurt listed on your benefit list (whole, lowfat or nonfat)
- Choose from **these brands and flavors** only:

Whole milk yogurt

Dannon	• Whole, plain	• Whole, vanilla • Whole, strawberry
Mountain High Original	• Whole, plain	• Whole, vanilla • Whole, strawberry
Nancy's	• Whole milk honey yogurt, plain	

Lowfat or nonfat yogurt

Dannon	• Nonfat, plain	• Lowfat, vanilla • Lowfat, plain • Lowfat, strawberry
Mountain High	• Fat free, vanilla • Fat free, plain	• Lowfat, vanilla • Lowfat, plain
Tillamook	• Lowfat, Naturally plain	
Nancy's	• Nonfat, plain • Nonfat, vanilla	• Lowfat, plain
Essential Everyday	• Fat free, plain • Lowfat, blended plain	• Lowfat, blended vanilla • Lowfat, blended strawberry
Food Club/ Western Family	• Fat free, plain	• Lowfat, plain • Lowfat, strawberry
Great Value	• Nonfat, plain	• Lowfat, vanilla • Lowfat, strawberry
Kroger/ Fred Meyer	• Nonfat, plain	• Lowfat, blended strawberry
Lucerne	• Fat free, plain	• Lowfat, vanilla • Lowfat, strawberry
Market Pantry	• Nonfat, vanilla	• Nonfat, plain
WinCo Foods	• Nonfat, plain	• Lowfat, vanilla • Lowfat, strawberry

⊘ DON'T BUY

- No organic or Greek yogurt
- No "light" yogurts
- No yogurts with artificial sweeteners, like aspartame or sucralose

Choose the right size!

**1 CTR
yogurt =**



DRY peas, beans and lentils

✔ BUY

- 16 or 32 oz bags only
- Any brand and type



⊘ DON'T BUY

- No added seasonings
- No organic or bulk

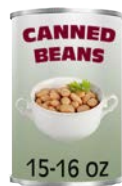
CANNED beans

✔ BUY

- 15 to 16 oz cans only
- Any brand and type of beans, including black, black-eyed peas, garbanzo (chickpeas), kidney, lentils, lima, navy, pinto and red
- Low sodium beans are OK

⊘ DON'T BUY

- No refried beans, baked beans or green beans
- No added oils, seasonings or flavorings
- No organic



Peanut butter

✔ BUY

- 16 to 18 oz containers only
- Any brand

⊘ DON'T BUY

- No peanut "spread" or honey roasted
- No low-fat or reduced-fat peanut butter
- No added jelly, marshmallows, chocolate or honey
- No Omega-3
- No organic, bulk or grind your own



Choose the right size!

1 CTR peanut butter/dry or canned beans =



OR



OR



Eggs

✔ BUY

- Packages of one dozen only
- Any brand of white, large chicken eggs



⊘ DON'T BUY

- No brown eggs
- No specialty eggs (like Naturally Nested, Eggland's Best, cage free or higher Omega-3 or Vitamin E)
- No organic

Cheese

✔ BUY

- 1 or 2 pound packages only, made in U.S.A.
- Any brand of Cheddar (mild or medium), Colby, Colby-Jack, Cheddar-Jack, Monterey Jack or Mozzarella

⊘ DON'T BUY

- No sharp, extra sharp or white cheddar
- No sliced, deli, string or shredded cheese
- No organic, soy, goat or raw cheese
- No cheese foods or spreads (like Velveeta)
- No smoked or flavored cheese with items added like jalapeño peppers or caraway seeds
- No fresh Mozzarella (packed in water)



Food facts!

Many brands of canned beans have a lot of salt. To get rid of extra salt, drain the liquid and rinse the beans well before cooking.

Tip: shopping for cereal



- Look for these symbols in this Food List to pick a cereal that is whole grain, has extra folic acid, or is gluten-free



Provides 100% of the Recommended Dietary Allowance (RDA) for folic acid



Made with whole grains and is a good source of fiber



Company states cereal is gluten free

- The smallest cereal size you can buy is 11.8 ounces (for hot cereal) or 12 ounces (for cold cereal). If you have less than 11.8 ounces left in your cereal benefit this month, you won't be able to spend it.
- The best way to make sure you get all your cereal is to buy all 12, 18, or 36 oz size boxes.

Examples of ways you can combine cereal package sizes

$$18 \text{ oz} + 18 \text{ oz} = 36 \text{ oz}$$

$$24 \text{ oz} + 12 \text{ oz} = 36 \text{ oz}$$

$$12 \text{ oz} + 12 \text{ oz} + 11.8 \text{ oz} = 35.8 \text{ oz}$$

$$12 \text{ oz} + 12 \text{ oz}$$

$$+ 12 \text{ oz}$$

$$= 36 \text{ oz}$$

HOT cereal

 BUY

- 11.8 oz size or larger
- Choose from **these hot cereals** only:



Cream of Wheat
Plain, 1 Minute
No Instant



Cream of Wheat
Plain, 2½ Minute
No Instant



Cream of Wheat
Plain, 10 Minute
No Instant



Cream of Wheat
Whole Grain, 2½ Minute
No Instant



Cream of Rice
Plain
No Instant



Quaker Instant Grits Original
(Single serving packets)



Malt-O-Meal
Original



Plain Instant Oatmeal, single serving packets
Essential Everyday, Food Club, Kroger, Signature
Kitchens, Western Family, WinCo Foods

COLD cereal

✓ BUY

- 12 oz size or larger
- Choose from **these cold cereals** only:

Kellogg's



All-Bran Complete Wheat Flakes



Corn Flakes (original)



Special K (original)



Frosted Mini Wheats (original)



Rice Krispies (original)

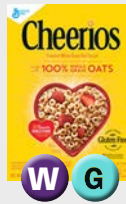
General Mills



Rice Chex



Corn Chex



Cheerios (plain)



Multi Grain Cheerios (original)



Kix (original)



Berry Berry Kix



Honey Kix

Quaker



Life (original)



Oatmeal Squares Brown Sugar



Oatmeal Squares Cinnamon

Malt-O-Meal (box or bag)



Frosted Mini Spooners original

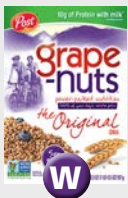


Frosted Mini Spooners blueberry



Crispy Rice

Post



Grape Nuts



Honey Bunches of Oats Honey Roasted



Honey Bunches of Oats Vanilla Bunches



Honey Bunches of Oats Almond



Honey Bunches of Oats Whole Grain Honey Crunch



Honey Bunches of Oats Whole Grain Almond Crunch

Corn flakes - store brand



Essential Everyday, Food Club, Great Value, Kroger, Market Pantry, Signature Kitchens, Western Family, WinCo Foods

BOTTLED juice

✔ BUY

- **64 oz plastic bottles only**
- **100% juice only**
- Added fiber, vitamins and minerals are OK
- Choose from **these brands and flavors** only:



Juicy Juice
Any flavor



Campbell's
Tomato (regular
and low-sodium)



Langers
Any flavor
100% juice



Tree Top
Any flavor (except
3 Apple Blend,
Honey Crisp)



**Cranberry,
cran-grape and
cran-raspberry**
Essential Everyday,
Food Club, Great Value,
Kroger, Signature Kitchens,
Western Family



**100%
Orange
Juice**
64 oz



**100%
grapefruit
juice**
64 oz

Orange
Any brand

Grapefruit
Any brand



**100%
apple
juice**
64 oz

Apple
Essential Everyday,
Food Club, Great Value,
Kroger, Market Pantry,
Signature Kitchens,
Western Family,
WinCo Foods



**100% Juice
VEGETABLE**
64 oz

Vegetable
Essential Everyday
(regular and low-sodium),
Food Club, Great Value,
Kroger (spicy and low-
sodium), Signature
Kitchens, WinCo Foods



**100% grape
juice**
64 oz

Grape (purple or white)
Essential Everyday, Food Club, Great Value,
Kroger, Market Pantry, Signature Kitchens,
Western Family, WinCo Foods

⊘ DON'T BUY

- No organic
- No juice drinks, cocktails, or "light" juices
- No refrigerated
- No apple cider

Choose the right size!

**1 CTR 64 oz
bottle juice =**



**100%
Juice**
64 oz

FROZEN juice

✓ BUY

- 11.5 - 12 oz containers only
- 100% juice only
- Added fiber, vitamins and minerals are OK
- Choose from **these brands and flavors** only:



Old Orchard
Any flavor or blend with a **green** lid



Dole
Any flavor or blend



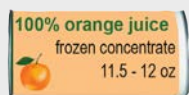
Welch's
Any flavor with a **yellow** strip



Tree Top
Apple



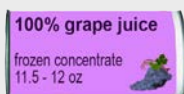
Grapefruit
Any brand



Orange
Any brand



Apple
Essential Everyday, Food Club, Fred Meyer, Great Value, Kroger, Market Pantry, Signature Kitchens, Western Family, WinCo Foods



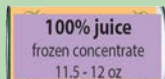
Grape
Essential Everyday, Food Club, Market Pantry, Western Family

⊘ DON'T BUY

- No organic
- No apple cider
- No juice drinks, cocktails, or "light" juices

Choose the right size!

1 CTR 11.5 to 12 ounce frozen juice =



Food facts!

All WIC juices have at least 120% of the recommended daily value of Vitamin C. Juice is just one way to get some of the vitamins you and your kids need. Limit your child's juice so they eat and grow well!

Tip: how much baby food can you buy?



If your benefit list says **256 oz** you can buy



64
4 oz jars

OR



32
2 packs of 4 oz

If your benefit list says **128 oz** you can buy



32
4 oz jars

OR



16
2 packs of 4 oz

If your benefit list says **64 oz** you can buy



16
4 oz jars

OR



8
2 packs of 4 oz

Food facts!

By the time they are 9 months old, most babies can eat soft fruits and cooked vegetables that have been lightly mashed or chopped.

Did you know that WIC can replace some of your baby's jarred infant foods with a fruit and veggie benefit starting at 9 months? Talk to your WIC clinic for more information.

Baby food FRUIT AND VEGETABLES

✔ BUY

- 4 oz size baby food fruits and vegetables
- Glass or plastic containers are OK
- Plain or mixed baby food fruits and vegetables
- Can buy single containers, 2-packs, or both
- Choose from **these brands** only:



Beech-Nut

Classics or 100% Naturals
(no organic)



Gerber

(no organic)



Earth's Best



O Organics

⊘ DON'T BUY

- No "dinners," desserts, smoothies or "casseroles"
- No added cereal, yogurt, meat, rice, noodles or grains
- No added sugars or starches
- No toddler food or "Graduates"
- No added DHA
- No pouches
- No powdered baby food

Baby food MEAT

(for babies who don't get formula from WIC)

✔ BUY

- 2.5 oz size only for baby food meat
- Glass or plastic containers
- May contain broth or gravy
- Choose from **these brands** only:



Beech-Nut
(no organic)



Gerber
(no organic)



O Organics

⊘ DON'T BUY

- No added fruit, vegetables, noodles or grains
- No toddler food or "Graduates"
- No added DHA

Baby cereal

✔ BUY

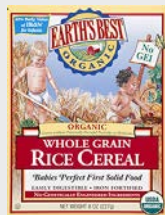
- 8 oz size or larger, any grain
- Choose from **these brands** only:



Beech-Nut
(no organic)



Gerber
(no organic)



Earth's Best

⊘ DON'T BUY

- No added formula, milk, yogurt or fruit
- No added DHA
- No jars, cans or single serving packets

Canned fish (for breastfeeding women)

✔ BUY

- Any brand of chunk light tuna or pink salmon packed in water
- Chicken of the Sea or Bumble Bee sardines in water only



Tuna
5 oz can or larger

⊘ DON'T BUY

- No flavored or seasoned tuna, salmon or sardines
- No albacore, yellowfin or tongol tuna
- No red, sockeye, blueback or Atlantic salmon
- No fillets
- No fish packed in oil
- No pouches or single serving packages
- No specialty fish like pole-caught tuna



Pink salmon
5 oz can or larger



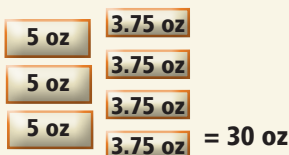
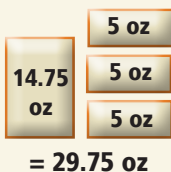
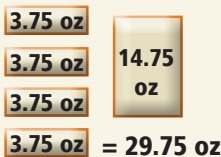
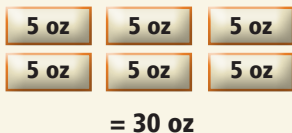
Bumble Bee Chicken of the Sea
Sardines
3.75 oz can

Tip: shopping for fish



You can buy a combination of fish types and package sizes. The total amount you can buy is shown on your benefit list.

Examples of ways you can combine fish can sizes



**For more information on WIC or
to locate a WIC clinic near you,
call 211 or visit our website:**



www.healthoregon.org/wic

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