



EFFECTIVE OCTOBER 1, 2017
THRU SEPTEMBER 30, 2018

PENNSYLVANIA WIC
FOOD LIST

& SHOPPING
GUIDE





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Fruit & Vegetable Checks



At the discretion of the store, checks can be combined together.

- If you go over the dollar amount of the check, you will have to pay the difference using cash, SNAP (formerly Food Stamps), personal check or credit/debit card.
- If you spend less than the dollar amount, you will not receive any money back.
- The amount in the pay exactly box cannot exceed the value of the check. If the amount of the sale of fruits and vegetables is less than the value of the check, cashier enters the lesser amount.

WIC Sales Steps

- 1 Foods being purchased with WIC checks must be listed on your WIC check.
- 2 Give the cashier your WIC ID and WIC check before the sale is rung up. A WIC sale cannot be rung up without the WIC ID.
- 3 The “Family ID Number” on the check(s) must match the “Family ID Number” on the WIC ID card.
- 4 The cashier enters the total of each WIC sale in the “Pay Exactly” box of the check.
- 5 Make sure the amount in the “Pay Exactly” box matches the total on the register.
- 6 If a mistake is made entering the “Pay Exactly” amount, the cashier must draw a single line through the amount and write the correct amount above. The WIC customer must initial to verify the correction.
- 7 Once the “Pay Exactly” box is correctly filled in, the WIC customer must sign on the “Signature of Endorser or Proxy” line and fill in the date.





Shopping Tips

GET THE MOST FOR YOUR MONEY

- Use coupons. Most stores feature weekly specials.
- Buy store brands.
- Don't use all your WIC checks for one month during the same shopping trip. Some food may spoil. Spread your purchases throughout the entire month. Stores have more brands and varieties available during the middle of the month.

Cheese

8 OR 16 OZ PACKAGES ONLY

ANY BRAND

- American (Pasteurized Process)
- Cheddar
- Cheddarella
- Colby (Longhorn)
- Cojack
- Monterey Jack
- Mozzarella
- Muenster
- Provolone
- Swiss

FORMS ALLOWED:

- Block
- Sliced
- Shredded
- Stick
- String

These may be regular, reduced fat, lowfat or fat free, low cholesterol, lactose free, low sodium, smoked, or calcium fortified.

Cheese must be marked with weight, type, and cost.

Kosher cheese must be listed on the WIC check.

CANNOT BUY:

- Cubed
- Individually wrapped slices
- Imported
- Deli service
- Cheese foods
- Imitation cheese
- Cheese products or spreads
- Organic cheese
- Cheese with added ingredients
- Cheese packed in water

1 POUND
OF CHEESE
(16 oz)

=

½ POUND
(8 oz)

½ POUND
(8 oz)

NUTRITION FACT

Calcium and vitamin D work together to protect your bones. Calcium helps build and maintain bones, while vitamin D helps your body effectively absorb calcium.

Yogurt

32 OZ CONTAINERS ONLY

TYPE SPECIFIED ON CHECK -
WHOLE FAT, LOWFAT, NONFAT

WHOLE FAT



All Natural
Plain



Plain

LOWFAT



Plain,
Vanilla



Plain,
Vanilla



Plain,
Vanilla



Peach, Plain,
Raspberry,
Strawberry, Vanilla,
Blended Blueberry



Plain



Plain,
Vanilla



Peach,
Strawberry,
Strawberry
Banana, Vanilla



Strawberry,
Vanilla



Vanilla



Plain,
Vanilla



Plain,
Vanilla



Peach, Plain,
Strawberry



Harvest Peach,
Strawberry
Banana,
Strawberry,
Vanilla



NONFAT



Plain, Vanilla



Plain, Strawberry,
Strawberry Banana



Plain



Plain, Vanilla



Plain



Plain



Plain



Plain



Plain, Vanilla



Plain, Vanilla



Plain, Vanilla



Plain

CANNOT BUY:

- Greek
- Organic
- Drinkable yogurts
- Yogurts with non-nutritive sweeteners
- Yogurts with mix-in-ingredients such as:
 - Granola
 - Candy pieces
 - Honey
 - Nuts



Soy Products

MUST BE LISTED ON WIC CHECK

SOY BEVERAGES

32 OR 64 OUNCE CONTAINERS



Pacific - Ultra Soy
Original or Vanilla
Shelf Stable



8th Continent
Original or Vanilla
Refrigerated
Section



Silk
Original
Refrigerated
Section

CANNOT BUY: Any other brand or flavor of soy beverage

TOFU

16 OUNCE CONTAINERS ONLY



House
Foods Premium
Medium Firm, Firm,
Extra Firm



Nasoya
Silken



Azumaya
Extra Firm,
Firm, Silken

CANNOT BUY: Any other brand or type of tofu

NUTRITION FACT

Soy is a nutrient-rich food that contains complete protein, carbohydrates, fiber, healthy fats, vitamins and minerals important to good health. If you choose soy products, you may need other sources of calcium and vitamin D in your diet.



Milk

GALLONS OR HALF GALLONS

ANY BRAND

- Any brand pasteurized fluid milk.
- If your check says “whole milk”, you must buy whole milk.
- If your check says “2%”, you must buy 2%.
- If your check says “1% or skim”, you can buy 1%, skim, nonfat, fat free, or acidophilus.
- If your check says lactose free, kosher, evaporated or dry milk, then you must buy the listed milk.



CANNOT BUY:

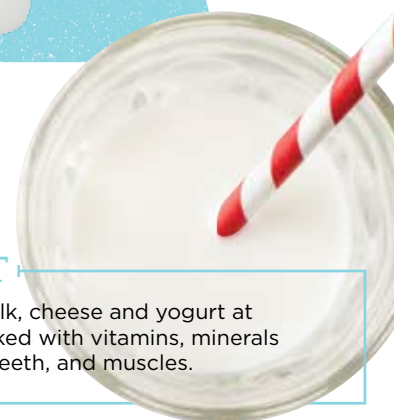
- Flavored milk
- Buttermilk
- Goat's milk
- Organic milk
- Ultra High Temperature (UHT) processed milk
- Milk in glass bottles
- Milk with added:
 - Calcium
 - Protein
 - Plant sterols
 - Vitamin C
 - Omega-3s



EXCEPTION: You may buy a single quart of milk **only** if it is listed on your check.

NUTRITION FACT

Serve fat free or lowfat (1%) milk, cheese and yogurt at meals and snacks. They're packed with vitamins, minerals and protein for strong bones, teeth, and muscles.



Juice FOR CHILDREN

64 OZ BOTTLES OR CARTONS ONLY

100% PASTEURIZED JUICE



100% Juices and Sesame Street Flavors, Natural Style Apple Juice
Not allowed: "Cranberry Juice and More" items and "Fruitables"



Tomato, Low Sodium Tomato, Low Sodium V8, V8



All flavors



Pineapple



Apple



Apple



Apple



All flavors except premium flavors



Apple



Purple, Red or White Grape Juice, Super Berry, Tropical Trio

STORE BRANDS

	APPLE	GRAPE	WHITE GRAPE	CRANBERRY	PINEAPPLE	VEGETABLE	TOMATO
Best Yet	●	●	●	●	●	●	●
Diane's Garden						●	●
Essential Everyday	●	●	●	●	●	●	●
Food Club	●	●	●	●	●	●	●
Giant	●	●	●	●	●	●	●
Giant Eagle	●	●	●	●	●	●	●
Great Value	●	●	●	●	●	●	●
Hy-Top	●	●	●	●	●	●	●
IGA	●	●	●	●	●	●	●
Market Pantry	●	●	●	●	●	●	●
Parade	●	●	●	●	●	●	●
Red and White	●	●	●	●	●	●	●
Shoprite	●	●	●	●	●	●	●
Shurfine	●	●	●	●	●	●	●
Signature Kitchens	●	●	●	●	●	●	●
Tipton Grove	●	●	●	●	●	●	●
Weis	●	●	●	●	●	●	●

ANY BRAND ORANGE JUICE Vitamin D & Calcium are okay

CANNOT BUY: APPLIES TO ALL JUICE

- Ciders
- Cocktails
- Organic juice
- Juices with:
 - Non-nutritive sweeteners
 - Beta-carotene
 - Food colorings
 - Added sugars

Juice FOR WOMEN

11.5-12 OZ FROZEN CONCENTRATE

100% PASTEURIZED JUICE



All flavors with green pull tabs



Apple



All flavors with yellow pull tabs

ANY BRAND ORANGE JUICE

Vitamin D & Calcium are okay

STORE BRANDS

	APPLE	GRAPE
Best Yet	●	●
Essential Everyday	●	●
Food Club	●	●
Giant	●	●
Great Value	●	●
Hannaford	●	●
Hy-Top	●	●
IGA	●	●
Market Pantry	●	●
My Essentials	●	●
Parade	●	●
ShopRite	●	●
Shurfine	●	●
Signature Kitchens	●	●
Tipton Grove	●	●
Weis	●	●

48 OZ BOTTLES

100% PASTEURIZED JUICE



Apple, Naturally Cranberry, Cranberry Apple, or Cranberry Raspberry



All flavors



Traditional Cranberry



Apple

SHELF STABLE CONCENTRATE

100% PASTEURIZED JUICE



All flavors with yellow trim

CALCIUM AND VITAMINS C AND D ARE OKAY
No other added vitamins or minerals allowed.

- Carbonation
- Omega-3s
- Vitamin A
- Vitamin E
- Alcohol
- Fiber
- DHA
- ARA

Fruits

FRESH

Whole or cut with no added sugars. For example:

Apples	Honeydew Melon	Pineapple
Bananas	Mangos	Plantains
Blackberries	Nectarines	Plums
Blueberries	Oranges	Raspberries
Cantaloupe	Pana	Strawberries
Cherries	Peaches	Watermelon
Grapes	Pears	

FROZEN

Any brand, with no added sugars. For example:

Blueberries	Raspberries
Cherries	Strawberries
Mangos	
Peaches	
Pineapple	

CANNED

Any brand canned, jarred or multi-pack with no added sugars, fats, oils or sodium (salt).

For example:

Mandarin Oranges
Peaches and Pears in 100% juice
Pineapple in its own juice
Unsweetened Apple Sauce

Organic fruits can be purchased but tend to be more expensive. You will get more food with non-organic items.

CANNOT BUY:

- Ingredients other than fruit - *sugar, honey, high fructose corn syrup, heavy or light syrup, dextrose, sucrose, maple syrup, non-nutritive sweeteners, fats, oils, or sodium (salt)*
- Party trays, fruit baskets, salad bar items
- Items that contain dips or sauces
- Dried fruit, trail mix
- Fruit leathers, fruit snacks, fruit roll-ups
- Fruit and nut mixtures
- Fruit cocktails, cranberry sauce, pie filling
- Baked goods containing fruit
- Maraschino cherries or products that contain maraschino cherries
- Squeezable pouches
- Infant or toddler fruits

Vegetables

FRESH

Whole or cut with no added sugars, fats or oils. For example:

Asparagus	Cucumbers	Kale	String Beans
Avocado	Eggplant	Lettuce	Sugar Snap
Beets	Escarole	Malanga Root	Peas
Broccoli	Fennel	Mushrooms	Tomatoes
Cabbage	Garlic	Mustard	Turnips
Carrots	Ginger Root	Greens	Winter Squash
Cauliflower	Green Beans	Onions	Yams
Celery	Green Lima	Peppers	Yautia
Chayote	Beans	Potatoes	Yellow Beans
Collard Greens	Green Peas	Pumpkin	Yellow Squash
Corn	Green Squash	Spinach	Yuca

FROZEN

Any brand with no added sugars, fats, or oils. Steam in bag allowed. For example:

Asparagus	Edamame	Pearl Onions
Avocado	<i>soybeans</i>	Peas
Black-Eyed Peas	Garbanzo Beans	Peppers
Broccoli	Green Beans	Spinach
Carrots	Kidney Beans	String Beans
Cauliflower	Lima Beans	Succotash
Corn	Mixed	Sugar Snap
<i>whole kernel</i>	Vegetables	Peas

CANNED

Any brand with no added sugars, fats, or oils. Whole kernel corn and green peas that contain sugar are allowed. For example:

Asparagus	Green Beans	Tomatoes
Beets	Green Peas	Yams
Carrots	Mushrooms	<i>unsweetened</i>
Corn	Pumpkin	Wax Beans
<i>whole kernel</i>	Spinach	

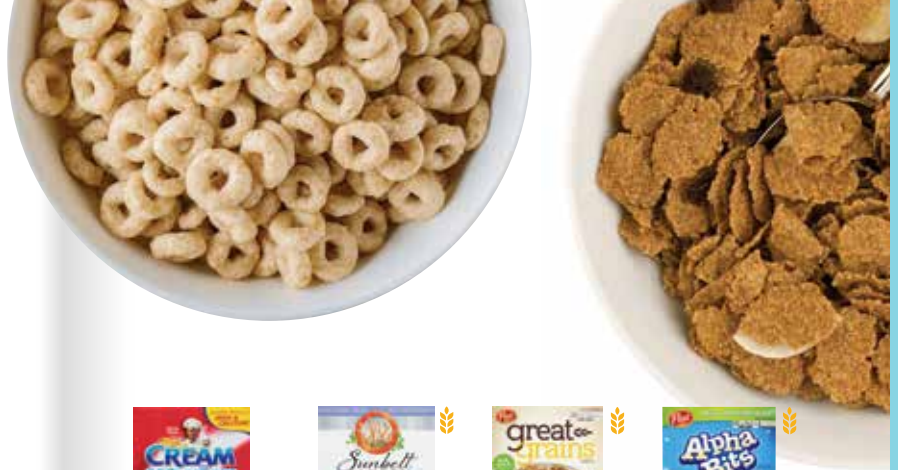
Organic vegetables can be purchased but tend to be more expensive. You will get more food with non-organic items.

CANNOT BUY:

- Party trays, salad bar items
- Items that contain dips or sauces
- Ingredients other than vegetables - *sugar, honey, high fructose corn syrup, cheese sauce, noodles, rice, nuts, spices, fats, or oils*
- Jarred salsa, pasta sauce
- Sauerkraut, pickled vegetables, and olives
- Infant or toddler vegetables
- Fresh herbs and spices, edible blossoms
- Dried vegetables
- Baked goods containing vegetables
- Squeezable pouches

Cereals

12 OZ PACKAGES OR LARGER



CANNOT BUY: Any other brand or type of cereal, organic cereals - **Exception** - for children, you may buy infant cereal in an 8 oz box or larger.



Original and Butter



Original



Cinnamon, Brown Sugar, Honey Nut, Golden Maple



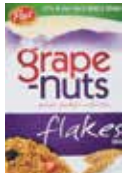
Instant-Original, 1, 2.5 or 10 min, Whole Grain, Healthy Grain



Simple Granola



Banana Nut Crunch



Original or Flakes



Almonds, Honey Roasted, Cinnamon, Vanilla



Regular or Multigrain



Corn, Rice, Wheat



Regular, Honey, Berry Berry



Whole Grain



Honey Clusters



Wheat Flakes



Regular



Original and Strawberry

WHOLE GRAIN CEREALS
Make Half Your Grains Whole



Original



Original, Little Bites, Touch of Fruit Raspberry



Maple Oatmeal

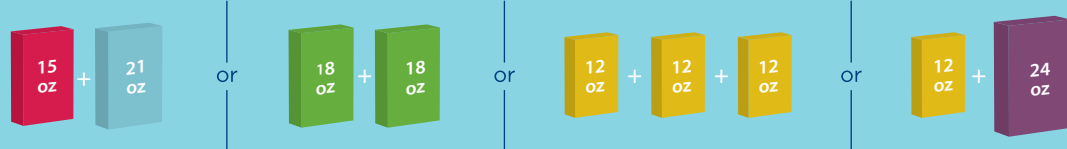
STORE BRANDS

Corn Flakes, Corn Squares (or biscuits), Rice Squares (or biscuits), Toasted Oats, or Tasteos

- Essential Everyday
- Food Club
- Giant
- Giant Eagle
- Great Value
- IGA
- Ralston Foods
- ShopRite
- Shurfine
- Weis Quality

WAYS TO BUY 36 OUNCES OF CEREAL

You can buy any combination of WIC approved hot or cold cereals that add up to 36 ounces or less.



Whole Grains

16 OZ PACKAGES

WHOLE WHEAT OR WHOLE GRAIN BREAD & ROLLS



100% Stoneground Whole Wheat Bread, 100% Whole Wheat Sandwich Rolls



100% Whole Wheat Bread



100% Whole Wheat Bread



100% Whole Wheat Bread



100% Whole Wheat Bread, Multi-grain Bread



100% Whole Wheat Bread



100% Stoneground Whole Wheat Bread



100% Whole Wheat with Honey



Country Style 100% Whole Wheat Bread



SunGrain 100% Whole Wheat Bread



Stoneground 100% Whole Wheat Bread, Very Thin Soft 100% Whole Wheat Bread, and Light Style 100% Whole Wheat Bread



Classic 100% Whole Wheat Bread



100% Whole Wheat Bread



100% Whole Wheat Bread



100% Stoneground Whole Wheat Bread Hamotzie, 100% Stoneground Whole Wheat Bread Mezonot, or 6 pack Whole Wheat Rolls

STORE BRANDS

100% Whole Wheat Bread

- Best Yet
- Essential Everyday
- Giant
- Giant Eagle
- IGA
- ShopRite
- Signature Kitchens
- Weis Quality

CANNOT BUY:

- Any other package size, brand, or type of whole grain products
- Organic whole grains
- Whole grains with:
 - Added omega-3s
 - Dried fruits
 - Seeds
 - Nuts
 - Extra calcium
 - Vitamin D

WHOLE WHEAT PASTA



Whole Wheat Spaghetti, Whole Wheat Thin Spaghetti, Whole Wheat Macaroni, Whole Wheat Penne, Whole Wheat Rotini, and Whole Wheat Vermicelli



Whole Wheat Spaghetti, Whole Wheat Elbow Macaroni, Whole Wheat Penne Rigate, and Whole Wheat Rotini



Whole Wheat Elbows, Whole Wheat Linguine, Whole Wheat Penne, Whole Wheat Rotini, Whole Wheat Spaghetti and Whole Wheat Thin Spaghetti



Whole Grain Penne Rigate, Whole Grain Spaghetti, Whole Grain Thin Spaghetti, Whole Grain Rotini and Whole Grain Linguine



Whole Wheat Rotini, Whole Wheat Spaghetti, Whole Wheat Thin Spaghetti, and Whole Wheat Penne Rigate



100% Whole Wheat Spaghetti and 100% Whole Wheat Penne Rigate



Whole Wheat Penne Rigate, Whole Wheat Spaghetti, Whole Wheat Angel Hair, and Whole Wheat Rotini

CANNOT BUY: Organic. Pasta with added sugars, fats, oils, or salt

WHOLE GRAIN BROWN RICE



Natural Whole Grain Brown Rice

STORE BRANDS

- Best Yet
- Essential Everyday
- IGA
- Market Pantry
- Shurfine
- Signature Kitchens
- Weis Quality

Whole Grains

16 OZ PACKAGES

TORTILLAS

SOFT CORN OR WHOLE WHEAT



Soft Whole Wheat Tortillas



Yellow or White Corn



White Corn or Whole Wheat Fajita Style



Yellow, White Corn, or Whole Wheat



Soft White Corn Tortilla, Whole Wheat Tortillas



Yellow, White Corn, Whole Wheat



Fajita Style White Corn, Soft Taco Style Whole Wheat



Whole Wheat Tortillas



Corn Tortillas, Whole Wheat Tortillas



Corn, Whole Wheat Soft Taco, Whole Wheat Fajita and Yellow Corn



Yellow Corn



Whole Wheat with Honey



Whole Wheat



Yellow Corn Extra Thin or Whole Wheat



Whole Wheat



Whole Wheat



Whole Wheat Fajita Style



Whole Wheat

OATS



Natural Quick Oats and Old Fashioned Quick Oats



Whole Grains

FOR WOMEN FULLY BREASTFEEDING
MULTIPLE INFANTS ONLY

BREAD - 24 OZ PACKAGES

WHOLE WHEAT OR WHOLE GRAIN



Natural or Premium 100% Whole Wheat



Country Style 100% Whole Wheat



Farmhouse Soft 100% Whole Wheat Bread, Soft Honey Whole Wheat Bread, Whole Grain 100% Whole Wheat Bread, Oatmeal Bread



100% Stone Ground Wheat Bread, Natural 100% Whole Wheat Bread, Premium 100% Whole Wheat Bread



100% Whole Wheat Bread



Dutch Country 100% Whole Wheat



100% Whole Wheat Bread

CANNOT BUY:

- Any other package size, brand, or type of whole grain products
- Organic whole grains
- Whole grains with:
 - Added omega-3s
 - Dried fruits
 - Seeds
 - Nuts
 - Extra calcium
 - Vitamin D

OATS - 24 OZ PACKAGE



Oatmeal Cut Quick Cook



Infant Foods

INFANT FORMULA

BRAND SPECIFIED ON CHECK

CANNOT BUY: Organic or Non-GMO

INFANT CEREAL

8 OR 16 OUNCE CONTAINERS | BRAND SPECIFIED ON CHECK

Barley, rice, oatmeal, whole wheat, or multigrain

CANNOT BUY:

- Organic varieties
- Cereal with added:
 - DHA
 - Fruit
 - YOGURT
 - ARA
 - Formula

INFANT FRUITS AND VEGETABLES

4 OUNCE CONTAINERS | Multipacks allowed

Any brand 100% vegetable or fruits. *Mixed varieties are okay for example: peas and carrots or sweet potatoes & apples.*

CANNOT BUY:

- Added DHA, ARA, salt or sugar
- Desserts
- Organic varieties
- Squeezable pouches
- Mixed with cereal, noodles, rice, meats, yogurt, flour, starches or any other ingredients

INFANT MEATS

2.5 OUNCE CONTAINERS
Fully breastfed babies only

Any brand single ingredient meats.
With or without gravy or broth

- Added DHA, ARA, salt or sugar
- Organic varieties
- Mixed with cereal, rice, noodles, vegetables, fruit, or any other ingredients



TIP: When buying infant vegetables and fruit, a 2-pack is counted as 2 containers.

NUTRITION FACT

Breastfeeding is a priority of the WIC Program. It provides many health, nutritional, economical, and emotional benefits to mother and baby.

Chicken Eggs

CARTONS OF 1 DOZEN

Any brand grades A or AA
Regular: large, medium or small raw shell brown or white chicken eggs

CANNOT BUY:

- Specialty eggs such as:
 - Vegetarian fed
 - Organic
 - Low cholesterol
 - Fat modified
 - High in omega-3s

Peanut Butter

16 TO 18 OZ CONTAINERS

Any brand labeled "Peanut Butter" only

CANNOT BUY: Reduced fat peanut butter, peanut butter spread, those mixed with jelly, marshmallow, chocolate or honey, organic peanut butter, added omega-3s, DHA, ARA, or non-nutritive sweeteners

Legumes (Beans)

15.5-16 OZ CONTAINERS

Types of Beans to Purchase:

- 15.5 to 16 oz cans *Sugar in canned kidney beans is allowed*
- 1 pound of dried beans

Can only be purchased with a WIC check that specifies the highlighted item below

- *2*HALF Gal Whole Milk
- *1*Doz Eggs
- *4*15.5-16 oz Canned Beans (Or *1-Lb Dry Beans/Peas)
- *1*64 oz containers Juice
- *18-oz or less WIC Cereal
- *16 oz. WIC Allowable Whole Grain

Examples, but not limited to the following:

- Black Beans
- Blackeye Peas
- Butter Beans
- Garbanzo Beans
- Great Northern Beans
- Kidney Beans
- Lentils
- Lima Beans
- Navy Beans
- Pink Beans
- Pinto Beans
- Split Peas

CANNOT BUY: Canned green or yellow beans, green lima beans, wax beans, any canned bean item containing organic beans, added seasonings (spices), sugars, oils, fats, sauces, or meats

NUTRITION FACT

Canned fish, peanut butter, beans, and eggs are good sources of protein and cost much less than meat.

Canned Fish

3.75, 5, OR 6 OZ CANS ONLY

Any brand chunk Light Tuna, Pink Salmon, or Sardines

CANNOT BUY:

- Products packed in oil
- Albacore Tuna
- Brisling Sardines
- Red Salmon
- Organic fish

Basic Rules & Regulations

Self-serve lines are not allowed.

Checks altered in any way will not be accepted.

WIC checks cannot be used before the First Day to Use or after the Last Day to Use.

Only the type and quantity of food printed on the WIC check and listed in this WIC Program Food List can be purchased.

No returns, rain checks, or substitutions. Identical exchange of store damaged product is allowed.

Coupons, buy one get one free, extra free ounces, discount/club cards are allowed with WIC checks.

Do not sell or exchange WIC checks, food, or formula for cash, credit, or other items on-line, or any other means of selling items.

YOUR WIC AGENCY

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

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To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

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