



RHODE ISLAND WIC APPROVED

Food Guide and ID Folder



APRIL 2015

Non-Whole Grain Cereals

CREAMY WHEAT HOT CEREAL	CRISPY RICE	CORN FLAKES
Best Yet	Best Yet	Best Yet
Krasdale	Essential Everyday	Essential Everyday
	Great Value	Great Value
	IGA	IGA
	Kiggins	Kiggins
	Krasdale	Krasdale
	Ralston	Ralston
	Shurfine	Shurfine
	Stop & Shop	Stop & Shop



Cereal Size Guide: 12 oz - 36 oz Package

Not Allowed: Individual Servings, Organic, Gourmet, and Imported

Cereal

18 oz

+

Cereal

18 oz

= 36 oz

Cereal

12 oz

+

Cereal

12 oz

+

Cereal

12 oz

= 36 oz

Cereal

24 oz

+

Cereal

12 oz

= 36 oz

Cereal

20 oz

+

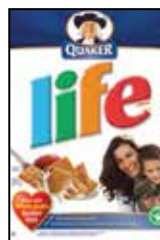
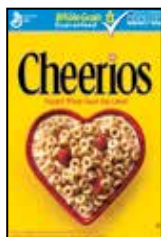
Cereal

16 oz

= 36 oz

Whole Grain Cereals

BRAN FLAKES	FROSTED SHREDDED WHEAT	TOASTED OATS / MULTIGRAIN TOASTED OATS
Best Yet	Best Yet	Best Yet
Essential Everyday	Essential Everyday	Essential Everyday
Great Value	IGA	Great Value
IGA	Kiggins	IGA
Kiggins	Ralston	Kiggins
	Shurfine	Krasdale
	Stop & Shop	Ralston (Tasteeos)
		Shurfine
		Stop & Shop



Whole Grains

SLICED BREAD, ROLLS, TORTILLAS

Not Allowed: Organic, Gourmet, and Imported



Arnold Stone Ground
100% Whole Wheat
(16 oz)



Gold Medal Bakery
100% Whole Wheat
with Flax (16 oz)



Pepperidge Farm
Stone Ground 100%
Whole Wheat (16 oz)



Sunbeam 100%
Whole Wheat (16 oz)



Shaw's 100%
Whole Wheat (16 oz)
(including No Salt
or Low Salt)



Stop & Shop 100%
Whole Wheat (16 oz)
(including No Salt
or Low Salt)



Arnold Select
Multi-grain Kaiser
Rolls (16 oz)



Bimbo 100%
Whole Wheat
(16 oz)



Pepito Tortillas,
Whole Wheat, and
Corn (16 oz)



Mayan Farm Tortillas
Whole Wheat
(16 oz)



Don Pancho Tortillas,
Whole Wheat, and
Corn (white or yellow)
(16 oz)



Mission Tortillas,
Whole Wheat, and
Corn (16 oz)



La Banderita Tortillas,
Whole Wheat, and
Corn (16 oz)



Stop & Shop Tortillas,
Whole Wheat, and
Corn (16 oz)

BROWN RICE

**Store Brand or Least Expensive -
Box or Bag (16 oz)**



**Not Allowed: Instant,
Organic, Gourmet, and Imported**

WHOLE WHEAT PASTA

**Store Brand or Least Expensive -
Box or Bag (16 oz)**



**Not Allowed:
Organic, Gourmet, and Imported**

100% Juice

ORANGE, GRAPEFRUIT, OR PINEAPPLE JUICE

100% Juice, Any Brand, Frozen Concentrate, 11.5 - 12 oz



Orange Juice
Any Brand



Grapefruit Juice
Any Brand



Pineapple Juice
Any Brand

GRAPE JUICE

100% Juice, Frozen Concentrate, 11.5 - 12 oz



Old Orchard Grape



Old Orchard
White Grape



Essential Everyday
Grape



Stop & Shop Grape



Welch's Grape



Welch's White
Grape

APPLE JUICE

100% Juice, Frozen Concentrate, 11.5 - 12 oz



IGA



Old Orchard



Seneca



Tipton Grove



Essential Everyday



Stop & Shop

ANY FLAVOR

100% Juice, Liquid Concentrate, 11.5 - 12 oz



Welch's

FOR CHILDREN

100% Juice, Shelf-stable Bottle, 64 oz

Juicy Juice,
Any Flavor



Libby's,
Pineapple
Only



Old Orchard,
Any Flavor



Not Allowed for Any Juice: Fruit Drink, Organic, Gourmet, Imported, Added Fiber, Added Calcium (unless specified), and Refrigerated Cartons

Dairy

MILK

Store Brand or Least Expensive, Gallon, and Half Gallon
Only if listed on WIC check: Powdered, Evaporated, or
Lactose Reduced/Free



Not Allowed: Flavored, High Calcium, Organic, Gourmet, and Imported

SOY MILK

Only if listed on WIC check



Silk:
Plain
(64 oz)



Pacific
Natural
Foods:
Ultra Soy
Plain and
Vanilla
(32 oz)



8th
Continent:
Plain and
Vanilla
(64 oz)

Not Allowed: Other Flavorings, Gourmet, and Imported

CHEESE



Deli: American
Cheese ONLY,
Store Brand or
Least Expensive



Pre-packaged regular and/or low-fat; Sliced, Shredded, Block;
Any Brand 16 oz packages American, Cheddar, Colby,
Monterey Jack, Mozzarella, Muenster, Provolone

Not Allowed: Individually Wrapped Slices,
Blends, Organic, Gourmet, and Imported

YOGURT

Any Brand, Plain or Vanilla Only;
Whole, 1% or Non-Fat;
32 oz. Container Only

Not Allowed: Greek or Organic



Protein

CANNED OR DRIED BEANS, PEAS, OR LENTILS

Store Brand or Least Expensive, 1 lb Bag or 15-16 oz Can, including Low-Salt and Low-Sodium



Not Allowed: Flavorings, Mixed Beans, Baked Beans, Refried Beans, Organic, Gourmet, and Imported

EGGS



Store Brand or Least Expensive, Brown or White, Grade A Large Only

Not Allowed: Half Dozens, Organic, Gourmet, and Imported

PEANUT BUTTER

Store Brand or Least Expensive, 16-18 oz. Container, Any Texture

Not Allowed: Single Servings, Added Honey, Jelly, or Other Flavorings, Organic, Gourmet, and Imported



CANNED FISH (for fully breastfeeding women)

Store Brand or Least Expensive



5 oz.



5 oz.



3.75 oz.

Not Allowed: Pouches, Added Flavorings, Blueback or Red Salmon, Organic, Gourmet, and Imported

TOFU

Only if listed on WIC check



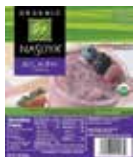
Azumaya
Lite Silken
Tofu (16 oz)



Azumaya
Silken Tofu
(16 oz)



Nasoya Lite
Silken Tofu
(16 oz)



Nasoya
Silken Tofu
(16 oz)



Soy Boy
Organic Firm
Tofu (16 oz)

Not Allowed: Gourmet and Imported

Fruits and Vegetables

FRESH FRUITS AND VEGETABLES

Any Brand (including organic)

Not Allowed:
Salad Bar, Party Trays,
Herbs or Spices, and
Dried Fruit



FROZEN FRUITS AND VEGETABLES

Any Brand (including Vegetable Mixes and Organic)



Not Allowed: Added Fats, Oil or Butter, Cheese, and
Added Flavorings or Seasonings

CANNED FRUITS AND VEGETABLES

Any Brand (including Organic, Low-Salt, and Low-Sodium)



Not Allowed: Light or Heavy Syrup, Pie Filling, Cranberry Sauce,
Soups, Relishes, Olives, Pickles, Glass Jars, Added Fats, Oil or Butter,
and Added Flavorings or Seasonings

GUIDE TO USING YOUR FRUIT AND VEGETABLE CHECK

The Fruit and Vegetable Check is different from the other WIC checks. Each check has a dollar value.

You can use your check(s) to buy any combination of fresh, frozen, or canned fruits and vegetables.

For fresh fruits and vegetables priced by the pound:

Price per pound x weight = final price

Example: Granny Smith Apples

\$1.59 x 1/2 pound = \$0.80

You can combine multiple checks to pay for one purchase.

You can pay the difference if you go over the amount of your check(s).

You cannot get cash back if you do not spend the full amount of your check(s).

You can use these checks at WIC-approved Farmer's Markets (but you cannot use the Farmer's Market checks at the grocery store).

Infant Formula, Cereal, Food

as listed on WIC Check

FORMULA



BEECH NUT BABY CEREAL (8 OZ)



Oatmeal
Rice
Multigrain

Not Allowed:
Added Fruit or Formula

BEECH NUT STAGE 1 (2.5 OZ) (for fully breastfed infants only)

Beef and Beef Broth
Chicken and Chicken Broth
Turkey and Turkey Broth



BEECH NUT STAGE 2 (4 OZ)

Applesauce
Apples & Bananas
Apples & Blueberries
Apples & Cherries
Apples, Mango, & Kiwi
Apples, Pears, & Bananas
Apricots with Pears & Apples
Bananas & Mixed Berries
Chiquita Bananas
Chiquita Bananas & Strawberries
Corn & Sweet Potatoes
Garden Vegetables
Green Beans
Mixed Vegetables



Peaches
Pears
Pears & Pineapples
Pears & Raspberries
Sweet Potatoes
Squash
Sweet Carrots
Sweet Peas

Your next appointment:

[illegible]

You must bring the following items to your nutrition appointment:

- » Proof of total family income
- » Proof of identification
- » Proof of address

USDA is an Equal Opportunity Provider and Employer

How to use WIC checks at the store

Look at your checks for the “First Day to Use” and the “Last Day to Use.” Use your checks within these dates.

Shop only at WIC approved stores. Your WIC agency can give you a list of WIC approved stores.

Only you or your alternate shopper can use your WIC checks.

Choose only WIC allowed foods.

You can only purchase the number of items listed on your checks. If you choose to buy fewer items than are listed on your check, you cannot receive cash back or a rain check.

For Fruit and Vegetable checks ONLY, you can buy more than the amount of the check and pay the difference.

For more information, see the section on Fruit and Vegetable Checks.

Separate your WIC foods from other foods when you get to the cashier. Let the cashier know you have WIC checks.

Show WIC Identification to the cashier. You do not need to remove the cover.

Do not sign your WIC check until the cashier has written the correct purchase price on the check.

Use manufacturer’s coupons, store coupons, and scan cards for WIC foods. It helps WIC save money.

For Fruits and Vegetable checks, coupons and cards may help you buy more with your check and save money if you go over. For more information, see the section on Fruit and Vegetable Checks.

You are entitled to promotions offered to other shoppers. “Buy one, get one free” counts as one item.

Report lost or stolen checks to your WIC agency immediately.

Always carry this Rhode Island WIC Approved Food Guide and ID Folder with you when you shop.

WIC IDENTIFICATION

CASHIER: MATCH SIGNATURE ON WIC CHECK TO ONE OF THESE:

PAYEE

NAME

SIGNATURE

ALTERNATE SHOPPER

NAME

SIGNATURE

PARTICIPANT ID NUMBERS

1.

2.

3.

4.

5.

HOUSEHOLD ID NUMBER

IF THIS GUIDE IS FOUND,
PLEASE CONTACT MY WIC AGENCY:

AFFIX LABEL HERE

Rhode Island Department of Health
Three Capitol Hill, Providence, RI 02908

Health Information Line:
401-222-5960 / RI Relay 711

