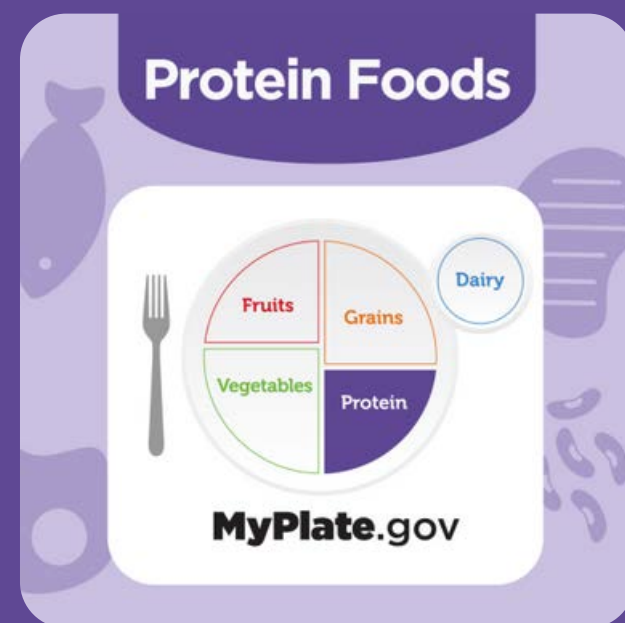


EGGS



Size Range:

- 1 dozen (12 count)
- Any egg size (medium, large, extra-large, etc)



APPROVED



- Brown or white fresh chicken eggs
- Organic - store brands only
- Cage-free or free-range

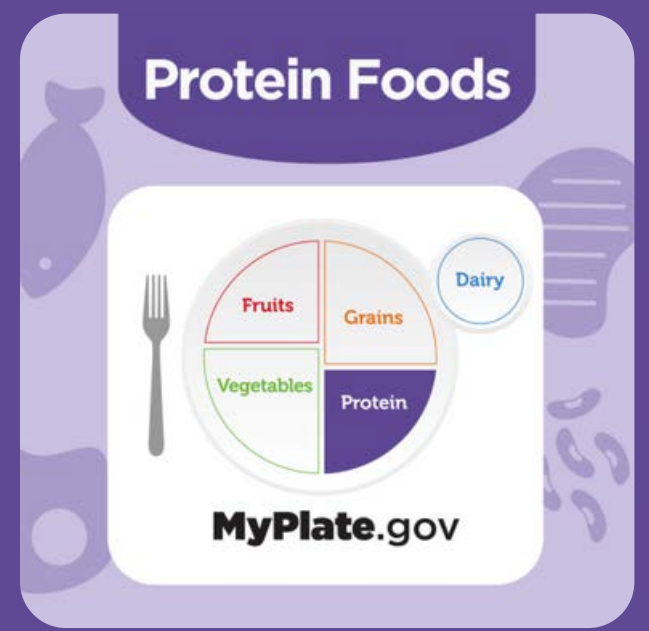
NOT APPROVED



- Hard-boiled, powdered, or liquid eggs
- Specialty eggs such as low cholesterol, omega-3
- Pasture-raised

TO SEE IF AN ITEM IS WIC APPROVED SCAN
THE BARCODE WITH YOUR EZWIC APP!

PEANUT BUTTER



Size Range:
16 oz to 18 oz Jars



APPROVED

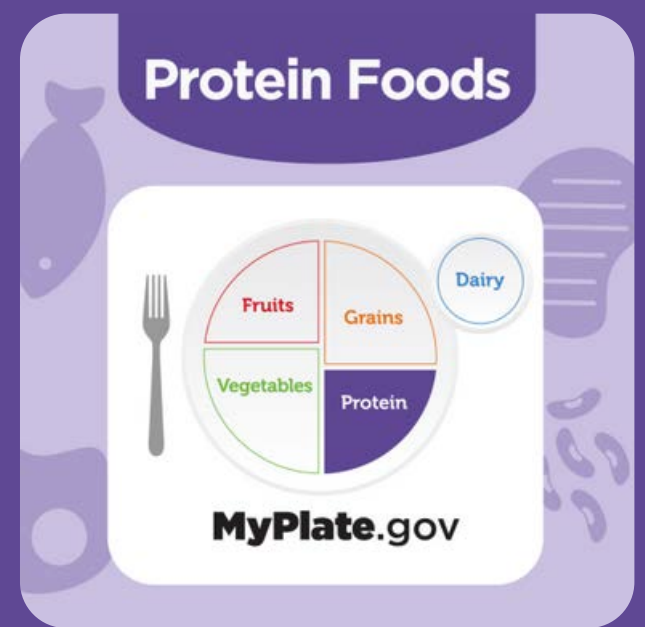
- Any brand
- Organics
- Creamy or chunky, regular or reduced fat, salted or unsalted
- Low-fat, reduced-fat, or reduced sodium
- “Natural”

NOT APPROVED

- Added jams, jelly, honey, marshmallow, chocolate
- Omega-3
- Peanut “spread”

TO SEE IF AN ITEM IS WIC APPROVED SCAN
THE BARCODE WITH YOUR EZWIC APP!

NUT & SEED BUTTERS



Select brands available.

Size Range:
16 oz Jars



APPROVED



- Approved store brands
 - Almond butter
- Limited brand options
 - Tahini
 - Sunflower seed butter

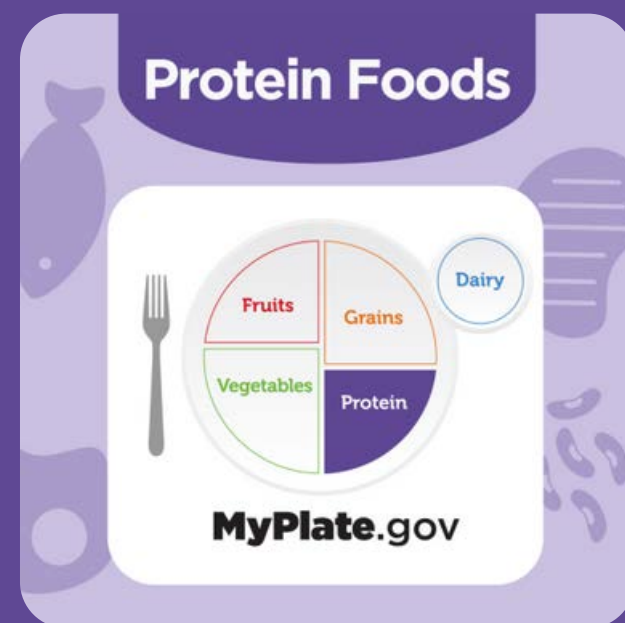
NOT APPROVED



- Organic
- Non-approved brands and nut/seed butter varieties

TO SEE

DRIED BEANS



Size Range:

16 oz, 32 oz, 48 oz, 64 oz,
80 oz



APPROVED



- Any brand and type of plain dry beans or lentils

NOT APPROVED

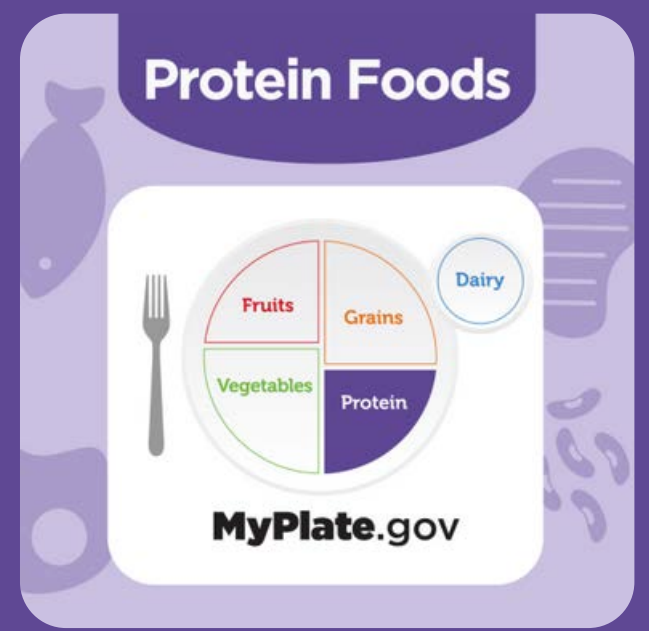


- Soups, soup mixes, or with flavor packets
- Added sauce, meat, fat, or oil

HOW TO BUY

1 JAR

CANNED BEANS



Size Range:
15 oz to 16 oz cans



APPROVED



- Any brand beans or lentils
- Seasonings and/or spices
- Refried beans with no added fat or sugar
- Full, reduced, or no sodium

NOT APPROVED



- Added sauce, meat, fat, or oil
- Soups, soup mixes, or with flavor packets
- Baked beans
- Canned green beans, green peas, snap beans, orange beans, or wax beans (purchase with your fruits and vegetables benefits)

TO SEE IF AN ITEM IS WIC APPROVED SCAN THE BARCODE WITH YOUR EZWIC APP!

