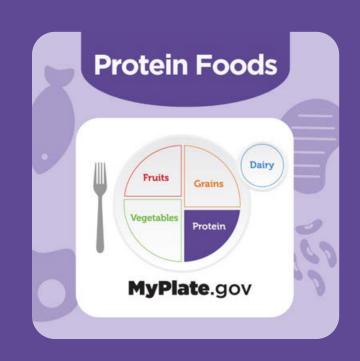
# EGGS



#### Size Range:

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



# **APPROVED**



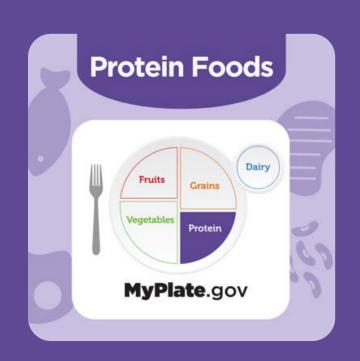
- Brown or white fresh chicken eggs
- Organic store brands only
- Cage-free or free-range

# NOT APPROVED



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

# PEANUT BUTTER



Size Range: 16 oz to 18 oz Jars





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

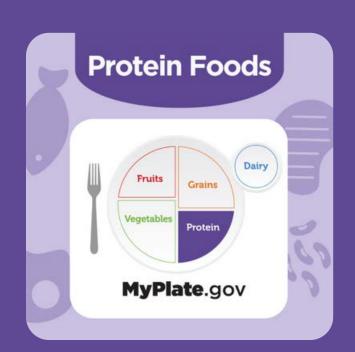
# NOT APPROVED



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



# NUT&SEED BUTTERS



Select brands available.

**Size Range:** 16 oz Jars



# **APPROVED**



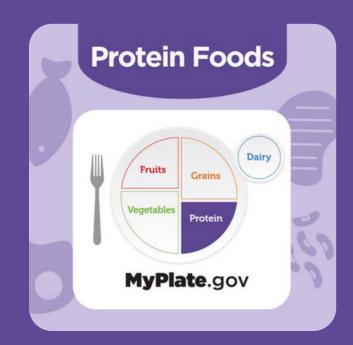
- Approved store brands
  - Almond butter
- Limited brand options
  - Tahini
  - Sunflower seed butter

# NOT APPROVED



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

# 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



OR

1 BAG



OR





4 CANS (1 CAN = .25)



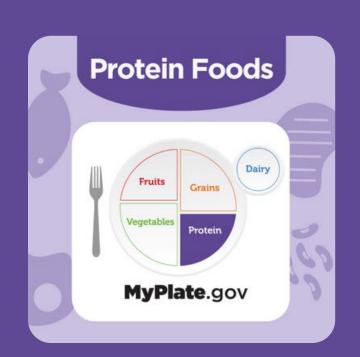


16 oz -18 oz

16 oz

15 oz - 16 oz

# 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)

# FISH

- Chunk Light Tuna
- Chub or North Atlantic Mackerel
- Pink Salmon
- Sardines

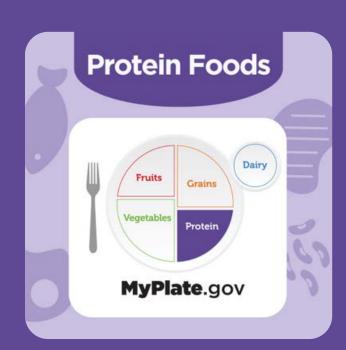
#### Size Range:

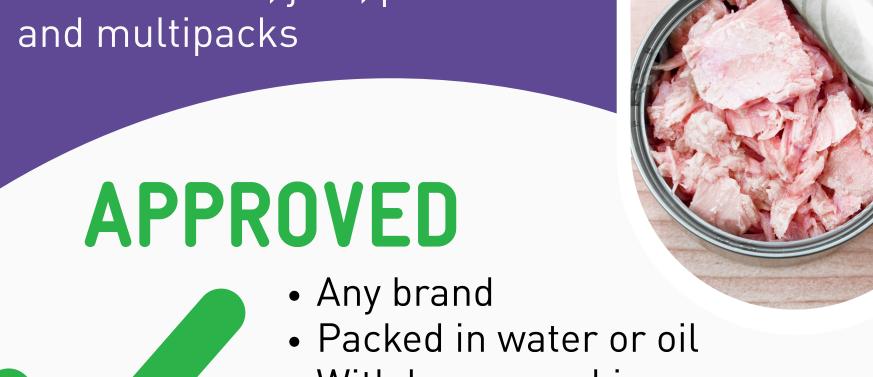
All sizes cans, jars, pouches and multipacks

- With bones or skin
- Added spices, sauces, and flavorings
- Regular or low sodium

# II AFFRUYEU

- Lunch-to-go, individual containers with crackers, bowls, or kits
- Chunk white or solid white (Albacore)
- Yellowfin or Tongol tuna
- Tuna fillets
- Red, sockeye, or blueback salmon
- Salmon fillets
- Jack Mackerel
- Kippered snack sardines and sardine fish stakes









# FRESH FRUITS & VEGETABLES

Size Range:
All sizes and packaging





# **APPROVED**



- Plain fruits and vegetables
- Whole, cut, loose, bagged or plastic
- Any immature beans (i.e. green beans, lima beans, succotash)
- Fresh herbs

# **NOT APPROVED**



- Added oils, fats, sugars or artificial sweeteners
- Salad bar items, party platters, fruit baskets
- Salad kits
- Any items containing nuts, croutons, butter, meats, dips or dressings
- Decorative items (e.g. dried chili peppers or garlic on a string, gourds, painted pumpkins)
- Spices or edible blossoms of flowers
- Baked goods or juice



# FROZEN FRUITS & VEGETABLES



Size Range:
All sizes and packaging



# **APPROVED**



- Plain fruits and vegetables
- Whole, cut, loose, bagged or plastic
- Any immature beans (i.e. green beans, lima beans, succotash)

# NOT APPROVED



 Added oils, fats, sugars or artificial sweeteners



# CANNED FRUITS & VEGETABLES

Vegetables

Protein

MyPlate.gov

Size Range: All sizes and packaging



# **APPROVED**



- Plain fruits and vegetables
- Metal, glass or plastic jars
- Fruit packed in water, unsweetened fruit juice/concentrate
- Any immature beans (i.e. green beans, lima beans, succotash)

### **NOT APPROVED**



- Added sugars, syrups, or sweeteners
- Cranberry sauce, pie fillings, yams or sweet potatoes
- Added meat, nuts, rice or pasta
- Soups, ketchup, relishes, olives or other condiments
- Spaghetti or pizza sauces
- Pickled, creamed vegetables or vegetables in brine
- Mature beans (e.g. black or pinto beans)
- Juice

# DRIED FRUITS & VEGETABLES



Size Range: All sizes and packaging

# **APPROVED**



Plain fruits and vegetables



# NOT APPROVED



- Added oils, fats, sugars or artificial sweeteners
- Fruit leathers/roll-ups with added sugar, fats or oils.
- No mixes with nuts



# JUICE



#### Size Range:

- Frozen 11.5 oz, 12 oz, 16 oz
- Bottle 48 oz, 64 oz



# **APPROVED**



- Any 100% fruit and/or vegetable juice or juice blends
- Any pulp content
- Added calcium or fiber
- Approved organic brands
- Any brand of 100% orange pineapple or grapefruit juice

# NOT APPROVED

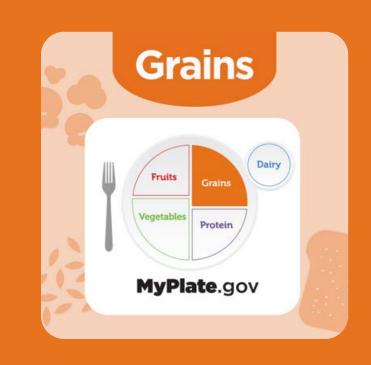


- Fresh squeezed
- Glass bottles
- Fruit cocktails, punch, ades, drinks, nectars, pouches, beverages, Hi-C, twisters, cider, or cooler



# BREAD

- 100% Whole wheat bread
- Whole grain bread
- Whole grain bread products



#### Size Range: 12 oz to 48 oz packages



# **APPROVED**



- 100% Whole wheat bread, buns & rolls
- Whole grain breads
- Whole grain bread products naan, english fuffins, bagels
- Sprouted whole grains allowed

# NOT APPROVED

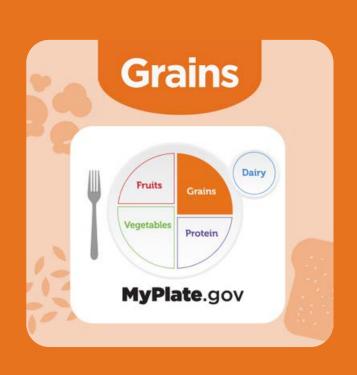


 Breads - Multigrain, cinnamon, nuts, raisins, fruit or double fiber.



# TORTILLAS

- 100% Whole wheat tortillas
- Corn tortillas



Size Range: 12 to 48 oz packages



# **APPROVED**



- 100% whole wheat tortillas or corn tortillas
- Soft tortillas only

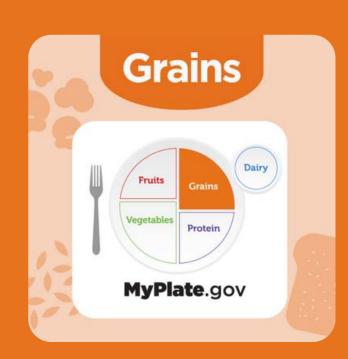
# **NOT APPROVED**



- White flour tortillas
- Flavored tortillas (lime, sun-dried tomato, etc.)
- Fried tortillas, tortilla chips, "hard shell" tortillas or taco shells



# WHOLE OATS



Size Range: 12 to 48 oz packages



# **APPROVED**



- Dry, plain whole oats
- May be old-fashioned, quick, or instant.

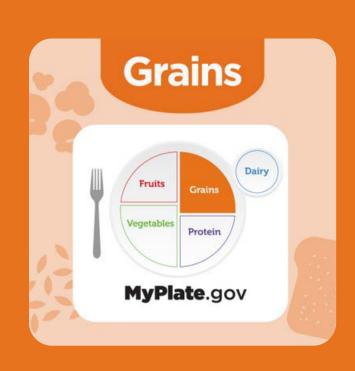
# **NOT APPROVED**



 Individual packets (individual packets may be purchased as cereal)



# WHOLE WHEAT PASTA



Size Range: 12 to 48 oz packages



# **APPROVED**



- 100% Whole wheat pasta
- Dry, plain, any shape
- Organic store brand only

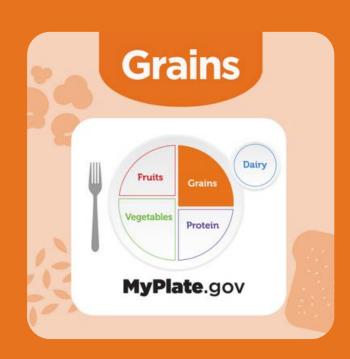
# NOT APPROVED



- Pasta with added sugars, fats, oils, or salt
- Mixtures with meat, cheese, or added ingredients

# CEREAL

Only approved brands of whole grain and non-whole grain cereals



#### Size Range:

Cold cereal - 9 oz to 36 oz Hot cereal - 9 oz to 11.8 oz



# **APPROVED**



- Hot cereals ready-to-eat, instant, and regular
- Cold cereals bagged or boxed

#### **Special Note!**

WIC-approved cereals must meet USDA nutrition standards:

- More than 28 mg iron per 100 g dry cereal
- Less than 21.2 g added sugar per 100 g dry cereal
- 75% of WIC cereals must be Whole grains!

Don't want to do the math? Use the EzWIC app to scan!

#### HOW TO BUY CEREAL UP TO 36 OZ



1 Box 36 oz cereal

1 Box 24 oz cereal + 1 Box 12 oz cereal 2 Boxes 18 oz cereal

3 Boxes 12 oz cereal

# OTHER WHOLE GRAIN OPTIONS

- Brown Rice
   Corn Masa
- BarleyWild Rice
- Quinoa



**Grains** 

MyPlate.gov

#### Size Range:

12 to 48 oz packages





- Brown rice and barley any brand, regular and organic
- Bag or boxes
- Regular, quick-cooking, or instant
- Cornmeal, corn masa flour, blue cornmeal

### NOT APPROVED

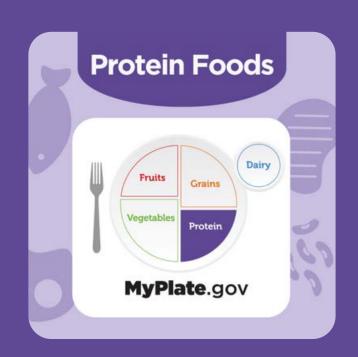


- Added seasonings, flavor, sauce, sugar, vegetables, fat, oil, or salt.
- Boil-in bag, precooked in pouch.
- Mixes with any other type of rice.



# TOFU

Ask your WIC nutritionist if you would like tofu added to your next food package.



Size Range: 8 oz, 14 to 16 oz packages



# **APPROVED**



 Any texture (soft or silken, regular, firm, medium firm, extra firm, super firm)

### **NOT APPROVED**



 Tofu with added fat, sugar, oil, or salt



# CHESE

Ask your WIC nutritionist if you would like cheese added to your next food package!



#### Size Range:

8 oz, 16 oz, 24 oz, 32 oz packages



# **APPROVED**



- American, cheddar, colby, monterey jack, mozzarella, munster, provolone, swiss, and blends of these cheeses
- Blocks, shredded, cubes, slices
- Individually wrapped slices and string cheese
- Can be labeled low, free, reduced, less or light in sodium, fat or cholesterol
- Organic store brands only

# NOT APPROVED



- Cheese with flavors, nuts, crackers, or peppers
- Cheese from the deli
- Cream cheese, cheese spreads, or processed cheese products such as Velveeta
- Imported (made outside the USA)

# YOGURT

Ask your WIC nutritionist if you would like yogurt added to your next food package!



#### Size Range:

16 oz or 32 oz single containers or multipacks



### **APPROVED**



- Pasteurized cow's milk (whole milk, low-fat, or nonfat) yogurt
- Organic store brands only
- Approved Greek, flavored, national organics, and multipack yogurt brands

# NOT APPROVED



- Drinkable yogurts
- Single serving yogurts.
- Yogurts with mix-in ingredients such as granola, honey, sprinkles, candy, nuts

#### SHOPPING FOR YOGURT MULTI-PACKS

4-PACK OF 4 OZ EACH = 16 OZ TOTAL 8-PACK OF 2 OZ EACH = 16 OZ TOTAL 16-PACK OF 2 OZ EACH = 32 OZ TOTAL

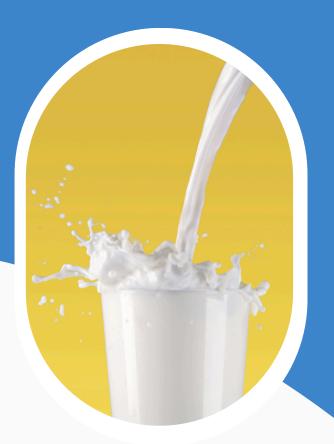
# COW'S MILK

You must purchase the package size listed on your Family Balance Summary. Ask your WIC Nutritionist if you have any questions!



#### Size Range:

Quarts, Half Gallons, Gallons



# **APPROVED**



- Pasteurized fluid cow's milk (whole milk, reduced-fat, lowfat, nonfat)
- Lactose-free, lactose-reduced, buttermilk, kefir
- Added calcium
- Organic store brands only

# **NOT APPROVED**



- Flavored milk
- Added protein (ultra skim)



# POWDERED & EVAPORATED MILK



**Size Range:** 5 oz to 64 oz packages



# **APPROVED**



- Pasteurized dried or evaporated cow's milk (whole milk, reduced-fat, lowfat, nonfat)
- Powdered milk bags or boxes
- Evaporated milk cans or containers
- Organic store brands only

# NOT APPROVED



Flavored milk











# SOY MILK

Ask your WIC nutritionist if you would like soy milk added to your next food package!



**Size Range:**Quarts and Half Gallons



# **APPROVED**



Approved brands and flavors

# NOT APPROVED



• Light or fat-free soy milk

#### SOY MILK APPROVED SIZES



2 HALF
GALLONS

1 HALF GALLON + 2 QUARTS **4 QUARTS** 

# GOAT'S MILK

Ask your WIC nutritionist if you would like goat's milk added to your next food package!



#### Size Range:

Quarts and Half Gallons



# **APPROVED**



- Approved brands
- Pasteurized, fluid goat's milk

# NOT APPROVED



Powdered and evaporated goat's milk



# INFANT FORMULA

You must purchase the size and type of formula listed on your Family Balance Summary





Similac Advance Stage 1 OptiGro 12.4 oz



Similac Sensitive Stage 1 OptiGro 12.5 oz



Similar Soy Isomil Stage 1 OptiGro 12.4 oz

#### **INFANT FORMULA IS SUBJECT TO CHANGE**

DC WIC may provide additional infant formulas with documentation from a healthcare provider, ask your WIC Nutritionist for more infromation.

# INFANT CEREAL

Size Range: 8 oz packages



# **APPROVED**



- Oatmeal, rice, and/or multigrain cereals
- Plain, dry, unflavored infant cereal

# NOT APPROVED



- Cereal mixed with fruit, yogurt, formula or DHA
- Cereal with added sugars or salt
- Jars or cans of cereal
- Toddler cereals



# INFANT FRUIT & VEGETABLES

#### Size Range:

Single jars, containers, and multipacks



# **APPROVED**



- Any stage
- Jars, containers, and pouches
- Texture may range from strained and diced
- Plain vegetables and fruits
- Combinations of vegetables, fruits, or fruits and vegetables allowed

# **NOT APPROVED**



- Added DHA
- Toddler foods
- Added meat, rice, yogurt, pasta, or cereal including granola or oatmeal
- Added sugars, starches, or salt
- Dinners, desserts, soup, stew, or mixtures



# INFANT MEATS

**Size Range:** 2.5 oz containers



### **APPROVED**



- Single meat ingredient
- Can be in gravy or broth

# NOT APPROVED



- Added DHA
- Added vegetables, fruit, rice, cereal, or pasta
- Dinners, meat sticks, soup, or stew



# ORGANIC FOODS

You can purchase organic foods with your eWIC card. Check below for what foods can be purchased as organic.



# **ANY BRANDS**

- Fruits and vegetables
- Tofu
- Whole grains (e.g. brown rice, quinoa, pasta, barley)
- Legumes beans, peas, lentil
- Infant foods cereal, fruit and vegetables, meats

# ONLY STORE BRANDS

- Eggs
- Peanut butter
- Milks (e.g. cow's milk, soy milk, etc)
- Cheese
- Yogurt

# ONLY SELECTED BRANDS

- Breakfast cereals
- Juice
- Whole wheat bread

Tortillas