



WEST VIRGINIA WIC APPROVED FOOD LIST ADDITIONS

Effective October 1, 2018

INFANT FOODS (Fruits, Vegetables, Meats and Cereals)

- Organic

CHEESE

- Swiss
- 8 ounce packages

MILK

- 8th Continent Vanilla Soymilk Original

WHOLE MILK YOGURT For children age 12-23 months only/32 oz. containers

	Plain	Vanilla	Strawberry
Dannon	•	•	•
Kroger	•	•	
Mountain High	•	•	•

LOW-FAT OR NON-FAT YOGURT For women and children age 2-5 only/32 oz. containers

	Plain	Vanilla	Strawberry	Strawberry-Banana	Blueberry	Peach	Raspberry
Best Choice	•	•	•				
Best Yet	•	•					
Coburn Farms	•	•					
Dannon	•	•	•	•			
Essential Everyday	•	•	•	•	•	•	•
Food Club	•	•	•				
Food Lion	•	•					
Giant	•	•					
Giant Eagle	•	•					
Great Value	•	•	•	•		•	
Kroger	•	•					
Mountain High	•	•					
Our Family	•	•	•				
Weis	•	•	•		•	•	
Yoplait	•	•	•	•		•	

WEST VIRGINIA WIC APPROVED FOOD LIST ADDITIONS

LOW-FAT 32 OUNCE YOGURT MULTIPACKS

	4 OZ CUP 8 PACK		2 OZ TUBE 16 PACK	
	Yoplait	Yoplait Trix	Yoplait Go-Gurt	Yoplait Simply Go-Gurt
Berry/Strawberry-Banana	•		Berry/Cherry	•
Strawberry/Strawberry-Banana	•		Berry/Strawberry	•
Strawberry/Berry	•		Cotton Candy/Strawberry	•
Strawberry/Blueberry	•		Mixed Berry/Strawberry	•
Strawberry/Cotton Candy	•		Punch/Strawberry-Watermelon	•
Cotton Candy/Wild Berry Blue		•	Raspberry/Strawberry-Banana	•
Strawberry-Banana Bash/ Raspberry Rainbow		•	Redberry/Blue Raspberry	•
			Strawberry	•
			Strawberry/Vanilla	•

LOW-FAT 16 OUNCE YOGURT MULTIPACKS

	2 OZ TUBE 8 PACK		4 OZ CUP 4 PACK	
	Yoplait Go-Gurt	Yoplait Simply Go-Gurt	Activia	
Berry/Strawberry	•		Black Cherry	•
Cotton Candy/Melon-Berry	•		Blueberry	•
Punch Berry	•		Mixed Berry	•
Redberry/Blue Raspberry	•		Peach	•
Strawberry/Banana/Watermelon	•		Prune	•
Strawberry		•	Strawberry	•
			Strawberry-Banana	•
			Vanilla	•

FRUITS (Fresh or Processed)

- Any variety of canned fruits, including applesauce, without added sugars, flavorings, fats, oils or salt. Must be packed in 100% juice, naturally sweet, 100% natural or unsweetened.
- Any variety of frozen fruits without added sugars.
- Processed (canned or frozen) fruits may be substituted for or purchased in combination with fresh fruits.

VEGETABLES (Fresh or Processed)

- Any variety of canned or frozen vegetables without added sugars, fats or oils.
- May be regular or lower in sodium.
- Processed (canned or frozen) vegetables may be substituted for or bought in combination with fresh vegetables.

WEST VIRGINIA WIC APPROVED FOOD LIST ADDITIONS

JUICE

11.5 OZ SHELF-STABLE CONCENTRATE

	Apple	Grape
Welch's	•	•

12 OZ FROZEN

	Apple
Always Save	•
Best Choice	•
IGA	•
Piggly Wiggly	•

64 OZ SHELF-STABLE

	Apple	Grape	Tomato	Vegetable
Always Save	•	•		
Best Choice	•	•	•	•
Harvest Classic IGA	•	•		•
Piggly Wiggly	•	•		
Weis Signature	•			

BREAKFAST CEREAL



Best Choice
Frosted Shredded Wheat Maple and Brown Sugar



Best Choice
Frosted Shredded Wheat Strawberry



Best Yet
Strawberry Frosted Shredded Wheat



Essential Everyday
Frosted Shredded Wheat Strawberry



Food Club
Bite Size Strawberry Cream Shredded Wheat



General Mills
Cinnamon Chex



General Mills
Vanilla Chex



General Mills
Blueberry Chex



General Mills
Fiber One Honey Clusters



Giant Eagle
Strawberry Frosted Shredded Wheat



Weis
Strawberry Frosted Shredded Wheat

WHOLE GRAINS

BREAD

16 ounce



Best Choice
100% Whole Wheat



Best Yet
100% Whole Wheat



Healthy Life
100% Whole Wheat



IGA
100% Whole Wheat



Our Family
100% Whole Wheat



Shoppers Value
100% Whole Wheat



Weis
100% Whole Wheat

WEST VIRGINIA WIC APPROVED FOOD LIST ADDITIONS

WHOLE GRAINS (cont.)

BREAD

20 ounce



Healthy Life
Soft Style
100% Whole
Wheat



Nature's Harvest
100% Whole
Wheat



Nature's Own
100% Whole
Wheat



Nature's Own
100% Whole
Grain



Sara Lee
100% Whole
Wheat



Schwebel's
100% Whole
Wheat

16 ounce or 20 ounce



Wonder
100% Whole
Wheat

16 ounce or 24 ounce



Essential Everyday
100% Whole
Wheat

24 ounce



Private Selection
Sugar Free
100% Whole
Wheat



Private Selection
100% Whole
Wheat

BUNS

12 ounce



Arnold
100% Whole Wheat
Sandwich Thins



Kroger
100% Whole
Wheat Slider Buns

13 ounce



Kroger
100% Whole
Wheat Hot Dog
Buns



Nature's Choice
100% Whole
Wheat Hot Dog
Buns



Nature's Own
100% Whole Wheat
Hot Dog Buns

14 ounce



Kroger
100% Whole
Wheat
Hamburger
Buns



Nature's Own
100% Whole
Wheat
Hamburger
Buns



Great Value
100% Whole
Wheat
Hamburger
Buns

15 ounce



Kroger
100% Whole
Wheat Hoagie
Rolls



Nature's Choice
100% Whole
Wheat
Hamburger
Buns

16 ounce



Great Value
100% Whole
Wheat
Hot Dog Buns

WEST VIRGINIA WIC APPROVED FOOD LIST ADDITIONS

WHOLE GRAINS (cont.)

CORN TORTILLAS



Best Choice



Celia's



Chi-Chi's



Essential Everyday



Giant



Giant Eagle



Hytop



IGA



**Kroger
Gluten Free**



**La Banderita
Gluten Free**



Mission



Our Family

WHOLE WHEAT TORTILLAS



Best Choice



Essential Everyday



Food Lion



Great Value



IGA



Tio Santi



Weis

BROWN RICE



ANY BRAND instant, quick or regular cooking brown rice without added sugars, fats, oils or salt in 14-32 ounce packages

WHOLE WHEAT PASTA



**America's Choice
Whole Wheat
Spaghetti**



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



**Essential Everyday
Whole Wheat**
Macaroni
Penne
Rotini
Spaghetti
Thin Spaghetti



**Food Club
Whole Wheat**
Penne Rigate
Spaghetti



**Giant Eagle
100% Whole Wheat**
Elbows
Penne Rigate
Rotini
Spaghetti



**Great Value
Whole Wheat**
Elbows
Linguine
Penne
Rotini
Spaghetti
Thin Spaghetti

WEST VIRGINIA WIC APPROVED FOOD LIST ADDITIONS

WHOLE WHEAT PASTA (cont.)



**Hodgson Mill
Whole Wheat**
Angel Hair
Elbows
Spaghetti
Spirals
Thin Spaghetti



**Kroger
100% Whole
Grain**
Penne
Rotini
Spaghetti
Thin Spaghetti



**Our Family
Whole Wheat**
Rotini
Spaghetti



**Racconto
Whole Wheat**
Capellini
Elbows
Farfalle
Linguine
Penne Rigate
Rigatoni
Rotini
Spaghetti



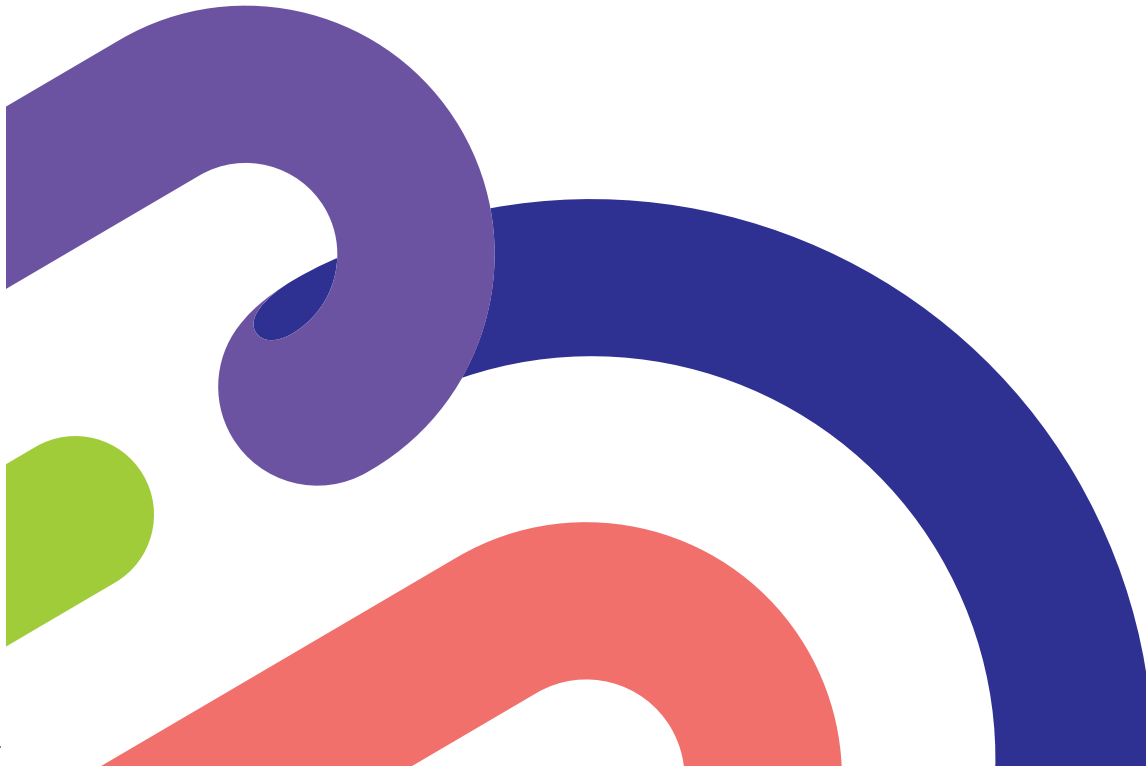
**Ronzoni
Healthy Harvest
Whole Grain**
Linguine
Penne Rigate
Rotini
Spaghetti
Thin Spaghetti



**Weis
Whole Wheat**
Penne Rigate
Rotini
Spaghetti

CANNED FISH

- Salmon in 6 ounce or 14.75 ounce cans
- Tuna in 6 ounce cans



WEST VIRGINIA WIC APPROVED FOOD LIST DELETIONS

Effective October 1, 2018

MILK

- Quarts *except for refrigerated soymilk
- 9.6 ounce box nonfat dry milk

JUICE

	12 OZ FROZEN		64 OZ SHELF-STABLE	
	Apple	Grape	Apple	Grape
Old Orchard	•		Smart Sense	•
Seneca	•		Weis 5 Star	
Sunrise Valley		•		

BREAKFAST CEREAL



Cream of Wheat
Healthy Grain



Cream of Wheat
Whole Grain



General Mills
Dora the Explorer
Cinnamon



General Mills
Go Diego Go
Honey



Kellogg's
Rice Krispies
Gluten Free



Kellogg's
Frosted
Mini-Wheats
Touch of Fruit



Post
Honey Bunches
of Oats
Whole Grain
Honey Crunch



Post
Shredded Wheat
Honey Nut



Post
Alphabits

WHOLE GRAINS

BREAD

16 ounce



Arnold Stone
Ground 100%
Whole Wheat
Bread



Pepperidge
Farm
Whole Grain
Jewish Rye

WEST VIRGINIA WIC APPROVED FOOD LIST DELETIONS

WHOLE GRAINS (cont.)

BUNS



Pepperidge Farm
Soft 7 Grain
Hamburger
Buns



Sara Lee
Soft & Smooth
100% Whole
Wheat
Hamburger
Buns



Sara Lee
Soft & Smooth
100% Whole
Wheat Hotdog
Buns

WHOLE WHEAT TORTILLAS



Carlita



**Don
Poncho**



Pepito



Call 304-558-0030

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