

## WV WIC Program Approved Food List

Effective October 1, 2018

- **BREAKFAST CEREALS**

| ALLOWED   | NOT ALLOWED   |
|---|---|
| Boxes or Bags   | Single serving boxes or packets except Quaker Instant Oatmeal |
| Minimum package size is 12 ounce for cold cereal. Maximum package size is 36 ounce. | Organic cereals; Variety packs                                |
| Minimum package size is 11 ounce for hot cereal. Maximum package size is 36 ounce.  | Grits; Cream of Wheat   |

- **Whole Grains**

|  |
|--|
| Best Choice Frosted Shredded Wheat - Maple & Brown Sugar or Strawberry                         |
| Best Yet Strawberry Frosted Shredded Wheat   |
| Essential Everyday Bite Size Strawberry Frosted Shredded Wheat                                 |
| Food Club Frosted Shredded Wheat Strawberry Cream  |
| Food Lion Strawberry Frosted Shredded Wheat  |
| General Mills Cheerios – Original (GF) or Multi Grain ✓ (GF)                                   |
| General Mills Fiber One Honey Clusters ✓   |
| General Mills Kix – Original, Berry Berry or Honey   |
| Giant Eagle Strawberry Frosted Shredded Wheat Bite Size  |
| Kellogg’s Frosted Mini-Wheats – Bite Size, Little Bites, Original, or Touch of Fruit Raspberry |
| Kroger Frosted Shredded Wheat - Blueberry ✓ or Strawberry Cream ✓                              |
| Malt O Meal Mini Spooners – Blueberry ✓ or Strawberry Cream ✓                                  |
| Our Family Strawberry Cream Frosted Shredded Wheat ✓   |
| Quaker Life – Original only ✓  |
| Quaker Oatmeal Squares – Brown Sugar ✓, Cinnamon ✓, Golden Maple ✓ or Honey Nut ✓              |
| Quaker Instant Oatmeal – Original only (individual packets)                                    |
| Post Great Grains – Banana Nut Crunch  |
| Post Honey Bunches of Oats –Cinnamon Bunches, Honey Roasted, Vanilla Bunches, or with Almonds  |
| Sunbelt Bakery Simple Granola  |
| Weis Quality Strawberry Frosted Shredded Wheat ✓   |

✓ Source of 100% Daily Value of Folic Acid  
(GF) Gluten Free

- **Other Cereals**

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|  |
|--|
| General Mills Chex – Blueberry (GF), Cinnamon (GF), Corn (GF), Rice (GF) or Vanilla (GF) |
| Kellogg's Corn Flakes  |
| Kellogg's Crispix  |
| Kellogg's Rice Krispies  |
| Kellogg's Special K ✓  |
| Malt O Meal CoCo Wheats ✓  |

✓ Source of 100% Daily Value of Folic Acid

(GF) Gluten Free

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- **JUICE**

| <b>ALLOWED</b>   | <b>NOT ALLOWED</b>   |
|--|--|
| Pasteurized 100% unsweetened fruit juice or vegetable juice, single strength or concentrate, containing at least 30 milligrams of vitamin C per 100 milliliters of juice | Juice with added sugar or sugar substitutes; Fruit and vegetable juice blends; Juice drinks, ades, beverages, or cocktails; Juice with carbonation; Sports drinks; Ciders; Lemon or lime juice; Organic juices; Fresh squeezed juice; Infant juice; Juices not specifically listed by name/brand |
| 12 ounce frozen concentrate, 11.5 ounce shelf-stable concentrate, 64 ounce shelf stable or refrigerated juice in cans, plastic bottles, jugs, or cartons, <b>ONLY</b>    | Glass bottles; Packages of individual serving size.  |

➤ **Apple:** With or Without Calcium

**64 ounces = ½ Gallon**

| <b>11.5 oz. Shelf-Stable</b> | <b>12 oz. Frozen</b> | <b>64 oz. Shelf Stable or<br/>64 oz. Refrigerated</b> |
|------------------------------|----------------------|---|
| Welch's                      | Always Save          | Always Save   |
|                              | Best Choice          | Best Choice   |
|                              | Best Yet             | Best Yet  |
|                              | Essential Everyday   | Essential Everyday                                    |
|                              | Food Club            | Food Club   |
|                              | Food Lion            | Food Lion   |
|                              | Giant                | Giant   |
|                              | Great Value          | Giant Eagle   |
|                              | HyTop                | Great Value   |
|                              | IGA                  | Harvest Classic                                       |
|                              | Kroger               | HyTop   |
|                              | Our Family           | IGA   |
|                              | Piggly Wiggly        | Kroger  |
|                              | Tipton Grove         | Our Family  |
|                              | Valutime             | Piggly Wiggly   |
|                              | Weis Quality         | Shurfine  |
|                              |                      | Tipton Grove  |
|                              |                      | Weis Signature  |
|                              |                      | Weis Quality  |

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- **Grape:** White, purple or red; With or Without Calcium **64 ounces = ½ Gallon**

| 11.5 oz. Shelf Stable | 12oz. Frozen       | 64 oz. Shelf Stable or<br>64 oz. Refrigerated |
|-----------------------|--------------------|---|
| Welch's               | Essential Everyday | Always Save                                   |
|                       | Food Club          | Best Choice                                   |
|                       | Giant              | Best Yet                                      |
|                       | Great Value        | Essential Everyday                            |
|                       | HyTop              | Food Club                                     |
|                       | Kroger             | Food Lion                                     |
|                       |                    | Giant   |
|                       |                    | Giant Eagle                                   |
|                       |                    | Great Value                                   |
|                       |                    | Harvest Classic                               |
|                       |                    | HyTop   |
|                       |                    | IGA   |
|                       |                    | Kroger  |
|                       |                    | Our Family                                    |
|                       |                    | Piggly Wiggly                                 |
|                       |                    | Shurfine                                      |
|                       |                    | Tipton Grove                                  |
|                       |                    | Valutime                                      |
|                       |                    | Weis Quality                                  |

- **Orange:** With or Without Calcium **64 ounces = ½ Gallon**

| 12 oz. Frozen | 64 oz. Shelf-Stable or<br>64 oz. Refrigerated |
|---------------|---|
| Any Brand     | Any Brand                                     |

- **Pineapple** **64 ounces = ½ Gallon**

| 12 oz. Frozen | 64 oz. Shelf-Stable or<br>64 oz. Refrigerated |
|---------------|---|
| Any Brand     | Any Brand                                     |

- **Tomato:** Regular or Low Sodium **64 ounces = ½ Gallon**

| 64 oz. Shelf-Stable | 64 oz. Shelf-Stable |
|---------------------|---------------------|
| Best Choice         | HyTop               |
| Essential Everyday  | IGA                 |
| Food Club           | Our Family          |
| Food Lion           | Shurfine            |
| Giant               |                     |
| Great Value         |                     |

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➤ **Vegetable:** Regular or Low Sodium

**64 ounces = ½ Gallon**

| <b>64 oz. Shelf-Stable</b> | <b>64 oz. Shelf-Stable</b> |
|----------------------------|----------------------------|
| Best Choice                | HyTop                      |
| Best Yet                   | IGA                        |
| Diane's Garden             | Kroger – Original or Spicy |
| Essential Everyday         | Our Family                 |
| Food Club                  | Shurfine                   |
| Giant                      | Weis Quality               |
| Great Value                |                            |
| Harvest Classic            |                            |

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- **WHOLE GRAINS**

| <b>ALLOWED</b>  | <b>NOT ALLOWED</b>  |
|---|---|
| <p><u>Whole wheat and whole grain breads and buns</u> that meet the labeling requirements for making the health claim as a “whole grain food with moderate fat content” in 12-24 ounce packages <b>ONLY</b></p> | <p>Breads not specifically listed by name/brand; Breads that do not have whole grain as the primary ingredient; Whole grain or multigrain breads from the bakery/deli counter; Organic bread; White bread; Naan, pita or flat bread; English muffins; Bagels; Refrigerated or frozen bread, dough, or mixes; Take and bake products</p>   |
| <p><u>Whole wheat tortillas</u> made with whole wheat flour and <u>Corn tortillas</u> made from ground masa flour in 16 ounce packages <b>ONLY</b>.</p>   | <p>Tortillas not specifically listed by name/brand; Tortillas that do not have whole wheat flour as the only flour in the ingredient listing; White flour tortillas; Tortilla chips; Tostada or taco shells; Flavored tortillas (such as spinach or tomato) or tortillas with herbs, spices, peppers or cheese; Organic; Refrigerated or frozen tortillas</p>                                       |
| <p>Any brand <u>brown rice</u> without added sugars, fats, oils or salt. May be instant, quick, boil-in-bag, or regular cooking. 14-32 ounce bags or boxes <b>ONLY</b>.</p>                                     | <p>Basmati, wild, wehani, white or jasmine rice; Bulgar; Oatmeal; Oats; Barley; Granola; Flours; Organic; Seasoned or flavored rice; Refrigerated or frozen rice; Ready-to-serve, precooked or single-serve rice; Brown rice mixed with any other type of rice</p>  |
| <p><u>Whole wheat pasta/macaroni</u> without added sugars, fats, oils or salt. 16 ounce packages <b>ONLY</b>.</p>   | <p>Pasta not specifically listed by name/brand; Pastas that list any other flour besides whole wheat and/or whole durum wheat flour in the ingredient list; Bleached, enriched pasta; Couscous; Pasta with added sugars, fats, oils or salt; Refrigerated or frozen pasta; Egg noodles; Pasta meals or canned pasta; Pasta made from rice, quinoa, flax, corn or vegetables (i.e. gluten free )</p> |

- **Brown Rice**

Any Brand instant, quick, or regular cooking in 14-32 ounce boxes or bags

- **Buns**

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|  |
|--|
| Arnold/Brownberry Select 100% Whole Wheat Buns – Hamburger or Hotdog |
| Arnold 100% Whole Wheat Sandwich Thins 12 oz                         |
| Great Value 100% Whole Wheat Hamburger Buns 14 oz                    |
| Great Value 100% Whole Wheat Hot Dog Buns 16 oz                      |
| Kroger 100% Whole Wheat Slider Buns 12 oz                            |
| Kroger 100% Whole Wheat Hoagie Rolls 14.5 oz                         |
| Kroger 100% Whole Wheat Hot Dog Buns 13 oz                           |
| Kroger 100% Whole Wheat Hamburger Buns 14 oz                         |
| Nature's Choice 100% Whole Wheat Hot Dog Buns 13 oz                  |
| Nature's Choice 100% Whole Wheat Hamburger Buns 15 oz                |
| Nature's Own 100% Whole Wheat Hot Dog Buns 13 oz                     |
| Nature's Own 100% Whole Wheat Hamburger Buns 14 oz                   |

### ➤ Bread

|   |
|---|
| Best Choice 100% Whole Wheat Bread                              |
| Best Yet 100% Whole Wheat Bread                                 |
| Bimbo 100% Whole Wheat Bread                                    |
| Essential Everyday 100% Whole Wheat Bread                       |
| Essential Everyday 100% Whole Wheat Bread 24 oz                 |
| Food Lion 100% Whole Wheat Bread                                |
| Giant 100% Whole Wheat Bread                                    |
| Giant Eagle Whole Wheat Bread                                   |
| Healthy Life 100% Whole Wheat Whole Grain Bread                 |
| Healthy Life Soft Style 100% Whole Wheat Bread 20 oz            |
| IGA 100% Whole Wheat Bread                                      |
| Kern's 100% Whole Wheat Bread                                   |
| Kroger 100% Whole Wheat Bread                                   |
| Nature's Harvest 100% Whole Wheat Bread 20 oz                   |
| Nature's Own 100% Whole Grain Sugar Free Bread                  |
| Nature's Own 100% Whole Wheat Bread with Honey                  |
| Nature's Own 100% Whole Wheat Bread 20 oz                       |
| Nature's Own 100% Whole Grain Bread 20 oz                       |
| Nickles 100% Whole Wheat Bread                                  |
| Our Family 100% Whole Wheat Bread                               |
| Pepperidge Farm 100% Whole Wheat Cinnamon Swirl w/Raisins Bread |
| Pepperidge Farm Light Style 100% Whole Wheat Bread              |
| Pepperidge Farms Very Thin 100% Whole Wheat Bread               |
| Private Selection Sugar Free 100% Whole Wheat Bread 24 oz       |
| Private Selection 100% Whole Wheat Bread 24 oz                  |
| Roman Meal SunGrain 100 % Whole Wheat Bread                     |
| Sara Lee Classic 100% Whole Wheat Bread                         |
| Sara Lee 100% Whole Wheat Bread 20 oz                           |
| Schmidt's Old Tyme 100% Whole Wheat Bread                       |
| Schwebel's 100% Whole Wheat Bread                               |

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|   |
|---|
| Schwebel's 100% Whole Wheat Bread 20 oz |
| Shopper's Value 100% Whole Wheat Bread  |
| Weight Watchers 100% Whole Wheat Bread  |
| Weis 100% Whole Wheat Bread             |
| Wonder 100% Whole Wheat Bread           |
| Wonder 100% Whole Wheat Bread 20 oz     |

### ➤ **Corn Tortillas**

|   |
|---|
| Best Choice Corn Tortillas                                      |
| Celia's Corn Tortillas – Yellow or White                        |
| Chi Chi's White Corn Tortillas 16 oz (GF)                       |
| Essential Everyday White Corn Tortillas                         |
| Giant Corn Tortillas – White or Yellow                          |
| Giant Eagle White Corn Tortillas (GF)                           |
| HyTop Yellow Corn Tortillas                                     |
| IGA White Corn Tortillas  |
| Kroger Gluten Free Yellow Corn Tortillas (GF)                   |
| La Banderita Corn Tortillas – Gluten Free (GF), White or Yellow |
| Mission Yellow Corn Tortillas (GF)                              |
| Our Family Corn Tortillas – White or Yellow<br>(GF) Gluten Free |

### ➤ **Whole Wheat Macaroni/Pasta**

|   |
|---|
| America's Choice Whole Wheat Spaghetti  |
| Barilla Whole Grain – Angel Hair, Elbows, Linguine, Medium Shells, Penne, Rotini, Spaghetti or Thin Spaghetti |
| Essential Everyday Whole Wheat – Macaroni, Penne, Rotini, Spaghetti or Thin Spaghetti                         |
| Food Club Whole Wheat – Spaghetti, Penne Rigate   |
| Great Value Whole Wheat—Elbows, Linguine, Penne, Rotini, Spaghetti, or Thin Spaghetti                         |
| Giant Eagle 100% Whole Wheat – Elbow Macaroni, Penne Rigate, Rotini or Spaghetti                              |
| Hodgson Mill Whole Wheat – Angel Hair, Elbows, Spaghetti, Spirals, or Thin Spaghetti                          |
| Kroger 100% Whole Grain – Penne, Rotini, Spaghetti or Thin Spaghetti  |
| Our Family Whole Wheat – Rotini or Spaghetti  |
| Racconto Whole Wheat – Capellini, Elbows, Farfalle, Linguine, Penne Rigate, Rigatoni, Rotini, or Spaghetti    |
| Ronzoni Healthy Harvest Whole Grain – Rotini, Spaghetti, Linguine, Penne Rigate or Thin Spaghetti             |
| Weis Whole Wheat – Penne Rigate, Rotini or Spaghetti  |

### ➤ **Whole Wheat Tortillas**

|  |
|--|
| Best Choice 100% Whole Wheat Tortillas |
|--|



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|  |
|--|
| Celia's Whole Wheat Tortillas                      |
| Chi-Chi's Whole Wheat Fajita Style Tortillas       |
| Essential Everyday Whole Wheat Tortillas           |
| Food Club Whole Wheat Tortillas                    |
| Food Lion Whole Wheat Tortillas                    |
| Giant Whole Wheat Tortillas                        |
| Giant Eagle Whole Wheat Tortillas                  |
| Great Value Whole Wheat Tortillas                  |
| IGA Whole Wheat Tortillas                          |
| Kroger 100% Whole Wheat Tortillas                  |
| La Banderita Whole Wheat Tortillas                 |
| Micasa 100% Whole Wheat Tortillas                  |
| Mission 100% Whole Wheat Tortillas                 |
| Nature's Promise All Natural Whole Wheat Tortillas |
| Ortega Whole Wheat Tortillas                       |
| Our Family Whole Wheat Flour Tortillas             |
| Tio Santi Whole Wheat Tortillas                    |
| Weis Quality Whole Wheat Tortillas                 |

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- **YOGURT**

| ALLOWED  | NOT ALLOWED  |
|--|--|
| Pasteurized whole, low-fat or non-fat plain or flavored yogurt containing no more than 40 grams of total sugars per one cup yogurt.    | Yogurts sold with accompanying mix-in ingredients such as granola, candy pieces, honey, nuts or similar ingredients; Drinkable yogurts; Yogurt containing artificial, reduced-calorie, or no-calorie sweeteners (i.e. light & fit, carb master, etc.); Greek varieties; Organic yogurt; Frozen yogurt; Any other brand, size or flavor of yogurt than listed |
| 32 ounce containers or multipacks in cups or tubes (4 oz cup - 4pk; 4 oz cup - 8pk; 2 oz tube -8pk; 2 oz tube -16pk; 4 oz tube – 8pk ) | Glass bottles; individual serving cups (6 oz)  |

- **Lowfat and Nonfat 32 oz. containers**

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

- **Whole\* 32 oz. containers**

|  |
|--|
| Dannon - Plain, Strawberry or Vanilla        |
| Kroger – Plain or Vanilla                    |
| Mountain High - Plain, Vanilla or Strawberry |

\*Whole milk yogurt only allowed for children age 12-23 months.

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➤ **Lowfat          Multipack Cups or Tubes**

**4 ounce cups in 4 pack (16 ounces)**

|                           |
|---------------------------|
| Activia Black Cherry      |
| Activia Blueberry         |
| Activia Peach             |
| Activia Prune             |
| Activia Strawberry        |
| Activia Vanilla           |
| Activia Mixed Berry       |
| Activia Strawberry Banana |

**2 ounce tubes in 8 pack (16 ounces)**

|   |
|---|
| Yoplait GoGurt Berry/Strawberry             |
| Yoplait GoGurt Cotton Candy/Melon Berry     |
| Yoplait GoGurt Punch Berry                  |
| Yoplait GoGurt Redberry Blue Raspberry      |
| Yoplait GoGurt Strawberry Banana/Watermelon |
| Yoplait Simply GoGurt Strawberry            |

**4 ounce cups in 8 pack (32 ounces)**

|   |
|---|
| Yoplait Berry/Strawberry Banana                       |
| Yoplait Strawberry/Strawberry Banana                  |
| Yoplait Strawberry/Berry                              |
| Yoplait Strawberry/Blueberry                          |
| Yoplait Strawberry/Cotton Candy                       |
| Yoplait Trix Cotton Candy/Wild Berry Blue             |
| Yoplait Trix Strawberry Banana Bash/Raspberry Rainbow |

**2 ounce tubes in 16 pack (32 ounces)**

|  |
|--|
| Yoplait GoGurt Berry/Cherry                |
| Yoplait GoGurt Berry/Strawberry            |
| Yoplait GoGurt Cotton Candy/Strawberry     |
| Yoplait GoGurt Punch/Strawberry Watermelon |
| Yoplait GoGurt Redberry Blue Raspberry     |
| Yoplait GoGurt Raspberry/Strawberry Banana |
| Yoplait GoGurt Mixed Berry/Strawberry      |

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|  |
|--|
| Yoplait GoGurt Strawberry/Vanilla            |
| Yoplait Simply GoGurt Mixed Berry/Strawberry |
| Yoplait Simply GoGurt Strawberry             |

- **CANNED FISH**

| <b>ALLOWED</b>   | <b>NOT ALLOWED</b>  |
|--|---|
| Chunk light tuna<br>Pink salmon  | Sardines or Jack mackerel; Albacore, Yellow Fin, Chunk White, Solid White, Tongol or other specialty tuna; Blueback, Chum, Sockeye, Red, King, Wild or Coho salmon.   |
| 30 ounces total  | Flaked or grated; Low sodium; Select, fancy and/or solid; Organic; Fish with added flavorings, spices or ingredients other than salt, oil or water; Spreads; Gourmet, filet, fresh, dried, frozen or smoked fish. |
| Combination to add up to 30 ounces in 5 ounce, 6 ounce, or 14.75 ounce cans ONLY | Pouches or foil packets; Packages of individual serving size; Fish and cracker combinations.  |

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- **CHEESE**

| <b>ALLOWED</b>   | <b>NOT ALLOWED</b>   |
|--|--|
| 100% natural Monterey Jack, Colby, natural Cheddar, part-skim or whole Mozzarella, pasteurized processed American, Swiss or blends/variety packs of any of these cheeses | Muenster, Provolone, Parmesan, Queso Blanco/Queso Fresco or Brick cheese; Cheese food, cheese product, imitation cheese, whips, cream cheese, dips, or cheese spread; Cheese with pepper, pimento, added herbs, spices, seasonings or flavorings (wine or smoked); Cheese with added probiotics, DHA or AHA (e.g., Liv Active, etc); Cheese made with raw milk |
| 8 ounce or 16 ounce packages ONLY  | Deli or imported cheese; Kosher cheese; random weight packages; Goat, sheep or yogurt cheese   |
| Sliced, shredded or block form   | Individually wrapped slices, cubes, wheels, crumbles, diced, grated, wedges, cracker cut or string cheese; Packages of individual serving sizes  |
| Low fat; Reduced fat; Nonfat; Fat free; Low cholesterol; Low sodium; Calcium fortified; Vitamin D fortified; and Lactose-reduced cheese                                  | Organic; Lactose-free cheese   |

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- **EGGS**

| <b>ALLOWED</b>                           | <b>NOT ALLOWED</b>  |
|--|---|
| Any grade of ANY SIZE white chicken eggs | Brown, cage free, fertile, naturally nested, free range or vegetarian fed hen eggs; Powder or liquid egg mixes; Egg substitutes; Hard boiled  |
| Packaged by the dozen ONLY               | Antibiotic free or growth hormone eggs; Organic, reduced cholesterol, or reduced saturated fat eggs; Specialty eggs (including pasteurized or fortified/enriched with Vitamin E, DHA or Omega 3 such as Eggland's Best) |

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- **FORMULA\***

| <b>ALLOWED</b>  | <b>NOT ALLOWED</b>   |
|---|--|
| Contract iron-fortified milk-based and standard iron-fortified soy-based infant formulas will be provided per the terms of the infant formula rebate agreement. | Non-contract standard milk-based or standard soy-based infant formulas                               |
| Issuance of any formulas or combination of formulas not listed in the West Virginia WIC Food Code Book must be approved by the State Agency.                    | Low-iron infant formula; Organic; Oral rehydration fluids or electrolyte solutions such as Pedialyte |

**\*No exchanges or substitutions from the type and amount issued on the eWIC benefit card or documented on the receipt. No returns should be accepted.**

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- **INFANT FOODS**

| <b>ALLOWED</b>  | <b>NOT ALLOWED</b> |
|---|--------------------|
| Any brand infant cereal without added ingredients containing a minimum of 45 mg of iron per 100 g of dry cereal |                    |
| Any variety of single ingredient commercial infant food without added sugars, starches, or salt                 |                    |

- **Cereal**

| <b>ALLOWED</b>   | <b>NOT ALLOWED</b>  |
|--|---|
| Any brand of single grain (barley, oatmeal, rice, whole wheat) or mixed/multigrain in GMO, Non-GMO or organic varieties. | Infant cereals containing infant formula, milk, fruit, fruit flakes, sugar or other non-cereal ingredients (probiotics, DHA or ARA); High protein varieties |
| 8-ounce boxes or plastic containers ONLY   | Infant cereal in jars, cans, variety packs or single serving cups.  |

- **Fruits**

| <b>ALLOWED</b>   | <b>NOT ALLOWED</b>   |
|--|--|
| Single ingredient or combinations of single ingredients, may have added fruit juice, (e.g., apples-pears; apples-mango-kiwi), including organic varieties. | Mixtures with cereal; Infant food dinners, puddings, desserts (e.g., peach cobbler) or “delights”; Varieties with DHA or ARA; infant fruits with added sugars, starches, fiber or sodium; infant fruits with yogurt; smoothies; Dried or powdered infant fruits. |
| Texture may range from strained through diced (i.e. Stage 1, Stage 2, Homestyle, etc.)   | Fresh fruits; Gerber Graduates fruit dices, fruit puffs, yogurt melts, wagon wheels, fruit and cereal bars, mini fruits, fruit strips or fruit twists; Beech Nut Let’s Grow yogurt nibbles; Heinz toddler foods  |
| ONLY 4 ounce jars or plastic containers in single or two pack AND/OR two pack of 2 ounce jars or plastic containers  | Pouches  |



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### ➤ Vegetables

| <b>ALLOWED</b>  | <b>NOT ALLOWED</b>   |
|---|--|
| Single ingredient or combinations of single ingredients (e.g., peas and carrots) vegetables, including organic varieties. | Infant food dinners; Infant vegetables with added sugars, starches or sodium; Varieties containing DHA or ARA; Dried or powdered infant vegetables |
| Texture may range from strained through diced (i.e. Stage 1, Stage 2, Homestyle, etc.)                                    | Fresh vegetables; Gerber Graduates vegetable dices, veggie puffs, or wagon wheels; Heinz toddler foods   |
| ONLY 4 ounce jars or plastic containers in single or two pack AND/OR two pack of 2 ounce jars or plastic containers       | Pouches  |

### ➤ Meat

| <b>ALLOWED</b>   | <b>NOT ALLOWED</b>  |
|--|---|
| Infant food meat or poultry, as a single major ingredient, with added broth or gravy, including organic varieties. | Food combinations (e.g., meat and vegetables) or dinners (e.g., spaghetti and meatballs); Varieties containing DHA or ARA; infant meats with added sugars or sodium   |
| Texture may range from strained through diced (i.e. Stage 1, Stage 2, Homestyle, etc.)                             | Chicken sticks, turkey sticks or meat sticks; Gerber Graduates Lil' Meals, Lil' Sides, Lil' Entrees or Pasta Pick-ups; Beech Nut Tummy Trays or Mini-meals; Heinz toddler foods; Nature's Goodness Toddler Cuisine. |
| 2.5 ounce jars or plastic containers ONLY  | Pouches   |

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- **MATURE LEGUMES**

| <b>ALLOWED</b>   | <b>NOT ALLOWED</b>  |
|--|---|
| <p>Dried bean, lentil or pea in any variety, including any combination of varieties</p> <p>16 ounce bag ONLY</p>   | <p>Beans with added flavoring packets or additional flavorings; Soups or soup mixes; May not contain added sugars, fats, dyes, oils or meat; Organic; Boxes of beans; Bulk or loose beans; Raw or roasted nuts; Fresh or frozen beans, lentils or peas</p>  |
| <p>Any brand of any type of mature canned bean*, including fat free refried beans, without added sugars, fats, oils or meats. May be low sodium. Combination not to exceed 64 ounces in 15 - 16 oz. cans ONLY</p> <p>Canned beans may be chosen for dried beans as listed on eWIC Benefit Balance.</p> | <p>Baked beans or pork and beans; Canned chili; Gourmet style peas or beans; Hummus; Immature varieties of legumes, such as green beans, green peas, snap beans, orange beans, wax beans and edamame-style soy beans; Canned beans with added sugars, fats, oils, meats, fruits, or vegetables; Soups</p> |

\*Green beans, green peas, snap beans, orange beans, wax beans and edamame-style soy beans are allowed for purchase with Cash Value Benefit ONLY.

- **PEANUT BUTTER\***

| <b>ALLOWED</b>   | <b>NOT ALLOWED</b>  |
|--|---|
| <p>Any brand of commercially prepared, pre-packaged variety of plain, low sugar or low-sodium peanut butter, including smooth, crunchy or extra crunchy, and chunky styles</p> | <p>Whipped peanut butter; Combinations including those with jelly, honey, chocolate, marshmallow or flavors added; Other nut butters (i.e. almond, soy, sesame sunflower, cashew, hazelnut, etc); Reduced fat, low carb, fat free, fresh ground or peanut spreads; Organic; Honey roasted or honey nut peanut butter; Specialty or gourmet peanut butter; Peanut butter with added nutrients such as omega-3, vitamin E, DHA or ARA; Powdered peanut butter</p> |
| <p>16 - 18 ounce package ONLY</p>  | <p>Packages of individual serving size, including tubes, slices or "To Go" containers; Bulk or fresh ground peanut butter</p>   |

\*Not allowed for children under two years of age because of the risk of choking.

## WV WIC Program Approved Food List

Effective October 1, 2018

- **MILK**

| <b>ALLOWED</b>  | <b>NOT ALLOWED</b>   |
|---|--|
| Whole*, Low fat (1%), Fat free (Skim)<br><br>Whole* or 1% Chocolate<br><br>Lactose free as specified for need   | <b><i>Reduced Fat (2%), Super Skim, Ultra Skim</i></b> ; Cultured milk such as buttermilk; Acidophilus milk; Shelf-stable milk; Goat's milk; Rice milk; Almond milk; Cashew milk; Coconut milk; Protein nut milk; Milk with added soy protein, plant sterols, DHA, ARA and/or Omega 3; Tofu; Organic milk; Fruit flavored milk; Other non-dairy or raw milk; Half and half or creamers; Vitamite; a2 Milk®; "Deluxe" or "plus" varieties; Calcium-fortified milk |
| Gallons must be purchased unless remaining eWIC Benefit Balance is less than one (1) gallon.  | Packages of individual serving size; Glass containers; Quart or Pint size containers<br><br>Two (2) – ½ gallons substituted for a gallon or<br>Two (2) quarts substituted for a ½ gallon   |
| Nonfat dry milk in 25.6 ounce box ONLY  | Individual serving sizes packaged in a larger box<br><br>9.6 ounce box substituted for 25.6 ounce box  |
| Evaporated milk fortified with Vitamin D<br>12 ounce cans ONLY  | Sweetened condensed milk; Evaporated filled milk; Evaporated fat free milk; Non-dairy substitutes  |
| 8 <sup>th</sup> Continent Regular or Vanilla Soy milk<br>Original<br>Pacific Ultra Original Soy milk<br>Silk Original Soy milk<br><br>May be purchased in gallons, ½ gallons or quarts. | Light, lowfat, fat free, nonfat or complete vanilla soy milk; Chocolate flavored soy milk; Silk soy milk in other flavors  |

\*Whole milk only allowed for children age 12-23 months.

## WV WIC Program Approved Food List

Effective October 1, 2018

- **FRUITS (Fresh and Processed)**

| <b>ALLOWED</b>  | <b>NOT ALLOWED</b>   |
|---|--|
| <p>Any variety of <u>shelf-stable</u> (canned, glass, and plastic container), <u>frozen</u> or <u>fresh</u> whole, pre-cut or pre-chopped fruit, including fruit trays, single serve options, bags, or boxes without added sugars, flavoring, fat, oil, dips, dressing, croutons, and nuts.</p> <p>Canned fruit must be packed in 100% juice, naturally sweet, 100% natural, or unsweetened.</p> <p>May be organic.</p> | <p>Any variety of dried fruit; Jams, jellies or fruit spreads; Fruits with added sugars, sodium, flavoring, dressing, fat or oil; shelf-stable fruit packed in syrup such as heavy, light or extra light; shelf-stable fruit packed in sweetened fruit juice or nectar; Cranberry sauce; Pie filling; Artificial sweeteners; Squeezable pouches; Smoothies or smoothie mixes; Home-canned or home-preserved fruits; Fruits in gelatin or jello; Sorbet, fruit chillers or fruit bars; Fruit snacks or roll-ups; maraschino cherries</p> <p>Juice* Infant fruits*</p> |
| <p>Participant must be permitted to pay additional cost over the maximum amount of the eWIC Benefit Balance, including any tax with cash, check, SNAP (Food Stamp Card), credit or debit card. No cash or credit for any unused portion of the WIC benefit will be given.</p>   | <p>Ornamental fruits such as painted pumpkins; edible blossoms or flowers; Fruit baskets or fruits from the deli/salad bar; Fruit trays with dips; Fruit muffins or baked goods; Fruit-nut mixtures</p>  |

\*Juice may not be purchased with Cash Value Benefits. Infant fruits may not be purchased with Cash Value Benefits.

## WV WIC Program Approved Food List

Effective October 1, 2018

- **VEGETABLES (Fresh and Processed)**

| <b>ALLOWED</b>  | <b>NOT ALLOWED</b>  |
|---|---|
| <p>Any variety of <u>shelf-stable</u> (canned, glass, and plastic container), <u>frozen</u> or <u>fresh</u> whole, pre-cut or pre-chopped vegetables, including bagged salads, vegetable trays or single serve options without dips, dressing, croutons, and nuts.</p> <p>Whole, peeled, or diced canned tomatoes, and tomato paste without added sugars, fats, oils, or flavorings.</p> <p>The vegetable must be the first ingredient listed.</p> <p>May be organic.</p> | <p>Any variety of dried vegetables; Vegetables with added sugars, flavoring, dressing, fat or oil; Artificial sweeteners; Pickled vegetables or olives (i.e. pickles, relish, sauerkraut, etc.); Fresh or dried herbs or spices; Vegetable pasta or rice mixtures; Soups; Catsup, salsa, chutney, pasta sauce, pizza sauce, spaghetti sauce or other condiments; Home-canned or home-preserved vegetables; Cream style corn</p> <p>Juice, infant vegetables, or canned mature legumes (pinto, butter black, Great Northern, kidney beans)*</p> <p>Frozen vegetable blends with added sauces or starches (i.e. pasta, rice, etc.); Hash browns, mashed potatoes, french fries, tater tots, twice baked potatoes or potatoes O'Brien with added sugars, fats, oils or salt</p> <p>Tomato sauce, crushed, stewed tomatoes, or tomato puree; Diced tomatoes with added herbs, spices, or sugar.</p> |
| <p>Participant must be permitted to pay additional cost over the maximum amount of the eWIC Benefit Balance, including any tax with cash, check, SNAP (Food Stamp Card), credit or debit card. No cash or credit for any unused portion of the WIC benefit will be given.</p>   | <p>Ornamental vegetables such as chilies on a string, gourds or edible blossoms; Salad kits; Vegetable trays with dip; Vegetable baskets or vegetables from the deli/salad bar; Vegetable muffins or baked goods; Creamed, sauced or breaded vegetables; Squeezable pouches</p>   |

\*Juice may not be purchased with Cash Value Benefits. Canned mature legumes (beans) may not be purchased with Cash Value Benefits. Infant vegetables may not be purchased with Cash Value Benefits.