

WV WIC Program Approved Food List

Effective October 1, 2020

- **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
Kellogg’s Frosted Mini-Wheats – Bite Size, Little Bites, Original, or Touch of Fruit Raspberry
Kroger Frosted Shredded Wheat - Strawberry Cream ✓
Malt O Meal Mini Spooners – Blueberry ✓ or Strawberry Cream ✓
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, Pecan Maple Brown Sugar, Vanilla Bunches, or with Almonds
Sunbelt Bakery Simple Granola
Weis Quality Strawberry Frosted Shredded Wheat ✓

- **Other Cereals**

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 - Original ✓, Protein Honey Almond Ancient Grains ✓, or Protein Original Multi-Grain Touch of Cinnamon ✓
Malt O Meal CoCo Wheats ✓

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

WV WIC Program Approved Food List

Effective October 1, 2020

- **JUICE**

ALLOWED	NOT ALLOWED
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, ONLY	Glass bottles; Packages of individual serving size.

➤ **Apple:** With or Without Calcium **64 ounces = ½ Gallon OR 128 ounces = 1 Gallon**

11.5 oz. Shelf-Stable	12 oz. Frozen	64 or 128 oz. Shelf Stable or 64 or 128 oz. Refrigerated
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

WV WIC Program Approved Food List

Effective October 1, 2020

- **Grape:** White, purple or red; With or Without Calcium **64 ounces = ½ Gallon OR
128 ounces = 1 Gallon**

11.5 oz. Shelf Stable	12oz. Frozen	64 or 128 oz. Shelf Stable or 64 or 128 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
		That's Smart
		Tipton Grove
		Valutime
		Weis Quality

- **Orange:** With or Without Calcium **64 ounces = ½ Gallon OR 128 ounces = 1 Gallon**

12 oz. Frozen	64 or 128 oz. Shelf-Stable or 64 or 128 oz. Refrigerated
Any Brand	Any Brand

- **Pineapple** **64 ounces = ½ Gallon OR 128 ounces = 1 Gallon**

12 oz. Frozen	64 or 128 oz. Shelf-Stable or 64 or 128 oz. Refrigerated
Any Brand	Any Brand

- **Tomato:** Regular or Low Sodium **64 ounces = ½ Gallon OR 128 ounces = 1 Gallon**

64 oz. Shelf-Stable	64 or 128 oz. Shelf-Stable
Best Choice	HyTop
Essential Everyday	IGA
Food Club	Our Family
Food Lion	Shurfine
Giant	
Great Value	

WV WIC Program Approved Food List

Effective October 1, 2020

- **Vegetable:** Regular or Low Sodium **64 ounces = ½ Gallon OR 128 ounces = 1 Gallon**

64 oz. Shelf-Stable	64 or 128 oz. Shelf-Stable
Best Choice	HyTop
Best Yet	IGA
Essential Everyday	Kroger – Original or Spicy
Food Club	Our Family
Giant	Shurfine
Great Value	Tipton Grove
Harvest Classic	Weis Quality

WV WIC Program Approved Food List

Effective October 1, 2020

• **WHOLE GRAINS**

ALLOWED	NOT ALLOWED
<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 ONLY</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 ONLY.</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 ONLY.</p>	<p>Basmati, wild, wehani, white or jasmine rice; Bulgar; 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. 12-16 ounce packages ONLY.</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); Organic</p>
<p>Any brand <u>oats</u>* without added sugars, fats, oils, or salt. May be instant, quick, regular cooking. Old-fashioned or regular. Rolled or steel-cut. 16-32 ounce packages ONLY. *16-32 oz Oats or Oatmeal may be purchased as WHOLE GRAINS while 11.3 oz Quaker Instant Oatmeal may be purchased as BREAKFAST CEREAL</p>	<p>Organic; Individual serving sizes; Packets; Varieties with added fruits, nuts or spices; Bulk</p>

WV WIC Program Approved Food List

Effective October 1, 2020

➤ **Brown Rice**

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

➤ **Buns**

Arnold/Brownberry Select 100% Whole Wheat Buns – Hamburger or Hotdog 16 oz
Arnold 100% Whole Wheat Sandwich Thins 12 oz
Great Value 100% Whole Wheat Buns - Hamburger or Hotdog 14 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 Sandwich Rolls 15 oz
Pepperidge Farm 100% Whole Wheat Hamburger Buns 14.5 oz
Schmidt Old Tyme 100% Whole Wheat Rolls - Hamburger or Hotdog 15 oz
Weis Quality White Wheat Rolls - Hamburger or Hotdog 16 oz

➤ **Bread**

Arnold 100% Whole Grain Whole Wheat Bread 24 oz
Best Choice 100% Whole Wheat Bread 16 oz
Essential Everyday 100% Whole Wheat Bread 16 or 24 oz
Food Lion 100% Whole Wheat Bread 16 oz
Giant 100% Whole Wheat Bread 16 oz
Giant Eagle Whole Wheat Bread 16 oz
Great Value 100% Whole Wheat Bread 20 oz
Healthy Life 100% Whole Wheat Whole Grain Bread 16 oz
IGA 100% Whole Wheat Bread 16 oz or 20 oz
Kroger 100% Whole Wheat Bread 16 oz
Kroger 100% Whole Wheat Roundtop Bread 16 oz
Lewis Bake Shop 100% Whole Wheat Bread 16 oz
Nature's Own 100% Whole Grain Sugar Free Bread 16 oz
Nature's Own 100% Whole Wheat Bread with Honey 16 oz
Nature's Own 100% Whole Wheat Bread 20 oz
Nature's Own 100% Whole Grain Bread 20 oz
Nickles 100% Whole Wheat Bread 16 oz
Our Family 100% Whole Wheat Bread 16 oz
Pepperidge Farm 100% Whole Wheat Cinnamon Swirl w/Raisins Bread 16 oz
Pepperidge Farm Farmhouse 100% Whole Wheat Bread 24 oz
Pepperidge Farm Light Style Soft Wheat Bread 16 oz
Pepperidge Farm Light Style 100% Whole Wheat Bread 16 oz

WV WIC Program Approved Food List

Effective October 1, 2020

Pepperidge Farm Very Thin 100% Whole Wheat Bread 16 oz
Pepperidge Farm Stone Ground 100% Whole Wheat Bread 16 oz
Pepperidge Farm Whole Grain 15 Grain Bread 24 oz
Pepperidge Farm Whole Grain German Dark Wheat Bread 24 oz
Pepperidge Farm Whole Grain Honey Whole Wheat Bread 24 oz
Pepperidge Farm Whole Grain Oatmeal Bread 24 oz
Pepperidge Farm Whole Grain Rye Seeded Bread 16 oz
Pepperidge Farm Whole Grain Soft Sprouted Grain Bread 22 oz
Pepperidge Farm Whole Grain 100% Whole Wheat Bread 24 oz
Private Selection Sugar Free 100% Whole Wheat Bread 24 oz
Private Selection 100% Whole Wheat Bread 24 oz
Sara Lee 100% Whole Wheat Bread 16 or 20 oz
Schmidt's Old Tyme 100% Whole Wheat Bread 16 oz
Schwebel's 100% Whole Wheat Bread 16 oz
Shopper's Value 100% Whole Wheat Bread 16 oz
Weis Quality 100% Whole Wheat Bread 16 oz
Wonder 100% Whole Wheat Bread 16 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 (GF) Gluten Free

➤ **Oats**

Any brand instant, quick, or regular cooking in 16-32 ounce containers
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WV WIC Program Approved Food List

Effective October 1, 2020

➤ Whole Wheat Macaroni/Pasta

Barilla Whole Grain – Angel Hair, Elbows, Linguine, Penne, Rotini, Spaghetti or Thin Spaghetti
Best Choice Whole Wheat – Spaghetti or Rotini
Essential Everyday Whole Wheat – Macaroni, Penne, Rotini, Spaghetti or Thin Spaghetti
Food Club Whole Wheat – Spaghetti, Penne Rigate
Giant Eagle 100% Whole Wheat – Elbow Macaroni, Penne Rigate, Rotini or Spaghetti
Great Value Whole Wheat—Elbows, Linguine, Penne, Rotini, Spaghetti, or Thin Spaghetti
Hodgson Mill Whole Wheat – Angel Hair, Elbows, Spaghetti, Spirals, or Thin Spaghetti
Kroger 100% Whole Grain – Penne, Rotini, Spaghetti, Thin Spaghetti or Vermicelli
Our Family Whole Wheat – Rotini or Spaghetti
Ronzoni Healthy Harvest Whole Grain – Rotini, Spaghetti, Linguine, Penne Rigate or Thin Spaghetti
Weis Quality 100% Whole Wheat – Angel Hair, Penne Rigate, Rotini or Spaghetti

➤ Whole Wheat Tortillas

Best Choice 100% Whole Wheat Tortillas
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

WV WIC Program Approved Food List

Effective October 1, 2020

• 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
Coburn Farms – Plain or Vanilla
Dannon – Plain or Vanilla
Essential Everyday - Blueberry, Plain, Strawberry, 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
Morning Fresh Farms – Plain or Vanilla
Mountain High – Plain or Vanilla
Our Family – Blueberry, Peach, Plain, Strawberry or Vanilla
Weis Quality - Blueberry, Peach, Plain, Strawberry or Vanilla (original or probiotic)
Yoplait – Blueberry, Peach, Plain, Strawberry, Strawberry Banana or Vanilla

➤ **Whole* 32 oz. containers**

Dannon - Plain, Strawberry or Vanilla
Kroger – Plain or Vanilla
Essential Everyday - Plain
Morning Fresh Farms - Plain
Mountain High - Plain, Vanilla or Strawberry
Weis Quality – Plain (original or probiotic)

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

WV WIC Program Approved Food List

Effective October 1, 2020

➤ Lowfat Multipack Cups or Tubes

4 ounce cups in 4 pack (16 ounces)

Activia Black Cherry
Activia Lactose Free Black Cherry
Activia Blueberry
Activia Mango
Activia Mixed Berry
Activia Peach
Activia Lactose Free Peach
Activia Prune
Activia Strawberry
Activia Lactose Free Strawberry
Activia Strawberry Banana
Activia Vanilla
Activia Lactose Free Vanilla

2 ounce tubes in 8 pack (16 ounces)

Yoplait GoGurt Berry/Strawberry
Yoplait GoGurt Cotton Candy/Melon Berry
Yoplait GoGurt Hershey's Cookies N Creme
Yoplait GoGurt Punch Berry
Yoplait GoGurt Redberry Blue Raspberry
Yoplait GoGurt Strawberry Banana/Watermelon
Yoplait GoGurt Watermelon Green Apple
Yoplait Simply GoGurt Strawberry
Yoplait Simply GoGurt Strawberry Banana/Mixed Berry

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 Cotton Candy/Wild Berry Blue
Yoplait Strawberry Banana Bash/Raspberry Rainbow

WV WIC Program Approved Food List
Effective October 1, 2020

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
Yoplait GoGurt Strawberry/Vanilla
Yoplait GoGurt Watermelon Green Apple
Yoplait Simply GoGurt Mixed Berry/Strawberry

4 ounce tubes in 8 pack (32 ounces)

Yoplait GoGurt XLPeach/Mango/Cherry
Yoplait GoGurt XL Strawberry/Berry

WV WIC Program Approved Food List

Effective October 1, 2020

- **CANNED FISH**

ALLOWED	NOT ALLOWED
Chunk light tuna Pink salmon	Sardines or Jack mackerel; Albacore, Yellow Fin, Chunk White, Solid White, Tongol or other specialty tuna; Blueback, Chum, Sockeye, Red, King, 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, 7.50 or 14.75 ounce cans ONLY	Pouches or foil packets; Packages of individual serving size; Fish and cracker combinations.

WV WIC Program Approved Food List

Effective October 1, 2020

- CHEESE**

ALLOWED	NOT ALLOWED
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

WV WIC Program Approved Food List

Effective October 1, 2020

- **EGGS**

ALLOWED	NOT ALLOWED
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)

WV WIC Program Approved Food List
Effective October 1, 2020

- **FORMULA***

ALLOWED	NOT ALLOWED
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.**

WV WIC Program Approved Food List

Effective October 1, 2020

- **INFANT FOODS**

ALLOWED	NOT ALLOWED
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**

ALLOWED	NOT ALLOWED
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**

ALLOWED	NOT ALLOWED
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

WV WIC Program Approved Food List

Effective October 1, 2020

➤ Vegetables

ALLOWED	NOT ALLOWED
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

ALLOWED	NOT ALLOWED
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

WV WIC Program Approved Food List

Effective October 1, 2020

- **MATURE LEGUMES**

ALLOWED	NOT ALLOWED
<p>Dried bean, lentil or pea in any variety, including any combination of varieties, including organic 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; 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 or organic. 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***

ALLOWED	NOT ALLOWED
<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>May include natural or organic varieties without palm oil</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; 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, 2020

- **MILK**

ALLOWED	NOT ALLOWED
Whole*, Low fat (1%), Fat free (Skim) Whole* or 1% Chocolate Lactose free as specified for need	<i>Reduced Fat (2%), Super Skim, Ultra Skim</i> ; 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 Two (2) – ½ gallons substituted for a gallon or 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 9.6 ounce box substituted for 25.6 ounce box
Evaporated milk fortified with Vitamin D 12 ounce cans ONLY	Sweetened condensed milk; Evaporated filled milk; Evaporated fat free milk; Non-dairy substitutes
8 th Continent Regular or Vanilla Soy milk Original Great Value Original Soy milk Pacific Ultra Original Soy milk Silk Original Soy milk Shelf Stable Silk Original Soy milk 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, 2020

- **FRUITS (Fresh and Processed)**

ALLOWED	NOT ALLOWED
<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, 2020

- **VEGETABLES (Fresh and Processed)**

ALLOWED	NOT ALLOWED
<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.