

MASSACHUSETTS WIC PROGRAM

APPROVED FOOD LIST

MILK

Type and size specified on check

Fluid milk: Least expensive brand, Fat Free, 1% Lowfat

NO flavored milk or buttermilk

Only when specified on check:

Fluid milk: Least expensive brand, 2% Reduced Fat milk, Whole milk

Evaporated or dry milk: Least expensive brand, Whole, Lowfat or Fat Free

Long-Life milk: Any brand, Whole, Lowfat, or Fat Free

Lactose free milk: Any brand (Example: Lactaid)

CHEESE

One package only, up to 16 ounces

Any brand, American, Colby, Cheddar, Monterey Jack, Mozzarella or Muenster

NO deli cheese

NO sliced cheese (except American)

NO string, shredded or imported cheese, cheese food/product/spread, individually wrapped slices, snack packs, or flavored cheese

EGGS

Least expensive brand: Grade A Large brown or white

PEANUT BUTTER

16 to 18 ounce jars

Any brand, Creamy or Chunky

NO flavored, reduced fat, or peanut butter spreads

DRIED PEAS OR BEANS

1 pound bag

Any brand or type

CANNED BEANS

15.5 ounce or 16 ounce cans

Plain, mature beans, peas or lentils

Goya or Store Brand

NO green beans, wax beans or green peas

***NO Organic Milk, Cheese, Eggs, Peanut Butter or Beans allowed.**

JUICE

100% fruit juice only. Type and size specified on check.

Frozen

11.5 or 12 ounce cans:

Apple: Big Y, Flavorite, Hannaford, IGA, Market Basket, Parade, Red & White, Richfood, Shaws, Shurfine, Seneca (red cans, Granny Smith, Country Style), Stop & Shop, White Rose

Grapefruit: Any brand

Grape: Big Y, Hannaford, Seneca, Shaws, Stop & Shop, Shurfine, Welch's (yellow pull-strip can only)

Mixed blend: Dole 100% juice Pineapple Orange Banana, Pineapple Orange Strawberry, Orange Peach, Mango, Orange Strawberry Banana

Orange: Any brand

Pineapple: Dole, Market Basket, Stop & Shop

Pineapple/Orange: Any brand

White Grape/White Grape blends: Welch's (yellow pull-strip can only)

64 ounce plastic bottle

100% fruit juice varieties only

NAME BRANDS:

Juicy Juice - any flavor

Langers – Apple, Berry, Grape, Punch, Pineapple, Red Grape, Vegetable, White Grape

Welch's – Purple Grape, Red Grape, White Grape

STORE BRANDS:

Approved flavors must state: "100% juice" **AND** "120% Vitamin C" on the label.

Best Yet, Big Y, Hannaford, IGA, Price Chopper, Market Basket, Stop & Shop, Shaws, Shurfine, White Rose

CEREALS

National Brand Cereals:

(Bolded cereals are whole grain)

12.8 ounce boxes or larger, NO single serving packets. These brands only:

Cheerios (plain, Multi Grain)

Chex (General Mills – Corn, **Wheat**, Rice, Multi-Bran)

Cream of Wheat (1 minute, 2 ½ minute, 10 minute)

Cream of Wheat Whole Grain - 2 ½ minute

Farina

Grape Nuts

Grape Nut Flakes

Kellogg's Complete All-Bran Wheat Flakes

Kellogg's Corn Flakes (plain only)

Kellogg's Crispix

Kellogg's Rice Krispies

Kellogg's Mini Wheats Frosted, bite size

Kellogg's Mini Wheats Frosted, original

Kellogg's Special K

Kix

Maltex

Maypo (Maple, Instant, Vermont Style)

Post Banana Nut Crunch

Post Honey Bunches of Oats (Honey Roasted)

Post Honey Bunches of Oats (Almond)

Post Honey Bunches of Oats – Vanilla Bunches

Quaker Instant Grits (original flavor)

Quaker Life (plain)

Quaker Oatmeal Squares (Hint of Brown Sugar)

Total

Wheaties (plain)

Store Brand Cereals:

(Bolded cereals are whole grain)

Bran Flakes: Big Y, Great Value, Hannaford, IGA, Market Basket, Ralston, Red & White, Richfood, Shaws, Shurfine, Stop & Shop

Corn Flakes: Best Yet, Big Y, Market Basket, Flavorite, Great Value, Hannaford, IGA, Price Chopper, Ralston, Red & White, Richfood, Shaws, Shurfine, Stop & Shop, White Rose

Frosted Shredded Wheat: Best Yet, Market Basket, Hannaford, Ralston, Richfood, Shaws, Shurfine, Stop & Shop

Nutty Nuggets: Great Value, Hannaford, IGA, Market Basket, Price Chopper, Red & White, Richfood, Shaws, Shurfine, Stop & Shop

Oats & More with Almonds: Hannaford, IGA, Market Basket, Richfood, Shaws, Shurfine, Stop & Shop

Oats & More with Honey: Great Value, Hannaford, IGA, Market Basket, Richfood, Shaws, Shurfine, Stop & Shop

Square-Shaped Corn Cereal/Rice Cereal:

Big Y, Market Basket, Great Value, Hannaford, IGA, Price Chopper, Richfood, Shaws, Shurfine, Stop & Shop

Square-Shaped Wheat Biscuits: Hannaford, Great Value, Shurfine

Tasteeo's/Toasted Oats: Best Yet, Big Y, Flavorite, Great Value, Hannaford, IGA, Price Chopper, Market Basket, Ralston, Red & White, Richfood, Shaws, Shurfine, Stop & Shop, White Rose

Fruits & Vegetables:

FRESH FRUITS & VEGETABLES

- Any variety of fresh vegetables and fruits
- Bagged salad mixtures, bagged vegetables
- Whole or cut

NO: White potatoes*, items from the salad bar, party trays, fruit baskets, dried fruit, decorative vegetables and fruits (chilies, garlic on a string, etc), painted pumpkins, nuts, including peanuts, fruit/nut mixtures, herbs, spices, salad dressing, croutons

FROZEN VEGETABLES

- Any brand and size
- Any plain vegetable, plain vegetable mixtures (without white potatoes*)
- Beans of any kind
- Any package type (bag, box)
- With or without salt

NO: white potatoes*, french fries, hash browns, tater tots, other shaped potatoes, vegetables with sauces (cheese sauce, teriyaki sauce, buttered, seasoned, breaded, etc), vegetables mixed with pasta, rice, or any other ingredient, added fat, oil, sugar

FROZEN FRUITS

- Any brand with no added sugar
- Any plain fruit, plain fruit mixtures

NO: fruits with added sugar, ingredients other than fruit, artificial sweeteners

CANNED VEGETABLES

- Any brand and size
- Any plain vegetable, plain vegetable mixtures (without white potatoes*)
- Any container type (metal, plastic, glass)
- Regular, low sodium

NO: white potatoes*, pickled (sauerkraut), creamed vegetables (including corn), or sauced vegetables, baked beans, pork & beans, and canned or dried beans/peas purchased with your regular WIC check, soups, ketchup, relishes, olives, vegetables with added sugar, fats, oils

CANNED TOMATO PRODUCTS

- Any brand and size
- Metal cans only
- Pastes, purees, whole, crushed tomatoes

NO: soups, salsa, sauces (pizza, spaghetti, or tomato), ketchup, stewed and diced tomatoes, added sugars, seasonings, fats, oils

CANNED FRUITS

- Any brand and size packed in water or juice
- Any plain fruit, plain fruit mixtures (except fruit cocktails)
- Any container type (metal, plastic, glass)
- Applesauce –‘no sugar added’ or ‘unsweetened’ varieties only
- 100% canned pumpkin

NO: fruit cocktails, cranberry sauce, pie fillings, any syrup (heavy, light, ‘naturally light’, extra light, etc.), added sugar (‘lightly sweetened in fruit juice’, etc.) nectar, added salt, fat, oils, products with artificial sweeteners

* **White potatoes are any potatoes other than sweet potatoes and orange yams.**

Whole Grain Options:

WHOLE GRAIN BREAD

16 ounce package

Arnold: Stone Ground 100% Whole Wheat Bread, Select Wheat Sandwich Rolls

Gold Medal: Wheat with Flax Bread

Pepperidge Farm: Stone Ground 100% Whole Wheat Bread, Very Thin Slice Soft 100% Whole Wheat Bread, Whole Grain Rye Seeded Bread

Sunbeam: 100% Whole Wheat Bread

Wonder: 100% Soft Whole Wheat Bread

Store Brands: Market Basket Wheat with Flax Bread, Shaws (No Salt Added Bread,) Shaws Wheat with Flax Bread, Stop & Shop Wheat with Flax Bread, Stop & Shop 100% Whole Wheat Bread (No Salt Added)

TORTILLAS

16 ounce package

Chi-Chi’s, Manny’s, Mission, and Hannaford Soft Corn Tortillas or Whole Wheat Tortillas (package must state 100% whole wheat or corn on front label)

Wraps not allowed

BROWN RICE

16 ounce package

Any brand, Regular, Quick or Instant

Soy Options:

TOFU

16 ounce package

Nasoya: Cubed Super Firm Tofu, Firm Tofu, Lite Firm Tofu, Lite Silken Tofu, Soft Tofu (Organic tofu allowed)

SOY MILK

Pacific Natural Foods Ultra Soy (shelf stable, quart), 8th Continent Original Soymilk (refrigerated, half gallon container), Plain only

INFANT FORMULA

Brand, size and form listed on check

INFANT CEREAL

8 ounce box

Beech Nut Cereal: Rice, Oatmeal, Barley or Multigrain – plain cereal without fruit or formula

BABY FOOD – FRUITS AND VEGETABLES

Beech Nut – 4 ounce jar

NO DHA PLUS™ allowed

Stage 2 Fruits: ‘Single Fruit’ varieties only: Applesauce, Chiquita Bananas, Pears

Stage 2 Vegetables: ‘Single Vegetable’ varieties only: Butternut Squash, Tender Sweet Carrots, Tender Golden Sweet Potatoes, Tender Young Green Beans, Tender Sweet Peas

BABY FOOD – MEATS

Beech Nut – 2.5 ounce jar

NO DHA Plus™ allowed.

Stage 1: Beef and Beef Broth, Chicken and Chicken Broth, Turkey and Turkey Broth

For Fully Breastfeeding Women Only:*

TUNA

5 ounce can

Any brand, Chunk light packed in water

PINK SALMON

5 or 6 ounce cans

Any brand, Pink Salmon packed in water or oil, skin and bones allowed

SARDINES

3.75 ounce can

Any brand, packed in water or oil, skin and bones allowed, flavorings allowed

BREAD

24 ounce package

Arnold: Whole Grain Classic 100 % Whole Wheat Bread

Pepperidge Farm: Whole Grain 100% Whole Wheat Bread

Wonder: 100 % Stoneground Whole Wheat Bread

***Items will be specified on WIC check.**