MASSACHUSETTS
WIC APPROVED
FOOD GUIDE

GOOD FOOD and
A WHOLE LOT MORE!

July 2020
Shopping with your WIC Card

• Buy what you need. You do not have to buy all your foods at one time!
• Have your card ready at check out.
• Before scanning any of your foods, tell the cashier you are using a WIC Card.
• When the cashier tells you, slide your WIC Card in the Point of Sale (POS) machine or hand your WIC Card to the cashier.
• Enter your PIN and press the enter button on the keypad.
• The cashier will scan your foods.
• The amount of approved food items and dollar amount of fruits and vegetables you purchase will be deducted from your WIC account.
• The cashier will give you a receipt which shows your remaining benefit balance and the date benefits expire. Save this receipt for future reference.
• It’s important to swipe your WIC Card before any other forms of payment. Any remaining balance can be paid with either cash, EBT, SNAP, or other form of payment accepted by the store.
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Fruits and Vegetables

Fresh

✅ WIC-Approved
- Any size
- Whole, cut, bagged or packaged
- Organic allowed

🚫 Do not buy
- Added sugars, fats and oils
- Salad bar items
- Dried fruits or vegetables
- Herbs or spices
- Salad kits or party trays with added food items (dip, dressing, nuts, etc.)
- Fruit baskets

Any size

Any brand
- Any fruit or vegetable

Shopping tip
The availability of fresh produce varies by season. If a fresh produce item does not scan properly at checkout, let the store know so it can be added as an approved item.
Frozen

✔️ WIC-Approved
• Any size
• Any package type (bag, box, etc.)

⚠️ Do not buy
• Added fats, oils or salt
• Added sugar, dextrose or artificial sweetener
• Non-fruit or non-vegetable ingredients (pasta, rice, cheese, etc.)
• Vegetables with sauce

Any size

Any brand
• Any plain fruit or vegetable, or plain mixtures

Canned

✔️ WIC-Approved
• Any size
• Any container (can, jar, plastic)

⚠️ Do not buy
• Canned fruit packed in syrup
• Items with added sugars, fats or oils
• Pickled vegetables
• Sauce (pizza, spaghetti or tomato)
• Creamed vegetables
• Salsa

Any size

Any brand
• Any plain fruit or fruit mixtures packed in water or juice
• Any plain vegetable or vegetable mixtures
Whole Grains

Shopping tip

Whole grain benefit includes choices of:
- **Pasta**: Whole wheat and whole grain
- **Bread**: Whole wheat and whole grain
- **Tortillas**: Whole wheat and corn
- **Brown Rice**
- **Oatmeal**

Whole Wheat Pasta

✔️ **WIC-Approved**
- 16 ounce (1 pound) packages
- Any shape
- 100% Whole Wheat
- 100% Whole Grain

16 ounce (1 pound) packages

- Barilla
- Delallo
- Hodgson Mill
- Luigi Vitelli
- Racconto
- Ronzoni

Store Brands:

- Bowl & Basket, Essential
- Everyday, Full Circle,
- Great Value, O Organics,
- Shop Rite, Signature
- Select, Simply Balanced
Choose only 16 oz (1 lb) loaves of bread.

Many bread loaves are larger than 16 ounces (1 pound). They are not WIC-approved. Check the weight carefully.

WIC-Approved

- 16 ounce (1 pound) loaves
- Whole Wheat
- Whole Grain

16 ounce (1 pound) loaves

Arnold
- Stone Ground Wheat
- Select Wheat Sandwich rolls

Bimbo
- 100% Whole Wheat

Holsum
- 100% Whole Wheat
- All Natural 100% Wheat

Pepperidge Farm
- 100% Whole Wheat
- Stone Ground

Pepperidge Farm
- Light Style
- Soft Wheat

Pepperidge Farm
- 100% Whole Wheat
- Very Thin
Bread

16 ounce (1 pound) loaves

Pepperidge Farm
- Whole Grain Seeded Rye
- Swirl 100% Whole Wheat Cinnamon with Raisins

Pepperidge Farm
- Light Style 100% Whole Wheat

Sara Lee
- Classic 100% Whole Wheat

Wonder
- 100% Whole Wheat

Sunbeam
- 100% Whole Wheat

Store Brands:
7 Select, Best Yet, Big Y, Bowl & Basket, Geissler’s, Gold Medal, Gourmet, Hannaford, Ideal, Krasdale, Market Basket, Pics by Price Chopper, Roche Bros, Shop Rite, Signature Select, Stop & Shop, Town Talk, Trucchi’s
Whole Grains

Shopping tip
Looking for tortillas? Try the bread aisle, the cooler section, or with the taco supplies.

Tortillas

✅ WIC-Approved

• 16 ounce (1 pound) packages
• 100% Whole Wheat
• Corn

16 ounce (1 pound) packages

Chi-Chi's
• White Corn, Taco Style
• Whole Wheat, Fajita Style

Don Pancho
• White Corn
• Whole Wheat Soft Taco Style

La Banderita
• Corn
• Whole Wheat, Fajita

Mission
• Whole Wheat, Soft Taco
• Whole Wheat, Fajita
• Yellow Corn Extra Thin

Ortega
• Whole Wheat

Tio Santi
• Whole Wheat

Mayan Farms
• Whole Wheat Soft Taco

Store Brands:
• Big Y – Whole Wheat
• Food Club – Corn
• Guerrero – Corn
• Hannaford – Corn, Whole Wheat
• Market Basket – Corn, Whole Wheat
• Market Pantry – Corn, Whole Wheat
• Nature’s Promise – Whole Wheat
• Shop Rite – Whole Wheat
• Signature Select – Whole Wheat
• Stop & Shop – Corn, Whole Wheat
Whole Grains

Brown Rice

✅ WIC-Approved
• 14–16 ounce packages
• Bags, boxes and plastic jars

⚠️ Do not buy
• Added sugars, fats, oils or salt

14-16 ounce packages
Any Brand
• Regular
• Instant-cooking
• Quick-cooking
• Boil-in-bag

Oatmeal

✅ WIC-Approved
• 16 ounce packages

Shopping tip
You can choose a mix of bread, pasta, tortillas, rice, and oatmeal to add up to the total number of packages of Bread/Whole Grains, on your Family Food Benefits list. Here are two examples:

One 16 ounce loaf bread + One 16 ounce package tortillas = 2 packages-16 oz. Bread/Whole Grains

One 16 ounce loaf bread + One 16 ounce package tortillas + One 16 ounce package rice = 3 packages-16 oz. Bread/Whole Grains
Choose what is approved for you.

- **Whole milk** for children 12-24 months
- **Low-fat (1%) and nonfat (skim) milk** for women and children 2-5 years

WIC-Approved

- **Fluid**: Least Expensive Brand
- **Evaporated or Dry Milk**: Any Brand
- **Long-Life Milk**: Any Brand
- **Lactose Free Milk**: Any Brand

Do not buy

- Organic
- Flavored

Fluid

Least Expensive Brand

- Fat Free, 1% Low-fat, 2% Reduced fat,
- Whole

Long-life

**Shelf-stable**

- **Quart**: Any Brand
- **Lactose-free**: 96 ounce and half gallons

Nonfat dry

**milk powder**

- **16 and 32 ounce boxes**: Any Brand
- **Evaporated Milk**: 12 ounce cans
  - Whole, Low-fat or Fat-free

Milk

- **96 ounce and half gallons**: Any Brand
- **12 ounce cans**: Any Brand
Cheese

**WIC-Approved**
- 16 oz. packages only
- Blocks
- American slices
- String, Shredded
- Regular, Low Fat

**Do not buy**
- Imported or deli cheese
- Sliced cheese (except American)
- Cheese food/product/spread
- Individually wrapped slices
- Flavored
- Organic

Any Brand: American, Colby, Cheddar, Monterey Jack, Mozzarella or Muenster.

Tofu

**WIC-Approved**
- 16 ounce packages
- Organic allowed

**16 ounce packages only**

**Azumaya**
- Silken Tofu

**Heiwa**
- Organic

**House Foods**
- Extra Firm Tofu
- Firm Tofu
- Medium Firm Tofu

**Nasoya**
- Lite Silken Tofu
- Organic Silken Tofu
- Org. Super Firm Tofu

**O Organics**
- Silken Tofu

**SoyBoy**
- Organic Firm Tofu
Yogurt

Choose what is approved for you.

- Whole milk yogurt for children 12-24 months
- Low-fat and nonfat yogurt for women and children 2-5 years

WIC-Approved

- 32 ounce tubs
- 8-packs and 16-packs of 2 oz. tubes
- 8-pack multipack of 4 oz. containers
- Greek allowed
- Organic allowed

Do not buy

- Artificial sweeteners

32 ounce tubs

Brown Cow
- Any flavor

Cabot
- Any flavor

Cabot Greek
- Any flavor

Chobani
- Any flavor

Dannon
- Any flavor

Oikos Greek
- Any flavor

Light & Fit
- Plain Only

Greek Gods
- Any flavor

Green Mountain Creamery
- Any flavor

Dairy
- Cheese and Tofu

Yogurt

• 32 ounce tubs
• 8-packs and 16-packs of 2 oz. tubes
• 8-pack multipack of 4 oz. containers
• Greek allowed
• Organic allowed

Do not buy

• Artificial sweeteners

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32 ounce tubs

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Green Mountain Creamery
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### Yogurt

#### 32 ounce tubs - Store Brands:
- 365
- Best Yet
- Big Y
- Coburn Farms
- Essential Everyday
- Full Circle
- Great Value
- Hannaford
- Lucerne Dairy
- Market Basket
- Nature’s Promise
- O Organics
- Open Nature
- Pics by Price Chopper
- Price Rite
- Stop & Shop

#### Multipacks and 2 oz. tubes:

**Stonyfield Kids Tubes**
- 8 pack – 2 oz. tubes (1LB package)*
- 16 pack – 2 oz. tubes (2LB package)

**Yoplait GO-GURT Tubes**
- 8 pack – 2 oz. tubes (1LB package)*
- 16 pack – 2 oz. tubes (2LB package)

**Activia Multipack**
- 4 pack (1LB package)*

**Yoplait Multipack 4 oz.**
- 8 pack (2LB package)

*Can purchase 2 - 1LB packs to equal 32 oz.*
### Eggs

**WIC-Approved**
- Whole dozen
- Medium, Large, Extra Large and Jumbo
- Brown and white
- Least expensive brand

**Do not buy**
- Organic
- Enhanced or specialty (Omega-3)

**Dozen, Grade A Medium, Large, Extra Large, and Jumbo**

Least Expensive Brand

### Soy Milk Beverage

**WIC-Approved**
- Refrigerated: 64 ounce (½ gallon)
- Shelf-stable: 32 ounce (1 quart)

**Do not buy**
- Organic

#### Refrigerated

**64 ounce (½ gallon)**
- 8th Continent
  - Original
  - Vanilla
- Silk
  - Original

#### Shelf-stable

**32 ounce (1 quart)**
- Pacific
  - Ultra Soy Original
  - Ultra Soy Vanilla
Shopping tip

1–18 oz Peanut Butter / Dry Beans on your Family Food Benefits list means you can buy:

A
One 16–18 oz jar of peanut butter

OR

B
One 16 oz package of dry beans, lentils, peas

A Peanut Butter

✔ WIC-Approved
• 16–18 ounce jars
• Smooth / Creamy
• Chunky / Crunchy
• Plastic or glass jars

❌ Do not buy
• Reduced fat
• Organic
• Specialty peanut butters
• Peanut butter spreads
• Flavored

16–18 ounce jars

Any Store Brand
Jif
Peter Pan
Reese’s
Skippy
Smuckers
Teddie
**B Dried Beans, Lentils, and Peas**

- **WIC-Approved**
  - 1 pound packages

- **Do not buy**
  - Organic

**16 ounce packages**

- **Any Brand**
  - Any type of mature beans, lentils or peas

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**Canned Beans**

- **WIC-Approved**
  - 15.5–16 ounce cans
  - Goya or store brand
  - Plain mature beans, peas or lentils

- **Do not buy**
  - Organic
  - Green or wax beans
  - Green peas or green pigeon peas

* These items can be purchased with fruit and vegetable benefits.

**15.5 – 16 ounce cans**

- **Goya**
- **Store Brand**
Hot Cereal

WIC-Approved
• 11.8 ounce or larger packages

11.8 ounce or larger packages only

Cream of Rice
Gluten Free

Cream of Wheat
• 1 Minute
• 2½ Minute

Farina
• Original Hot Wheat Cereal

Maypo
Maple Oatmeal
Vermont Style Oatmeal

Quaker
Instant Grits

Quaker Original
Instant Oatmeal Packets
• Original

Shopping tip
Combine hot or cold cereal packages to add up to the total ounces on your Family Food Benefits list. Here are three ways to buy up to 36 ounces of cereal:

12 oz + 12 oz + 12 oz = 36 oz

14.5 oz + 18 oz = 32.5 oz

18 oz + 18 oz = 36 oz

Whole grain  Gluten-free
## Cold Cereal

### WIC-Approved
- 11.8 ounce or larger packages

### 11.8 ounce or larger packages only

#### General Mills

<table>
<thead>
<tr>
<th>Cereal</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Cheerios</strong></td>
<td>Multi-Grain</td>
</tr>
<tr>
<td></td>
<td>Original</td>
</tr>
<tr>
<td><strong>Chex</strong></td>
<td>Blueberry</td>
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<tr>
<td></td>
<td>Cinnamon</td>
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<tr>
<td></td>
<td>Vanilla</td>
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<td></td>
<td>Corn</td>
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<tr>
<td></td>
<td>Rice</td>
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<td></td>
<td>Wheat</td>
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<tr>
<td><strong>Fiber One</strong></td>
<td>Honey Clusters</td>
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<tr>
<td><strong>Kix</strong></td>
<td>Honey</td>
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<tr>
<td></td>
<td>Berry Berry</td>
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<tr>
<td></td>
<td>Plain</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Wheaties</strong></td>
<td></td>
</tr>
</tbody>
</table>

#### Kellogg’s

<table>
<thead>
<tr>
<th>Cereal</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>All Bran</strong></td>
<td>Complete Wheat Flakes</td>
</tr>
<tr>
<td><strong>Corn Flakes</strong></td>
<td>Original</td>
</tr>
<tr>
<td><strong>Crispix</strong></td>
<td>Original</td>
</tr>
<tr>
<td><strong>Frosted Mini Wheats</strong></td>
<td>Touch of Fruit Blueberry, Raspberry, Strawberry</td>
</tr>
<tr>
<td></td>
<td>Little Bites</td>
</tr>
<tr>
<td></td>
<td>Mixed Berry</td>
</tr>
<tr>
<td><strong>Rice Krispies</strong></td>
<td>Original</td>
</tr>
<tr>
<td><strong>Special K</strong></td>
<td>Banana</td>
</tr>
<tr>
<td></td>
<td>Original</td>
</tr>
<tr>
<td></td>
<td>Multigrain - Touch of Cinnamon</td>
</tr>
<tr>
<td></td>
<td>Protein Honey Almond</td>
</tr>
<tr>
<td></td>
<td>Protein Original</td>
</tr>
</tbody>
</table>

- Whole grain
- Gluten-free
Cold Cereal (continued)

11.8 ounce or larger packages only

**Post**

**Great Grains**
- Banana Nut Crunch
- Crunchy Pecan

**Grape Nuts**
- Flakes
- Original

**Honey Bunches of Oats**
- With Almonds
- With Cinnamon Bunches
- Honey Roasted
- Pecan & Maple Brown Sugar

**Quaker**

**Life**
- Original
- Strawberry
- Vanilla

**Oatmeal Squares**
- Golden Maple
- Hint of Brown Sugar
- Hint of Cinnamon
- Honey Nut

**Malt O Meal**
- Frosted Mini Spooners
- Strawberry Cream Mini Spooners

**Kiggins**
- Bran Flakes
- Corn Flakes
- Crispy Rice

**Krasdale**
- Toasted Oats
- Corn Flakes
- Crispy Rice
Cold Cereal (continued)

✅ WIC-Approved
• 11.8 ounce or larger packages

11.8 ounce or larger packages only

Store Brands

365
① 365 Frosted Wheat Squares

Best Yet
① Bite Size Frosted Shredded Wheat
② Bran Flakes
③ Frosted Shredded Wheat
⑥ Toasted Oats
• Corn Flakes
• Crispy Rice
• Honey Oats & Flakes

Big Y
① Toasted Oats

Food Club
① Bran Flakes
② Honey & Oats
• Corn Flakes

Essential Everyday
① Bran Flakes
② Crispy Rice
③ Frosted Shredded Wheat
④ Toasted Oats
• Honey Oats & Almonds
• Honey Oats & Flakes

Whole grain ➸ Gluten-free
Cold Cereal (continued)

11.8 ounce or larger packages only

Store Brands

Great Value
- Bran Flakes
- Crunchy Nugget
- Frosted Shredded Wheat
- O’s
- Multigrain O’s
- Wheat Squares

Hannaford
- Bran Flakes
- Bite Size Frosted Shredded Wheat
- Bite Size Strawberry Frosted Shredded Wheat
- Easy Living Oat Squares
- Frosted Shredded Wheat
- Multigrain Tasteeos
- Nutty Nuggets
- Toasted Wheat
- Wheat Flakes

Market Basket
- Bran Flakes
- Frosted Shredded Wheat
- Corn Biscuits
- Corn Flakes
- Crispy Hexagons
- Oats & More with Almonds

Pics by Price Chopper
- Bran Flakes
- Frosted Shredded Wheat
- Good Choice Oat Crunch
- Nutty Nuggets
- Toasted Oats
- Strawberry Frosted Shredded Wheat
- Corn Flakes
- Crispy Rice
- Toasted Corn Crisps
- Toasted Rice Crisps
Cold Cereal (continued)

WIC-Approved
• 11.8 ounce or larger packages

11.8 ounce or larger packages only

Store Brands

Price Rite
1. Bite Size Shredded Wheat
2. Bran Flakes
3. Frosted Shredded Wheat
4. Multigrain Toasted Oats
5. Toasted Oats

• Corn Flakes
• Crisp Rice
• Honey Oat Clusters with Almonds

Signature Select
1. Bran Flakes
2. Bite Sized Frosted Wheat
3. Live it Up!
4. Nutty Nuggets
5. Toasted Oats

• Corn Flakes
• Corn Pockets
• Crispy Rice
• Oats & More with Almonds
• Oats & More with Honey
• Rice Pockets

Stop & Shop
1. Bite Sized Frosted Shredded Wheat
2. Bran Flakes
3. Honey Crunchin Oats
4. Honey Crunchin Oats with Almonds
5. Multigrain Oats & O’s
6. Oats & O’s

• Crispy Rice
• Corn & Rice Hexagons
• Corn Flakes
• Rice Squares

White Rose
1. Toasted Oats

• Corn Flakes
• Crispy Rice
Juice

**WIC-Approved**
- Shelf-stable 100% Juice: 64 ounce bottles
- At least 120% Vitamin C

**Do not buy**
- Organic
- Light
- Fiber added

### Shelf-stable

#### 64 ounce bottles

**Best Yet**
- Apple Juice
- Apple Kiwi
- Strawberry
- Cranberry
- Grape
- Pineapple
- White Grape
- White Grapefruit

**Big Y**
- Apple
- Berry
- Cherry
- Grape
- Punch
- White Grape

**Campbell’s**
- Tomato
- Tomato Low Sodium

**Essential Everyday**
- Apple Cider
- Apple
- Cranberry
- Grape
- Orange
- Pineapple Juice
- Vegetable
- White Grape
- White Grapefruit

**Food Club**
- Apple
- Grape
- Grapefruit
- White Grape

**Great Value**
- Apple
- Cranberry
- Cranberry Pomegranate
- Grape
- Tomato
- Vegetable
- White Grape
- White Grapefruit

**Hannaford**
- Apple
- Berry
- Cranberry Grape
- Cranberry Raspberry
- Fruit Punch
- Grape
- Vegetable
- Vegetable Low Sodium
- White Grape
- White Grapefruit
Juice (continued)

Shelf-stable

64 ounce bottles

**HyTop**
- Apple
- Grape
- White Grape

**IGA**
- Apple
- Grape
- White Grape

**Juicy Juice**
- Any flavor

**Krasdale**
- Apple
- Grape
- White Grape

**Langers**
- Apple
- Apple Berry Cherry
- Apple Cranberry
- Apple Grape
- Apple Kiwi Strawberry
- Apple Orange Pineapple
- Apple Peach Mango
- Cranberry Plus
- Cranberry Grape Plus
- Cranberry Raspberry Plus
- Disney Apple Cranberry Grape
- Disney Berry
- Disney Grape
- Disney Punch
- Grape
- Grape Plus
- Orange
- Pomegranate Cranberry Plus
- Pineapple
- Tomato Juice
- White Grape

**Market Basket**
- Apple
- Cranberry
- Cranberry & Grape
- Grape
- Grapefruit
- Orange
- White Grape

**Market Pantry**
- Apple
- Cranberry
- Tomato
- White Grape

**Pics by Price Chopper**
- Apple
- Berry
- Cherry
- Cranberry
- Cranberry Grape
- Cranberry Raspberry
- Grape
- Grapefruit
- Pineapple
- Tomato
- Vegetable
- Vegetable Low Sodium
- White Grape
- White Grape Peach
Juice (continued)

Shelf-stable

64 ounce bottles

**Price Rite**
- Apple
- Grape
- Orange

**Signature Select**
- Apple
- Berry Blend
- Cranberry
- Cranberry Grape
- Cranberry Raspberry
- Grape
- Grapefruit
- Orange
- Pineapple
- Tomato
- Vegetable
- White Grapefruit
- White Grape

**Stop & Shop**
- Apple
- Grape
- Grapefruit
- Tomato
- Vegetable
- White Grape

**Tipton Grove**
- Apple
- Grape
- Orange
- Pineapple

**V8 Vegetable**
- Original Vegetable
- Spicy Hot Vegetable
- Low Sodium

**Welch’s 100%**
- Grape
- White Grape
- White Grape Peach
- Red Grape
- Super Berry
- Tropical Trio

**White Rose**
- Apple
## Juice

### WIC-Approved

- Frozen concentrate: 11.5–12 ounce cans

### Do not buy

- Organic

### Frozen

#### 11.5–12 ounce cans

<table>
<thead>
<tr>
<th>Brand</th>
<th>Features</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Any Store Brand</strong></td>
<td>Orange Juice</td>
</tr>
<tr>
<td><strong>Best Yet</strong></td>
<td>• Apple</td>
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<tr>
<td></td>
<td>• Grape</td>
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<tr>
<td></td>
<td>• Grapefruit</td>
</tr>
<tr>
<td><strong>Dole</strong></td>
<td>• 100 % juice</td>
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<tr>
<td></td>
<td>• Any flavor</td>
</tr>
<tr>
<td><strong>Essential Everyday</strong></td>
<td>• Apple</td>
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<tr>
<td><strong>Great Value</strong></td>
<td>• Apple</td>
</tr>
<tr>
<td></td>
<td>• Grape</td>
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<td><strong>Hannaford</strong></td>
<td>• Apple</td>
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<td></td>
<td>• Grape</td>
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<td></td>
<td>• Pineapple Orange</td>
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<tr>
<td><strong>Market Basket</strong></td>
<td>• Apple</td>
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<tr>
<td></td>
<td>• Grape</td>
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<tr>
<td><strong>Old Orchard</strong></td>
<td>• Green peel strip</td>
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<tr>
<td></td>
<td>• Any flavor</td>
</tr>
<tr>
<td><strong>Pics by Price Chopper</strong></td>
<td>• Apple</td>
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<tr>
<td></td>
<td>• Apple Raspberry</td>
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<td></td>
<td>• Grape</td>
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<td>• White Grape</td>
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<td><strong>Seneca</strong></td>
<td>• Apple</td>
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<td><strong>Shurfine</strong></td>
<td>• Apple</td>
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<tr>
<td><strong>Stop &amp; Shop</strong></td>
<td>• Apple</td>
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<tr>
<td></td>
<td>• Grape</td>
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<tr>
<td></td>
<td>• Grapefruit</td>
</tr>
<tr>
<td><strong>Welch’s</strong></td>
<td>• Yellow peel strip</td>
</tr>
<tr>
<td></td>
<td>• Any flavor</td>
</tr>
<tr>
<td><strong>Signature Select</strong></td>
<td>• Apple</td>
</tr>
</tbody>
</table>
Infant Fruits and Vegetables

**WIC-Approved**
- Any variety fruit or vegetable
- Any variety mixed fruits and mixed vegetables

**Do not buy**
- Mixtures with cereal or food combinations
- Dinners
- Pouches
- Desserts

4 ounce jars

- Beech-Nut (Stage 2)
- Beech-Nut Naturals (Stage 1 and Stage 2)
- Beech-Nut Organics (Stage 1 and Stage 2)
- Earth’s Best (Stage 2)
- Gerber Naturals (1st and 2nd Foods)
- Gerber Organic (1st and 2nd Foods)
- Happy Baby Organics (Stage 1 and Stage 2)
- Nature’s Promise Organic (6 m. +)
- Tippy Toes (Stage 2)

2nd Foods/Stage 2 (2-packs of 4 ounce tubs) **Must have benefits for the 2-packs to purchase the tubs.**

- Gerber (2nd Foods)
- Pic Select Fresh (Stage 2)
- Tippy Toes (Stage 2)
**Fresh fruit and vegetable option:**
At 9 months of age, half of the jarred infant food benefit can be replaced with **fresh** fruits and vegetables:

- $4 for partially breastfeeding or fully formula feeding infants
- $8 for fully breastfeeding infants

If this option is not already on your Shopping List and you would like it, contact your local WIC office.

**Infant Cereal**

**WIC-Approved**
- 8 ounce packages only
- Single and multigrain
- Organic allowed

**Do not buy**
- Added fruit, formula or vegetables

**8 ounce packages**

- **Beech-Nut**
  - Multigrain
  - Oatmeal
  - Organic Multigrain
  - Organic Oatmeal
  - Rice

- **Earth’s Best Organic**
  - Whole Grain Multigrain
  - Whole Grain Oatmeal
  - Whole Grain Rice

- **Gerber**
  - Multigrain
  - Oatmeal
  - Organic Oatmeal
  - Organic Oatmeal
  - Millet Quinoa
  - Organic Rice
  - Rice
  - Whole Wheat

**Infant Formula**

- Purchase size and type shown on WIC Shopping List
For Fully Breastfeeding Moms and Babies Only

Infant Meats

WIC-Approved
- 2.5 ounce jars
- Stage 1 or Stage 2

Do not buy
- Added sugar or salt
- Dinners

2.5 ounce jars

- Beech-Nut Classics (Stage 1)
- Gerber (Stage 2)
- Earth’s Best (Stage 1)

Canned Fish

WIC-Approved
- Sizes and varieties shown
- Packed in water or oil
- Sardines may include bones and skin

Do not buy
- Albacore tuna

Chunk Light Tuna
- Any Brand
  - 5 ounce

Sardines
- Any Brand
  - 3.75 ounce

Salmon
- Any Brand
  - 5 ounce
What should I do if my card is lost or stolen?
• Call your local WIC Program right away! They will stop anyone from using your food benefits and help you get a new card.

Is there a fee to replace my WIC Card?
• Massachusetts WIC will replace your card free of charge.

What happens if I can’t do my own shopping and need someone else to shop for me?
• You may have someone else shop for you if you wish. You can give them your WIC Card and PIN. Just make sure this is someone you can trust!

What if I enter the wrong PIN?
• DO NOT try to guess your PIN. After several incorrect attempts, your PIN will be locked. This is done as a protection from someone guessing your PIN and getting your food benefits. There are three ways to unlock your card:
  - call your local program
  - call the 800 number on the back of your card
  - wait until midnight and your account will automatically unlock

What if I forgot my PIN or want to change it?
• You must visit your local WIC office to change your PIN.
Simplify your shopping.
Download the ‘WIC Shopper’ App!
• Check your WIC balance
• Locate a WIC Authorized store
• Scan a product to determine if it’s WIC approved
• Access WIC recipes

1-800-WIC-1007
Retail Stores call:
1-800-552-9425 – Retail Hotline
mass.gov/wic

This institution is an equal opportunity provider.