**MASSACHUSETTS WIC APPROVED FOOD GUIDE**

**WIC - Good Food and A Whole Lot More**

**MILK**

**Purchase size and type and size shown on WIC Shopping List**

**Fluid milk**: Least expensive brand, Fat Free, 1% Lowfat, 2% Reduced Fat, Whole milk

No flavored milk or buttermilk

**Evaporated or dry milk**: Any brand, Whole, Lowfat or Fat Free

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

**Lactose free milk**: Any brand (Example: Lactaid)

**CHEESE – Any brand**

**16 ounce package only**

Any brand, American, Colby, Cheddar, Monterey Jack,

Mozzarella (string cheese allowed) or Muenster

Shredded Cheese allowed

No deli cheese

No sliced cheese (except American)

No imported cheese, cheese food/product/spread, individually wrapped slices, snack packs, or flavored cheese

**NO Organic Milk or Cheese or Eggs allowed**

**EGGS**

**Least Expensive brand**:

Grade A Large brown or white

NO specialty eggs (including organic, cage free/free range, Omega-3)

**SOY MILK**

**Quart, shelf stable**

Pacific Natural Foods Ultra Soy

(plain and vanilla only)

**Half gallon, refrigerated**

8th Continent Soymilk

(Original plain and vanilla only)

Silk Soymilk (original – red carton only)

**YOGURT**

**32 ounce container only**

**NO Greek Yogurt, NO Light Yogurt or Artificial Sweeteners**

**Whole Milk Yogurt – Any flavor:** 365 Organic, Brown Cow, Dannon, Market Basket, Nature’s Promise, Stonyfield Farms

**Lowfat/Nonfat Yogurt – Any flavor:** 365 Organic, Best Yet, Big Y,

Brown Cow, Coburn Farms, Dannon, Essential Everyday, Food Club, Great Value, Hannaford (NO Strawberry), Lucerne Dairy, Market Basket, Market Pantry, Nature’s Promise, Price Chopper (pics), Price Rite, Shurfine, Stonyfield Farms, Stop & Shop (NO Strawberry), Yoplait

**WHOLE GRAINS**

Any of the items listed below can be purchased when the shopping list or balance receipt shows: ‘16 ounce Bread/Whole Grain’

**BROWN RICE**

**14 – 16 ounce package**

Any brand, Regular, Quick, or Instant

**WHOLE GRAIN PASTA**

**16 ounce package**

Barilla, Delallo, Essential Everyday, Full Circle, Gia Russa, Hodgson Mill, Luigi Vitelli, Nature’s Promise, Racconto, Ronzoni Healthy Harvest

**BREAD**

**16 ounce package only**

**100% Whole Wheat/Whole Grain**

NATIONAL BRANDS

**Arnold –** Stoneground, Select Wheat Sandwich Rolls

**Bimbo –** 100 % Whole Wheat; **Gold Medal –** 100% Whole Wheat, Wheat with Flax; **Gourmet –** 100% Whole Wheat; **Grissom’s Mill –** 100% Whole Wheat; **Holsum –** 100% Whole Wheat;

**Pepperidge Farm –** Light Style, Light Style Soft, Stone Ground,

Very Thin, Whole Grain Rye Seeded, Whole Wheat Cinnamon Raisin Swirl; **Sara Lee –** 100% Whole Wheat; **Sunbeam –** 100% Whole Wheat; **Town Talk –** 100% Whole Wheat; **Wonder –** 100% Whole Wheat

STORE BRANDS

7 Select, Best Yet, Big Y, Central Market Classics, Geissler’s, Hannaford, Ideal, Krasdale, Market Basket, Roche Bros, Shop Rite, Signature Kitchens, Stop & Shop, Trucchi’s

**TORTILLAS**

**16 ounce package**

**Soft Corn Tortillas –** Chi-Chi’s, Don Pancho, La Banderita, Market Basket, Mission, Stop & Shop

**Whole Wheat Tortillas –** Big Y, Chi-Chi’s, Don Pancho, Hannaford, IGA, La Banderita, Market Basket, Mayan Farms, Mission, Natures Promise, Ortega, Shurfine, Stop & Shop, Tio Santi

**OATMEAL**

**16 ounce package**

McCann’s Irish Oatmeal

Silver Palate Thick and Rough Oatmeal

**TOFU**

**14 – 16 ounce package**

**Purchase 16 ounce packages when possible to receive the full benefit**

**Azumaya:** Extra Firm, Firm, Silken

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

**Nature’s Promise:** Extra Firm, Firm

**House Foods: Premium –** Extra Firm, Firm, Medium Firm

**Soy Boy:** Firm

**DRIED BEANS/PEAS**

**1 pound bag**

Any brand or type.

**CANNED BEANS**

**15.5 or 16 ounce cans**

**Goya or Store Brand**: Plain, mature beans, Peas or lentils

NO green beans, wax beans, or green peas or green pigeon peas

**PEANUT BUTTER**

**16 to 18 ounce jars**

Any brand, Creamy or Chunky

No flavored, reduced fat, peanut butter spreads

No Omega - 3

**No Organic Beans or Peanut Butter allowed**.

 **To make Shopping for WIC foods easier, look for the WIC approved shelf labels.**

**INFANT FORMULA**

**Purchase size and type shown on WIC Shopping List**

**INFANT CEREAL**

**8 ounce boxes**

**BEECH-NUT**

Multigrain, Oatmeal, Rice, Plain cereal without fruit or formula

**INFANT FOOD – FRUITS AND VEGETABLES**

**4 ounce jar only**

**BEECH-NUT** Classics Stage 2 fruits, vegetables, or fruit & Vegetable combinations.

**NO:** ‘Natural’ line, 4 ounce jars Mixtures with cereal, desserts, dinners, or food combinations (e.g., meat and vegetables, rice, pasta, yogurt, or noodles). Meat sticks, organic, added sugar, starch, salt, DHA or ARA

**INFANT FOOD – MEATS**

**BEECH-NUT Stage 1, 2.5 oz jar**

* Beef & Beef Broth
* Chicken & Chicken Broth
* Turkey & Turkey Broth

**FRUITS & VEGETABLES**

**Fresh Fruits & Vegetables**

• Any variety of fresh vegetables and fruits

• Bagged salad mixtures, bagged vegetables

• Whole or cut

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

**\*Only *fresh* white potatoes are allowed.**

CANNED TOMATO PRODUCTS

• Any brand and size

• Metal cans only

• Pastes, purees, whole, crushed tomatoes

**NO:** Soups, salsa, sauces (pizza, spaghetti, or tomato), ketchup, 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

**For Fully Breastfeeding Women Only**:

**CANNED FISH**

**TUNA FISH**

**5 ounce can**

Any brand: Chunk Light packed in water

**PINK SALMON**

**5 ounce can**

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

**CEREALS**

**12 ounce boxes or larger. NO single serving packets.**

**NATIONAL BRANDS**

**General Mills Cheerios (plain, Multi Grain)**

Chex Cereal (Cinnamon, Corn, Rice,Vanilla, **Wheat)**

**Dora the Explorer**

**Fiber One Honey Clusters**

**Kix (Original, Berry Berry, Honey)**

**Total**

**Wheaties (plain only)**

**Kellogg’s Complete All-Bran Wheat Flakes**

Corn Flakes (plain only)

Crispix

**Frosted Mini Wheats (original, big and little bites,**

**Touch of Fruit in the Middle- Raisin, Raspberry)**

**Mini Wheats (bite size)**

Rice Krispies

Special K- original

**Post Alpha Bits**

**Banana Nut Crunch**

**Bran Flakes**

**Grape Nuts, Grape Nut Flakes**

Honey Bunches of Oats (Almond**, Almond Crunch,**

Cinnamon Bunches, **Honey Crunch,** Honey Roasted,

**Vanilla Bunches)**

**Honey Nut Shredded Wheat**

**Quaker Life (plain)**

**Oatmeal Squares (Hint of Brown Sugar,**

**Hint of Cinnamon)**

**Mom Frosted Mini Spooners**

**Brands Strawberry Cream Mini Spooners**

**Sunbelt** Sunbelt

**Bakery Simple Granola**

**Hot Cereal**

**Nabisco** Cream of Rice

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

 **Cream of Wheat Whole Grain – 2 ½ minute**

**Farina Mills** Farina

**Maypo** **Maypo (Maple, Instant, Vermont Style)**

**Quaker** Quaker Instant Grits (original flavor)

**\*(Bolded cereals are whole grain)**

**CEREALS**

**12 ounce or larger boxes only**

**STORE BRANDS**

**365 – Morning O’s Multi Grain, Wheat Squares Bite Size Frosted**

**Best Yet – Bran Flakes**, Corn Flakes, Crisp Rice, **Frosted Bite Size Shredded Wheat**,
**Honey Nut Toasted Oats,** Honey Oats & Flakes, **Best Yet Toasted Oats**

**Big Y –** Corn Flakes, Crispy Corn Squares, Crisp Rice, **Toasted Oats**

**Essential Everyday –** Corn Flakes, Crispy Rice, **Toasted Oats**

**Food Club – Bran Flakes**, Corn Flakes, Crisp Rice, **Frosted Shredded Wheat**, Honey and Oats,
Honey and Oats with Almonds, **Toasted Oats**

**Great Value – Bran Flakes**, Corn Flakes, Corn Squares, Crisp Rice, Crunch Oats Almonds,
 **Crunchy Nugget**, Crunchy Oats, **Multi Grain Toasted Oats**, Rice Crispers, Rice Squares,
Toasted Corn, **Toasted Oats,** Toasted Rice, **Toasted Wheat, Toasted Whole Grain Oat**

**Hannaford – Bite Size Frosted Shredded Wheat, Bran Flakes**, Corn Flakes, Crispy Hexagons,
**Frosted Shredded Wheat**, **Nutty Nuggets**, Oats & More with Almonds, Oats & More with Honey,
**Tasteeos**, Toasted Corn, Toasted, Toasted Rice, **Toasted Wheat**

**Kiggins – Bran Flakes**, Corn Flakes, Crispy Rice

**Krasdale –** Corn Flakes, Crispy Rice, **Toasted Oats**

**Market Basket – Bran Flakes**, Corn Biscuits, Corn Flakes, Oats & More with Almonds,
Oats & More with Honey, Rice Biscuits, **Tasteeo’s**

**Price Chopper (pics) – Bran Flakes**, Corn Flakes, Crispy Rice, **Frosted Shredded Wheat**,
**Frosted Shredded Wheat Strawberry**, Good Choice Oat Crunch, **Nutty Nuggets**,
Toasted Corn Crisps, **Toasted Oats**, Toasted Rice Crisps

**Price Rite – Bite Sized Shredded Wheat, Bran Flakes**, Corn Flakes, Crisp Rice,
**Frosted Shredded Wheat**, Honey Oat Clusters with Almonds, **Multi Grain Toasted Oats,
Toasted Oats**

**Signature Kitchens – Bite Sized Frosted Shredded Wheat, Bran Flakes**, Corn Flakes,
Crispy Rice, **Toasted Oats**

**Stop & Shop –** Be Well Toasted Rice Flakes, **Bran Flakes**, Corn Flakes,Corn/Rice Squares,
Crispers, Crispy Rice, **Bite Size Frosted ShreddedWheat**, **Honey Crunchin Oats**,
Honey Crunchin Oats with Almonds,**Nutty Nuggets**, **Multi Grain Oats & O’s, Oats Squares**

**Valutime –** Corn Flakes, **Frosted Shredded Wheat**

**White Rose –** Corn Flakes, Crisp Rice, **Toasted Oats**

**JUICES**

BOTTLED JUICE **– 100% fruit juice only**

64 ounce bottles only

NATIONAL BRANDS

**Juicy Juice – Any flavor**

**Langers –** Apple, Apple Berry Cherry, Apple Cranberry, Apple Grape, Apple Kiwi Strawberry, Apple Orange Pineapple, Apple Peach Mango, Cranberry Plus, Cranberry Berry Plus, Cranberry Grape Plus, Cranberry Raspberry Plus, Disney (Apple Cranberry Grape, Berry, Grape, Punch, Apple Kiwi Strawberry) Grape, Grapefruit Ruby Red, Orange, Pineapple, Pineapple Orange, Red Grape, Tomato, White Grape; **Welch’s –** Grape, White Grape, Red Grape, Super Berry, Tropical Trio

STORE BRANDS **– Approved flavors must state “100% juice” AND “120% Vitamin C” on the label**

Best Yet, Big Y, Food Club, Great Value, Hannaford, HY-TOP, IGA, Krasdale, Market Basket, Market Pantry, Nature’s Promise, Price Chopper (pics), Price Rite, Signature Kitchens, Stop & Shop, Shurfine, Tipton Grove, White Rose

TOMATO/VEGETABLE JUICE

64 ounce bottles only

**Vegetable Juice –** Great Value, Hannaford, Price Chopper, Signature Kitchens, Stop & Shop, Signature Kitchens, Stop & Shop, V8 (Low Sodium, Original, Spicy Hot)

**Tomato Juice –** Campbell’s (Regular and Low Sodium), Great Value, Langer’s, Signature Kitchens

FROZEN JUICE

11.5 or 12 ounce cans only **Apple –** Best Yet, Clear Value, Flavorite, Food Club, Great Value, Hannaford, IGA, Market Basket, Shurfine, Seneca (red cans, Granny Smith, Country Style), Signature Kitchens, Stop & Shop, Tipton Grove, Value Time; **Grapefruit – Any brand**; **Grape –** Best Yet, Food Club, Great Value, Hannaford, Seneca, Stop & Shop, Welch’s (yellow pull-strip can); **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)

**Simplify your shopping. Install the “WIC Shopper” app on your phone from your App Store.**

- Check your WIC balance

- Locate a WIC Authorized store

- Scan a product to determine if it’s WIC approved

- Access WIC recipes

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