

## MILK

**Purchase size and type 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

**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 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 only**

Pacific Natural Foods Ultra Soy (plain and vanilla only)

**Half gallon, refrigerated only**

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 to 16 ounce packages only**

**Any brand:** Regular, Quick, or Instant

### WHOLE GRAIN PASTA

**16 ounce package only**

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 only**

**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 only**

McCann's Irish Oatmeal

Silver Palate Thick and Rough Oatmeal

## TOFU

**14 to 16 ounce packages only**

**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 only**

**Any brand or type**

## CANNED BEANS

**15.5 or 16 ounce cans only**

**Goya or store brand:** Plain, mature beans, peas or lentils

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

## PEANUT BUTTER

**16 to 18 ounce jars only**

**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 only**

**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 ounce jar only

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.**

## FRUITS & VEGETABLES

### 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 only**

**Any brand:** Chunk Light packed in water

#### PINK SALMON

**5 ounce can only**

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

#### SARDINES

**3.75 ounce can only**

**Any brand:** Packed in water or oil, skin and bones allowed, flavorings allowed

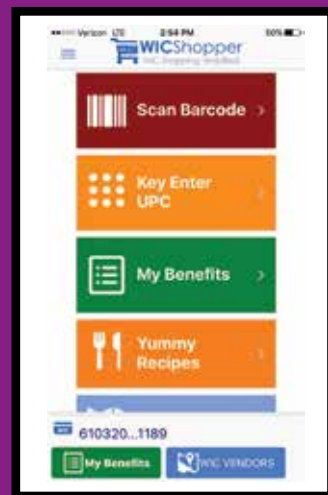




# Simplify your shopping.

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  
mass.gov/wic



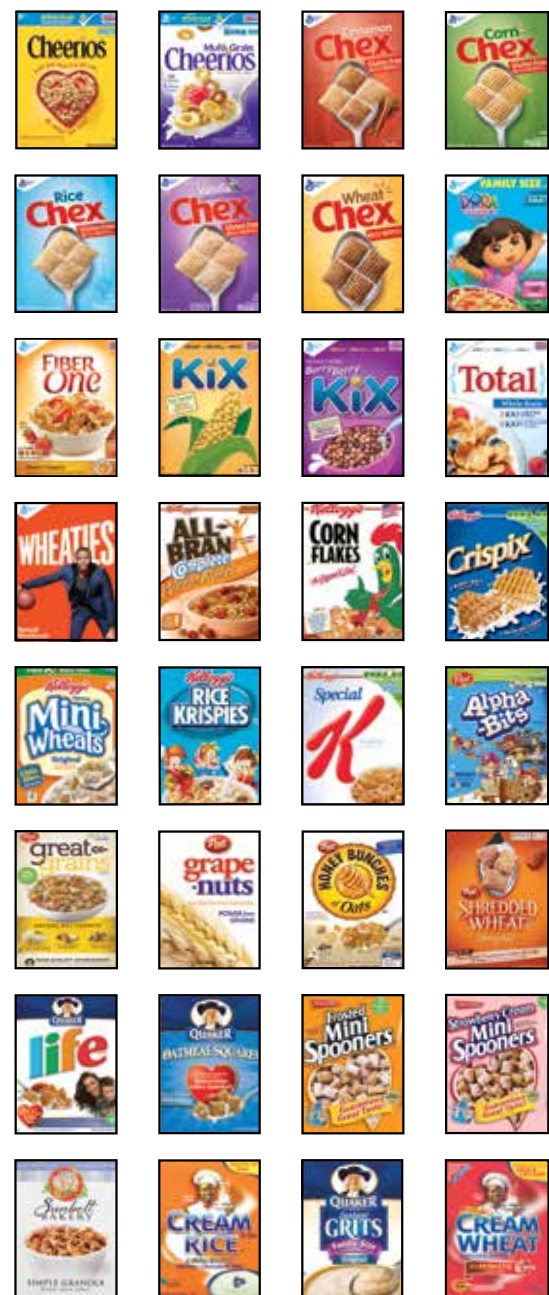
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## CEREALS

12 ounce boxes or larger. NO single serving packets.

### NATIONAL BRANDS



## CEREALS

12 ounce boxes or larger. NO single serving packets.

### NATIONAL BRANDS



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)



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



Alpha Bits  
Great Grains  
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



Life (plain)  
Oatmeal Squares (Hint of Brown Sugar, Hint of Cinnamon)



Frosted Mini Spooners  
Strawberry Cream Mini Spooners



Sunbelt  
Simple Granola

### Hot Cereal – NO single serving packets

Cream of Rice  
Cream of Wheat (1 minute, 2½ minute, 10 minute)  
Cream of Wheat Whole Grain – 2½ minute  
Farina  
Maypo (Maple, Instant, Vermont Style)  
Quaker Instant Grits (original flavor)

All cereal listed in purple 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, Tasteo'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 Shredded Wheat, 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)



# MASSACHUSETTS WIC APPROVED FOOD GUIDE



GOOD FOOD and A WHOLE LOT MORE!