

# PENNSYLVANIA WIC FOOD LIST

## Effective:

October 1, 2010 thru September 30, 2011

## Basic Rules and Regulations



- Use your WIC check at any WIC authorized store displaying this red WIC decal.
- Self-serve lines are **not** allowed.
- Checks **altered** in any way **will not** be accepted.
- WIC checks **cannot** be used before the **First Day to Use** or after the **Last Day to Use**.
- **Only** the type and quantity of food printed on the WIC check and listed in this **WIC Program Food List** can be purchased.
- **No returns, rain checks, or substitutions.**
- **Identical exchange of store damaged product is allowed.**
- Coupons, buy one get one free, extra free ounces, discount/club cards **are allowed** with WIC checks.



## WIC Sales Steps

- Separate WIC foods from your other groceries. Separate WIC foods by check. **Each check** will be **rung up separately**.
- Give the cashier your WIC ID and WIC check(s) before the sale is rung up. A WIC sale cannot be rung up without the WIC ID.
- The “Family ID Number” on the check(s) must match the “Family ID Number” on the **WIC ID** card.
- The cashier enters the total of each WIC sale in the “**Pay Exactly**” box of the check.
- Make sure the amount in the “**Pay Exactly**” box matches the total on the register.
- If a mistake is made entering the “**Pay Exactly**” amount, the cashier must draw a single line through the amount and write the correct amount above. The WIC customer must initial to verify the correction.
- Once the “**Pay Exactly**” box is correctly filled in, the WIC customer must sign on the “**Signature of Endorser or Proxy**” line and fill in the date.

### **Fruit and Vegetable Checks (Cash Value Voucher) Only**

- At the discretion of the store, checks can be combined together.
- If you go over the dollar amount of the check, you will have to pay the difference using cash, SNAP (former Food Stamps), or credit/debit card.
- If you spend less than the dollar amount you will not receive any money back.
- The amount in the pay exactly box cannot exceed the value of the check. If the amount of the sale of fruits and vegetables is less than the value of the check, enter that amount.

# Fruits and Vegetables

## **Fruits Allowed:**

- Fresh, whole or cut without added sugars
- Frozen, without added sugars
- Canned, jarred or multi-pack, without added sugars, fats, oils or sodium (salt)

## **Vegetables Allowed:**

- Fresh, whole or cut without added sugars, fats or oils
- Frozen, without added sugars, fats or oils
- Canned, without added sugars, fats or oils (whole kernel corn and green peas can contain sugar)
- Sweet potatoes and yams

Organic fruits and vegetables can be purchased but tend to be more expensive. You will get more food with non-organic items.

## **Not allowed:**

- Party trays, fruit baskets, salad bar items
- **Ingredients other than fruit** - sugar, honey, high fructose corn syrup, heavy or light syrup, dextrose, sucrose, maple syrup, artificial sweeteners, fats, oils, or sodium (salt)
- **Ingredients other than vegetables** - sugar, honey, high fructose corn syrup, cheese sauce, noodles, rice, nuts, spices, fats or oils
- **Any type of white potatoes** (including Red Bliss, Purple and Yukon Gold)
- Sauerkraut, pickled vegetables, olives
- Jarred salsa, pasta sauce
- Fresh herbs and spices, edible blossoms
- Dried fruit, trail mix
- Fruit leathers, fruit snacks, fruit roll-ups
- Fruit and nut mixtures
- Fruit cocktails, cranberry sauce, pie filling
- Baked goods



### **Nutrition Fact:**

*Fruits and vegetables are excellent sources of vitamins, minerals, fiber and antioxidants that give you and your family many health benefits.*

# Cow's Milk

## Half Gallons or Gallons

### Types Allowed:

- Pasteurized fluid milk
- May be regular or acidophilus
- If your check says whole milk you **must** buy whole milk
- If your check says low fat milk you **must** buy 2%, 1% or skim milk
- If your check says, lactose free, kosher, evaporated or dry milk then you must buy the listed milk
- Dry milk must be in 9.6 or 25.6 ounce packages

### Exceptions:

- You may buy a single quart of milk **only** if it is listed on your check

### Not allowed:

Flavored milk, buttermilk, goat's milk, milk with added calcium, protein or plant sterols, organic milk, Ultra High Temperature (UHT) processed milk, milk in glass bottles.

1 quart = 32 ounces

1 half gallon = 64 ounces

2 quarts = half gallon

2 half gallons = 1 gallon



### Nutrition Fact:

*1% and skim milk contain just as much calcium and vitamin D for strong bones and teeth, and are lower in fat for a healthy heart.*

# Cheese

**8 ounce or 16 ounce packages only**

## **Types Allowed:**

American (Pasteurized Process)  
Cheddar Cheddarella Colby (Longhorn)  
Cojack Monterey Jack Mozzarella  
Muenster Provolone Swiss

These may be regular, reduced fat, low fat or fat free, low cholesterol, lactose free, low sodium, smoked or calcium fortified.

Kosher cheese must be listed on the WIC check.

## **Forms allowed:**

Block, sliced, shredded, stick and string only.  
Must be marked with weight, type, and cost.

## **Not allowed:**

Individually wrapped slices, imported, deli service, cheese foods, imitation cheese, cheese products or spreads, cheese with added ingredients, organic cheese, cheese packed in water.

1 pound of cheese = 8 ounces + 8 ounces

8 ounces =  $\frac{1}{2}$  pound

16 ounces = 1 pound



### **Nutrition Fact:**

*Choose low-fat cheeses. Cheese typically does not contain vitamin D, which is needed by the body to take in calcium.*

## Soy Products

Soy products must be listed on the WIC check.

### **Soy Beverage** 32 or 64 ounce containers



#### **Allowed:**

Pacific Natural Foods - Ultra Soy  
(Plain or Vanilla flavored)  
Shelf Stable

8<sup>th</sup> Continent – Original  
Refrigerated Section



**Not allowed:** Any other brand or type of soy beverage.

## Tofu

15 to 16 ounce containers

#### **Allowed:**



Soy Boy: Organic Firm, Extra Firm

House Foods Premium:  
Regular, Firm, Extra Firm



**Not allowed:** Any other brand or type of tofu



#### **Nutrition Fact:**

*The calcium and vitamin D in soy products may not be as easy for your body to use. If you eat a lot of soy products you may need other sources of calcium and vitamin D in your diet.*

# Juice for Children

**64 ounce bottles or cartons only**  
100% pasteurized juice

Any Brand  
Orange  
(Calcium  
& Vitamin  
D okay)



All Flavors



Pineapple



All Flavors (including  
Sesame Street), except  
“Cranberry Juice & More”



Purple, Red or  
White Grape Juice



All Flavors except  
Premium Flavors



Tomato, Low Sodium  
Tomato, V8,  
V8 Low Sodium



Apple Juice



## Store Brand Juices – Single Flavored Juices Only:

Apple, Cranberry, Grape, Orange, or Pineapple

Acme

Great Value

Shop N Save

Flavorite

Our Family

Shurfine

Giant

Richfood

Wegmans

Giant Eagle

Safeway

Weis Quality

Foodland, Shop Rite, Tipton Grove – Apple only

Krasdale, Valu Time – Grape only

America's Choice, Best Yet, Food Club, Hy Top,  
Parade, Red & White, White Rose – Apple & Grape  
only

Calcium, vitamins C and D are okay (no other added  
vitamins or minerals allowed).

**Not allowed:** Ciders, cocktails, artificial  
sweeteners, food colorings; added sugar, alcohol,  
carbonation, fiber, omega 3's, DHA, ARA, beta-  
carotene, vitamin A, vitamin E; organic juice.

# Cereals

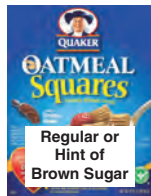
**12 ounce packages or larger,  
No individual serving boxes**

**Store Brand Cereals:** Corn Flakes,  
Corn Squares (or biscuits), Rice Squares  
(or biscuits), Toasted Oats or Toasteesos ✓

Acme	Great Value	Shop N Save
America's Choice	Our Family	Shop Rite
Flavorite	Price Rite	Shurfine
Food Club	Ralston Foods	Wegmans
Giant	Richfood	Weis Quality
	Safeway	



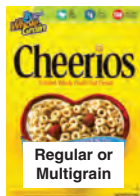
Regular or Almond



Regular or Hint of Brown Sugar



Instant, 1, 2.5 or 10 minute, Whole Grain ✓



Regular or Multigrain



Corn, Rice, Multi-Bran, Wheat ✓



Regular or Honey ✓

✓ Whole Grain Cereals, better for your health



How to get 36 ounces of cereal  
12 oz. + 12 oz. + 12 oz. = 36 oz.  
18 oz. + 18 oz. = 36 oz.  
12 oz. + 24 oz. = 36 oz.

**Not allowed:** Any other brand or type of cereal, organic cereals



**Nutrition Fact:**

*Choosing whole grain cereals will help you meet the goal of eating “half your daily grain servings as whole grain.”*

## Whole Grains - 16 ounce Packages

### Whole Wheat Bread & Rolls



Wheat Sandwich Rolls or 100%  
Stoneground Whole Wheat Bread

100% Whole Wheat Bread



Country Style 100% Whole  
Wheat Bread

Stoneground 100% Whole  
Wheat Bread or Very Thin Soft  
100% Whole Wheat Bread



Sungrain 100% Whole Wheat Bread

Classic 100% Whole Wheat Bread



100% Whole Wheat Bread

100% Whole Wheat Bread or  
Whole Wheat Rolls

**Stern's  
Bakery**



Small 100% Whole Wheat Bread

100% Whole Wheat Bread



100% Stoneground Whole Wheat  
Bread Hamotzie, 100% Stoneground  
Whole Wheat Bread Mezonot, or 6  
Pack Whole Wheat Rolls

Soft 100% Whole Wheat Bread



**Store Brands:** Giant, Great Value, Pathmark, and  
Shoprite – 100% Whole Wheat Bread

**Not allowed:** Any other package size, brand  
or type of whole grain products, organic whole  
grains, items with added Omega 3's, dried  
fruits, seeds, nuts, extra calcium or vitamin D.

# Whole Grains - 16 ounce Packages

## Whole Grain Brown Rice



Natural Whole  
Grain Brown Rice



Long or Short Grain  
Brown Rice  
(no other varieties)

**Store Brands:** Acme, America's Choice, Favorite, Food Club, Giant, Great Value, Gulf Pacific, Our Family, Richfood, Safeway, Shop N Save, Shurfine, Wegmans, Weis Quality and White Rose

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## Oats



Natural Quick Oats



## Soft Corn or Whole Wheat Tortillas



White Corn or Whole  
Wheat Fajita Style



White Corn or  
Whole Wheat



Yellow Corn



Whole Wheat with Honey



Yellow Corn Extra Thin  
or Whole Wheat



Corn



LA BANDERITA  
CORN TORTILLAS  
Corn or Fajita  
Whole Wheat



White Corn or  
Whole Wheat



100% Whole Wheat

## **Store Brands:**

Food Club, Weis Quality – Whole Wheat

Nature's Promise – 100% Whole Grain Corn and  
100% Whole Wheat

Shurfine – Hand Made Style Whole Wheat

## Whole Grains - 24 ounce Packages

(Women fully breastfeeding multiple infants only)

### Whole Wheat Bread & Rolls



100% Whole Wheat Bread

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All Natural Whole Wheat or 100%  
Stone Ground Whole Wheat Breads

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Country Style 100% Whole  
Wheat Bread

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100% Whole Wheat Bread



Whole Wheat Bread

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From the Oven 100% Whole  
Wheat Bread



### Oats



Quaker Steel Cut Oats

**Not allowed:** Any other package size, brand or type of whole grain products, organic whole grains, items with added Omega 3's, dried fruits, seeds, nuts, extra calcium or vitamin D.



#### **Nutrition Fact:**

*Diets rich in whole grains and low in fat and cholesterol may help lower the risk of heart disease and certain cancers.*

# Juice for Women

**48 ounce bottles**

**100% pasteurized juice**

Calcium, vitamins C and D added are okay  
(no other added vitamins or minerals allowed)



Apple, Cranberry, Cranberry Apple  
or Cranberry Raspberry

Cranberry, Cranberry Grape or  
Cranberry Raspberry



Apple, Grape or Orange Tangerine

Apple



## Store Brands – 48 ounce containers

**Apple** – Red & White, Shurfine, Wegmans

**Grape** (purple or white) – America's Choice, Red & White, Shurfine, White Rose

## 11.5 - 12 ounce Frozen Concentrate

**Dole** – any 100% juice

**Old Orchard** – all flavors with green pull tab

**Welch's** – all flavors with yellow pull tab

**Orange** – Any Brand (Calcium & Vitamin D Okay)

### Apple

America's Choice

Our Family

Shop Rite

Best Yet

Parade

Shurfine

Favorite

Richfood

Sunrise Valley

Food Club

Safeway

Value Time

Great Value

Seneca

Wegmans

HyTop

Shop N Save

Weis Quality

## Shelf Stable Concentrate



All flavors with yellow trim



All flavors

**Not allowed:** Ciders, cocktails, artificial sweeteners, food colorings; added sugar, alcohol, carbonation, fiber, omega 3's, DHA, ARA, beta-carotene, vitamin A, vitamin E; organic juice.

## Canned Fish

**3.75, 5 or 6 ounce cans only**

### **Allowed:**

Chunk Light Tuna, Pink Salmon or Sardines

### **Not allowed:**

Products packed in oil, albacore tuna, brisling sardines, red salmon, organic fish

## Peanut Butter

**18 ounce containers only**

### **Allowed:**

Labeled “Peanut Butter” only

### **Not allowed:**

Reduced fat peanut butter, peanut butter spread, those mixed with jelly, marshmallow, chocolate or honey, organic peanut butter, added Omega 3's, DHA, ARA, or artificial sweeteners

## Legumes (Beans)

### **Allowed:**

- 15.5 to 16 ounce canned  
(kidney beans can contain sugar)
- 1 pound dried

### **Not allowed:**

Green, orange or yellow beans, green peas, snap beans, wax beans, beans with added seasonings, sugars, oils, sauces, meats, or pork and beans, organic beans

## Chicken Eggs

**1 dozen packages only**

### **Allowed:**

Regular: large, medium or small raw shell brown or white chicken eggs.

### **Not allowed:**

Specialty eggs such as, vegetarian fed, organic, low cholesterol, fat modified, high in Omega 3's, etc.



### **Nutrition Fact:**

*Canned fish, peanut butter, beans and eggs are excellent sources of protein and cost much less than meat.*

## Infant Formula

### WIC Contract Brands:

Gerber GOOD START Gentle Plus

Gerber GOOD START Soy Plus



*Any other brand and type must be listed on the check.*

## Infant Cereal

**8 or 16 ounce boxes**

### Allowed:

Gerber barley, rice, oatmeal, whole wheat and mixed grains



### Not allowed:

Organic varieties, variety packs, cereal with added DHA, ARA, fruit, formula, or yogurt.

## Infant Fruits and Vegetables

**4 ounce containers only**

### Allowed:

100% vegetables or fruits (mixed varieties are okay like peas & carrots or sweet potatoes & apples)

### Not allowed:

Added DHA, ARA, desserts, organic varieties, mixed with sugar, cereal, noodles, rice, meats, yogurt or any other ingredients.

## Infant Meats

**2.5 ounce containers only**

(fully breastfed babies only)

### Allowed:

Single ingredient meats (with or without gravy or broth)

### Not allowed:

Added DHA, ARA, organic varieties, mixed with sugar, cereal, rice, noodles, vegetables, fruit or any other ingredients.



### Nutrition Fact:

*Breastmilk is best for baby's first 12 months. Adding infant foods at 6 months helps babies learn to eat a variety of foods.*

[www.pawic.com](http://www.pawic.com)  
[www.health.state.pa.us](http://www.health.state.pa.us)

1-800-WIC-WINS  
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