### WIC Program

#### Eligibility Requirements
- Age 8, 16, 24 months 32 oz.
- 8th Continent
- 80% of Recommended Amount
- Pacific Natural Foods
- Ultra Soy
- American, Monterey Jack, Mozzarella, Cheddar, Colby, Swiss, Muenster, Provolone
- Westsoy

#### Items Available
- 8th Continent
- 80% of Recommended Amount
- Pacific Natural Foods
- Ultra Soy
- American, Monterey Jack, Mozzarella, Cheddar, Colby, Swiss, Muenster, Provolone
- Westsoy

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<table>
<thead>
<tr>
<th>Item Group</th>
<th>Example Items</th>
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<tbody>
<tr>
<td>Soy-Based Milk</td>
<td>8th Continent, Pacific Natural Foods, Ultra Soy</td>
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<tr>
<td>Cheese</td>
<td>American, Monterey Jack, Mozzarella, Cheddar, Colby, Swiss, Muenster, Provolone</td>
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<td>Hardware</td>
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For more information on approved products, visit the New York State WIC Program website: [https://nyswicvendors.com/upc-resources/](https://nyswicvendors.com/upc-resources/)
Green Mountain Creamery-
Greenway-
Brown Cow-
Annie’s-
Arz- 
Avenue A- 
Axelrod- 
Baroody-
Best Yet-
Brown Cow- 
Butterworks Farm- 
Byrne Hollow-
Cabot- 2% 
Chobani- 2% 
Coburn Farms- 
Cowbell- 
Cream O’Land-
Crowley- 
Dannon- 1.5% 
Desi Natural Dahi- 
Essential Everyday- 
Esi- 
Farmland- Dahi- 
Fit and Active- 
Food Club- 
Food Lion- 
Foodtown- 
Freedom Hill Farm- 
Fresh Made- 
Friendship- 
Gopi- 
Great Value- 
Greek Gods- 
Green Mountain Creamery- 
Greenway- 
Gurur- 
Hammond Dairy- 
Hannahford- 
Hawthorne Valley- 
Horizon- 
Ithaca- 
Key Foods- 
Kingdom Creamery- 
Kirkland- 
La Yogurt- 
Lacto- 
Lala- 
Lucerne Dairy- 
Maple Hill- 
Market Pantry- 
Merve- 
Mountain High- 
My Essentials- 
Nancy’s- 
Nature’s Place- 
Nature’s Promise- 
North Country Creamery- 
NoStimo- 
O Organics- 
Oikos- 
Open Nature- 
Our Family- 
Penn Maid- 
PfC- 
Redwood Hill- 
Romes- 
Ronnybrook Farm Dairy- 
Seven Stars- 
ShopRite- 
Shurfine- 
Simply Balanced-
KOSHER (Cholov Yisroel) များ - WIC ကျန်ရှိအားလုံး ပေးထားသည်

**ဗီယက်နိုင်ငံ၏ အလိုအလျောက်**

- 32 လှမ်းခြင်း စာရင်း
- အားကျော်လွန်သော အစိုးရစ်အကြောင်း
  - Gevina Farms- အဆိုတောင်းဆိုပြီးနောက်
  - J and J- အဆိုတောင်းဆိုပြီးနောက်
  - Mehadrin- အဆိုတောင်းဆိုပြီးနောက်
  - Normans- အဆိုတောင်းဆိုပြီးနောက်

**သို့မဟုတ်ကိုရောက်ရှိနေသော**

- ဂိုးရှိအားလုံး: စာရင်းတစ်ခုခုကို ရေးသားထားသည် (အခွင့်အရေးအနေဖြင့်နေထိုင်သည်)
- အခြေခံများအနေဖြင့် ဖြစ်သည်
- သံအား အပည်သူ
- အလေးအကွေး

**သို့မဟုတ်အကဲဖြစ်နေသော**

- 8, 10, 14, 16 လက်ထက် အပေါ်
- အားကျော်လွန်သော အစိုးရစ်အကြောင်း
  - Azumaya- ထူးခြားသော အပေါ် အားလုံး အပေါ်
  - Franklin Farms- ထူးခြားသော အပေါ် အားလုံး အပေါ်
  - Nasaio- ထူးခြားသော အပေါ် အားလုံး အပေါ်
  - Natures Promise- ထူးခြားသော အပေါ်
  - O Organics- ထူးခြားသော အပေါ်
  - San Su- ထူးခြားသော အပေါ်
  - Wegmans- ထူးခြားသော အပေါ်
**How to get your full 36 oz of cereal:**

- **General Mills:** *Berry Berry Kix, Blueberry Chex, Cheerios, Cinnamon Chex, Corn Chex, Fiber One Honey Clusters, Honey Kix, Kix, Multi Grain Cheerios, Rice Chex, Total Whole Grain, Vanilla Chex, Wheat Chex, Wheaties*
- **Kellogg's:** *All Bran Complete Wheat Bran Flakes, Corn Flakes, Crispix, Frosted Mini Wheats, Frosted Mini Wheats Filled, Frosted Mini Wheats Little Bites, Honey Almond Ancient Grains, Original Frosted Mini Wheats, Rice Krispies, Special K Banana, Special K Multi Grain, Special K Original*
- **Kemach:** *Bran Flakes, Corn Flakes, Crisp Rice, Multi Grain Toasted Oats, Toasted Oats, Wheat Flakes*
- **Malt O Meal:** *Frosted Blueberry Mini Spooners, Frosted Mini Spooners, Frosted Strawberry Mini Spooners*

** giãn mèn:**

- **24 oz**
- **21 oz**
- **15 oz**
- **12 oz**
- **24 oz + 12 oz = 36 oz**
- **18 oz + 18 oz = 36 oz**
- **12 oz + 12 oz + 12 oz = 36 oz**
- **15 oz + 21 oz = 36 oz**

**Alternate ways to get 36 oz of cereal:**

- **2.5 oz by the cup:**
  - 8* 2.5 oz cups
  - 4* 3 oz cups
  - 2* 5 oz cups
  - 1* 6 oz cup

- **By weight:**
  - 21 oz x 2
  - 18 oz x 2
  - 15 oz x 2
  - 12 oz x 3

- **By volume:**
  - 24 oz x 1
  - 18 oz x 2
  - 12 oz x 3

- **By portion:**
  - 24 oz / 36 oz
  - 18 oz / 36 oz
  - 12 oz / 36 oz

**Spooners:**

- *Frosted Strawberry Mini Spooners*
- *Frosted Mini Wheats Little Bites, Honey Almond Ancient Grains, Original Frosted Mini Wheats, Rice Krispies, Special K Banana, Special K Multi Grain, Special K Original*
- *Bran Flakes, Corn Flakes, Crisp Rice, Multi Grain Toasted Oats, Toasted Oats, Wheat Flakes*
- *Frosted Blueberry Mini Spooners, Frosted Mini Spooners, Frosted Strawberry Mini Spooners*

**Quaker:**

- *Life Original Multigrain Cereal, Life Strawberry Multigrain Cereal, Life Vanilla Multigrain Cereal, Oatmeal Squares Brown Sugar, Oatmeal Squares Cinnamon, Oatmeal Squares Honey Nut*
- *Bran Flakes, Corn Flakes, Crisp Rice, Multi Grain Toasted Oats, Toasted Whole Grain Oats, Wheat Bran Flakes*
- *Simple Granola*
- *Crisp Rice*
Store Brands

- **Avenue A**: Corn Flakes, *Toasted Oats
- **Clear Value**: Corn Flakes, *Toasted Oats
- **Key Foods**: *Bite Size Frosted Shredded Wheat, Corn Flakes, *Toasted Oats
- **Krasdale**: Corn Flakes, Honey Oats and Flakes, *Toasted Oats
- **Market Pantry**: Corn Flakes, *Frosted Shredded Wheat, *Toasted Oats
- **My Essentials**: *Frosted Shredded Wheat
- **Parade**: *Bite Size Shredded Wheat, Corn Flakes, *Toasted Oats

**PICS**: Crispy Honey Oats and Flakes, Crispy Rice, *Frosted Shredded Wheat, Toasted Corn Crisps, Toasted Rice Crisps, *Wheat Bran Flakes


**Red and White**: Corn Flakes, *Toasted Oats

**Safeway**: *Wheat Pockets

**Shop Rite**: *Bran Flakes, Crispy Corn Squares, Crispy Rice Squares, *Bite Size Frosted Shredded Wheat, *Bran Flakes, Crispy Corn Squares, Oats and Os, Rice Squares, *Whole Grain Toasted Oats


**Signature Kitchens**: Corn Flakes, Oats And Almonds, Oats And More With Honey, Shredded Wheat Bites, *Toasted Oats

**Signature Select**: *Bran Flakes, Corn Pockets, Crispy Rice, *Frosted Shredded Wheat Bite Size, *Nutty Nuggets, Rice Pockets, Toasted Oats


**That's Smart**: Corn Flakes, Crisp Rice, *Toasted Oats


**Urban Meadow**: Corn Flakes, *Toasted Oats

**Valu Time**: *Bran Flakes, Corn Flakes, Crisp Rice, *Frosted Shredded Wheat, *Toasted Oats


**Weis**: *Bite Size Frosted Shredded Wheat, Corn Flakes, Honey Oats and Flakes, Honey Oats and Flakes with Almonds,


**Western Beef**: Corn Flakes, *Toasted Oats

**White Rose**: Corn Flakes, *Frosted Shredded Wheat, *Toasted Oats
### Essentials Everyday Instant Grits Packs
- **Cream Of Rice**: Instant Grits, 15 oz (2.5 g)
- **Cream Of Wheat**: Instant Grits, 15 oz (2.5 g)
- **Essential Everyday**: Instant Grits, 15 oz (2.5 g)
- **Food Club**: Instant Grits, 15 oz (2.5 g)
- **Great Value**: Instant Grits, 15 oz (2.5 g)
- **Hannaford**: Instant Grits, 15 oz (2.5 g)
- **IGA**: 100% Instant Grits, 15 oz (2.5 g)
- **Malt O Meal**: Instant Grits, 15 oz (2.5 g)

### Other Items
- **Maypo**: Quinoa Instant Oats With Iron, 15 oz (2.5 g)
- **Quaker**: Instant Oatmeal, 15 oz (2.5 g)
- **Shurfine**: Instant Oats, 15 oz (2.5 g)
- **Signature Select**: Instant Oats, 15 oz (2.5 g)
- **Tops**: Instant Oats, 15 oz (2.5 g)
- **Weis Quality**: Instant Oats, 15 oz (2.5 g)

### 14-16 Items
- **Quinoa**: 14-16 oz (280-320 g)
- **Fajita**: 14-16 oz (280-320 g)

### Other Items
- **Celia's**: 15 oz (2.5 g)
- **Chi Chis**: 15 oz (2.5 g)
- **Del Campo**: 15 oz (2.5 g)
- **Don Pancho**: 15 oz (2.5 g)
- **Essential Everyday**: Soft 15 oz (2.5 g)
- **Food Club**: Soft 15 oz (2.5 g)
- **Guerrero**: Soft 15 oz (2.5 g)
- **Hannaford**: Soft 15 oz (2.5 g)
- **Herdez**: Soft 15 oz (2.5 g)
- **IGA**: Soft 15 oz (2.5 g)
- **Key Foods**: Soft 15 oz (2.5 g)
- **La Banderita**: Soft 15 oz (2.5 g)
- **La Milpa**: Traditional 15 oz (2.5 g)
- **Mayan Farm**: Soft 15 oz (2.5 g)
- **MexAmerica**: 100% Soft 15 oz (2.5 g)
- **Mission**: Soft 15 oz (2.5 g)
- **Natures Promise**: Soft 15 oz (2.5 g)
- **Ortega**: Soft 15 oz (2.5 g)
- **ShopRite**: Whole Wheat 15 oz (2.5 g)
- **Shurfine**: Fajita 15 oz (2.5 g)
- **Siempre Autentico**: Soft 15 oz (2.5 g)
- **Signature Select**: Soft 15 oz (2.5 g)
- **Stop and Shop**: Soft 15 oz (2.5 g)
- **Tia Rosa**: Soft 15 oz (2.5 g)
- **Tio Santi**: Soft 15 oz (2.5 g)
- **Tops**: Soft 15 oz (2.5 g)
- **Weis Quality**: Soft 15 oz (2.5 g)
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<tr>
<th>Bread Type</th>
<th>Brand Name</th>
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<td>PICS-100%</td>
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<td>Sungrain 100%</td>
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<td>Rubschlager</td>
<td>Westphalian Style Pumpernickel</td>
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**Legend:**
- PICS-100%: PICS 100% Jewish Bread
- Roman Meal: Roman Meal Bread
- Sungrain 100%: Sungrain 100% Pumpernickel
- Westphalian Style Pumpernickel: Westphalian Style Pumpernickel
- Pumpernickel: Pumpernickel
- Rye Rye-Ola Sunflower: Rye Rye-Ola Sunflower
- Sara Lee-100%: Sara Lee-100% Pumpernickel
- Schmidt Old Tyme-100%: Schmidt Old Tyme-100% Pumpernickel
- Schwebels-100%: Schwebels-100% Pumpernickel
- ShopRite-100%: ShopRite-100% Pumpernickel
- Signature Select-100%: Signature Select-100% Pumpernickel
- Stern’s-100%: Stern’s-100% Pumpernickel
- Stop and Shop-100%: Stop and Shop-100% Pumpernickel
- Super Bread V-100%: Super Bread V-100% Pumpernickel
- Tops-100%: Tops-100% Pumpernickel
- Urban Meadow-100%: Urban Meadow-100% Pumpernickel
- Weis-100%: Weis-100% Pumpernickel
- Windmill Farms: Windmill Farms
- Hamotzie: Hamotzie
- Mezanos: Mezanos
- Wonder-100%: Wonder-100% Pumpernickel
- Yossi’s- Multigrain Bread: Yossi’s- Multigrain Bread
- Zomick’s- 100%: Zomick’s- 100% Pumpernickel
- Pastaio: Pastaio
- Racconto: Racconto
- Ronzoni: Ronzoni
- ShopRite: ShopRite
- Shurfine: Shurfine
- Signature Select: Signature Select
- Simply Balanced: Simply Balanced
- Wegmans: Wegmans
- Weis: Weis

**Note:** The list includes only the brands and bread types available as of the latest update. For the most current information, please visit https://nyswicvendors.com/upc-resources/.
Applesauce - “Rocky Mountain” brand "Applesauce-flavored" applesauce.  

• Apple juice/Red apple juice  
• Applesauce juice  
• Applesauce-flavored  
• Applesauce  
• Applesauce-flavored applesauce  
• Applesauce-flavored applesauce juice  
• Applesauce juice  

Applesauce - "Rocky Mountain" brand "Applesauce-flavored" applesauce.
### WIC Eligible Food Brands:

#### 1. Welch's
- Grape Juice
- Ocean Spray Juice
- Northland Juice
- Musselman's Juice

#### 2. Old Orchard
- Orchard Cider
- Orchard Apple Cider
- Orchard Sweet Cider

#### 3. Langers
- Pomegranate Juice
- Cranberry Juice
- Apple Juice

#### 4. Signature Select
- Orange Juice
- Apple Juice
- Grape Juice

#### 5. ShopRite
- Fresh Juices
- Premium Juices

#### 6. Member's Mark
- Organic Juices

#### 7. Nature's Own
- Organic Juice

#### 8. Parade
- Organic Juice

#### 9. Red & White
- Organic Juice

#### 10. Sam's Choice
- Organic Juice

#### 11. Tipton Grove
- Organic Juice

#### 12. Urban Meadow
- Organic Juice

#### 13. White Rose
- Organic Juice

### Additional Information:
- [WIC Program Website](https://nyswicvendors.com/upc-resources/)
- [NY State WIC Eligible Food Brands](https://health.ny.gov/wic/nys_wic_program_resources/)

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3887 (Burmesse)