WIC Acceptable Foods Card

This card is available in 21 languages, visit: www.health.ny.gov/wic

Milk  Your WIC check lists the fat content you must buy

✓ Any brand:
✓ **Milk**: Buy the largest container available (gallons, 96 ounces, half gallons, or quarts) or the size listed on the WIC check
✓ **Evaporated/Canned Milk**: 12-ounce container only
✓ **Dry/Powdered Milk**: 25.6-ounce container only
✓ **Lactose Free Milk**: Buy the largest container available or the size on the WIC check
✓ **Kosher Milk**: Buy the largest container available or the size on the WIC check

NOT ALLOWED: Flavored, organic, or sweetened condensed milk; buttermilk or milk with added calcium; reduced fat (2%) milk

Eggs

✓ Any brand:
✓ **Medium or Large**: White or brown

NOT ALLOWED: Jumbo and extra-large eggs; high-cost specialty eggs (including organic, reduced cholesterol, cage free/free range, Omega-3)

Peanut Butter 16-18-ounce jar

✓ Any brand: crunchy, chunky, creamy, smooth, natural and reduced fat varieties are allowed.

NOT ALLOWED: Peanut spread; freshly ground or whipped peanut butter; peanut butter mixed with jelly, marshmallow, chocolate or honey; organic peanut butter; peanut butter with added vitamins and minerals, or other added ingredients (Omega 3, DHA & EPA, Palm Oil, etc.)

Beans, Peas, and Lentils

✓ **Dry**: Any brand, 1-pound bag of mature beans, peas, lentils
✓ **Canned**: Any brand, 15-16-ounce can of mature beans, peas, lentils

NOT ALLOWED: Baked beans, pork and beans; canned beans containing added sugars, fats, meat, or oils. Green beans, green peas, snap beans, yellow beans, and wax beans may not be purchased with a WIC check that says “Beans, Peas, Lentils”; you may use your WIC Vegetables and Fruits check to purchase these types of foods

Yogurt  Your WIC check lists the fat content you must buy

✓ Exactly 32-ounce container OR any combination of sizes that adds up to exactly 32 ounces.
✓ **Any brand**: plain, plain Greek, organic plain, organic plain Greek

**Kosher Yogurt** if printed on your WIC check OR if the store does not carry any other kind of cheese

NOT ALLOWED: Flavored (such as vanilla, fruit), mix-in ingredients (granola, candy, etc.), drinkable/squeezable yogurt, frozen yogurt

Canned Fish

✓ **Light Tuna**: Any brand (5 and 6-ounce cans)
✓ **Pink Salmon**: Any brand (5, 6, and 7.5-ounce cans)
✓ **Sardines**: Any brand (3.75-ounce cans)

May be packed in water or oil
May contain bones and skin

NOT ALLOWED: Albacore tuna, blueback salmon, red salmon; flavored; with added ingredients

Soy Beverage

✓ **8th Continent**: Soy milk – Original and Vanilla (32-ounce shelf-stable)
✓ **Soy milk**: Original and Vanilla (64-ounce refrigerated)
✓ **Pacific Natural Foods**: Ultra Soy – Original and Vanilla (32-ounce shelf-stable)
✓ **Silk**: Soy milk – Original (32 or 64-ounce refrigerated)
✓ **Silk**: Soy milk – Original (128-ounce refrigerated multi-pack)
✓ **Westsoy**: Organic Plus Soymilk – Plain (32 or 64-ounce shelf-stable)

Plus Soymilk – Vanilla (32 or 64-ounce shelf-stable)

To lower salt intake, rinse canned beans, peas, lentils

Tofu 14-16-ounce package

✓ **Azumaya**: Tofu – Firm, Extra Firm
✓ **House**: Premium or Organic Tofu – Soft, Medium Firm, Firm, Extra Firm
✓ **Nature’s Promise**: Organic Tofu – Firm
✓ **Nasoya**: Organic Tofu – Silken, Lite Firm, Firm, Extra Firm
✓ **San Sui**: Tofu – Soft, Firm, Extra Firm
✓ **Wegmans**: Organic Tofu – Firm

Exclusively breastfeeding women get extra foods that help build the milk supply needed by their growing baby.
### Baby Food – Vegetables and Fruits

4-ounce containers

- **BEECH-NUT or GERBER:**
  - Any single fruit or vegetable
  - Any combination of different vegetables and fruits
  - Two-packs of baby food counts as two containers

**NOT ALLOWED:** Organic; pouches; mixtures including non-fruit or non-vegetable ingredients such as meat, yogurt, rice, noodles

**BANANAS:** Some checks will also provide fresh whole bananas

### Baby Food – Meats

2.5-ounce containers

- **BEECH-NUT or GERBER:** Any meat with broth or gravy

**Kosher Baby Food Meats:** If printed on your WIC check OR if the store does not carry Beech-Nut or Gerber

**FIRST CHOICE:** Chicken with Gravy, Turkey with Gravy

### Infant Cereal

Check must say Gerber Cereal for Baby

8 and 16-ounce containers are allowed

- **GERBER:** Cereal for Baby only
  - Plain varieties only: oatmeal, rice, whole wheat, or multigrain

**NOT ALLOWED:** Organic; extra ingredients such as DHA, fruit, formula, or added protein

### Infant Formula

Your WIC check lists the brand, size, and form (powder, concentrate, or ready to use) that you must buy.

- Purchase 12-ounce boxes or larger

### Breakfast Cereals

To increase fiber intake, choose whole grain cereal. All cereals are ‘whole grain’ unless marked with the symbol ❖

**NOT ALLOWED:** Organic cereal, boxes with single serving packets

### Store Brands*

Any store brand can be purchased for the following kinds of cereals

- **Corn Flakes** - plain
- **Wheat Flakes** - plain
- **Shredded Wheat** - plain or frosted
- **Oat O’s** – plain. Also called: *Toasted Oats, Tasteoos, Oats & O’s*
- **Oat Squares** – plain. Also called: *Crisp Oat Squares, Crunchy Oat Squares, Oat Crisps*
- **Multigrain Flakes with Oat Clusters** – with or without almonds. Also called:
  - Honey Crunchin’ Oats
  - Honey & Oats
  - Honey Oat Clusters
  - Honey Oats & Flakes
  - Krispy Honey-Oats
  - Oats & More
  - Oats & Honey

* ‘Any store brand’ includes store names AND these brands of cold cereal:

- AMERICA’S CHOICE
- BEST YET
- CLEAR VALUE
- ESSENTIAL EVERYDAY
- FOOD BASICS
- FOOD CLUB
- GREAT VALUE
- HYTOP
- KIGGINS
- KRASDALE
- NATURE’S CRUNCH
- PARADE
- RED & WHITE
- SHURFINE
- VALUTIME
- WHITE ROSE

### National/Specialty Brands

- **GENERAL MILLS:** Cheerios (regular only), Total Whole Grain, Corn Chex, Rice Chex, Wheat Chex, Dora the Explorer
- **KELLOGG’S:** Corn Flakes (regular only), Frosted Mini-Wheats Original (Little Bites)
- **KEMACH:** Corn Flakes, Toasted Oats, Wheat Flakes
- **MALT-O-MEAL:** Mini Spooners (Frosted, Strawberry Cream, Blueberry Cream), Oat Blenders (Honey, Honey & Almonds)
- **POST:** Grape-Nuts (regular only), Grape-Nuts Flakes, Honey Bunches of Oats with Vanilla Bunches
- **RALSTON:** Corn Flakes
- **SUNBELT:** Simple Granola
- **TAANUG:** Corn Flakes, Toasted Oats

HELPFUL SHOPPING HINTS!

Here are examples of ways to get your 36 ounces of cereal:

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

### Hot Cereals

<table>
<thead>
<tr>
<th>Brand</th>
<th>Product</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>CREAM OF WHEAT:</strong></td>
<td>Cream of Wheat Whole Grain (2 ½ minute)</td>
</tr>
<tr>
<td><strong>MAYPO:</strong></td>
<td>Instant Maple Oatmeal, Vermont Style Maple Oatmeal</td>
</tr>
<tr>
<td><strong>QUAKER:</strong></td>
<td>Instant Oats with Iron</td>
</tr>
</tbody>
</table>
### Whole Grain Tortillas 16-ounce package

- **CELIA’S**: White Corn Tortillas, Yellow Corn Tortillas
- **CHI-CHI’s**: White Corn Tortillas
- **DEL CAMPO TORTILLAS**: Corn Tortillas
- **DON PANCHO**: Whole Wheat (Flour Gordita Whole Wheat) Tortillas
- **ESSENTIAL EVERYDAY**: Soft White Corn Tortillas, 100% Whole Wheat Flour Tortillas
- **GREAT VALUE**: 100% Whole Wheat Tortillas
- **GUERRERO**: White Corn Tortillas
- **HERDEZ**: White Corn Tortillas
- **KEY FOODS**: Whole Wheat Tortillas
- **LA BANDERITA**: Corn Tortillas, 100% Whole Wheat Fajita Flour Tortillas, 100% Whole Wheat Soft Taco Flour Tortillas
- **MEXAMERICA**: 100% Whole Wheat with Honey Tortillas
- **MISSION**: 100% Whole Wheat Flour Tortillas
- **NATURE’s PROMISE**: Corn All Natural Tortillas
- **ORTEGA**: Whole Wheat Tortillas
- **SIEMPRE AUTENTICO**: Whole Wheat Flour Tortillas
- **STOP & SHOP**: White Corn Tortillas (Shelf Stable & Dairy), Whole Wheat Flour Tortillas
- **TIO SANTI**: 100% Whole Wheat Flour Tortillas
- **TOPS**: Whole Wheat Tortillas
- **WEGMAN’S**: Whole Wheat Tortillas

### Whole Grain Bread Products 16-ounce package

1 pound (1 lb.) is the same as 16 ounces (16 oz.)

- **AMERICA’S CHOICE**: 100% Whole Wheat Bread
- **BEST YET**: 100% Whole Wheat Bread
- **BIMBO**: 100% Whole Wheat Bread
- **CENTRAL MARKET CLASSICS**: 100% Whole Wheat Bread
- **FOODLION**: 100% Whole Wheat Bread
- **FULL CIRCLE**: Flax & Grain Bread
- **GOLD MEDAL BAKERY**: 100% Wheat Bread with Flax
- **GOURMET**: 100% Whole Wheat Bread
- **HANNAFORD**: 100% Whole Wheat Bread
- **HAUSWALD’S**: 100% Whole Wheat Bread
- **HOLSUM**: 100% Whole Wheat Bread
- **JERUSALEM**: Francoz Health Bread 100% Whole Wheat, Francoz Health Bread Germinated Whole Wheat
- **MONKS’**: Multigrain bread, Wheat Wholegrain Bread
- **PAS YISROEL**: 100% Multi Grain Bread All Natural, 100% Whole Wheat Bread
- **PENN STREET**: 100% Whole Grain Wheat Bread
- **PICS by Price Chopper**: 100% Whole Wheat Bread
- **ROMAN MEAL**: 100% Whole Wheat Bread
- **RUBSCHLAGER**: Westphalian Style Pumpernickel Bread, Danish Style Pumpernickel, European Style Whole Grain, 100% Whole Wheat Bread, Cocktail Whole Grain Bread, Cocktail Rye Bread, Cocktail Pumpernickel Bread, 100% Rye Rye-Ola Flax Bread, 100% Rye Rye-Ola Pumpernickel Bread, 100% Rye Rye-Ola Black Rye Bread, 100% Rye Rye-Ola Sunflower Bread
- **SARA LEE**: 100% Whole Wheat Bread
- **SCHWEBEL’S**: 100% Whole Wheat Bread
- **SHOPRITE**: 100% Whole Wheat Bread
- **STERN’S**: Whole Wheat Bread, Whole Wheat Rolls
- **STOP & SHOP**: 100% Whole Wheat Bread (No Salt Added), 100% Whole Wheat (in store fresh bakery)
- **SUPER BREAD**: 100% Whole Wheat Bread
- **WINDMILL FARMS**: 100% Stone Ground Whole Wheat Hamotzie, 100% Stone Ground Whole Wheat Mezanos
- **ZOMICK’S**: 100% Whole Wheat Bread Hamotzie, 100% Whole Wheat Bread Mezanos, 100% Whole Wheat Rolls

### Brown Rice 14-16-ounce or 28-32-ounce package

- **Any brand**: Plain brown rice in boxes or bags; may be instant, quick, or regular cooking

**NOT ALLOWED**: Added ingredients such as sugars, fats, oils, or salt

### Whole Wheat Pasta 16-ounce package only

- **Any brand**: Whole Wheat Pasta in any style/shape. Made from whole wheat or whole wheat durum flour. Organic is allowed.

**NOT ALLOWED**: Added ingredients such as sugars, fats, oils, or salt
### 100% Juice

**11.5-Ounce Containers** *(Shelf-stable concentrates)*
- WELCH’S: Any flavor

**11.5-12-Ounce Containers** *(Frozen concentrates)*
- Grapefruit, Orange, Pineapple: ✓ ANY BRAND
- Apple: ✓ ANY STORE BRAND* and the FOLLOWING BRANDS:
  - LANGERS ✓ OLD ORCHARD ✓ SENECA
- Grape: Purple & White:
  - ✓ ANY STORE BRAND* and the FOLLOWING BRANDS:
    - LANGERS ✓ OLD ORCHARD ✓ WELCH’S
- Juice Blends: ✓ ANY STORE BRAND* and the FOLLOWING BRANDS:
  - DOLÉ: Any flavor
  - LANGERS: Autumn Blend, Spring Blend, Summer Blend, Winter Blend
  - OLD ORCHARD: All flavors with dark green lid
  - WELCH’S: All flavors with yellow lid

**16-Ounce Containers** *(Frozen concentrates)*
- Grapefruit, Orange, Pineapple: ✓ ANY BRAND
- Apple & Juice Blends ✓ ANY BRAND
- NOT ALLOWED: Grape juice (except in juice blends)

### 64-Ounce Plastic Bottles
- Grapefruit, Orange, Pineapple: ✓ ANY BRAND
- Apple: ✓ ANY STORE BRAND* and the FOLLOWING BRANDS:
  - APPLE & EVE ✓ LANGERS ✓ LUCKY LEAF ✓ MOTT’S ✓ MUSSELMAN’S
  - JUICY JUICE ✓ OLD ORCHARD ✓ SENECA ✓ SESAME STREET
- Juice Blends: ✓ ANY STORE BRAND* and the FOLLOWING BRANDS:
  - LANGERS: Apple Berry Cherry, Apple Cranberry, Apple Kiwi Strawberry, Apple Grape, Apple Orange Pineapple, Disney Apple Cranberry Grape
  - JUICY JUICE: Apple Raspberry, Berry, Cherry, Fruit Punch, Kiwi Strawberry, Mango, Orange Tangerine, Strawberry Banana, Tropical
  - OLD ORCHARD: Acai Pomegranate, Apple Cranberry, Berry Blend, Blueberry Pomegranate, Cherry Pomegranate, Peach Mango, Wild Cherry,
  - SESAME STREET: Cookie Monster Berry, Elmo’s Punch
- NOT ALLOWED: Grape juice (except in juice blends), refrigerated cartons

### Acceptable Foods for Vegetables & Fruits Checks *(Cash Value Vouchers)*

- Check will specify ‘Fresh only’ or ‘Fresh/Frozen/Canned’ ✓ Organic vegetables and fruits are allowed
- ‘Canned’ means food that has been preserved in an airtight container. The container could be metal, glass or plastic.

#### Fresh Vegetables and Fruits
- ✓ Any variety of fresh vegetables and fruits ✓ May be whole or cut up ✓ Bagged salad mixtures, bagged vegetables
- **NOT ALLOWED:** Items from the salad bar; party trays, fruit baskets, decorative vegetables and fruits; dried products; nuts, including peanuts, fruit/nut mixtures; herbs, spices, salad dressing

#### Canned Fruits
- ✓ Any brand packed in water or juice ✓ Any variety of fruit, fruit mixture ✓ Products with artificial sweeteners
- Any size/container/package type (except single-serving pouches) ✓ Fruit must be the first ingredient
- Applesauce: ‘No sugar added’ or ‘Unsweetened’ varieties only
- **NOT ALLOWED:** Cranberry sauce; pie filling; any syrup (heavy, light, “naturally light”, extra light, etc.); added sugar (“lightly sweetened in cranberry juice”, nectar, etc.); added salt, fat, oils; single-serving pouches

#### Canned Vegetables
- ✓ Any brand ✓ May be regular or low sodium/salt ✓ Any variety of vegetable, vegetable mixtures
- Any size ✓ Any container/package type ✓ Vegetable must be the first ingredient
- Canned tomatoes (paste, puree, whole, crushed, stewed, diced, sauce, salsa)
- **NOT ALLOWED:** Pickled or creamed vegetables (including corn); baked beans, pork and beans; soups; ketchup; relishes; olives; products with added fats, oils, sugars; mature beans, peas and lentils (for example: black beans, garbanzo beans, kidney beans)

#### Frozen Fruits
- ✓ Any brand ✓ Any container/package type ✓ Any size ✓ Fruit must be the first ingredient ✓ Any variety of fruit, fruit mixtures
- **NOT ALLOWED:** Ingredients other than fruit; added sugar; any syrup (corn syrup, high fructose corn syrup, maltose, dextrose, sucrose, honey, maple syrup, etc.)

#### Frozen Vegetables
- ✓ Any brand ✓ Any container/package type ✓ With or without salt ✓ Frozen beans, peas and lentils are allowed
- Any size ✓ Any variety of vegetable, vegetable mixtures ✓ Vegetable must be the first ingredient
- **NOT ALLOWED:** Added sugars, fats or oils; cheese sauce or any other type of sauce; breaded

---

4099  For more information on the NYS WIC Program, please visit: health.ny.gov/WIC. This institution is an equal opportunity provider and employer. 12/16