

This institution is an equal opportunity provider.

(3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

(2) fax: (202) 690-7442; or

Washington, D.C. 20250-9410;

1400 Independence Avenue, SW

Office of the Assistant Secretary for Civil Rights

(1) mail: U.S. Department of Agriculture

(866) 632-9992. Submit your completed form or letter to USDA by:

requested in the form. To request a copy of the complaint form, call

a letter addressed to USDA and provide in the letter all of the information

[ascr.usda.gov/complaint\\_filing\\_cust.html](http://ascr.usda.gov/complaint_filing_cust.html), and at any USDA office, or write

Discrimination Complaint Form, (AD-3027) found online at: <http://www.usda.gov>.

To file a program complaint of discrimination, complete the USDA Program

In languages other than English.

(800) 877-8339. Additionally, program information may be made available

speech disabilities may contact USDA through the Federal Relay Service at

applied for benefits. Individuals who are deaf, hard of hearing or have

Language, etc.), should contact the Agency (State or local) where they

for program information (e.g. Braille, large print, audiotape, American Sign

Persons with disabilities who require alternative means of communication

funded by USDA.

for prior civil rights activity in any program or activity conducted or

on race, color, national origin, sex, disability, age, or reprisal or retaliation

administering USDA programs are prohibited from discriminating based

Agencies, offices, and employees, and institutions participating in or

Agriculture (USDA) civil rights regulations and policies, the USDA, its

In accordance with Federal civil rights law and U.S. Department of



[www.mdwic.org](http://www.mdwic.org)

Ask your local WIC staff or call the Maryland WIC office at 1-800-242-4942 or visit our website at

### Questions?

Better Nutrition Brighter Future

# Maryland WIC

**Better  
Nutrition  
Brighter  
Future**



**WIC Authorized Foods List**

Effective August 2016

Revised January 2017



# Foods List



## Shopping List Terms

- BAG – bag
- CAN – can
- CTR – container
- DOZ – dozen
- GAL – gallon
- HGL – half gallon
- OZ – ounces
- PKG – package
- QT – quart
- \$\$\$ – dollars
- 4PK – 4 pack
- 6PK – 6 pack
- 8PK – 8 pack

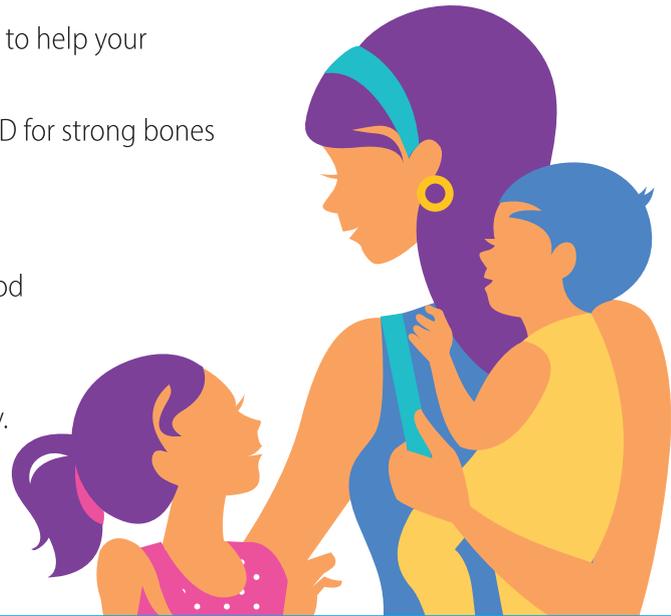
**Nutritious foods like what you get from WIC can help your family be healthy. Eating the right foods can help babies and children grow and learn better.**

### WIC foods include:

- **Fruits and Vegetables** for vitamins and minerals to help your body stay healthy
- **Dairy** products that provide calcium and vitamin D for strong bones
- **Protein** to build muscles and organs
- **Whole Grains** for fiber and vitamins
- **Cereal** for iron and other vitamins for healthy blood

### You will still need to buy other foods.

WIC foods are meant to add to what you already buy. WIC staff can give you referrals for other programs that can help you feed your family.



### WIC fraud prevention is everyone's responsibility!

By following these rules you help the Maryland WIC Program help you and others.

- **Do NOT** sell or give away your WIC foods and benefits.
- **Do NOT** buy or try to buy food items that are not WIC approved with your benefit.
- **Do NOT** return your WIC foods to the store for a refund or store credit.
- Report stores and other WIC participants that you know are not following the rules to your Local WIC Agency.

# Infant Foods

## Infant Formula

### BUY:

- Brand, type, and size issued ONLY

## Infant Fruits & Vegetables

### BUY:

- Plain vegetables or mixed vegetables (example: carrots and sweet potatoes)
- Plain fruit or mixed fruits (example: apples and bananas)
- Mixed fruit and vegetables (example: apples and spinach)
- Store brand if available

- 4 ounce container
- Two-packs of 4-ounce containers are OK (a 2 pack = 2 containers)

### Not WIC Approved:

- Organic
- With DHA
- With meat, yogurt, cereal, pasta, or rice
- Dinners, desserts, soups, or stews
- Pouches or smoothies

**Choose to breastfeed.**  
It is natural, healthy, and convenient.

## Infant Cereal

### BUY:

- Dry
- 8 or 16 ounce container

### Not WIC Approved:

- Organic
- With DHA, fruit, or formula

## Infant Meat

### BUY:

- Plain chicken, turkey, beef, lamb, veal, or ham
- 2.5 ounce container
- Store brand if available
- With gravy or broth is OK



### Not WIC Approved:

- Organic
- With DHA
- With added vegetables, fruit, rice, cereal, or pasta
- Dinners, meat sticks, stews, or soups
- Pouches

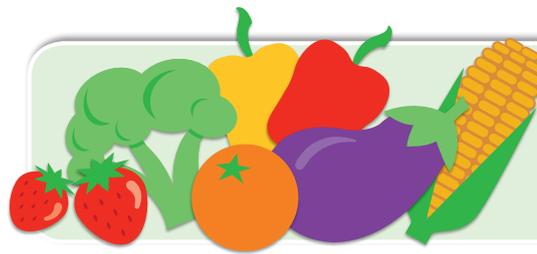


INFANT FOODS

# Fruits & Vegetables

## BUY:

- Any brand
- Organic is OK



**BUY** fresh, frozen, and canned fruits and vegetables with your **WIC Fruit & Vegetable benefit**.

## Fresh

## BUY:

- Loose or pre-packaged
- Whole or cut

## Not WIC Approved:

- With dips, sauces, or dressings
- With cheese, nuts, or croutons
- Salad bar items, party platters, fruit baskets, or decorative items
- Juice: **BUY with your WIC juice benefit**

## Frozen

## BUY:

- Plain
- Bag or box
- Low sodium is OK

## Not WIC Approved:

- With rice, pasta, or breading
- With sauces, cheese, or milk
- With butter, fat, oil, or meat
- With sugar, syrup, or artificial sweeteners
- Soup
- Juice: **BUY with your WIC juice benefit**

## Canned

## BUY:

- Water or juice packed
- Metal, glass, or plastic container
- Low sodium is OK

## Not WIC Approved:

- Pouches
- With butter, fat, oil, or meat
- With sugar, syrup, or artificial sweeteners
- With rice or pasta
- Pickled vegetables, relishes, olives, or catsup
- Soup
- Beans: **BUY with your WIC beans benefit**
- Juice: **BUY with your WIC juice benefit**

FRUITS & VEGETABLES

## Milk

### BUY:

- Type and size issued
- Store brand if available

### BUY if issued:

- Lactose-reduced or lactose-free
- Dry
- Evaporated
- Ultra-High Temperature (UHT)



### Not WIC Approved:

- Organic
- Buttermilk
- Flavored or sweetened
- Rice, almond, or goat milk

## Cheese

### BUY:

- Domestic ONLY:  
American, Cheddar, Colby, Monterey Jack, Muenster, Mozzarella, Provolone, or Swiss
- 8 or 16 ounce package
- Store brand if available
- Block or sliced ONLY
- Lowfat, reduced fat, and low sodium are OK
- Blends of approved cheeses are OK (like Colby-Jack)



### Not WIC Approved:

- Organic
- Imported
- From the deli
- String, individually wrapped, shredded, crumbled, or cubed
- Cheese food, spread, or product
- Cream cheese
- With flavors, nuts, peppers, or crackers

## Soy Beverages

### BUY:

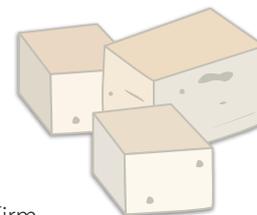
- Brands and types shown here ONLY
- Refrigerated half gallons:
  - **8th Continent:** Soymilk Original
  - **Great Value:** Original Soy
  - **Silk:** Original Soymilk
- Shelf-stable quarts:
  - **Pacific Natural Foods:** Ultra Soy Original



## Tofu

### BUY:

- 12 to 16 ounce container
- Brands and types shown here ONLY:
  - **Azumaya:** Extra Firm, Firm
  - **House Foods:** Premium Soft, Premium Medium Firm, Premium Firm, Premium Extra Firm, Organic Firm, Organic Extra Firm
  - **Nasoya:** Organic Extra Firm, Organic Firm, Organic Super Firm (Vac Pac), Organic Silken, Lite Firm (not organic), Organic Sprouted Tofuplus, Organic Black Soybean Tofuplus, Organic Firm Tofuplus, Organic Extra Firm Tofuplus
  - **Nature's Promise:** Organic Firm
  - **O Organic:** Organic Firm, Organic Sprouted Super Firm
  - **Wegmans:** Organic Firm, Organic Extra Firm



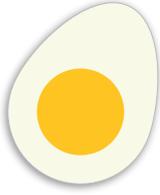
## Eggs

### BUY:

- White, medium, or large
- One dozen carton
- Store brand if available

### Not WIC Approved:

- Organic, brown, fertile, or cage free
- Lowfat or cholesterol free, omega-3, pasteurized, or other specialty eggs



## Peanut Butter

### BUY:

- Plain, smooth, crunchy, extra crunchy, or creamy
- 16 to 18 ounce container
- Store brand if available
- Low sodium and low sugar are OK

### Not WIC Approved:

- Organic, natural, or fresh ground
- Reduced fat
- Honey roasted, mixed with marshmallow, jelly, jam, honey, or chocolate
- Peanut butter spreads

## Canned Fish

### BUY:

- Chunk light tuna, in water, 5 to 6 ounce can
- Pink salmon, in water, 5 to 7.5 ounce can
- Sardines, in water, 3.75 ounce can
- Store brand if available

### Not WIC Approved:

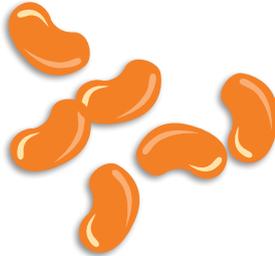
- Organic
- Albacore or white tuna
- Red salmon
- With added flavor or sauce
- Gourmet
- Pouch, bowl, or kit



## Beans, Peas & Lentils

### BUY:

- Dry, 16 ounce bag
- Canned, packed in water, 15 to 16 ounce can
- Beans like kidney, pinto (any color), black, navy, garbanzo, lima, or cannellini
- Peas like split peas, black-eyed peas, or chick peas
- Lentils
- Store brand if available



### Not WIC Approved:

- Organic
- Green or wax beans, or sweet peas:  
**BUY with your WIC Fruit & Vegetable benefit**
- Pork and beans, baked beans, or refried beans
- Soup, soup mixes, or with flavor packets
- Beans with sauce, meat, fat, or oil

Buy fresh, frozen, and canned green or wax beans and sweet peas with your **WIC Fruit & Vegetable benefit**.

PROTEIN • Eggs • Peanut Butter • Canned Fish • Beans, Peas & Lentils

## Brown Rice

### BUY:

- Dry, plain
- 1 pound (16 ounce) package
- Store brand if available

### Not WIC Approved:

- Organic
- Ready-to-serve, precooked, or boil-in-bag
- With added flavor, sauce, spice packets, or vegetables

## Soft Corn & Whole Wheat Tortillas

### BUY:

- Brands and types shown here ONLY
- 1 pound (16 ounce) package



### Archer Farms

- Soft Whole Wheat Tortillas



### Chi-Chi's

- White Corn Tortillas
- Whole Wheat Fajita Tortillas



### Don Pancho

- White Corn Tortillas
- Whole Wheat Tortillas



### La Banderita

- Corn Tortillas
- Grande Corn Tortillas
- Whole Wheat Fajita Style Tortillas
- Whole Wheat Soft Taco Style Tortillas



### Mission

- Whole Wheat Soft Taco Tortillas
- Yellow Corn Extra Thin Tortillas



### Essential Everyday

- Soft White Corn Tortillas
- Whole Wheat Tortillas



### Giant

- White Corn Tortillas
- Whole Wheat Tortillas



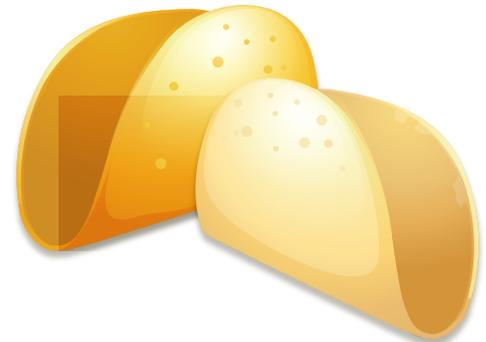
### Giant Eagle

- Fajita Size White Corn Tortillas
- Whole Wheat Tortillas



### Ortega

- Whole Wheat Tortillas



# Breads & Rolls

## BUY:

- Brands and types shown here ONLY
- 15 to 16 ounce package



### Arnold

- 100% Whole Wheat Burger Rolls
- 100% Whole Wheat Hot Dog Rolls



### Best Yet

- 100% Whole Wheat Bread



### Bimbo

- 100% Whole Wheat Bread



### Essential Everyday

- 100% Whole Wheat Bread



### Food Lion

- 100% Whole Wheat Sliced Bread



### Giant

- 100% Whole Wheat Bread



### Giant Eagle

- 100% Whole Wheat Bread



### Gourmet

- 100% Whole Wheat Bread



### Nature's Harvest

- Stone Ground 100% Whole Wheat Bread



### Nature's Own

- 100% Whole Grain Sugar Free Bread
- 100% Whole Wheat Hamburger Buns



### Nickles

- Country Style 100% Whole Wheat Bread



### Pepperidge Farm

- Stone Ground 100% Whole Wheat Bread
- Very Thin 100% Whole Wheat Bread



### ShopRite

- 100% Whole Wheat Bread
- Enriched 100% Whole Wheat Hot Dog Rolls
- Enriched 100% Whole Wheat Sandwich Rolls



### Signature Kitchens

- 100% Whole Wheat Bread



### Stern's

- 100% Whole Wheat Bread
- 100% Whole Wheat Rolls



### Weis Quality

- Whole Wheat Bread



### Wonder

- 100% Whole Wheat Bread



### Redners

- 100% Whole Wheat Bread



### Sara Lee

- 100% Whole Wheat Bread



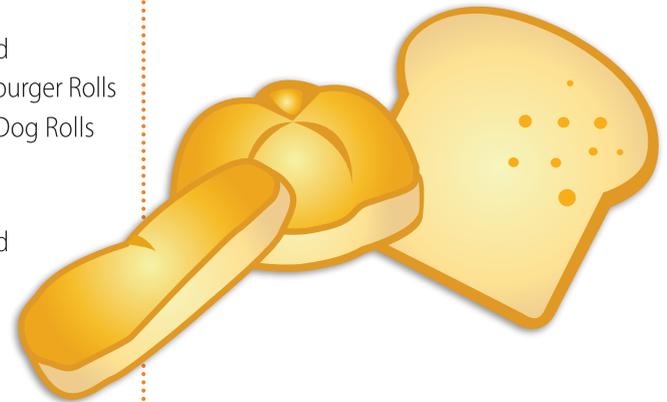
### Schmidt Old Tyme

- 100% Whole Wheat Bread
- 100% Whole Wheat Hamburger Rolls
- 100% Whole Wheat Hot Dog Rolls



### Shoppers

- 100% Whole Wheat Bread



# Juice for Women – 11.5 to 12 Ounce Frozen Concentrate Containers

## BUY:

- 100% juice, unsweetened
- With added calcium, vitamin D, and/or vitamin C is OK
- Orange or Grapefruit juice: **ANY brand is OK**
- Apple, Grape (purple, red, or white), Pineapple, Tomato, or Vegetable juice:

**Brands shown here ONLY**

## Not WIC Approved:

- Organic or fresh-squeezed
- Juice blends (like Apple-Grape or Pineapple-Orange)
- Cocktails, punch, drink, or light



**Dole**  
• Pineapple



**Essential Everyday**  
• Apple  
• Grape



**Food Lion**  
• Apple



**Giant**  
• Apple  
• Grape



**ShopRite**  
• Apple



**Signature Kitchens**  
• Apple



**Tipton Grove**  
• Apple



**Tree Top**  
• Apple



**Wegmans**  
• Apple



**Great Value**  
• Apple  
• Grape



**Harris Teeter**  
• Apple



**Market Pantry**  
• Apple  
• Grape



**Old Orchard**  
• Apple  
• Grape  
• Pineapple



**Seneca**  
• Apple



**Weis Quality**  
• Apple



**Welch's**  
• Grape



**All brands of 100% orange juice and 100% grapefruit juice in 11.5 to 12 ounce frozen concentrate containers are WIC approved.**

# Juice for Children – 64 Ounce Containers

## BUY:

- 100% juice, unsweetened
- With added calcium, vitamin D, and/or vitamin C is OK
- Orange or Grapefruit juice: **ANY brand is OK**
- Apple, Grape (purple, red, or white), Pineapple, Tomato, or Vegetable juice: **Brands shown here ONLY**

## Not WIC Approved:

- Organic or fresh-squeezed
- Juice blends (like Apple-Grape or Pineapple-Orange)
- Cocktails, punch, drink, or light



- Apple & Eve**
- Apple



- Campbell**
- Tomato
  - Tomato, Low Sodium



- Essential Everyday**
- Apple
  - Grape
  - Pineapple



- Food Lion**
- Apple
  - Grape
  - Pineapple



- Juicy Juice**
- Apple
  - Grape



- Langers**
- Apple
  - Concord Grape



- Libby's**
- Pineapple



- Mott's**
- Apple



- Old Orchard**
- Apple
  - Grape
  - Pineapple



- V8**
- Vegetable
  - Vegetable, Low Sodium



- Wegmans**
- Apple
  - Grape
  - Grape, with Fiber & Calcium



- Weis Quality**
- Apple
  - Grape
  - Vegetable



- Giant**
- Apple
  - Grape



- Giant Eagle**
- Apple
  - Grape



- Great Value**
- Apple
  - Grape
  - Tomato
  - Vegetable



- Harris Teeter**
- Apple
  - Grape
  - Pineapple



- Seneca**
- Apple



- ShopRite**
- Apple
  - Grape



- Signature Kitchens**
- Apple
  - Grape
  - Pineapple



- Tipton Grove**
- Apple
  - Grape



- Tree Top**
- Apple



- Welch's**
- Grape



**All brands of 100% orange juice and 100% grapefruit juice in 64 ounce containers are WIC approved.**

# Cereal – you can combine different cereals

## BUY:

- Brands and types shown here ONLY
- 12 ounce size or larger (cold cereal)
- 11.8 ounce size or larger (hot cereal)

**GF** Gluten Free Cereal  
 Whole Grain Cereal

See chart on next page for how to buy up to 36 ounces of cereal.

## Cold Cereal



General Mills

- Cheerios



General Mills

- Multigrain Cheerios



Kellogg's

- All Bran Complete Wheat Flakes



Kellogg's

- Rice Krispies



General Mills

- Corn Chex



General Mills

- Rice Chex



Kellogg's

- Corn Flakes



Kellogg's

- Special K Original



General Mills

- Fiber One Honey Clusters



General Mills

- Total Whole Grain



Kellogg's

- Crispix



Post

- Alpha-Bits



General Mills

- Honey Kix



General Mills

- Wheat Chex



Kellogg's

- Frosted Mini Wheats



Post

- Great Grains Banana Nut Crunch



General Mills

- Kix



General Mills

- Wheaties



Kellogg's

- Frosted Mini Wheats Little Bites



Post

- Bran Flakes



# Cereal – continued

**GF** Gluten Free Cereal  
Whole Grain Cereal

## Cold Cereal



**Post**  
• Grape-Nuts



**Post**  
• Grape-Nuts Flakes



**Post**  
Honey Bunches of Oats  
• Whole Grain Almond Crunch



**Post**  
Honey Bunches of Oats  
• Whole Grain Honey Crunch



**Post**  
Honey Bunches of Oats  
• Whole Grain with Vanilla Bunches



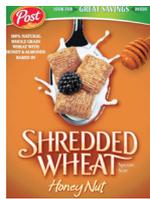
**Post**  
Honey Bunches of Oats  
• Honey Roasted



**Post**  
Honey Bunches of Oats  
• With Almonds



**Post**  
Honey Bunches of Oats  
• With Cinnamon Bunches



**Post**  
• Honey Nut Shredded Wheat



**Quaker**  
Life  
• Original



**Quaker**  
Oatmeal Squares  
• Cinnamon



**Quaker**  
Oatmeal Squares  
• Hint of Brown Sugar



**Sunbelt**  
• Sunbelt Simple Granola

## Hot Cereal



**Quaker**  
Instant Grits  
• Original



**Quaker**  
Instant Oatmeal  
• Original



**Cream of Wheat**  
Cream of Rice:  
• Regular  
• Instant



**Cream of Wheat**  
Cream of Wheat:  
• 1 Minute  
• 2 ½ Minute  
• Instant

Possible ways to buy up to 36 ounces (oz.) of cereal

$$18 \text{ oz. Cereal} + 18 \text{ oz. Cereal} = 36 \text{ ounces}$$

$$12 \text{ oz. Cereal} + 12 \text{ oz. Cereal} + 12 \text{ oz. Cereal} = 36 \text{ ounces}$$

$$24 \text{ oz. Cereal} + 11.8 \text{ oz. Hot Cereal} = 35.8 \text{ ounces}$$