Maryland WIC

Better Nutrition Brighter Future

WIC Authorized Foods List

Effective date August 2016

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This institution is an equal opportunity provider.

C-02/0816

Maryland WIC

Better Nutrition Brighter Future

Questions?

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

www.mdwic.org

MARYLAND

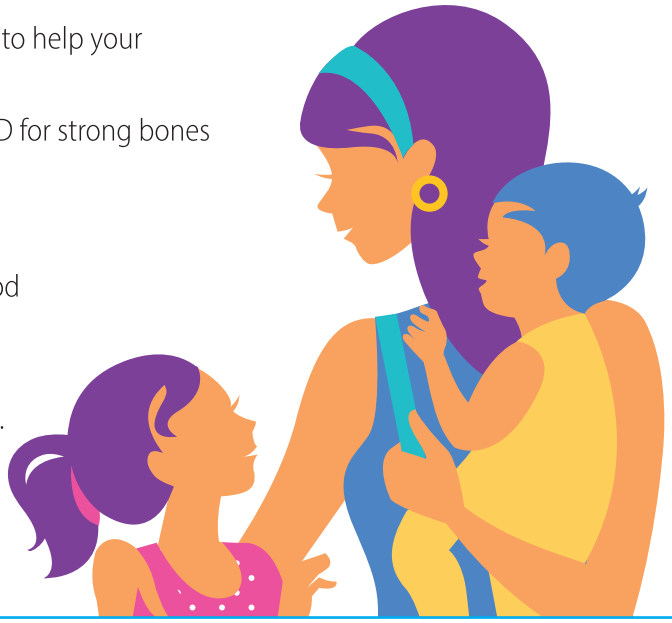
Larry Hogan, Governor | Boyd Rutherford, Lt. Governor | Van Mitchell, Secretary, DHMH

Better Nutrition
Brighter Future

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 fruits and vegetables (example: apples and spinach)
- Store brand if available
- 4 ounce container
- Two-packs of 4-ounce containers are OK (a 2 pack = 8 ounces)

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

BUY if issued:

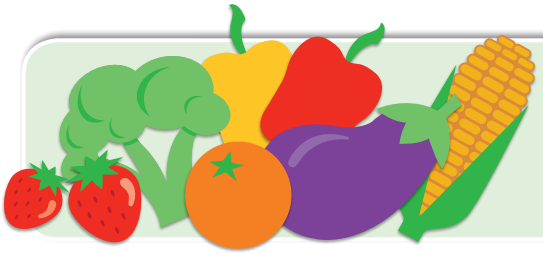
- Kosher

Not WIC Approved:

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

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**

Milk

BUY:

- Type and size issued
- Store brand if available

BUY if issued:

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

Not WIC Approved:

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

Cheese

BUY:

- Domestic American, Cheddar, Colby, Monterey Jack, Muenster, Mozzarella, Provolone, or Swiss
- Size issued
- Store brand if available
- Blocked or sliced ONLY
- Lowfat, reduced fat, and low sodium are OK
- Blends of approved cheeses are OK (like Colby-Jack)

BUY if issued:

- Kosher

Not WIC Approved:

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

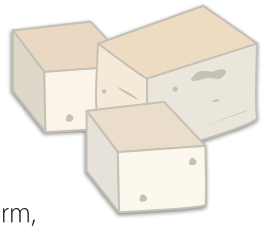
Soy Beverages

BUY:

- Brand issued 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

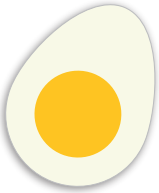
Eggs

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

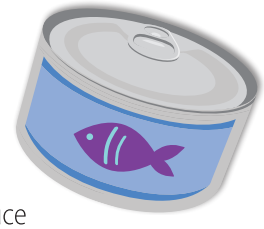
Not WIC Approved:

- 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



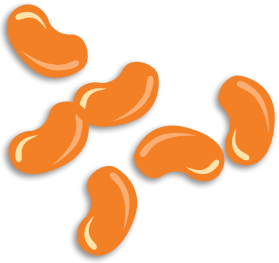
Not WIC Approved:

- 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.**

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

Essential Everyday
- Soft White Corn Tortillas
- Whole Wheat Tortillas

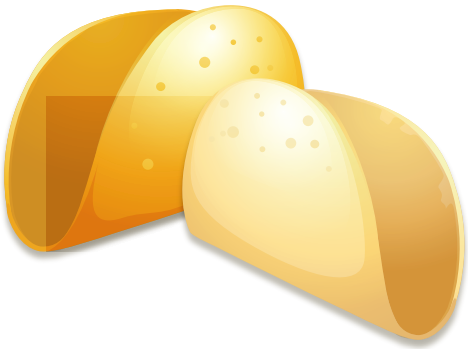
Giant
- White Corn Tortillas
- Whole Wheat Tortillas

Giant Eagle
- Fajita Size White Corn Tortillas
- Whole Wheat Tortillas

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

Ortega
- Whole Wheat Tortillas



Breads & Rolls

BUY:

- Brands and types shown here ONLY
- 1 pound (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

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

Food Lion
- 100% Whole Wheat Sliced Bread

Giant
- 100% Whole Wheat Bread

Giant Eagle
- 100% Whole Wheat Bread

Gourmet
- 100% Whole Wheat Bread

Mars
- 100% Whole Wheat Bread

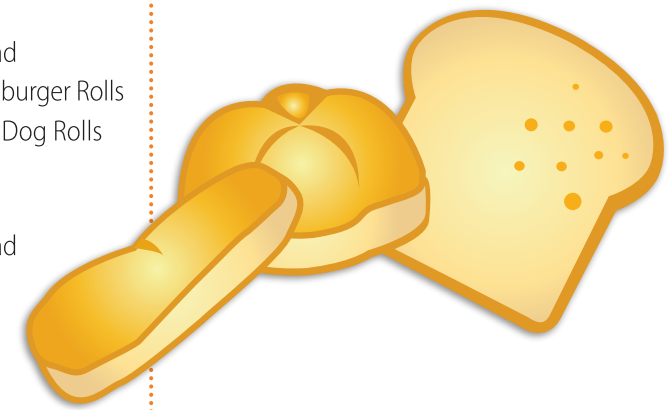
Redners
- 100% Whole Wheat Bread

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

Wonder
- 100% Whole Wheat Bread



100% Juice – 11.5 to 12 Ounce Frozen Concentrate Containers

BUY:

- 100% juice, unsweetened
- Type and size issued
- 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), or Pineapple 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

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

Great Value
- Apple
- Grape

Harris Teeter
- Apple

Market Pantry
- Apple
- Grape

Old Orchard
- Apple
- Grape
- Pineapple

Seneca
- Apple

Weis Quality
- Apple

Welch's
- Grape

100% Juice – 64 Ounce Containers

BUY:

- 100% juice, unsweetened
- Type and size issued
- 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

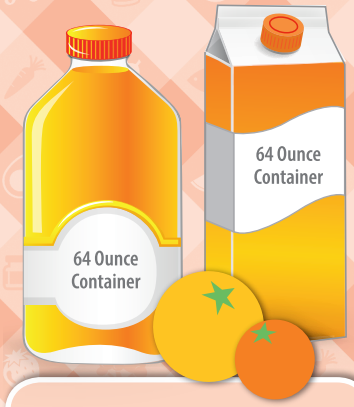
Mott's
- Apple

Old Orchard
- Apple
- Grape
- Pineapple

V8
- Vegetable
- Vegetable, Low Sodium

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

Weis Quality
- Apple
- Grape
- Vegetable



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

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

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

GF

General Mills
- Multigrain Cheerios

GF

Kellogg's
- All Bran Complete Wheat Flakes

Kellogg's
- Rice Krispies

General Mills
- Corn Chex

GF

General Mills
- Rice Chex

GF

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

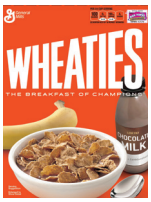
General Mills
- Honey Kix

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
- Honey Roasted

Post
Honey Bunches of Oats
- With Almonds

Post
Honey Bunches of Oats
- With Cinnamon Bunches

Quaker
Oatmeal Squares
- Cinnamon

Quaker
Oatmeal Squares
- Hint of Brown Sugar

Sunbelt
- Sunbelt Simple Granola

Hot Cereal

Quaker
Instant Grits
- Original

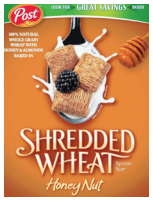
Quaker
Instant Oatmeal
- Original

Cream of Wheat
Cream of Rice:
- Regular
- Instant

GF

Post
Honey Bunches of Oats
- Whole Grain Honey Crunch

Post
Honey Bunches of Oats
- Whole Grain with Vanilla Bunches



Post
- Honey Nut Shredded Wheat

Quaker
Life
- Original

Cream of Wheat
Cream of Wheat:
- 1 Minute
- 2 ½ Minute
- Instant

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

18 oz. Cereal + 18 oz. Cereal = 36 ounces

12 oz. Cereal + 12 oz. Cereal + 12 oz. Cereal = 36 ounces

24 oz. Cereal + 11.8 oz. Hot Cereal = 35.8 ounces