

Infant Foods

Infant Formula

BUY:

- ✓ Brand, type, and size shown on check

Go to a WIC-approved pharmacy to buy hard-to-find formula.

DO NOT BUY:

- ✗ Organic formula



Infant Cereal

BUY:

- ✓ Brand shown on check
- ✓ Dry, 8 or 16 ounce size box

DO NOT BUY:

- ✗ Organic or with DHA, fruit, or formula
- ✗ Jar or can



Infant Vegetables & Fruit

BUY:

- ✓ Brand, type, and size shown on check
- ✓ Plain vegetables: squash, sweet potatoes, carrots, green beans, or green peas
- ✓ Plain fruit: applesauce, bananas, pears, or peaches

DO NOT BUY:

- ✗ Organic or with DHA
- ✗ With meat, yogurt, cereal, or pasta
- ✗ Dinners, desserts, soup, stew, mixtures, or diced



Infant Meat

BUY IF PRINTED ON CHECK:

- ✓ Brand, type, and size shown on check
- ✓ Plain chicken, turkey, beef, lamb, veal, or ham

DO NOT BUY:

- ✗ Organic or with DHA
- ✗ With added vegetables, fruit, rice, cereal, or pasta
- ✗ Dinners, meat sticks, stew, or soup



MARYLAND WOMEN, INFANTS & CHILDREN PROGRAM

Better nutrition choices for a brighter future



WIC AUTHORIZED FOODS LIST

OCTOBER 2009

Bring this list when you shop for WIC foods!

QUESTIONS? Ask your WIC staff or call the State WIC Office at 1-800-242-4WIC (4942) or visit our website at www.mdwic.org

This institution is an equal opportunity provider and employer.



Martin O'Malley, Governor
Anthony G. Brown, Lt. Governor
John M. Colmers, Secretary, DHMH

Milk

BUY:

- ✓ Store brand if available
- ✓ Container size shown on check
- ✓ 1% (low fat) or fat-free (nonfat) if woman or child 2 years and older
- ✓ Whole milk if child less than 2 years



BUY IF PRINTED ON CHECK:

- ✓ Lactose-reduced or lactose-free
- ✓ Powdered (dry, whole or nonfat)
- ✓ Evaporated (whole or nonfat)
- ✓ UHT (Ultra High Temperature)
- ✓ Kosher

DO NOT BUY:

- ✗ 2% milk or buttermilk
- ✗ Chocolate or other flavor
- ✗ Organic, soy, rice, or goat milk
- ✗ Sweetened condensed

Cheese

BUY:

- ✓ Block or sliced
- ✓ American, Cheddar, Colby, Monterey Jack, Mozzarella, Muenster, Provolone, or Swiss
- ✓ Low fat, reduced fat, and low sodium OK



DO NOT BUY:

- ✗ Size less than 8 ounces
- ✗ Organic or imported
- ✗ Deli, string, or individually wrapped
- ✗ Cheese food, spread, or product
- ✗ Cream cheese
- ✗ Shredded, crumbled, or cubed
- ✗ With flavors, nuts, peppers, or crackers

Eggs

BUY:

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



DO NOT BUY:

- ✗ Organic, brown, fertile, or cage free
- ✗ Low fat or cholesterol, omega-3, pasteurized, or other specialty eggs

Beans, Peas, Lentils

BUY:

- ✓ Beans like kidney, pinto, black, navy, or garbanzo
- ✓ Split peas, blackeye peas, or lentils
- ✓ Dry, 16 ounce bag
- ✓ Canned, water pack, 14 to 16 ounce can



DO NOT BUY:

- ✗ Organic
- ✗ Green or wax beans, sweet peas*
- ✗ Soup, soup mixes, or with flavor packets
- ✗ Beans with sauce, meat, fat, or oil

*BUY with your WIC Fruit & Vegetable Check

Peanut Butter

BUY:

- ✓ Plain, 16 to 18 ounce jar
- ✓ Smooth, crunchy, extra crunchy, creamy, or honey-roasted



DO NOT BUY:

- ✗ Organic, natural, or reduced fat
- ✗ Mixed with marshmallow, jelly, jam, honey, or chocolate
- ✗ Fresh-ground

Canned Fish

BUY IF PRINTED ON CHECK:

- ✓ Chunk light tuna, water pack, 5 to 6 ounce can
- ✓ Pink salmon, water pack, 5 to 7.5 ounce can
- ✓ Sardines, water pack, 3.75 ounce can



DO NOT BUY:

- ✗ Albacore or white tuna
- ✗ Red salmon
- ✗ Fish with added flavor or sauce
- ✗ Organic, low sodium, or gourmet
- ✗ Pouch, bowl, or kit

Vegetables & Fruit

Fresh

BUY:

- ✓ Loose or pre-packaged
- ✓ Whole or cut

DO NOT BUY:

- ✗ White, red-skin, or gold potatoes
- ✗ Salad bar items, party platters, fruit baskets
- ✗ Herbs, nuts, peanuts
- ✗ Salad kits with nuts, croutons, or dressing
- ✗ Fruit or vegetables with dips
- ✗ Dried fruit



Frozen

BUY:

- ✓ Plain
- ✓ Bag or box
- ✓ Low sodium OK

DO NOT BUY:

- ✗ French fries, tater tots, or other white potatoes
- ✗ WIC or other juice*
- ✗ Soup
- ✗ With potato, rice, or pasta
- ✗ With breading, butter, sauces, fat, oil, or meat
- ✗ With sugar



Canned

BUY:

- ✓ Water or juice pack only
- ✓ Metal, glass, or plastic container
- ✓ Low sodium OK

DO NOT BUY:

- ✗ WIC beans,* pork and beans, or baked beans
- ✗ WIC or other juice*
- ✗ Soup
- ✗ With added white potato, meat, fat, oil, rice, or pasta
- ✗ Sugar-sweetened or in syrup
- ✗ With artificial sweetener
- ✗ Pickled vegetables, relishes, catsup
- ✗ Cranberry sauce, pie filling

*BUY WIC juice and WIC beans with your other WIC checks.



Fruit Juice

BUY:

- ✓ 100% juice, unsweetened
- ✓ Brands and types shown here only
- ✓ Can or bottle size shown on check
- ✓ With calcium OK

DO NOT BUY:

- ✗ Refrigerated cartons or any glass bottles
- ✗ Organic or fresh-squeezed
- ✗ Fruit cocktail, punch, or drink

Frozen Concentrate: For Women



ORANGE Any Brand
GRAPEFRUIT Any Brand
DOLE Pineapple
SENECA Apple, Purple grape
OLD ORCHARD Apple, Pineapple, White grape
WELCH'S Purple grape, White grape - WITH YELLOW TEAR STRIP

Shelf-stable Concentrate: For Women



JUICY JUICE Apple
WELCH'S Apple, Purple grape, White grape - WITH YELLOW TEAR STRIP

Plastic Bottle, 64 ounce: For Children



ORANGE Any Brand
GRAPEFRUIT Any Brand
APPLE & EVE Apple
JUICY JUICE Apple
OLD ORCHARD Apple, Purple grape, White grape
SENECA Apple, Purple grape
TREE TOP Apple
WELCH'S Purple grape, Red grape, White grape



Remember, breastfeeding is best for you and your baby.

100% Whole Wheat Bread & Rolls

BUY:

- ✓ 1 pound (16 ounces) loaf or package

Examples of 100% Whole Wheat Breads:

Arnold Bakery Light
Giant Stone Ground
Great Value
Mars
Pepperidge Farm Stone Ground
Pepperidge Farm Very Thin Sliced
Roman Meal Sungrain
Sara Lee Classic
Schmidt Old Tyme
Schmidt Old Tyme Whole Grain Sugar Free



DO NOT BUY:

- ✗ Raisin or other bread with fruit or nuts
- ✗ Pita or bagel bread or English muffins
- ✗ Organic or size less than 15 ounces

Soft Corn & Whole Wheat Tortillas

BUY:

- ✓ 1 pound (16 ounces) package

Examples:

ChiChi's Whole Wheat Tortillas
Don Pancho White Corn Tortillas
Don Pancho Whole Wheat Tortillas



DO NOT BUY:

- ✗ Fried corn tortillas, chips, tostadas, or taco shells
- ✗ White flour tortillas or with any added flavors
- ✗ Organic

Brown Rice

BUY:

- ✓ Dry, plain
- ✓ Regular, quick-cooking, or instant
- ✓ 1 pound (16 ounces) bag or box



DO NOT BUY:

- ✗ Boil-in-bag or precooked in pouch
- ✗ Rice with added flavor, sauce, or vegetables
- ✗ Organic
- ✗ Size less than 14 ounces

Indicates Whole Grain Food

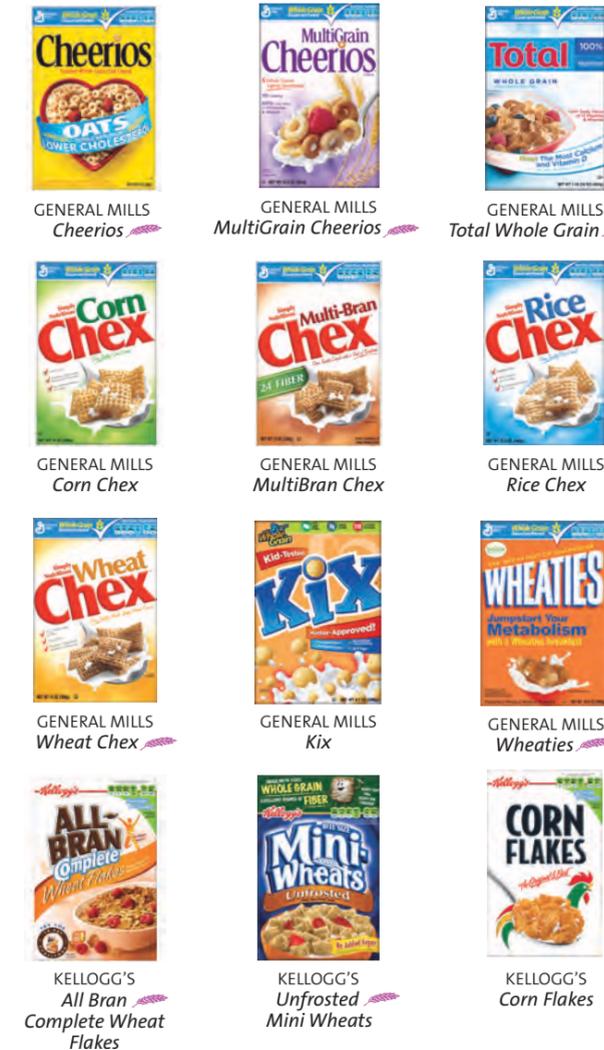
Cereal — You can combine different cereals

BUY:

- ✓ Brands shown here, only
- ✓ 12 ounce size box or larger (cold cereal)
- ✓ 11.8 ounce size or larger (hot cereal)

DO NOT BUY:

- ✗ Organic



Ways to buy up to 36 ounces of cereal

12 ounces
12 ounces
+ 12 ounces
36 ounces

12oz. Cereal

12oz. Cereal

12oz. Cereal

18 ounces
+ 18 ounces
36 ounces

18 oz. Cereal

18 oz. Cereal



Indicates Whole Grain Cereal