

The required minimum stock as of January 1, 2011 is as follows:

Pharmacies are not required to carry the minimum stock. However, pharmacies and combination food store/pharmacies must be able to provide, within 48 hours of request (excluding weekends and holidays), any infant formula prescribed on a WIC check. If there is a formula that you are having difficulty obtaining, please contact the State WIC Office for assistance.

MILK
<p>4 gallons AND 2 quarts fluid whole milk <i>and</i> 10 gallons AND 2 quarts fluid low fat (1%) or fat free milk</p> <ul style="list-style-type: none">• Store brand if available• Not allowed: 2% milk or buttermilk, Chocolate or other flavor, Organic, soy, rice, or goat milk, Sweetened condensed
CHEESE
<p>6 pounds, 4 varieties</p> <ul style="list-style-type: none">• Block or sliced• Varieties: American, Cheddar, Colby, Monterey Jack, Mozzarella, Muenster, Provolone, Swiss• Low fat or reduced fat and low sodium OK• Not allowed: 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
<p>6 dozen</p> <ul style="list-style-type: none">• White, medium or large• One dozen size only• Store brand if available• Not allowed: Organic, brown, fertile, or cage free, Low-fat or low cholesterol, omega-3, pasteurized, or other specialty eggs
DRIED AND CANNED BEANS
<p>3 pounds, 1-pound size bag, dry type, 2 varieties <i>and</i> 12 cans, 14-16 ounce size, 3 varieties</p> <ul style="list-style-type: none">• Varieties: beans like kidney, pinto, black, Navy, or garbanzo; split peas and blackeye peas; lentils• Low sodium OK• Not allowed: Organic, Green or wax beans, sweet peas*, Soup, soup mixes, or with flavor packets, Beans with sauce, meat, fat, or oil

PEANUT BUTTER

6 jars, 18 ounce size

- Plain, 16 to 18 ounce jar, Smooth, crunchy, extra crunchy, creamy, or honey-roasted
- Not allowed: Organic, natural, or reduced-fat, Mixed with marshmallow, jelly, jam, honey, or chocolate, Fresh-ground

CANNED TUNA, SALMON, and SARDINES

30 ounces, 2 varieties

Tuna (5 to 6 oz. cans); Salmon (5,6, or 7.5 oz. cans); Sardines (3.75 oz. can)

- Water pack only
- Not allowed: Albacore or white tuna, Red salmon, Fish with added flavor or sauce, Pouch, bowl, or kit

CEREAL (WOMEN and CHILDREN)

6 boxes, 2 varieties (corn, wheat, oats, rice) and

6 boxes whole grain, 2 varieties (wheat, oats), at least one hot cereal

- Box size \geq 12 ounces for cold cereal and \geq 11.8 ounces for hot cereal.
- Allowed cereals (**bold font indicates whole grain cereal**):
General Mills: **Cheerios, MultiGrain Cheerios, Total Whole Grain**, Corn Chex, MultiBran Chex, Rice Chex, **Wheat Chex**, Kix, **Wheaties**
Kelloggs: **All Bran Complete Wheat Flakes, Unfrosted Mini Wheats**, Corn Flakes, Crispix, Special K, Rice Krispies
Post: **Banana Nut Crunch, Bran Flakes, Grape Nuts, Grape Nuts Flakes, Honey Bunches of Oats – Vanilla Clusters**, Honey Roasted; Almond; Cinnamon Bunches
Quaker: **Cinnamon Oatmeal Squares, Instant Oatmeal (Original Flavor)**, Instant Grits (Original Flavor)
B&G Foods: **Cream of Wheat Whole Grain**; Cream of Wheat (Instant, 1 minute; 2 ½ minutes, 10 minute)
- Not allowed: Organic

100% WHOLE WHEAT BREAD AND ROLLS, BROWN RICE, SOFT CORN TORTILLAS, and WHOLE WHEAT TORTILLAS

4 pounds, 2 varieties (100% Whole Wheat Bread, Brown Rice, Soft Corn Tortillas, or Whole Wheat Tortillas)

- 100% whole wheat bread or rolls 15-16 ounce (1 pound)
- 14 -16 ounce (1 pound) Brown Rice
- 16 ounce (1 pound) Soft Corn or Whole Wheat Tortillas
- As of 1/1/2011, the following 100% whole wheat breads are authorized: Arnold Stone Ground 100% Whole Wheat Bread, Food Lion 100% Whole Wheat Bread, Giant Wheat Bread, Giant Stone Ground 100% Whole Wheat Bread, Great Value 100% Whole Wheat Bread, Healthy Life 100% Whole Wheat Bread, Mars Wheat Bread, Nature's Own 100% Whole Grain Sugar Free, Pepperidge Farm 100% Whole Wheat Bread, Pepperidge Farm Very Thin Sliced 100% Whole Wheat Bread, Pepperidge Farm Light Style Soft Wheat Bread, Roman Meal Sungrain 100% Whole Wheat Bread, Sara Lee Classic 100% Whole Wheat Bread, Schmidt Old Tyme 100% Whole

Wheat Whole Grain Bread, Schmidt Old Tyme Whole Grain Sugar Free Bread, Schmidt Whole Grain 100% Whole Wheat Sandwich Rolls, Schmidt Whole Grain 100% Whole Wheat Hotdog Rolls, Shoppers 100% Whole Wheat Bread, Weight Watchers 100% Whole Wheat Bread, Weight Watchers Wheat Sandwich Rolls, Wonder Soft 100% Whole Wheat Bread

- As of 1/1/2011, the following brands of Tortillas are authorized: Buena Vida Whole Grain Tortillas, Celia's Corn Tortillas, Chi Chi's White Corn or Whole Wheat Tortillas, Don Pancho White Corn or Whole Wheat Tortillas, La Burrita Yellow Corn Tortillas, La Banderita White Corn or Whole Wheat , Tortillas, Mission Yellow Corn or Whole Wheat Tortillas, Ortega Whole Wheat Tortillas
- Not allowed (bread): Raisin or other bread with fruit or nuts, Pita or bagel bread or English muffins, Organic or size less than 15 ounces
- Not allowed (Tortillas): Fried corn tortillas, chips, tostadas, or taco shells, White flour tortillas or with any added flavors, Organic
- Not allowed (brown rice): Ready-to-serve or precooked in pouch, Rice with added flavor, sauce, or vegetables, Organic or sizes less than 14 ounces.

FRUIT AND VEGETABLE

\$32 total value of vegetables and fruit, 2 varieties of vegetables AND of fruit

- Fresh (whole or cut), frozen, and canned allowed
- Prepackaged OK
- Low sodium and organic OK
- Plastic, metal, glass, paper, or foil containers OK
- Not allowed: 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, 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, 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

100% FRUIT JUICE

9 cans, 11.5 – 12 ounce concentrate, frozen and/or shelf-stable, 2 varieties and 6 bottles or cartons, 59-64 ounce size, 2 varieties

- 100% juice, unsweetened. Brands and types shown here only, can, carton, or bottle sizes as shown on the WIC check. Added calcium OK
- Brands, types allowed:

Frozen Concentrate, 100% Unsweetened Juice:

Orange, Grapefruit, – any brand
Apple – Old Orchard, Seneca
Pineapple – Dole, Old Orchard
Purple grape – Old Orchard, Seneca, Welch's
White grape – Old Orchard, Welch's

Shelf-stable Concentrate, 100% Unsweetened Juice:

Apple – Welch's, Juicy Juice
Purple Grape – Welch's
White Grape – Welch's

Plastic Bottle, 59-64 ounce, 100% Unsweetened Juice:

Orange , Grapefruit , Pineapple– any brand
Apple – Old Orchard, Seneca, Apple & Eve, Juicy Juice, Tree Top
Purple grape – Old Orchard, Seneca, Welch’s
Red grape – Welch’s
White grape – Old Orchard, Welch’s

- Not allowed: Glass bottles, Organic or fresh-squeezed, Fruit cocktail, punch, or drink

Infant Foods:

INFANT FORMULA

SIMILAC ADVANCE WITH IRON:

12 cans powder, 12.4 ounce size
42 cans concentrate, 13 ounce size

SIMILAC SOY ISOMIL:

6 cans powder, 12.4 ounce size
18 cans concentrate, 13 ounce size

- Not allowed: Organic

INFANT CEREAL

6 boxes, 8 or 16 ounce size, dry, 2 varieties (one variety must be rice cereal)

- Contract brand only
- Varieties: rice, barley, oatmeal, mixed, whole wheat
- Not allowed: With fruit, formula, or DHA, organic

INFANT FRUITS and VEGETABLES

32 jars or plastic containers, 3.5 - 4.0 ounce size, 2 varieties fruit and 2 varieties vegetables

- Any brand
- Plain vegetables or combination of vegetables (example: carrots and yams)
- Plain fruit or combination of fruits (example: apples and bananas)
- Multi-packs OK (a 2 pack = 2 containers)
- Not allowed: Organic or with DHA, With meat, yogurt, cereal, pasta, or rice, Dinners, desserts, soups, stews, or diced, Less than 3.5 or greater than 4 ounce container

INFANT MEATS

31 jars, 2.5 ounce size, 2 varieties

- Any brand
- Plain chicken, turkey, beef, lamb, veal, or ham
- Not allowed: Organic or with DHA, With added vegetables, fruit, rice, cereal, or pasta, Dinners, meat sticks, stews, or soups