

FFY 2024 Arizona WIC / ITCA / Navajo Nation Food List
Effective with Arizona WIC, Navajo Nation WIC, and ITCA WIC October 1, 2023

*In accordance with FNS, USDA WIC Regulations **Part 246, 7 CFR**

Food Item	Included	Not Included
Infant Cereal	<p>Any of the following brands and varieties of infant cereal:</p> <ul style="list-style-type: none"> • 8 or 16 ounce size • organic <p>Beech-Nut</p> <ul style="list-style-type: none"> • Oatmeal <p>Earth's Best</p> <ul style="list-style-type: none"> • MultiGrain • Oatmeal • Rice <p>Gerber</p> <ul style="list-style-type: none"> • MultiGrain • Oatmeal • Rice 	<ul style="list-style-type: none"> • added fruit, sugar, yogurt, formula, or DHA/ARA • high protein • jars, cans, or single serving cups
Infant Formula	Only the brand, type and size included in your WIC benefits.	
Infant Fruits and Vegetables	<p>Any of the following brands of infant fruits and vegetables:</p> <ul style="list-style-type: none"> • stage 1 or stage 2 • single or mixed variety • 2 or 4 ounce size • single or 2-packs • natural or organic <ul style="list-style-type: none"> • Beech-Nut • Earth's Best • Gerber • Parent's Choice • Simple Truth Organic • Tippy Toes 	<ul style="list-style-type: none"> • added formula, cereal, or DHA/ARA • added salt, sugar, or starches • desserts, dinners, or food combinations • pouches • smoothies
Infant Meats	<p>Any single ingredient infant meats:</p> <ul style="list-style-type: none"> • 2.5 ounce size • any stage • added broth and gravy • organic <ul style="list-style-type: none"> • Beech-Nut • Gerber 	<ul style="list-style-type: none"> • added salt or sugar • dinners or food combinations • meat sticks
Milk	Any brand, refrigerated milk	<ul style="list-style-type: none"> • acidophilus milk

	<p>in quarts, half gallons, or gallons as specified in your WIC benefits:</p> <ul style="list-style-type: none"> • pasteurized fluid cow’s milk (includes organic in the gallon size only) <ul style="list-style-type: none"> – fat-free – low-fat (1%) – reduced-fat (2%) – whole <p>Other milk types:</p> <ul style="list-style-type: none"> • evaporated milk (up to 12 ounce size, includes lactose free) • powdered dry milk (9.6 to 56.4 ounce size) • UHT/sterile/long shelf-life milk (includes lactose free) • lactose free cow’s milk (half gallon size) • Navajo Nation WIC only: lactose free cow’s milk (half gallon and 96 ounce size) 	<ul style="list-style-type: none"> • buttermilk • chocolate milk • creamers • filled milk • flavored milk • half and half • nut or grain milk (such as almond, coconut, or rice milk) • organic milk in sizes other than a gallon • raw milk • sweetened condensed milk
Soy Milk	<p>Any of the following brands and types of soy milk in the sizes listed.</p> <ul style="list-style-type: none"> • 8th Continent, 1/2 gallon, refrigerated, original and vanilla • Pacific Ultra Soy 32 oz. shelf stable, original • Silk, 1/2 gallon, refrigerated, original 	<ul style="list-style-type: none"> • added DHA/ARA • organic or light • soy milk in other flavors
Goat Milk	<p>Arizona WIC only</p> <p>Meyenberg brand of goat milk</p> <ul style="list-style-type: none"> • 1 quart, refrigerated (low-fat or whole) • 12oz, powdered (whole) • 12oz, evaporated (whole) 	<ul style="list-style-type: none"> • Other brands of goat milk
Tofu	<p>Any of the following brands of calcium set tofu:</p> <ul style="list-style-type: none"> • 14 to 16 ounce size • any texture including soft, medium, firm, or extra firm • organic <ul style="list-style-type: none"> • Azumaya • Good and Gather • House Foods • Nasoya • O Organics 	<ul style="list-style-type: none"> • added fats, sugars, oils or sodium

	<ul style="list-style-type: none"> • Simple Truth Organic • Sunrise 	
Kefir	<p>Lifeway Kefir 32 ounce (1 quart) size:</p> <ul style="list-style-type: none"> • any flavor • fat free • low fat (1%) • whole (3.25%) • organic <p>Fat content is specified in your WIC benefits.</p>	<ul style="list-style-type: none"> • grassfed • oat kefir • other brands or sizes of kefir
Low-Fat and Nonfat Yogurt	<p>Fat content is specified in your WIC benefits.</p> <p>Any of the following brands of regular or Greek yogurt:</p> <ul style="list-style-type: none"> • 24 to 32 ounce size • any flavor <p>Store brands</p> <ul style="list-style-type: none"> – Food Club – Great Value – Good and Gather – Kroger – Lucerne – O Organics – Open Nature – Simple Truth Organic – WinCo <ul style="list-style-type: none"> • Chobani • Dannon • Dannon Light & Fit • Dannon Oikos • Dannon Oikos Pro • Dannon Oikos Triple Zero • Greek Gods • LaLa • Mountain High • Stonyfield Organic • Tillamook • Yoplait • Zoi <p>Single Serving Yogurt and Yogurt Packs</p>	<ul style="list-style-type: none"> • Go-Gurt slushies • non-dairy yogurt • yogurt mix-ins such as granola, candy pieces, honey, nuts, or similar ingredients • yogurts that are drinkable

	<p>Any of the following brands of single serving yogurts and yogurt packs, any flavor, in the sizes listed.</p> <p>Store brands: 5.3oz to 6oz single serving or 4-pack</p> <ul style="list-style-type: none"> - Food Club - Great Value - Kroger - Lucerne - Open Nature - WinCo <ul style="list-style-type: none"> • 4 oz - 4 packs: Dannon Activia (including with fruit, light, and added fiber); • 2 oz - 8 packs: Stonyfield Organic Kids • 4 oz - 6 packs: Stonyfield Organic Kids • 4 oz - 8 packs: Yoplait • 2 oz - 16 packs: Yoplait Go-Gurt tubes • 2 oz - 8 packs: Yoplait Go-Gurt tubes <ul style="list-style-type: none"> • 5.3oz single or 4-pack: Chobani Zero Sugar • 6oz: Tillamook Good and Creamy • 6oz: Yoplait Original and Light • 5.3oz singles or 4-pack: Dannon Light and Fit Greek • 5.3oz 4-pack: Dannon Light and Fit Original • 5.3oz singles or 4-pack: Dannon Oikos Blended • 5.3oz singles or 4-pack: Dannon Oikos Pro • 5.3oz singles or 4-pack: Dannon Oikos Triple Zero 	
<p>Whole Milk Yogurt</p>	<p>Fat content is specified in your WIC benefits.</p> <p>Any of the following brands of regular or Greek yogurt:</p> <ul style="list-style-type: none"> • 24 to 32 ounce size • any flavor <p>Store brands:</p>	<ul style="list-style-type: none"> • non-dairy yogurt • yogurts that are drinkable • yogurt mix-ins such as granola, candy pieces, honey, nuts, or similar ingredients

	<ul style="list-style-type: none"> - Food Club - Good and Gather - Great Value - Lucerne - O Organics - Simple Truth Organic - Winco <ul style="list-style-type: none"> • Brown Cow Cream Top • Chobani • Dannon • Greek Gods • Mountain High Original • Stonyfield Organic • Zoi <p>Single Serving Yogurt and Yogurt Packs</p> <p>Any of the following brands of single serving yogurts and yogurt packs, any flavor, in the sizes listed.</p> <p>Store brands: 5.3oz-6 oz individual or 4-packs</p> <ul style="list-style-type: none"> - Food Club - WinCo <ul style="list-style-type: none"> • 5.3oz singles or 4-pack: Dannon Oikos Traditional • 8oz or 4 oz – 4 packs: Noosa • 2 oz - 8 packs: Stonyfield Organic Kids • 4 oz - 6 packs: Stonyfield Organic Kids • 5oz singles or 4-pack: Yoplait Oui 	
Cheese	<p>Any brand of pasteurized, pre-packaged cheese:</p> <ul style="list-style-type: none"> • 8 or 16 ounce size • block, shredded, sliced, or string • regular, reduced fat, or low sodium <p>Any of the following types of cheese:</p> <ul style="list-style-type: none"> • Cheddar (mild, medium, sharp, extra sharp, Longhorn or white) • Colby (includes Longhorn) • Monterey Jack • Mozzarella (includes string cheese) 	<ul style="list-style-type: none"> • added peppers or other ingredients • cheese from the deli counter • cheese spread • cheese sticks (except mozzarella string cheese) • cream cheese • diced cheese • imported cheese • processed American cheese, processed cheese food, cheese product • random weight cheese

	<ul style="list-style-type: none"> • Muenster • Provolone • Swiss • Blended cheese (blend of any types listed above) 	
Juice	<p>11.5 to 12 ounce Frozen Juice:</p> <p>Any of the following brands of 100% juice. Allowable containers include plastic bottles, cartons, and cans. Type of juice is specified on your WIC benefits.</p> <p>Apple</p> <ul style="list-style-type: none"> • Food Club • Great Value • Kroger • Langers • Old Orchard • Seneca <p>Grape</p> <ul style="list-style-type: none"> • Food Club • Great Value • Kroger • Old Orchard • Springfield <p>Orange*</p> <ul style="list-style-type: none"> • Any brand <p>Grapefruit*</p> <ul style="list-style-type: none"> • Any brand <p>Mixed Flavors:</p> <ul style="list-style-type: none"> • Dole • Old Orchard <p>Pineapple</p> <ul style="list-style-type: none"> • Dole • Langers • Old Orchard <p>* Calcium fortified allowed.</p>	<ul style="list-style-type: none"> • added sugar or sweetener • juice cocktail • light juice • Odwalla or Naked brands of refrigerated orange juice • Tree Top 3 apple blend or honeycrisp • V8 Splash
Juice Continued	<p>64 ounce shelf stable juice</p> <p>Apple</p> <ul style="list-style-type: none"> • Essential Everyday • Food Club 	Continued

- Great Value
- Juicy Juice
- Langers
- Mott's
- Old Orchard
- Seneca
- Signature Select
- Springfield
- Tree Top

Grape

- Essential Everyday
- Food Club
- Great Value
- Langers
- Old Orchard
- Signature Select
- Welch's

Orange*

- Any brand (Shelf Stable or Refrigerated)

Grapefruit*

- Any brand (Shelf Stable or Refrigerated)

Mixed Flavors:

- Great Value
- Juicy Juice
- Langers
- Mott's
- Ocean Spray
- Old Orchard
- Tree Top
- V8 (Original, Low Sodium and Spicy Hot flavors) **
- Welch's

Pineapple

- Langers
- Libby's
- Signature Select
- Springfield

Tomato

- Campbell's

*Calcium fortified allowed

	** No V8 Splash	
Juice continued	<p>Juice Packs</p> <p>Any of the following brands of 100% juice in the sizes listed.</p> <ul style="list-style-type: none"> • 6oz - 6 pack: Dole Pineapple • 6oz - 6 pack: Dole Pineapple Orange • 6oz - 6 pack: Dole Pineapple Orange Banana • 6oz - 8 pack: Minute Maid • 6.75oz - 8 pack: Motts • 4.23oz - 8 pack: Juicy Juice • 6.75oz - 8 pack: Juicy Juice • 6.75oz - 8 pack: Tree Top • 5.5oz - 6 pack: V8 • 5.5oz - 8 pack: V8 	Continued
Fresh Fruit	<p>Any variety of fresh fruit:</p> <ul style="list-style-type: none"> • whole • cut-up • single pieces • bagged and pre-packaged • organic 	<ul style="list-style-type: none"> • added sugar, fat, oil, or salt • dried fruit • fruit baskets • fruit for purchase on salad bars • fruit with dipping sauce • fruit-nut mixtures • ornamental fruits • party trays
Frozen Fruit	<p>Any variety of frozen fruit:</p> <ul style="list-style-type: none"> • any single or mixed variety • any size and type of container • organic 	<ul style="list-style-type: none"> • added sugar, fat, oil, or salt • any other added ingredients • artificial sweetener such as aspartame, Splenda, or stevia
Canned Fruit	<p>Any variety of canned fruit:</p> <ul style="list-style-type: none"> • any single or mixed variety packaged in juice • any size and type of container (shelf stable or refrigerated) • unsweetened applesauce • organic 	<ul style="list-style-type: none"> • added sugar, fat, oil, or salt • artificial sweetener such as aspartame, Splenda, or stevia • cranberry sauce or pie filling • fruit packaged in heavy, light, or extra light syrup • fruit packaged in sweetened fruit juice or nectar
Fresh Vegetables	<p>Any variety of fresh vegetables:</p> <ul style="list-style-type: none"> • whole • cut-up • single pieces • bagged and pre-packaged, including lettuce • organic <p>The following fresh herbs/spices:</p> <ul style="list-style-type: none"> • Bay Leaves • Basil 	<ul style="list-style-type: none"> • added sugar, fat, oil, or salt • breaded, creamed, or sauced vegetables • dried herbs and spices • edible blossoms such as squash blossoms (broccoli, cauliflower, and artichokes are allowed) • herb plants • herbs or spices not listed as allowable • kits with dressings or dipping sauces • ornamental vegetables, such as chilies on a string • painted pumpkins

	<ul style="list-style-type: none"> • Cilantro • Chives • Dill • Ginger • Mint • Oregano • Parsley • Rosemary • Sage • Thyme 	<ul style="list-style-type: none"> • party trays • vegetable-grain mixtures • vegetables for purchase on salad bars
Frozen Vegetables	<p>Any variety of frozen vegetables:</p> <ul style="list-style-type: none"> • any single or mixed variety • any size and type of container • steamer bags • organic 	<ul style="list-style-type: none"> • added sugar, oil, fat, pasta, or rice • breaded or seasoned vegetables • french fries, tater tots, or hash browns • sauce such as cheese, butter, or teriyaki sauce
Canned Vegetables	<p>Any variety of canned vegetables:</p> <ul style="list-style-type: none"> • any single or mixed variety • any size and type of container • added sugar allowed for sweet peas or corn • regular or low sodium • tomato sauce, paste, puree, whole, crushed, and diced tomatoes • organic 	<ul style="list-style-type: none"> • added fat or oil • added pasta or rice • added sugar for any vegetable other than sweet peas or corn • pickled or creamed vegetables • pizza sauce, soups, ketchup, relish, or olives • vegetables in sauce
Dry Beans/Peas/Lentils	<p>Any eligible brand of dried beans, peas, or lentils:</p> <ul style="list-style-type: none"> • 16 ounce size • organic 	<ul style="list-style-type: none"> • bean soup mixes with flavoring packets/spices • beans in bulk bins • fresh or frozen beans • green, yellow, or wax beans • refried beans
Canned Beans	<p>Any brand, any variety of canned beans:</p> <ul style="list-style-type: none"> • up to 16 ounce size • allowable containers include cans, cups, jars, or pouches • plain or low sodium • organic <p>Including but not limited to:</p> <ul style="list-style-type: none"> • Black • Black Njahi • Black-eyed peas • Cannellini • Garbanzo (Chickpeas) 	<ul style="list-style-type: none"> • added fat, oils, meat, fruits, or vegetables • baked, Cajun, barbeque, or ranch style beans • chili beans • peas, green beans, or wax beans • pork and beans • refried beans

	<ul style="list-style-type: none"> • Great Northern • Kathika • Kidney (red or white) • Lentils • Lima • Mayocoba • Navy • Pink • Pinto • Red 	
Peanut Butter	<p>Any brand of peanut butter:</p> <ul style="list-style-type: none"> • 16 to 18 ounce size • plain, creamy, crunchy, chunky, or super chunky • low sodium • low sugar • natural 	<ul style="list-style-type: none"> • added jams, jellies, chocolate, marshmallows, DHA, omega-3, or honey • peanut butter in tubes • peanut butter spread
Eggs	<p>Any brand of eggs:</p> <ul style="list-style-type: none"> • dozen size • fresh, raw, white, or brown chicken eggs • medium, large, extra large, or jumbo • organic, free range, and cage free 	<ul style="list-style-type: none"> • egg substitutes • nest and fertile • six-pack size
Fish - Tuna	<p>Any brand, any size, up to the amount listed in your WIC benefits:</p> <ul style="list-style-type: none"> • light only • regular or low sodium • plain or flavored • allowable containers include cans, cups, jars, or pouches 	<ul style="list-style-type: none"> • added beans, pasta, or rice • added soy protein • artificial or plant-based tuna • lunch or snack kit tuna mix • prime fillet • solid or white Albacore tuna • tuna with crackers or other foods
Fish - Pink Salmon	<p>Any brand, any size, up to the amount listed in your WIC benefits:</p> <ul style="list-style-type: none"> • pink salmon only • regular or low sodium • plain or flavored • allowable containers include cans, cups, jars, or pouches 	<ul style="list-style-type: none"> • Atlantic salmon • fillets • red salmon
Fish - Sardines	<p>Any brand of sardines:</p> <ul style="list-style-type: none"> • 3.75 ounce size • flavored, seasoned, or plain 	<ul style="list-style-type: none"> • Brisling • Norwegian
Hot Cereal	<p>Any of the following brands of hot cereal in 9 to 36 ounce size.</p> <ul style="list-style-type: none"> • Cream of Rice (GF) 	<ul style="list-style-type: none"> • added raisins, fruit, or nuts • less than 9 ounce size • organic cereals • variety packs

	<ul style="list-style-type: none"> • Cream of Wheat Original (Instant individual packets, 1 minute, and 2.5 minute varieties) • Food Club Instant Grits Original • Food Club Instant Oatmeal Original individual packets (WG) • Great Value Instant Oatmeal Original individual packets (WG) • Essential Everyday Instant Oatmeal Original individual packets (WG) • Kroger Instant Oatmeal Original individual packets (WG) • Malt-O-Meal (original and chocolate) • Malt-O-Meal CoCo Wheats • Signature Select Instant Oatmeal Original individual packets (WG) • Quaker Instant Grits (original and butter) • Quaker Instant Oatmeal Original individual packets (WG) <p>GF = gluten free WG = whole grain cereal. Whole grains are higher in fiber and nutrients important for heart and digestive health.</p>	
<p>Cold Cereal</p>	<p>Any of the following brands of cold cereal in 9 to 36 ounce size.</p> <ul style="list-style-type: none"> • Store brands of Crispy Rice: First Street, Food Club, Great Value, Kroger, Market Pantry, Signature Select and WinCo • Store brands of Toasted Oats (WG): First Street, Food Club, Great Value, Kroger, Signature Select, WinCo • Cheerios – Multi-Grain (original and with strawberries) (GF, WG) 	<ul style="list-style-type: none"> • frosted cereals, except those listed as allowable • less than 9 ounce size • variety packs

- Cheerios – Plain (GF, WG)
- Chex - Cinnamon (GF)
- Chex – Corn (GF)
- Chex – Rice (GF)
- Chex – Wheat (FA, WG)
- Complete Bran (WG)
- Corn Flakes
- Crispix
- Fiber One Honey Clusters (WG)
- Malt O Meal Crispy Rice (GF)
- Malt O Meal Frosted Mini Spooners (original and strawberries and cream) (WG)
- Frosted Mini Wheats (original, little bites, blueberry muffin, little bites chocolate, cinnamon roll, strawberry) (WG)
- Grain Berry Multi-Bran Flakes (WG)
- Grape-Nuts Flakes (WG)
- Grape-Nuts Original (WG)
- Great Grains Crunchy Pecan (WG)
- Great Grains Banana Nut Crunch (WG)
- Honey Bunches of Oats with Almonds
- Honey Bunches of Oats Cinnamon Bunches
- Honey Bunches of Oats Honey Roasted

	<ul style="list-style-type: none"> • Honey Bunches of Oats Maple and Pecans • Honey Bunches of Oats Vanilla • Kashi Hearts & O’s Honey Toasted (WG) (Organic) • Kashi Hearts & O’s Warm Cinnamon (WG) (Organic) • Kix (WG) • Life Original (FA, WG) • Quaker Oatmeal Squares - Brown Sugar (FA, WG) • Quaker Oatmeal Squares – Cinnamon (FA, WG) • Rice Krispies • Special K Original (FA) • Special K Protein Touch of Cinnamon (WG) • Total (FA, WG) • Wheaties (WG) <p>FA = 100% folic acid per serving GF = gluten free WG = whole grain cereal. Whole grains are higher in fiber and nutrients important for heart and digestive health.</p>	
<p>100% Whole Wheat and Whole Grain Bread</p>	<p>Any of the following bread options up to a 16 ounce size.</p> <ul style="list-style-type: none"> • Any eligible store or house brand labeled 100% whole wheat bread • Bimbo 100% Whole Wheat • Ozark Hearth 100% Whole Wheat • Sara Lee 100% Whole Wheat • Wonder 100% Whole Wheat • Oroweat 100% Whole Wheat Hot Dog Buns 	<ul style="list-style-type: none"> • bagels • diet, light, or low carb • English muffins • gluten free • pita or flat bread

	<ul style="list-style-type: none"> • Oroweat Multigrain Sandwich Thins • Oroweat Whole Wheat Sandwich Thins 	
Brown Rice	<p>Any brand of brown rice:</p> <ul style="list-style-type: none"> • 14 to 16 ounce size • instant, quick, boil in bag, or regular cooking • short or long grain 	<ul style="list-style-type: none"> • basmati or jasmine rice • organic rice • seasoned or flavored rice • white rice
Barley	<p>Any brand of barley:</p> <ul style="list-style-type: none"> • up to 16 ounce size • instant, quick, boil-in-bag, or regular cooking 	<ul style="list-style-type: none"> • barley in bulk bins • soup kits
Whole Wheat Pasta	<p>Whole wheat pasta in a 16 ounce size. Including, but not limited to the following brands:</p> <ul style="list-style-type: none"> • Store brands: Good and Gather, Great Value, Kroger, O Organics, Signature Select, Simple Truth Organics, Sun Harvest, Winco • Barilla • Delallo • Ronzoni 	<ul style="list-style-type: none"> • added sugars, fats, oils, or salt • pastas that list any other flours besides whole wheat and/or whole durum wheat flour in the ingredients
Soft Corn Tortillas	<p>Yellow or white soft corn tortillas in a 16 ounce size. Including, but not limited to the following brands:</p> <ul style="list-style-type: none"> • El Super • Casa Rica • Guerrero • Kroger • La Banderita • La Burrita • Mission • Santa Fe Tortilla Company 	<ul style="list-style-type: none"> • organic tortillas • tortilla chips • tostada or taco shells
Whole Wheat Flour Tortillas	<p>Whole wheat flour tortillas in a 16 ounce size. Whole wheat flour must be the only flour listed in the ingredient list. Including, but not limited to the following brands:</p> <ul style="list-style-type: none"> • De Harina • Don Pancho • Great Value • Guerrero • Kroger • La Banderita • Los Altos Ranch Market 	<ul style="list-style-type: none"> • flavored tortillas (such as spinach or tomato) • organic tortillas • tortilla chips • tostada or taco shells • white flour tortillas

	<ul style="list-style-type: none">• Mission• Signature Select	
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