FOOD LIST

Effective
October 1, 2019
WIC Participant Responsibilities

Before you shop:

1. Check your benefit balance and the date your benefits expire before you shop.
2. Shop only at WIC-approved stores.
3. Your WIC office will let you know the locations where you can use your benefits. Look for the “We Accept eWIC” decal at the grocery store.
4. Tell the clinic staff if you would like someone else to be able to pick up or use your WIC benefits.

To check your family balance, the Food List and more, download the EzWIC app (Arizona WIC Program) or WIC Shopper app (ITCA WIC).

While you shop:

1. Read your benefits carefully to know which foods you can get. You can check your WIC balance at the store by swiping your card at the checkout stand and entering your PIN, calling the customer service number on your card, or using your WIC program’s shopping app.
2. You may buy only foods and quantities listed on the balance section of the eWIC receipt. You do not have to buy all your foods at one time.

At the checkout stand:

1. Tell the cashier right away that you are using an eWIC card.
2. Ask the cashier if you need to separate WIC foods from other foods you’re buying. Each store is different and may have a different process.
3. Wait for the cashier to ask you to swipe your eWIC card and enter your PIN.
4. After foods are rung up, review the transaction before approving. After approving, the WIC food items purchased will be deducted from your account.
5. You will be given a new receipt with the remaining benefit balance and the date your benefits expire. Keep your receipt so you know the remaining balance and expiration date for your next shopping trip.
If you want to know if a certain brand of food is eligible, please contact your WIC office or check the food list database for your WIC program, shown below:

Arizona WIC foods
[QR Code]

Inter Tribal Council of Arizona WIC foods
[QR Code]

Navajo Nation WIC foods
[QR Code]

If you have problems at the grocery store:
Talk to the store manager if you have a problem at the store. Report the date, time, and names of store staff involved and save your store receipt. Contact your WIC office if you are still not satisfied.

Product requests can be sent to the following addresses:

Arizona WIC:
[wicservicedesk@azdhs.gov](mailto:wicservicedesk@azdhs.gov)

Inter Tribal Council of Arizona, Inc. WIC:
[wicupc@itcaonline.com](mailto:wicupc@itcaonline.com)

Navajo Nation WIC:
[wicnn.net/vendor.html](http://wicnn.net/vendor.html)

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Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: [http://www.ascr.usda.gov/complaint_filing_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) Mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; (2) Fax: (202)690-7442; or (3) Email: program.intake@usda.gov. This institution is an equal opportunity provider.
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<td>Whole Wheat Flour Tortillas</td>
<td>25</td>
</tr>
</tbody>
</table>
Infant Cereals and Formula

**Infant Cereals**

Any of the following brands of infant cereal in an 8 or 16 oz. container

- Infant cereal with added fruit, sugar, yogurt, formula, or DHA/ARA
- Jars, cans, or single-serving cups
- High protein
- Organic

Not Included

- Only brand, type, and size included in your WIC benefits

![Infant Cereal Images]

- Gerber MultiGrain
- Gerber Oatmeal
- Gerber Rice
- Gerber Whole Wheat

- Beech-Nut Multigrain
- Beech-Nut Oatmeal
- Beech-Nut Rice

**Infant Formula**

Only brand, type, and size included in your WIC benefits

24-Hour Breastfeeding Hotline
1-800-833-4642
gobreastmilk.org
You can mix and match up to the amount included in your benefits.

256 oz. = 64 jars or 32 two-packs
128 oz. = 32 jars or 16 two-packs
64 oz. = 16 jars or 8 two-packs

Infants 9 months and older can get cash value benefits towards fresh fruits and vegetables instead of half of their infant fruits and vegetables. Ask your clinic for more information.
Infant Meats

Allowable for fully breastfeeding infants only

Any of the following brands of 2.5 oz. single ingredient infant meats (added broth and gravy allowed) in any stage

<table>
<thead>
<tr>
<th>Not Included</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Foods with added salt or sugar</td>
</tr>
<tr>
<td>• Dinners or food combinations</td>
</tr>
<tr>
<td>• Meat sticks</td>
</tr>
<tr>
<td>• Organic</td>
</tr>
</tbody>
</table>

Beech-Nut Classics
Gerber
Tippy Toes

You can mix and match meat types up to the amount included in your benefits.

77.5 oz. = 31 jars
Milks

Store or house brand† refrigerated milk in type and size included in your WIC benefits

- Pasteurized fluid cow’s milk
  - Fat-free
  - Low-fat (1%)
  - Reduced-fat (2%)
  - Whole

Other Milk Types

- Evaporated milk (12 oz. can)
- Powdered dry milk (9.6 to 25.6 oz. package)
- UHT/Sterile/Long shelf-life milk
- Lactose-free cow’s milk (1/2 gallon container)
- Navajo Nation WIC only: Lactose-free cow’s milk (1/2 gallon and 96 oz. containers)

Not Included

- Chocolate milk
- Flavored milk
- Buttermilk
- Acidophilus milk
- Half and half
- Raw milk
- Sweetened condensed milk
- Creamers
- Filled milk
- Organic milk
- Nut or grain milk (like almond or rice milk)
- Coconut milk

† Look for the ‘WIC Approved’ sign
### Milk Alternatives

#### Soy Milks

**Any of the following brands and types**

- 8th Continent, ½ gallon, refrigerated, Original and Vanilla only
- Pacific Ultra Soy, 32 oz. shelf stable, Original
- Silk, ½ gallon, refrigerated, Original only

**Not Included**

- Soy milk with added DHA/ARA
- Organic or Light
- 8th Continent Chocolate, or Complete Vanilla
- Silk Soymilk in other flavors

#### Goat Milk

**Arizona WIC only**

**Meyenberg, quart, refrigerated**

- Low-Fat
- Whole

**Not Included**

- Evaporated
- Powdered

#### Tofus

**Any of the following brands of water-packed, calcium-set, 16 oz. size tofu in any texture (i.e., soft, medium, firm, and extra firm)**

- Azumaya
- House Foods
- O Organics
- Sunrise

**Not Included**

- Tofu with added fats, sugars, oils, or sodium
**Nonfat and Low-fat Yogurts**

**Any of the following brands of nonfat and low-fat regular and Greek yogurt in any flavor**

**Not Included**
- Yogurt with mix-ins such as granola, candy pieces, nuts, or similar ingredients
- Yogurts that are:
  - Organic
  - Drinkable

### 32 oz. quart-sized (any flavor)

**The following store brands:**

- Chobani
- Dannon
- Dannon Light & Fit
- Dannon Oikos
- Dannon Oikos Triple Zero
- Greek Gods
- LaLa
- Mountain High
- Tillamook
- Yoplait
- Zoi

**Packs (any flavor)**
- Dannon Activia 4 oz. 4-packs (including regular, Lactose Free, Fruit on the Bottom, and Light)
- Yoplait 4 oz. 8-packs
- Yoplait Go-Gurt tubes 2 oz. 16-packs
- Yoplait Go-Gurt tubes 2 oz. 8-packs

*Fat content is specified in your WIC benefits.*
Whole Milk Yogurts*

Any of the following brands of whole milk regular and Greek yogurt in any flavor

<table>
<thead>
<tr>
<th>Brands</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brown Cow Cream Top</td>
</tr>
<tr>
<td>Chobani</td>
</tr>
<tr>
<td>Dannon</td>
</tr>
<tr>
<td>Dannon Oikos</td>
</tr>
<tr>
<td>Greek Gods</td>
</tr>
<tr>
<td>Mountain High Original</td>
</tr>
<tr>
<td>Zoi</td>
</tr>
</tbody>
</table>

Not Included

- Yogurt with mix-ins such as granola, candy pieces, nuts, or similar ingredients
- Yogurts that are:
  - Organic
  - Drinkable

32 oz. quart-sized (any flavor)

The following store brands:
Food Club, Lucerne, Simply Balanced, and WinCo

Packs (any flavor)

Noosa 4 oz.
4-packs (including blended and fruit on the bottom)

*Fat content is specified in your WIC benefits.
Cheeses

Store or house brand: pasteurized, pre-packaged, block and shredded, 1 pound (16 oz.), regular, reduced fat, and low sodium

- Cheddar (mild, medium, sharp, extra sharp, longhorn, and white)
- Colby
- Monterey Jack
- Mozzarella (includes string cheese)
- Muenster
- Provolone
- Swiss
- Blended cheese (blend of any types listed above)

Not Included

- Dice or sliced
- Cheese from the deli counter
- Random weight cheese
- Cheese with added peppers or other ingredients
- Imported cheese
- Processed American cheese, processed cheese food, cheese product, or cheese spread
- Cream cheese
- Cheese sticks (except mozzarella string cheese)
- Packages less than 16 oz.
- Organic cheese

Look for the ‘WIC Approved’ sign
**Juices (page 1 of 3)**

**11.5 to 12 oz. Frozen Concentrate and 64 oz. Shelf Stable**

Any of the following brands of 100% juice; no added sugar or sweetener

<table>
<thead>
<tr>
<th>Allowable containers include plastic bottles, cartons, and cans only</th>
<th>Not Included</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Organic juice</td>
<td>• Tree Top 3 Apple Blend</td>
</tr>
<tr>
<td>• Tree Top 3 Apple Blend</td>
<td>• Odwalla or Naked brands of juice</td>
</tr>
<tr>
<td>• Odwalla or Naked brands of juice</td>
<td>• V8 Splash</td>
</tr>
</tbody>
</table>

**Apple**

Food Club  | Langers  | Old Orchard  | Seneca  | Shurfine  | Tree Top
---|---|---|---|---|---
Food Club  | Langers  | Mott’s  | Old Orchard  | Seneca  | Shurfine  | Tree Top

**Grape**

Food Club  | Old Orchard  | Welch’s
---|---|---
Food Club  | Langers  | Old Orchard  | Shurfine  | Welch’s

**Pineapple**

Langers  | Old Orchard  | Dole
---|---|---
Langers  | Old Orchard  | Dole
Juices (page 2 of 3)

11.5 to 12 oz. Frozen Concentrate and 64 oz. Shelf Stable
Any of the following brands of 100% juice; no added sugar or sweetener

Tomato
- Campbell’s

Orange*/Grapefruit*
- Any Brand
- Any Brand
- Any Brand
- Any Brand

*Calcium fortified allowed

Mixed Flavors
- Juicy Juice
- Old Orchard (any green cap)
- V8 (Original, Low Sodium, and Spicy Hot flavors)
- Dole
- Old Orchard
Juices (page 3 of 3)

6-Packs of 5.5 to 6 oz. Containers

Only when specified on the WIC benefits
Only these brands of 100% juice, no added sugar or sweetener

Dole Pineapple
Donald Duck Orange
V8 (Original, Low Sodium, and Spicy Hot flavors)

Navajo Nation and ITCA WIC Only

8-packs 4.23 oz. containers

Juicy Juice
(any flavor)

WIC recommends limiting juice to 4 ounces daily for toddlers 1 to 3 years old, and 4 to 6 ounces daily for children 4 to 6 years old.
Fruits (page 1 of 2)

Fresh Fruits

Any variety of fresh fruit
• Whole
• Cut-up
• Single pieces
• Bagged and pre-packaged
• Organic

Not Included
• Dried fruit
• Fruit-nut mixtures
• Fruit with dipping sauce
• Fruit for purchase on salad bars
• Ornamental fruits
• Fruit baskets
• Party trays
• Items such as blueberry muffins
• Fruit with added sugar, fat, oil, or salt
Fruits (page 2 of 2)

Frozen Fruits
Arizona and Navajo Nation WIC only

Any brand
- Any size and type of container
- Any single or mixed variety
- Organic

Not Included
- Fruit with:
  - added sugar, fat, oil, or salt
  - artificial sweeteners such as NutraSweet, Splenda, or Stevia
  - any other added foods
- Smoothies

Canned Fruits*
Arizona and Navajo Nation WIC only

Any brand
- Any size and type of container (shelf stable and refrigerated)
- Any single or mixed variety packaged in juice or water
- Natural and unsweetened applesauce
- Organic

Not Included
- Fruit:
  - packed in syrup such as heavy, light, or extra light
  - with added sugar, fat, oil, or salt
  - packed in sweetened fruit juice or nectar
  - artificial sweeteners such as NutraSweet, Splenda, or Stevia
- Cranberry sauce or pie filling

*Allowable containers include cans, cups, jars, and pouches.
### Fresh Vegetables

#### Any variety of fresh vegetables
- Whole
- Cut-up
- Single pieces
- Bagged and pre-packaged
- Organic

#### Not Included
- Kits with dressings or dipping sauces
- Herbs or spices
- Edible blossoms such as squash blossoms (broccoli, cauliflower, and artichokes are allowed)
- Creamed or sauced vegetables
- Vegetable-grain mixtures
- Breaded vegetables
- Vegetables for purchase on salad bars
- Salad kits
- Ornamental vegetables, such as chilies on a string
- Painted pumpkins
- Party trays
- Vegetables with added sugar, fat, oil, or salt
**Frozen Vegetables**

*Arizona and Navajo Nation WIC only*

**Any brand**
- Any size and type of container
- Any single or mixed variety
- Steamer bags
- Organic

**Not Included**
- Breaded or seasoned vegetables
- French fries, tater tots, or hash browns
- Vegetables with:
  - sauce such as cheese, butter, or teriyaki sauce
  - added sugar, syrup, oil, fat, pasta, or rice

**Canned Vegetables***

*Arizona and Navajo Nation WIC only*

**Any brand**
- Any size and type of container
- Regular and low sodium
- Any single or mixed variety
- Tomato sauce, paste, puree, whole, crushed, and diced tomatoes
- Organic

**Not Included**
- Vegetables with added fat, sugar**, or oil
- Added pasta or rice
- Pickled or creamed vegetables
- Vegetables in sauce
- Pizza sauce, soups, ketchup, relish, or olives

*Allowable containers include cans, cups, jars, and pouches.

** Sugar allowed for sweet peas and corn only.
Beans

Dry Beans, Peas, Lentils

Any brand, any variety
• 16 oz. package size

Not Included
• Green, yellow, or wax beans
• Fresh or frozen beans
• Refried beans
• Bean soup mixes with flavoring packets/spices
• Organic beans
• Bulk

Canned Beans

Any brand, any variety, plain or low sodium, in up to 16 oz. cans
Varieties such as:
• Black
• Black-eyed peas
• Cannellini
• Garbanzo (Chickpeas)
• Great Northern
• Kidney (red and white)
• Lima
• Navy
• Pink
• Pinto
• Red

Not Included
• Refried beans
• Peas or lentils
• Green peas, green beans, or wax beans
• Baked, Cajun, barbeque, or ranch style
• Beans with added fat, oils, meat, fruits, or vegetables
• Pork and beans
• Chili beans
• Organic

For Arizona and Navajo Nation eWIC only:
For each container of dry beans/peas/lentils on your eWIC card, you can buy either a 16 oz. container of dry beans/peas/lentils or 4 cans (up to a 16 oz. size each).

Each can of beans counts as 0.25 of a container.

<table>
<thead>
<tr>
<th>2.00 containers = 8 cans</th>
<th>1.00 container = 4 cans</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.75 containers = 7 cans</td>
<td>0.75 container = 3 cans</td>
</tr>
<tr>
<td>1.50 containers = 6 cans</td>
<td>0.50 container = 2 cans</td>
</tr>
<tr>
<td>1.25 containers = 5 cans</td>
<td>0.25 container = 1 can</td>
</tr>
</tbody>
</table>
Peanut Butters and Eggs

Peanut Butters

Any brand, 16 to 18 oz.
- Plain, creamy, crunchy, chunky, and super chunky styles
- Low sodium
- Low sugar
- Natural

Not Included
- Peanut butter spread
- Peanut butter with added jams, jellies, chocolate, marshmallows, DHA, or honey
- Peanut butter in tubes
- Organic peanut butter

Eggs

Store or house brand +, dozen-size carton
- Fresh, raw, white chicken eggs
- Medium and large

Not Included
- Specialty eggs (low cholesterol, DHA, organic, free range, cage free, nest, or fertile)
- Extra large or jumbo
- Brown eggs
- Eggs in six-pack cartons
- Egg substitutes

+ Look for the ‘WIC Approved’ sign
Canned Fish

Tuna

Any eligible brand
• Chunk light only
• Plain, water packed
• Regular and low sodium

Not Included
• Solid white or Albacore tuna
• Tuna with soy protein added
• Oil-packed tuna
• Prime fillet
• Lunch kit tuna mix
• Tuna packed in pouches
• Tuna with added ingredients
• Flavored or seasoned tuna

Pink Salmon

Any eligible brand
• Chunk light only
• Plain, water packed
• Regular and low sodium

Not Included
• Salmon with added ingredients
• Red salmon
• Salmon in pouches
• Flavored or seasoned salmon
• Atlantic salmon
• Fillets

Sardines

Any eligible brand
• 3.75 oz. cans, flavored, seasoned, and plain

Not Included
• Brisling
• Norwegian
Hot Cereals

11.8 to 36 oz. boxes

Any of the following brands of hot cereal. You may combine several sizes of containers to equal up to 36 oz.

- Cream of Rice
- Cream of Wheat Original 1 Minute
- Cream of Wheat Original 2.5 minute
- Cream of Wheat Original Instant Individual Packets
- Malt O Meal Original
- Quaker Instant Grits Original
- Quaker Instant Oatmeal Original

Not Included

- Hot cereals less than 11.8 oz.
- Added raisins, fruit, or nuts
- Variety packs
- Organic cereals

= gluten free.
= whole grain cereal. Whole grains are higher in fiber and nutrients that are important for heart and digestive health.
Cereals (page 2 of 3)

**Cold Cereals**

12 to 36 oz. bags and boxes

You may combine several sizes of containers to equal up to 36 oz.

### Examples:

| 12 + 12 + 12 | = | 36 |
| 18 + 18 | = | 36 |
| 16 + 18 | = | 34 |

### Not Included

- Cold cereals less than 12 oz.
- Variety packs
- Frosted cereals except those listed as allowable
- Organic cereals

Any of the following store brands of **Crispy Rice**: Best Yet, First Street, Food Club, Great Value, Market Pantry, and WinCo

Crispy Rice

Any of the following store brands of **Toasted Oats**: First Street, Food Club, Kroger, Signature Select, and WinCo

Toasted Oats

All Bran Complete Wheat Flakes

Banana Nut Crunch

Cheerios Multi-Grain

Cheerios Plain

Corn Chex

Rice Chex

Wheat Chex

Corn Flakes

Malt O Meal Crispy Rice

= 100% folic acid per serving

= gluten free

= whole grain cereal. Whole grains are higher in fiber and nutrients that are important for heart and digestive health.
Cereals (page 3 of 3)

**Cold Cereals**

12 to 36 oz. bags and boxes

- Malt O Meal Frosted Mini Spooners
- Frosted Mini Wheats Original
- Grape Nuts Flakes
- Grape Nuts Original
- Honey Bunches of Oats Almond
- Honey Bunches of Oats Honey Roasted
- Honey Bunches of Oats Whole Grain Almond Crunch
- Honey Bunches of Oats Whole Grain Honey Crunch
- Honey Bunches of Oats Whole Grain Vanilla Bunches
- Kix - Plain
- Life Original
- Quaker Oatmeal Squares Brown Sugar
- Quaker Oatmeal Squares Cinnamon
- Rice Krispies
- Special K
- Total

- = 100% folic acid per serving
- = whole grain cereal. Whole grains are higher in fiber and nutrients that are important for heart and digestive health.
### Whole Grains (page 1 of 4)

#### 100% Whole Wheat Breads

<table>
<thead>
<tr>
<th>Any of the following brands</th>
<th>Not Included</th>
</tr>
</thead>
</table>
| 100% whole wheat bread in a 16 oz. loaf only | • Gluten free  
• Diet, light, or low carb  
• Mini loaves  
• Pita or flat bread  
• English muffins  
• Sandwich thins or rounds  
• Bagels  
• Buns  
• Rolls  
• Organic |

Any Store Brand | Bimbo | Nature’s Own  
Ozark Hearth | Sara Lee | Wonder

#### Brown Rice

<table>
<thead>
<tr>
<th>Any brand of brown rice (long and short grain) in a 16 oz. bag only</th>
<th>Not Included</th>
</tr>
</thead>
</table>
|                                                              | • Instant brown rice  
• Rice in plastic containers  
• Seasoned or flavored rice  
• White rice  
• Basmati or jasmine rice  
• Organic rice |
Whole Wheat Pastas

Any of the following brands of whole wheat pasta in a 16 oz. package only

Not Included

- Pastas that list any other flour besides whole wheat and/or whole durum wheat flour in the ingredients
- Pastas with added sugars, fats, oils, or salt

Any of the following store brands: Food Club, Full Circle, Great Value, Kroger, O Organics, P$$t, Shurfine, Signature Select, Simple Truth Organics, Simply Balanced, Sun Harvest, and WinCo

Barilla

Delallo

Hodgson Mill

Ronzoni
Whole Grains (page 3 of 4)

Soft Corn Tortillas

Any of the following brands of yellow and white soft corn tortillas in a 16 oz. package only

- Don Pancho
- Dos Ranchitos
- El Super
- Food Club
- Guerrero
- Kroger
- La Banderita
- La Burrita
- Mama Lola’s
- Mission
- Santa Fe Tortilla Company

Not Included

- Tortilla chips
- Tostada or taco shells
- Organic tortillas
Whole Wheat Flour Tortillas

Any of the following brands whole wheat flour tortillas in a 16 oz. package only*

- Don Pancho
- Food Club
- Great Value
- Guerrero Tortillas de Harina Integral
- Kroger
- La Banderita
- Mission
- Sante Fe Tortilla Company

Not Included

- Tortilla chips
- Tostada or taco shells
- White flour tortillas
- Flavored tortillas (such as spinach or tomato)
- Organic tortillas

* Not included in any of the following brands whole wheat flour tortillas in a 16 oz. package only: Don Pancho, Food Club, Great Value, Guerrero Tortillas de Harina Integral, Kroger, La Banderita, Mission, Sante Fe Tortilla Company.
WIC promotes breastfeeding as the optimal infant feeding choice.

The WIC Program provides the following. Contact your local clinic to learn more.

- Breastfeeding Peer Counselors
- Lactation Consultants
- Classes & Support Groups
- Educational Materials
- Breast Pumps for Moms
- Mothers who are exclusively breastfeeding get the enhanced WIC food package

24-Hour Breastfeeding Hotline
1-800-833-4642
gobreastmilk.org