

WV WIC Program Approved Food List

Effective July 1, 2015 Revised 8-26-2015

- **BREAKFAST CEREALS**

ALLOWED	NOT ALLOWED
Boxes or Bags	Single serving boxes or packets except Quaker Instant Oatmeal
Minimum package size is 12 ounce for cold cereal. Maximum package size is 36 ounce.	Organic cereals
Minimum package size is 11 ounce for hot cereal. Maximum package size is 36 ounce.	

➤ **Whole Grains**

B&G Cream of Wheat – Whole Grain 2 ½ Minute or Instant Whole Grain
Food Club Frosted Shredded Wheat Strawberry Cream
General Mills Cheerios – Original or Multi Grain
General Mills Chex – Corn
General Mills Dora the Explorer
General Mills Go Diego Go
General Mills Kix – Original, Berry Berry or Honey
Kellogg’s Frosted Mini-Wheats – Original Big Bite, Original Bite Size, Little Bites Original, Touch of Fruit Raisin, or Touch of Fruit Raspberry
Kroger Frosted Shredded Wheat - Blueberry ✓ or Strawberry Cream ✓
Malt O Meal Oat Blenders – with Honey or with Honey and Almond
Malt O Meal Mini Spooners – Blueberry ✓ or Strawberry Cream ✓
My Essentials (Food Lion) Strawberry Frosted Shredded Wheat
Our Family Strawberry Cream Frosted Shredded Wheat ✓
Quaker Life – Original only
Quaker Oatmeal Squares – Brown Sugar ✓, Cinnamon ✓, Golden Maple ✓ or Honey Nut ✓
Quaker Instant Oatmeal – Original only (individual packets)
Post Alphabits
Post Great Grains – Banana Nut Crunch
Post Honey Bunches of Oats – Cinnamon Bunches, Honey Roasted, Vanilla Bunches, Whole Grain Honey Crunch, or with Almonds
Post Shredded Wheat – Honey Nut
Sunbelt Bakery Simple Granola

✓ Source of 100% Daily Value of Folic Acid

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➤ Other Cereals

General Mills Chex – Rice
Kellogg's Corn Flakes
Kellogg's Crispix
Kellogg's Rice Krispies – Original or Gluten Free
Kellogg's Special K ✓
Malt O Meal Chocolate Hot Wheat Cereal ✓
Malt O Meal CoCo Wheats ✓

✓ Source of 100% Daily Value of Folic Acid

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- **JUICE**

ALLOWED	NOT ALLOWED
Pasteurized 100% unsweetened fruit juice or vegetable juice, single strength or concentrate, containing at least 30 milligrams of vitamin C per 100 milliliters of juice	Juice with added sugar or sugar substitutes; Fruit and/or vegetable juice blends; <i>Juicy Juice; Welch's; Grapefruit juice</i> ; Juice drinks or cocktails; Juice with carbonation; Sports drinks; Ciders; Lemon or lime juice; Organic juices; Fresh juice; <i>Infant juice; V-8 Splash or Fusion varieties.</i>
12 ounce frozen, 64 ounce shelf stable or refrigerated cans, plastic bottles, jugs, or cartons, ONLY	Shelf-stable concentrate; Glass bottles; Packages of individual serving size.

➤ **Apple:** With or Without Calcium

64 ounces = ½ Gallon

12 oz. Frozen	64 oz. Shelf Stable or 64 oz. Refrigerated
Essential Everyday	Best Yet
Food Club	Essential Everyday
Food Lion	Food Club
Giant	Food Lion
Great Value	Giant
HyTop	Giant Eagle
Kroger	Great Value
My Essentials (Food Lion)	HyTop
Our Family	IGA
Tipton Grove	Kroger
Valutime	My Essentials
Weis From the Field	Our Family
	Shurfine
	Smart Sense
	Tipton Grove
	Weis 5 Star
	Weis Quality

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- **Grape:** White, purple or red; With or Without Calcium **64 ounces = ½ Gallon**

12oz. Frozen	64 oz. Shelf Stable or 64 oz. Refrigerated
Essential Everyday	Best Yet
Food Club	Essential Everyday
Giant	Food Club
Great Value	Food Lion
HyTop	Giant
Kroger	Giant Eagle
Sunrise Valley	Great Value
	HyTop
	IGA
	Kroger
	Our Family
	Shurfine
	Smart Sense
	Tipton Grove
	Valutime
	Weis Quality

- **Orange:** With or Without Calcium **64 ounces = ½ Gallon**

12 oz. Frozen	64 oz. Shelf-Stable or 64 oz. Refrigerated
Any Brand	Any Brand

- **Pineapple** **64 ounces = ½ Gallon**

12 oz. Frozen	64 oz. Shelf-Stable or 64 oz. Refrigerated
Any Brand	Any Brand

- **Tomato:** Regular or Low Sodium **64 ounces = ½ Gallon**

12 oz. Frozen	64 oz. Shelf-Stable or 64 oz. Refrigerated
	Essential Everyday
	Food Club
	Food Lion
	Giant
	Great Value
	HyTop
	IGA
	Our Family
	Shurfine

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➤ **Vegetable:** Regular or Low Sodium

64 ounces = ½ Gallon

12 oz. Frozen	64 oz. Shelf-Stable or 64 oz. Refrigerated
	Best Yet
	Diane's Garden
	Essential Everyday
	Food Club
	Giant
	Great Value
	HyTop
	Kroger – Original or Spicy
	Our Family
	Shurfine
	Smart Sense
	Weis Quality

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- **WHOLE GRAINS**

ALLOWED	NOT ALLOWED
Whole wheat and whole grain breads and buns that meet the labeling requirements for making the health claim as a “whole grain food with moderate fat content” in 16 ounce packages ONLY	Breads not specifically listed by name/brand; Breads that do not have whole grain as the primary ingredient; whole grain or multigrain breads from the bakery/deli counter; Organic bread
Whole wheat tortillas with whole grain as the primary ingredient by weight in 16 ounce packages ONLY .	Tortillas not specifically listed by name/brand; tortillas that do not have whole grain as the primary ingredient; flour or corn tortillas
Any brand brown rice without added sugars, fats, oils or salt. May be instant, quick, or regular cooking. 16 ounce packages ONLY	Basmati, wild, wehani, white or jasmine rice; Bulgar; Oatmeal; Barley; Granola; Flours; Pasta; Couscous

- **Bread**

Arnold – Stone Ground 100% Whole Wheat Bread
Bimbo – 100% Whole Wheat Bread
Essential Everyday – 100% Whole Wheat Bread
Food Lion – 100% Whole Wheat Bread
Giant – 100% Whole Wheat Bread
Giant Eagle – Whole Wheat Bread
Kern’s - 100% Whole Wheat Bread
Kroger - 100% Whole Wheat Bread
Nature’s Own - 100% Whole Grain Sugar Free Bread
Nature’s Own – 100% Whole Wheat Bread with Honey
Nickles - 100% Whole Wheat Bread
Pepperidge Farm - 100% Whole Wheat Cinnamon Swirl w/Raisins Bread
Pepperidge Farm – Whole Grain Jewish Rye Seeded Bread
Pepperidge Farm – Light Style 100% Whole Wheat Bread
Pepperidge Farms - Very Thin 100% Whole Wheat Bread
Roman Meal - SunGrain 100 % Whole Wheat Bread
Sara Lee - Classic 100% Whole Wheat Bread
Schmidt’s - Old Tyme 100% Whole Wheat Bread
Schwebel’s – 100% Whole Wheat Bread
Weight Watchers - 100% Whole Wheat Bread

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➤ Buns

Arnold Select - 100% Whole Wheat Hamburger Buns
Arnold Select – 100% Whole Wheat Hotdog Buns
Pepperidge Farm – Soft 7 Grain Hamburger Buns
Sara Lee – Soft & Smooth 100% Whole Wheat Hamburger Buns
Sara Lee – Soft & Smooth 100% Whole Wheat Hotdog Buns

➤ Whole Wheat Tortillas

Carlita 100% Whole Wheat Flour Tortillas
Celia's Whole Wheat Tortillas
Chi-Chi's Whole Wheat Fajita Style Tortillas
Don Pancho Whole Wheat Tortillas
Food Club Whole Wheat Tortillas
Giant Whole Wheat Tortillas
Giant Eagle Whole Wheat Tortillas
Kroger 100% Whole Wheat Tortillas
La Banderita Whole Wheat Tortillas
MiCasa 100% Whole Wheat Tortillas
Mission 100% Whole Wheat Flour Tortillas
Nature's Promise All Natural Whole Wheat Tortillas
Ortega Whole Wheat Tortillas
Our Family Whole Wheat Flour Tortillas
Pepito Whole Wheat Tortillas

➤ Brown Rice

Any Brand in 16 ounce boxes or bags

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- **CANNED FISH**

ALLOWED	NOT ALLOWED
Chunk light tuna Pink salmon	Sardines or Jack mackerel; Albacore, Yellow Fin, Chunk White, Solid White, Tongol or other specialty tuna; Blueback, Sockeye, Red, King, Wild or Coho salmon.
30 ounces total	Flaked or grated; Low sodium; Select, fancy and/or solid; Organic; Fish with added flavorings, spices or ingredients other than salt, oil or water; Gourmet, filet, fresh, dried, frozen or smoked fish.
Combination to add up to 30 ounces in 5 ounce cans ONLY	Pouches or foil packets; Packages of individual serving size; Fish and cracker combinations.

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- CHEESE**

ALLOWED	NOT ALLOWED
100% natural Monterey Jack, Colby, natural Cheddar, part-skim or whole Mozzarella, pasteurized processed American, or blends of any of these cheeses	Swiss, Muenster, Provolone, <i>Parmesan</i> or Brick cheese; Cheese food, cheese product, imitation cheese, cream cheese or cheese spread; Cheese with pepper, pimento, added herbs, spices, seasonings or flavorings (wine or smoked); Cheese with added probiotics, DHA or AHA (e.g., Liv Active, etc); Cheese made with raw milk
16 ounce packages ONLY	Deli or imported cheese; Kosher cheese
Sliced, shredded or block form	Individually wrapped slices, cubes, crumbles or string cheese; Packages of individual serving sizes
Low fat; Reduced fat; Fat free; Low cholesterol; Low sodium; Calcium fortified; Vitamin D fortified; and Lactose-reduced cheese	Organic; Lactose-free cheese

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- **EGGS**

ALLOWED	NOT ALLOWED
Any grade of ANY SIZE white chicken eggs	Brown, cage free, naturally nested, free range or vegetarian fed hen eggs; Dried or liquid egg mixes; Egg substitutes
Packaged by the dozen ONLY	Antibiotic free or growth hormone eggs; Organic, reduced cholesterol, or reduced saturated fat eggs; Specialty eggs (including pasteurized or fortified/enriched with Vitamin E, DHA or Omega 3)

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- **FORMULA**

ALLOWED	NOT ALLOWED
Contract iron-fortified milk-based and standard iron-fortified soy-based infant formulas will be provided per the terms of the infant formula rebate agreement.	Non-contract standard milk-based or standard soy-based infant formulas
Issuance of any formulas or combination of formulas not listed in the West Virginia WIC Food Code Book must be approved by the State Agency.	Low-iron infant formula

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• INFANT FOODS

ALLOWED	NOT ALLOWED
All infant cereal and formula will be provided per the terms of the infant food rebate agreement. WIC Shopper to purchase size and amount specified on eWIC Benefit Balance.	
Any variety of single ingredient commercial infant food without added sugars, starches, or salt	

➤ Cereal

ALLOWED	NOT ALLOWED
Dry cereal containing a minimum of 45 mg of iron per 100 g; Single grain (barley, oatmeal, rice, whole wheat) or mixed/multigrain GERBER brand ONLY	Infant cereals containing infant formula, milk, fruit, sugar or other non-cereal ingredients (DHA or ARA); “Organically grown” infant cereals
8-ounce boxes or plastic containers ONLY	Infant cereal in jars or cans.

➤ Fruits

ALLOWED	NOT ALLOWED
Single ingredient or combinations of single ingredients, may have added fruit juice, (e.g., apples-pears; apples-mango-kiwi).	Mixtures with cereal; Infant food dinners, puddings, desserts (e.g., peach cobbler) or “delights”; Organic infant fruits; Varieties with DHA or ARA; infant fruits with added sugars, starches or sodium; infant fruits with yogurt.
Texture may range from strained through diced (i.e. Stage 1, Stage 2, Homestyle, etc.)	Fresh fruits; Gerber Graduates fruit dices, fruit puffs, yogurt melts, wagon wheels, fruit and cereal bars, mini fruits, fruit strips or fruit twists; Beech Nut Let’s Grow yogurt nibbles; Heinz toddler foods
4 ounce jars or plastic containers ONLY	Pouches

➤ Vegetables

ALLOWED	NOT ALLOWED
Single ingredient or combinations of single ingredients (e.g., peas and carrots) vegetables.	Organic infant vegetables; Infant food dinners; Infant vegetables with added sugars, starches or sodium; Varieties containing DHA or ARA.
Texture may range from strained through diced (i.e. Stage 1, Stage 2, Homestyle, etc.)	Fresh vegetables; Gerber Graduates vegetable dices, veggie puffs, or wagon wheels; Heinz toddler foods
4 ounce jars or plastic containers ONLY	Pouches

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➤ Meat

ALLOWED	NOT ALLOWED
Infant food meat or poultry, as a single major ingredient, with added broth or gravy.	Food combinations (e.g., meat and vegetables) or dinners (e.g., spaghetti and meatballs); Organic meats; Varieties containing DHA or ARA; infant meats with added sugars, starches or sodium
Texture may range from strained through diced (i.e. Stage 1, Stage 2, Homestyle, etc.)	Chicken sticks, turkey sticks or meat sticks; Gerber Graduates Lil' Meals, Lil' Sides, Lil' Entrees or Pasta Pick-ups; Beech Nut Tummy Trays or Mini-meals; Heinz toddler foods; Nature's Goodness Toddler Cuisine.
2.5 ounce jars or plastic containers ONLY	Pouches

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- **MATURE LEGUMES**

ALLOWED	NOT ALLOWED
<p>Dried bean, lentil or pea in any variety, including any combination of varieties</p> <p>16 ounce bag ONLY</p>	<p>Beans with added flavoring packets or additional flavorings; Soups or soup mixes; May not contain added sugars, fats, dyes, oils or meat; Organic; Boxes of beans; Bulk or loose beans; Raw or roasted nuts</p>
<p>Any brand of any type of mature canned bean, including fat free refried beans, without added sugars, fats, oils or meats. May be low sodium. Combination not to exceed 64 ounces in 15 - 16 oz. cans ONLY</p> <p>Canned beans may be chosen for dried beans as listed on eWIC Benefit Balance.</p>	<p>Baked beans or pork and beans; Canned chili; Gourmet style peas or beans; Hummus; Immature varieties of legumes, such as green beans, green peas, snap beans, orange beans, wax beans, lima beans and edamame-style soy beans; Canned beans with added sugars, fats, oils or meats; Soups</p>

- **PEANUT BUTTER***

ALLOWED	NOT ALLOWED
<p>Any brand of commercially prepared, pre-packaged variety of plain, low sugar or low-sodium peanut butter, including smooth, crunchy or extra crunchy, and chunky styles</p>	<p>Whipped peanut butter; Combinations including those with jelly, honey, chocolate, marshmallow or flavors added; other nut butters (i.e. almond, soy, sesame sunflower, cashew, hazelnut, etc); Reduced fat, fat free, or peanut spreads; Organic; Honey roasted or honey nut peanut butter; Specialty or gourmet peanut butter; Peanut butter with added nutrients such as vitamin E, DHA or ARA</p>
<p>16 - 18 ounce package ONLY</p>	<p>Packages of individual serving size, including tubes, slices or "To Go" containers; Bulk or fresh ground peanut butter</p>

*Not allowed for children under two years of age because of the risk of choking.

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- **MILK**

ALLOWED	NOT ALLOWED
<p>Whole, Low fat (1%), Fat free (Skim)</p> <p>Whole or 1% Chocolate</p> <p>Lactose free as specified for need</p>	<p>Reduced Fat (2%), Super Skim, Ultra Skim; Cultured milk such as buttermilk; Shelf-stable milk; Goat's milk; Rice milk; Almond milk; Coconut milk; Milk with added soy protein, plant sterols, DHA, ARA and/or Omega 3; Tofu; Organic milk; Fruit flavored milk; Other non-dairy or raw milk</p>
<p>Least expensive brand only</p> <p>Gallons must be purchased unless remaining eWIC Benefit Balance is less than one (1) gallon. Quarts can ONLY be purchased when 0.25 gallons remain on eWIC Benefit Balance.</p>	<p>Packages of individual serving size; Glass containers; Pint size containers</p> <p>Two (2) – ½ gallons substituted for a gallon Two (2) quarts substituted for a ½ gallon or Four (4) quarts substituted for a gallon</p>
<p>Nonfat dry milk in 25.6 ounce or 9.6 ounce box ONLY</p> <p>Larger boxes must be purchased unless the remaining eWIC Benefit Balance is less than 0.75 gallons. 9.6 ounce boxes can only be purchased when specified on voucher or when 0.75 gallons remain on eWIC Benefit Balance.</p>	<p>Individual serving sizes packaged in a larger box</p> <p>9.6 ounce box substituted for 25.6 ounce box</p>
<p>Evaporated milk fortified with Vitamin D 12 ounce cans ONLY</p>	<p>Sweetened condensed milk; Evaporated filled milk; Evaporated fat free milk</p>
<p>8th Continent Regular Soymilk Original Pacific Ultra Original Soymilk Silk Original Soymilk</p>	<p>Light or fat free; Vanilla or chocolate flavored soymilk</p>

*Whole milk only allowed for children age 12-24 months.

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- **FRUITS**

ALLOWED	NOT ALLOWED
Any variety of fresh whole, pre-cut or pre-chopped fruit, including fruit trays and single serve options without added sugars, flavoring, fat, oil, dips, dressing, croutons, and nuts.	Any variety of canned, frozen or dried fruit; Juice; Jams, jellies or fruit spreads; Fruits with added sugars, sodium, flavoring, dressing, fat or oil.
Participant may pay additional cost over the maximum amount of the eWIC Benefit Balance, including any tax with cash, check, SNAP (Food Stamp Card), credit or debit card. No cash or credit for any unused portion of the WIC benefit will be given.	Ornamental fruits such as painted pumpkins or edible blossoms; Fruit baskets or fruits from the deli/salad bar; Fruit trays with dips; Fruit muffins or baked goods; Fruit-nut mixtures

- **VEGETABLES**

ALLOWED	NOT ALLOWED
Any variety of fresh whole, pre-cut or pre-chopped vegetables, including vegetable trays or single serve options without dips, dressing, croutons, and nuts. This includes white, yellow, purple or red potatoes as well as sweet potatoes or yams.	Any variety of canned, frozen or dried vegetables; Vegetables with added sugars, sodium, flavoring, dressing, fat or oil; Juice; Pickled vegetables or olives (i.e. pickles, sauerkraut, etc.); Condiments (i.e. catsup, salsa, chutney; guacamole, pasta sauce, etc.); Herbs or spices; Soups
Participant may pay additional cost over the maximum amount of the eWIC Benefit Balance, including any tax with cash, check, SNAP (Food Stamp Card), credit or debit card. No cash or credit for any unused portion of the WIC benefit will be given.	Ornamental vegetables such as chilies on a string, gourds or edible blossoms; Vegetable trays with dip; Vegetable baskets or vegetables from the deli/salad bar; Vegetable muffins or baked goods; Creamed, sauced or breaded vegetables

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BRAND SPECIFIC WIC ITEMS UPC APPENDIX

• **BREAKFAST CEREAL**

	Prod_Name	UPC_PLU
B&G	B&G Cream of Wheat Whole Grain 18 oz	072400000256
	B&G Cream of Wheat Instant Whole Grain 12.7 oz	072400060182
Food Club	Food Club Frosted Shredded Wheat Strwbry Crm 18 oz	036800292086
General Mills	General Mills Cheerios	016000666108
	General Mills Cheerios	016000666603
	General Mills Cheerios 12 oz	016000487727
	General Mills Cheerios 14 oz	016000275645
	General Mills Cheerios 18 oz	016000275287
	General Mills Cheerios 21 oz	016000476080
	General Mills Cheerios 28 oz	016000160125
	General Mills Cheerios Multi Grain	016000275621
	General Mills Cheerios Multi Grain	016000687905
	General Mills Cheerios Value Pack 21.6 oz	016000433274
	General Mills Multi Grain Cheerios 16.2 oz	016000423442
	General Mills MultiGrain Cheerios 12 oz	016000487697
	General Mills MultiGrain Cheerios 18 oz	016000487710
	General Mills Multigrain Cheerios 18.75 oz	016000401051
	General Mills MultiGrain Cheerios 25.6 oz	016000160118
	General Mills Corn Chex	016000275584
	General Mills Corn Chex 12 oz	016000487963
	General Mills Corn Chex 16 oz	016000811607
	General Mills Corn Chex 18 oz	016000487970
	General Mills Rice Chex	016000275591
	General Mills Rice Chex	016000811706
	General Mills Rice Chex 12 oz	016000487949
	General Mills Rice Chex 18 oz	016000487956
	General Mills Diego Cereal 18 oz	016000488366
	General Mills Dora the Explorer Cereal 18 oz	016000176348
	General Mills Berry Berry Kix 12 oz	016000410770
	General Mills Honey Kix 12 oz	016000409453
	General Mills Kix	016000275676
	General Mills Kix	016000625709
	General Mills Kix	016000884908
	General Mills Kix Cereal	016000663701

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Kellogg's	Kellogg's Corn Flakes 12 oz	038000001109
	Kellogg's Corn Flakes 18 oz	038000001208
	Kellogg's Corn Flakes 24 oz	038000001277
Kellogg's	Kellogg's Corn Flakes 36 oz.	038000482809
	Kellogg's Crispix 18 oz	038000924224
	Crispix 12 oz	038000035302
	Crispix Cereal 17.9 oz	038000035104
	Kellogg's Bite Size Mini Wheats Unfrosted	038000359828
	Kellogg's Frosted Mini Wheats Big Bite 16 oz	038000027208
	Kellogg's Frosted Mini Wheats Big Bite 18 oz	038000576195
	Kellogg's Frosted Mini Wheats Bite Size 18 oz	038000318290
	Kelloggs Frosted Mini Wheats Bite Size 24 oz	038000318344
	Kellogg's Frosted Mini Wheats Bite Size 24 oz	038000049200
	Kellogg's Frosted Mini Wheats Little Bites 15.2 oz	038000596827
	Kellogg's Frosted Mini Wheats Original 30 oz	038000469541
	Kellogg's Frosted Mini Wheats Original 36 oz	038000937743
	Kellogg's Frstd Mini Wheats Tch of Frt Raisin 15oz	038000102301
	Kellogg's Frstd Mini Wheats Tch of Frt Rasp 15oz	038000597039
	Kellogg's Rice Krispies Gluten Free 12 oz	038000550195
	Kelloggs Rice Krispies 24 oz	038000395000
	Rice Krispies 12 oz	038000318467
	Rice Krispies 18 oz	038000291210
	Special K Cereal 12 oz	038000016110
	Special K Original 18 oz	038000016219
Kroger	Kroger Frosted Shredded Wheat Blueberry 16 oz	011110787118
	Kroger Frosted Shredded Wheat Strwbrry Crm 16.3 oz	011110787088
Malt-O-Meal	Malt-O-Meal Chocolate Hot Wheat Cereal 28 oz	042400001362
	Malt-O-Meal Chocolate Hot Wheat Cereal 36 oz	042400001065
	MOM Brands CoCo Wheats 14 oz	042400184706
	CoCo Wheats	042400184690
	CoCo Wheats 28 oz	011126003288
	Malt-O-Meal Oat Blenders with Honey & Almonds 18oz	042400125341
	Malt-O-Meal Oat Blenders with Honey 12 oz	042400044215
	Malt-O-Meal Oat Blenders with Honey 13.5 oz	042400047452
	Malt-O-Meal Oat Blenders with Honey 18 oz	042400072058
	Malt-O-Meal Oat Blenders with Honey 18 oz	042400125334
	Malt-O-Meal Oat Blenders with Honey 36 oz	042400022886
	Malt-O-Meal Oat Blenders with Honey & Almond 18oz	042400022961
	Malt-O-Meal Oat Blenders with Honey & Almonds 36oz	042400022992
	Malt-O-Meal Blueberry Mini Spooners 18 oz	042400142997
	Malt-O-Meal Blueberry Mini Spooners 18 oz	042400146322

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	Malt-O-Meal Blueberry Mini Spooners 36 oz	042400172659
	Malt-O-Meal Blueberry Mini Spooners 36 oz	042400181545
	Malt-O-Meal Strawberry Cream Mini Spooners 18 oz	042400070993
Malt-O-Meal	Malt-O-Meal Strawberry Cream Mini Spooners 18 oz	042400109037
	Malt-O-Meal Strawberry Cream Mini Spooners 36 oz	042400062370
	Malt-O-Meal Strawberry Cream Mini Spooners 36 oz	042400181538
My Essentials	My Essentials Strwbrry Frosted Shredded Wheat 18oz	725439109956
Our Family	Our Family Strwbrry Crm Frosted Shrd Wheat 16.3oz	070253298721
Quaker	Quaker Life 15 oz	030000063408
	Quaker Life 21 oz	030000061107
	Quaker Life Cereal 13 oz	030000063545
	Quaker Life Cereal 18 oz	030000061190
	Quaker Life Cereal 21.6 oz	030000313466
	Quaker Life Cereal 25.2 oz	030000310854
	Quaker Oatmeal Squares Brown Square	030000317570
	Quaker Oatmeal Squares Brown Sugar 21 oz	030000064030
	Quaker Oatmeal Squares Cinnamon 16 oz	030000061503
	Quaker Oatmeal Squares Cinnamon 21 oz	030000320730
	Quaker Oatmeal Squares with Brown Sugar	030000064412
	Quaker Oatmeal Squares with Cinnamon 14.5 oz	030000061534
	Quaker Instant Oatmeal Original	030000012109
	Quaker Instant Oatmeal Original 20.7 oz (21 pkts)	030000316238
Post	Post Alphabits 12 oz	884912003584
	Post Great Grains Banana Nut Crunch 15.5 oz	884912116505
	Honey Bunches of Oats with Almonds 14.5 oz	884912014252
	Honey Bunches of Oats with Almonds 18 oz.	884912014276
	Post Honey Bunches of Oats - Almonds	884912001863
	Post Honey Bunches of Oats - Honey Roasted	884912001870
	Post Honey Bunches of Oats 18 oz	884912014269
	Post Honey Bunches of Oats Almonds 14.5 oz	043000014257
	Post Honey Bunches of Oats Cinnamon Bunches 18 oz	884912012784
	Post Honey Bunches of Oats Honey Crunch 18 oz.	884912005632
	Post Honey Bunches of Oats Honey Roasted 14.5	884912014245
	Post Honey Bunches of Oats Honey Roasted 14.5 oz	043000014240
	Post Honey Bunches of Oats Honey Roasted 19 oz	043000014264
	Post Honey Bunches of Oats Honey Roasted 21 oz	043000112243
	Post Honey Bunches of Oats Honey Roasted 24.5 oz	884912014290
	Post Honey Bunches of Oats Honey Roasted 27 oz	884912003928
	Post Honey Bunches of Oats Vanilla Bunches 18 oz	884912017864
	Post Honey Bunches of Oats with Almonds 24.5 oz	884912014306
	Post Honey Bunches of Oats with Almonds 27 oz	884912003911

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	Post Honey Bunches of Oats with Cinnamon Bunches	884912012791
	Post Shredded Wheat Honey Nut 20 oz	884912181701
Sunbelt	Sunbelt Bakery Simple Granola 16 oz	024300031625

- **FROZEN JUICE**

- **Apple 12 oz**

	Prod_Name	UPC_PLU
Essential Everyday	Essential Everyday 100% Apple Juice	041303026731
Food Club	Food Club Apple Juice	036800111813
Food Lion	Food Lion Apple Juice	035826002099
Giant	Giant Frozen Apple Juice	688267078026
Great Value	Great Value Frozen 100% Apple Juice	078742352282
HyTop	HyTop Apple Juice	050700242002
Kroger	Kroger 100% Apple Juice	011110877857
My Essentials	My Essentials Apple Juice	725439104104
	My Essentials Apple Juice	725439111164
Our Family	Our Family Apple Juice	070253101090
Tipton Grove	Tipton Grove 100% Apple Juice	051933314900
Valutime	Valutime Apple Juice	011225415012
Weis From the Field	Weis From the Field Apple Juice	041497026302

- **Grape 12 oz**

	Prod_Name	UPC_PLU
Essential Everyday	Essential Everyday 100% Grape Juice	041303026779
Food Club	Food Club Grape Juice	036800171114
Giant	Giant Frozen Grape Juice	688267029783
Great Value	Great Value Frozen Grape Juice	078742229799
HyTop	HyTop Frozen 100% Grape Juice	050700051703
Kroger	Kroger Purple Grape Juice Frozen	011110879882
Sunrise Valley	Sunrise Valley (Giant) Frozen Grape Juice	688267029783

- **Orange 12 oz**

With or Without Calcium

Any Brand 100% Orange Juice 12 oz

- **Pineapple 12 oz**

Any Brand 100% Pineapple Juice 12 oz

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- **SHELF STABLE/REFRIGERATED JUICE**

- **Apple 64 oz**

	Prod_Name	UPC_PLU
Best Yet	Best Yet 100% Apple Juice	042187411637
Essential Everyday	Essential Everyday 100% Apple Juice	041303004401
	Essential Everyday 100% Apple Jce w/ Calc&Vit C	041303004432
	Essential Everyday 100% Apple Juice	041303004449
Food Club	Food Club Apple Juice	036800134607
	Food Club Apple Juice	036800149403
Food Lion	Food Lion Apple Juice	035826020581
Giant	Giant Apple Juice	688267075124
	Giant Apple Juice	688267152320
	Giant Apple Juice with Calcium	688267075278
Giant Eagle	Giant Eagle Apple Juice	030034016388
Great Value	Great Value 100% Apple Juice	078742026275
	Great Value 100% Apple Juice	078742088198
Hy Top	HyTop 100% Apple Juice	050700051895
IGA	IGA Apple Juice	041270882705
Kroger	Kroger Apple Juice Refrigerated	011110486370
	Kroger 100% Apple Juice	011110821140
My Essentials	My Essentials 100% Apple Juice	725439102230
Our Family	Our Family Apple Juice	070253220050
	Our Family Apple Juice	070253220234
Shurfine	Shurfine Apple Juice	011161112518
Smart Sense	Shur Fine 100% Juice Apple	015400835756
	Smart Sense Apple Juice	072000757949
Tipton Grove	Tipton Grove 100% Apple Juice	051933115828
	Tipton Grove 100% Apple Juice	051933115859
Weis 5 Star	Weis Premium 100% Apple Juice with Calcium	041497251438
	Weis Premium 100% Apple Juice	041497251445
Weis Quality	Weis Quality 100% Apple Juice w/ Vitamin C	041497251414
	Weis Quality 100% Apple Juice with Calcium	041497251421

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- **SHELF STABLE/REFRIGERATED JUICE**

- **Grape 64 oz**

	Prod_Name	UPC_PLU
Best Yet	Best Yet 100% Grape Juice	042187410418
Essential Everyday	Essential Everyday 100% Purple Grape Juice	041303004470
	Essential Everyday 100% White Grape Juice	041303004487
Food Club	Food Club Grape Juice	036800133549
	Food Club White Grape Juice	036800133617
Food Lion	Food Lion Purple Grape Juice	035826036148
	Food Lion White Grape Juice	035826036155
Giant	Giant Grape Juice with Calcium	688267063732
	Giant White Grape Juice	688267076596
	Giant Grape Juice	688267076602
Giant Eagle	Giant Eagle Grape Juice	030034016494
	Giant Eagle White Grape Juice	030034016500
Great Value	Great Value 100% White Grape Juice	078742226897
	Great Value 100% Grape Juice Purple	078742226903
Hy Top	HyTop 100% White Grape Juice	050700040776
	HyTop 100% Grape Juice	050700044866
IGA	IGA Purple Grape Juice	041270882750
	IGA White Grape Juice	041270882767
Kroger	Kroger Purple Grape Juice	011110821034
	Kroger 100% Grape Juice	011110018342
	Kroger 100% White Grape Juice	011110018359
	Kroger White Grape Juice	011110821454
Our Family	Our Family Grape Juice	070253220654
	Our Family White Grape Juice	070253220661
Shurfine	Shurfine Grape Juice	011161117148
	Shurfine White Grape Juice	011161117162
	Shur Fine 100% Juice Grape	015400835961
Smart Sense	Smart Sense Grape Juice	072000771679
Tipton Grove	Tipton Grove 100% Grape Juice	051933124523
Valutime	Valutime Grape Juice	011225020209
Weis Quality	Weis Quality White Grape 100% Juice	041497255689
	Weis Quality 100% Grape Juice	041497255696

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- **SHELF STABLE/REFRIGERATED JUICE**

- **Tomato 64 oz**

	Prod_Name	UPC_PLU
Essential Everyday	Essential Everyday 100% Tomato Juice	041303002599
	Essential Everyday Low Sodium Tomato Juice	041303002605
Food Club	Food Club Tomato Juice	036800188051
Food Lion	Food Lion Tomato Juice	035826076793
Giant	Giant Tomato Juice	688267122606
Great Value	Great Value 100% Tomato Juice	078742062099
Hy Top	HyTop 100% Tomato Juice	050700554006
IGA	IGA 100% Tomato Juice	041270882910
Our Family	Our Family 100% Tomato Juice	070253220814
Shurfine	Shur Fine 100% Juice Tomato	015400860895
		011161016786

- **Vegetable 64 oz**

	Prod_Name	UPC_PLU
Best Yet	Best Yet Vegetable Juice	042187211879
Diane's Garden	Diane's Garden Vegetable Juice	051933117525
Essential Everyday	Essential Everyday 100% Vegetable Juice	041303002636
	Essential Everyday 100% Vegetable Juice Low Sodium	041303002643
Food Club	Food Club Vegetable Juice	036800188068
Giant	Giant Vegetable Juice	688267122613
Great Value	Great Value 100% Vegetable Juice	078742062037
Hy Top	HyTop 100% Vegetable	050700553689
Kroger	Kroger Vegetable Juice Low Sodium	011110811592
	Kroger Spicy Vegetable Juice	011110811608
	Kroger Vegetable Juice	011110821126
Our Family	Our Family 100% Vegetable Juice	070253220852
Shurfine	Shur Fine 100% Juice Vegetable Juice	015400860888
		011161016793
Smart Sense	Smart Sense Vegetable Juice	072000746189
Weis Quality	Weis Quality 100% Vegetable Juice	041497259014

- **Orange 64 oz**

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With or Without Calcium

Any Brand 100% Orange Juice 64 oz

➤ **Pineapple 64 oz**

Any Brand 100% Pineapple Juice 64 oz

• **WHOLE GRAINS**

➤ **Bread 16 oz**

	Prod_Name	UPC_PLU
Arnold	Arnold Stoneground 100% Whole Wheat Bread	073410022504
Bimbo	Bimbo 100% Whole Wheat Bread	074323092301
Essential Everyday	Essential Everyday 100% Whole Wheat Bread	041303027806
Food Lion	Food Lion 100% Whole Wheat Bread	035826074645
	Food Lion 100% Whole Wheat Bread	035826085252
Giant	Giant 100% Whole Wheat Bread	688267097133
Giant Eagle	Giant Eagle Whole Wheat Bread	030034081737
Kern's	Kern's 100% Whole Wheat Bread	087848230639
Kroger	Kroger 100% Whole Wheat Bread	011110001320
Nature's Own	Nature's Own 100% Whole Grain Sugar Free Bread	072250017671
	Nature's Own 100% Whole Wheat with Honey Bread	072250043199
Nickles	Nickels 100% Whole Wheat Bread	078821300081
Pepperidge Farm	Pepperidge Farm Swirl 100% Whole Wheat Cinnamon w/ Raisins Bread	014100085430
	Pepperidge Farm Whole Grain Jewish Rye Bread	014100091400
	Pepperidge Farms Light Style 100% Whole Wheat	014100041931
	Pepperidge Farm Very Thin 100% Whole Wheat	014100071327
Roman Meal	Roman Meal Sungrain 100% Whole Wheat Bread	024126352164
	Roman Meal Sungrain 100% Whole Wheat Bread	041511352165
	Roman Meal Sungrain 100% Whole Wheat Bread	071319000289
	Roman Meal Sungrain 100% Whole Wheat Bread	077633700300
Sara Lee	Sara Lee Classic 100% Whole Wheat Bread	072945611030
	Sara Lee Classic 100% Whole Wheat Bread	077633750497
Schmidt's	Schmidt's Old Tyme 100% Whole Wheat Bread	071010120040
Schwebel's	Schwebel's 100% Whole Wheat Bread	071319000296
Weight Watchers	Weight Watchers 100% Whole Wheat Bread	183791000012

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- **WHOLE GRAINS**

- **Buns 16 oz**

	Prod_Name	UPC_PLU
Arnold	Arnold Select 100% Whole Wheat Hamburger Buns	073410161456
	Arnold Select 100% Whole Wheat Hamburger Buns	073410135549
	Arnold Select 100% Whole Wheat Hot Dog Buns	073410161463
	Arnold Select 100% Whole Wheat Hot Dog Buns	073410135587
Pepperidge Farm	Pepperidge Farm Soft 7 Grain Hamburger Buns	014100097730
Sara Lee	Sara Lee Soft & Smooth 100% Whole Wheat Hot Dog Buns	072945611306
	Sara Lee Soft & Smooth 100% Whole Wheat Hamburger Buns	072945611474

- **WHOLE GRAINS**

- **Tortillas 16 oz**

	Prod_Name	UPC_PLU
Carlita	Carlita 100% Whole Wheat Flour Tortillas	041130271014
Celia's	Celia's Whole Wheat Tortillas	890971002208
Chi Chi's	Chi-Chi's Whole Wheat Fajita Style Tortillas	043354007905
Don Pancho	Don Pancho Whole Wheat Tortilla	079341026284
Food Club	Food Club Whole Wheat Tortillas	036800220829
Giant	Giant Whole Wheat Tortillas	688267129704
	Giant Whole Wheat Tortillas	688267129759
Giant Eagle	Giant Eagle Whole Wheat Tortillas	030034069513
Kroger	Kroger 100% Whole Wheat Tortillas	011110015747
La Banderita	La Banderita Whole Wheat Tortillas	027331000486
MiCasa	MiCasa 100% Whole Wheat Tortillas	072250007603
Mission	Mission 100% Whole Wheat Flour Tortillas	073731071076
	Mission 100% Whole Wheat Flour Tortillas	073731072097
	Mission 100% Whole Wheat Flour Tortillas	073731071298
Nature's Promise	Nature's Promise All Nat Whl Wheat Tortillas	688267123153
Ortega	Ortega Whole Wheat Tortillas	041501009222
Our Family	Our Family Whole Wheat Flour Tortillas	070253180118
Pepito	Pepito Whole Wheat Tortillas	080062010179