

WEST VIRGINIA WIC APPROVED FOOD LIST

MAY 1, 2007

West Virginia Department of Health & Human Resources

WIC PROGRAM

FOOD LIST

EFFECTIVE MAY 1, 2007

ONLY THESE FOODS IN AMOUNTS ON DRAFTS ARE ALLOWED

FORMULA Formula must be the brand, form, and size written on the draft **ONLY**.

INFANT CEREAL Must be in 8-oz. **BOXES ONLY**. Must be the brand written on the draft **ONLY**.

NOT ALLOWED: Glass jars, organic, cereal with added fruit, or formula

INFANT JUICE Must be 100% fruit juice in 4-oz. containers **ONLY**. Must be the brand written on the draft **ONLY**. Any fruit flavor including fruit blends

NOT ALLOWED: Vegetable juice or vegetable juice blends, juice with added yogurt, or organic juice

JUICE (ADULT/CHILD) Must be unsweetened 100% juice.

46-oz. CONTAINERS (can, plastic or glass)

APPLE – Lucky Leaf®, Musselman®, Seneca®, or White House®

GRAPE – Welch's® 100% **ONLY**

GRAPEFRUIT – any brand

JUICY JUICE® – any flavor

ORANGE – any brand; with/without calcium

PINEAPPLE – any brand

TOMATO – DelMonte® or Campbell's® **ONLY**

V-8® VEGETABLE – any flavor except Splash & Fusion

11.5-oz. or 12-oz. CONCENTRATE

APPLE – Old Orchard®, Seneca®, or Minute Maid®

GRAPE – Welch's® 100% or Juice Makers (yellow band **ONLY**)

GRAPEFRUIT – any brand

JUICY JUICE – any flavor

ORANGE – any brand; with/without calcium

PINEAPPLE – any brand

NOT ALLOWED: Sweetened, carbonated, drinks, blends, organic, or vegetable/fruit juice blends

EGGS Must be in **CARTON OF 12 ONLY**. Any size or grade, either white or brown eggs.

NOT ALLOWED: Low cholesterol, Eggland's Best®,

Kroger Private Selection®, Full Spectrum®, organic, or free range

DRY BEANS OR DRY PEAS Any 1-pound **BAG**

NOT ALLOWED: Mixtures of bean/pea varieties, flavoring packets, or organic

PEANUT BUTTER Must be in 18-oz. jars **ONLY**.

Any brand - smooth, crunchy, chunky, or low sodium.

NOT ALLOWED: Reduced fat, peanut spreads, organic, or blends such as jelly, marshmallow or honey

CHEESE Must be in 8 or 16-oz. **PACKAGES ONLY**. Block, shredded, or sliced. Any fat content, low cholesterol, low sodium, or lactose reduced. Single Variety or blends of cheeses listed below:

American	Colby	Muenster
Brick	Monterey Jack	Provolone
Cheddar (any type)	Mozzarella	Swiss

NOT ALLOWED: Kroger Private Selection®, individually wrapped slices, cubed, string, imported, gourmet, weighed cheese from the deli, cheese with added ingredients (i.e. peppers, pimentos, or bacon), cheese food product, spread, imitation, substitute, smoked, organic or alternative cheese

CEREAL (ADULT/CHILD)

Selection cannot exceed total ounces written on the draft.

General Mills®

Cheerios® – regular or multi-grain plus **ONLY**

Chex® – corn, multi-bran, rice or wheat (**NO** frosted varieties)

Kix® – regular **ONLY**

Total® – whole grain **ONLY**

Wheaties® – regular **ONLY**

Kellogg's®

All-Bran® Complete – wheat or oat flakes

Corn Flakes® – regular **ONLY**

Crispix® – regular **ONLY**

Mini-Wheaties® – original big bite/bite size **ONLY**

Product 19®

Rice Krispies® – regular **ONLY**

Special K® – regular **ONLY**

Little Crow Foods®

CoCo Wheaties® – no individual packets

Nabisco®

Cream of Wheat® – any cook time – no individual packets

Post®

Banana Nut Crunch®

Grape Nuts® Flakes

Grape Nuts®

Honey Bunches of Oats® – Honey Roasted, Cinnamon Clusters, or with Almonds **ONLY**

Premium Bran Flakes®

Quaker®

Instant Grits – original **ONLY** – single serving packets **ONLY**

Instant Oatmeal – regular flavor **ONLY** – single serving packets **ONLY**

King Vitaman®

Life® – regular **ONLY**

Quaker® Squares – regular and cinnamon **ONLY**

NOT ALLOWED: Any cereal not listed above, including generic, organic or store brands, no cereal with added fruit

MILK White or Chocolate (Participants Choice) in ONE GALLON

containers unless the other size is written on the draft.

Must purchase specified fat content if written on draft.

Whole – Least expensive brand available

2% – Least expensive brand available

1% – Least expensive brand available

Skim – Least expensive brand available

Non-Fat Dry Milk – Must be 25.6 oz. package **ONLY**

Evaporated Milk – Must be in 12-oz. cans **ONLY**, whole or skim
Lactose Reduced or Lactose Free Milk – Allowed when written on draft **ONLY**. May be purchased in any size; not subject to least expensive brand policy.

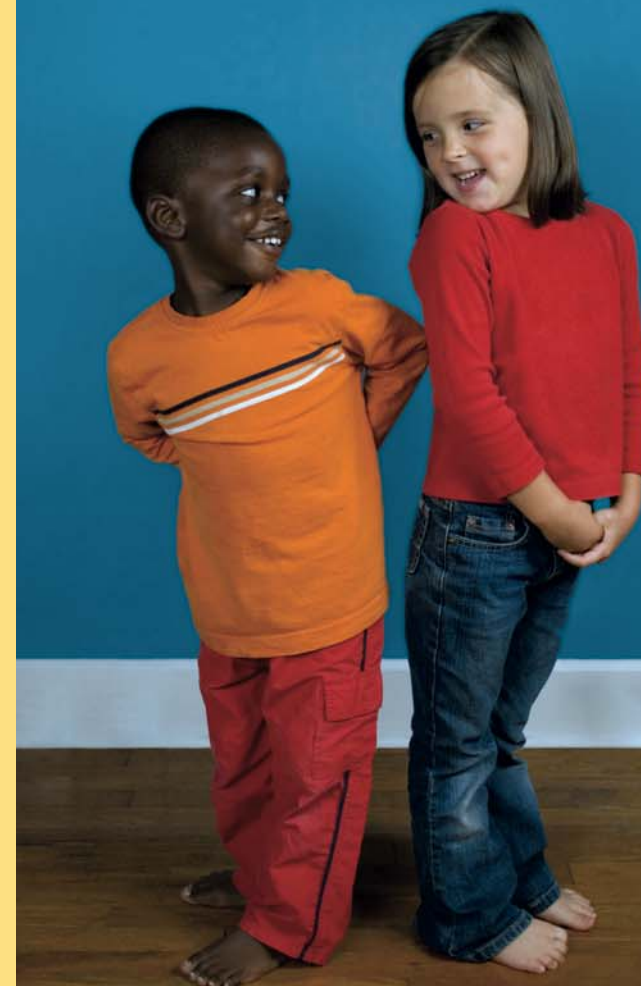
NOT ALLOWED: Sweetened, condensed, UHT, filled evaporated, buttermilk, goat's milk, sweet acidophilus, soy milk, organic, Vitamite®, or milk drinks

TUNA Chunk Tuna MUST be in 6-oz. can ONLY.

NOT ALLOWED: Albacore, white, low sodium, select, fancy, solid, diet, fillet, gourmet, organic, or foil packets

CARROTS Prepackaged, whole, raw carrots in 1-pound or 2-pound BAGS ONLY.

NOT ALLOWED: Baby, canned, cooked, frozen, loose, organic or peeled



WIC Foods for Women & Children

CEREALS

 = cereals rich in folic acid

CEREALS WITH NO ADDED FRUIT



JUICES

46 ounce/unsweetened

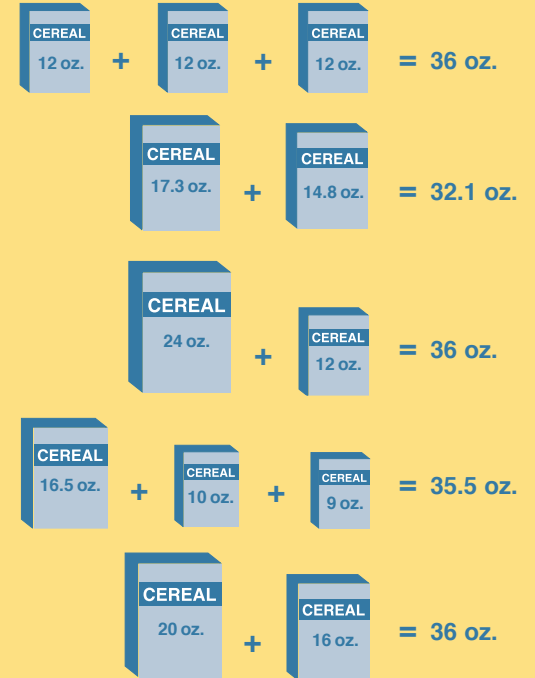


JUICES 11.5 or 12 oz. only concentrate/unsweetened

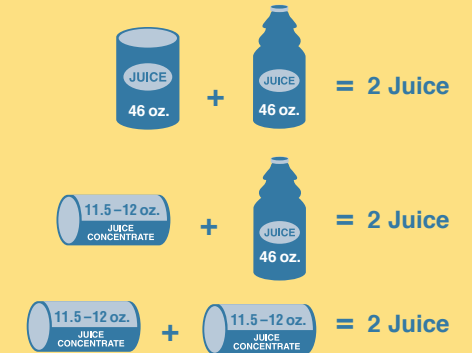


GETTING THE MOST WITH WIC COUPONS

USE THIS GUIDE TO CHOOSE BOX SIZES TO GET UP TO 36 OUNCES (OZ.) OF CEREAL



EXAMPLES OF A FEW JUICE COMBINATIONS



Manufacturers' coupons and any store promotions can be used with WIC coupons, including free food.

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