

WEST VIRGINIA DEPARTMENT OF HEALTH AND HUMAN RESOURCES
WEST VIRGINIA WIC APPROVED FOOD LIST
MAY 1, 2007

ONLY THESE FOODS IN THE 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/fruit blends, juice with added yogurt, or organic juices

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
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Brick	Monterey Jack	Provolone
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Cheddar (any type)	Mozzarella	Swiss
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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

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):

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.

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