

Approved WV WIC Food List

Effective 10/1/2010

- **BREAKFAST CEREALS**

Boxes Only	No single serving boxes or packets except Quaker Instant Oatmeal
Minimum package size is 12 ounce for cold cereal	No organic cereals
Minimum package size is 11 ounce for hot cereal	

- Whole Grains

B&G Cream of Wheat – Whole Grain 2 ½ Minute only
General Mills Plain Cheerios
General Mills Multigrain Cheerios
General Mills Chex – Wheat
General Mills Total – Whole Grain only
General Mills Wheaties
Kellogg’s All-Bran Wheat Flakes
Kellogg’s Mini-Wheats – Original Big Bite or Original Bite Size
Quaker Life – Original only
Quaker Oatmeal Squares – Regular or Cinnamon
Quaker Plain Oatmeal, individual packets
Post Banana Nut Crunch
Post Bran Flakes
Post Grape Nuts

- Other Cereals

General Mills Chex – Corn or Rice
General Mills Kix
Kellogg’s Corn Flakes
Kellogg’s Crispix
Kellogg’s Rice Krispies
Kellogg’s Special K
Post Honey Bunches of Oats – Honey Roasted, Cinnamon Clusters, or with Almonds
Quaker King Vitaman
CoCo Wheats

- **CANNED FISH**

Participants to choose chunk light tuna or pink salmon at the store	No sardines or mackerel; No Albacore, Yellow Fin, Chunk White, Solid White, Tongol or other specialty tuna; No Blueback, Sockeye, Red, King, Wild or Coho salmon
30 ounces total	No flaked or grated; No low sodium; No select, fancy and/or solid; No organic; No fish with added flavorings, spices or ingredients other than salt, oil or water; No gourmet, filet, fresh, dried, frozen or smoked fish
Combination to add up to 30 ounces in 5 ounce cans ONLY	No pouches; No packages of individual serving size; No fish and cracker combinations.

- **CHEESE**

Monterey Jack, Colby, natural Cheddar, part-skim or whole Mozzarella, pasteurized processed American, or blends of any of these cheeses	No Longhorn, Swiss, Muenster, Provolone or Brick cheese; No cheese food, cheese product, imitation cheese, cream cheese or cheese spread; No cheese with pepper, pimento, added herbs, spices, seasonings or flavorings (wine or smoked); No cheese with added probiotics, DHA or AHA (e.g., Liv Active, etc); No cheese made with raw milk
16 ounce packages ONLY	No deli or imported cheese; No kosher cheese
Sliced, shredded or block form	No individually packaged slices, cubes, crumbles or string cheese; No packages of individual serving sizes
Low fat; reduced fat; fat free; low cholesterol; low sodium; calcium fortified; Vitamin D fortified; and lactose-reduced cheese	No organic; No lactose-free cheese

- **EGGS**

Any grade of large white chicken eggs	No brown, cage free, naturally nested, free range or vegetarian fed hen eggs; No small, medium, extra large or jumbo eggs; No dried or liquid egg mixes; No egg substitutes
Packaged by the dozen ONLY	No antibiotic free or no growth hormone eggs; No organic, reduced cholesterol, or reduced saturated fat eggs; No specialty eggs (including pasteurized or fortified/enriched with Vitamin E, DHA or Omega 3)

- **FORMULA**

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.	No 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.	No low-iron infant formula

- **FRUITS**

Any variety of fresh whole or cut fruit without added sugars, flavoring, dressing, fat or oil	No variety of canned, frozen or dried fruit; No juice; No jams, jellies or fruit spreads
Participant may pay additional cost over the maximum amount of the Cash Value Voucher, including any tax with cash, check, SNAP (Food Stamp Card), credit or debit card. No cash or credit for any unused portion of the voucher will be given. Two or more Cash Value Vouchers may not be combined. Each voucher is a separate transaction.	No ornamental fruits such as painted pumpkins or edible blossoms; no fruit baskets or fruits from the deli/salad bar; no fruit muffins or baked goods; No fruit-nut mixtures

- **INFANT FOODS**

All infant foods will be provided per the terms of the infant food rebate agreement.	WIC Shopper to purchase size specified on voucher.
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- Cereal

Dry cereal containing a minimum of 45 mg of iron per 100 g; single grain (barley, oatmeal, rice, whole wheat) or mixed grain	No infant cereals containing infant formula, milk, fruit, sugar or other non-cereal ingredients (DHA or ARA); No “organically grown” infant cereals
8-ounce boxes ONLY	No infant cereal in jars, plastic containers or cans.

- Fruits

Single ingredient or combinations of single ingredient (e.g., apples-pears; apples-mango-kiwi) fruit without added sugars, starches, or salt (i.e., sodium).	No mixtures with cereal or infant food dinners, puddings, desserts (e.g., peach cobbler) or “delights”; No organic infant fruits; No commercial varieties containing DHA or ARA; No infant fruits with added sugars, starches or sodium; No infant fruits with yogurt
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Texture may range from pureed through chunky	No fresh fruits as substitute for commercial infant food; No Gerber Graduates fruit dices, fruit puffs, yogurt melts, wagon wheels, fruit and cereal bars, mini fruits, fruit strips or fruit twists; No Beech Nut Let's Grow yogurt nibbles; No Heinz toddler foods
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➤ Vegetables

Single ingredient or combinations of single ingredient (e.g., peas and carrots) vegetables without added sugars, starches, or salt (i.e. sodium).	No organic infant vegetables; No infant food dinners; No infant vegetables with added sugars, starches or sodium; No commercial varieties containing DHA or ARA.
Texture may range from pureed through chunky	No fresh vegetables as substitute for commercial infant food; No Gerber Graduates vegetable dices, veggie puffs, or wagon wheels; No Heinz toddler foods

➤ Meat

Infant food meat or poultry, as a single major ingredient, with added broth or gravy without added sugars or salt (i.e., sodium).	No infant food combinations (e.g., meat and vegetables) or dinners (e.g., spaghetti and meatballs); No organic meats; No commercial varieties containing DHA or ARA; No infant meats with added sugars, starches or sodium
Texture may range from pureed through chunky	No chicken sticks, turkey sticks or meat sticks; No Gerber Graduates Lil' Meals, Lil' Sides, Lil' Entrees or Pasta Pick-ups; No Beech Nut Tummy Trays or Mini-meals; No Heinz toddler foods; No Nature's Goodness Toddler Cuisine.

● **JUICE**

Pasteurized 100% unsweetened fruit juice or vegetable juice containing at least 30 milligrams of vitamin C per 100 milliliters of juice	No juices with added sugar or sugar substitutes; No fruit juice blends; No Juicy Juice; No Welch's ; No juice drinks or cocktails; No juices with carbonation; No sports drinks; No organic juices; No vegetable and fruit juice blends; No lemon or lime juice; No ciders
12 ounce frozen, 64 ounce shelf stable cans or plastic bottles, or 64 ounce refrigerated cartons, ONLY	No pourable, shelf-stable concentrate; No fresh juice; No packages of individual serving size; No juice in glass bottles; No infant juice.

➤ Apple

12 oz. Frozen	64 oz. Shelf Stable
Great Value	Flavorite
Hytop	Hytop
Kroger	IGA
Old Orchard	Kroger
Seneca	Lucky Leaf
	Old Orchard
	Our Family
	Great Value
	Seneca
	Food Lion

➤ Grape: White, purple or red

12oz. Frozen	64oz. Shelf Stable
Great Value	Flavorite
Hytop	Food Lion
Kroger	Hytop
Old Orchard	IGA
Seneca	Kroger
	Great Value
	Old Orchard
	Our Family

➤ Grapefruit

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

➤ Orange: With or without calcium

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

➤ Pineapple

12 oz. Frozen	No 64 oz currently meets requirements
Any Brand	

- Tomato: Regular or low sodium

12 oz. Frozen	64 oz. Shelf-Stable or 64 oz. Refrigerated
	Campbell's
	Hytap
	Food Lion

- Vegetable: No V-8 Splash or Fusion varieties; Low sodium is also WIC approved

12 oz. Frozen	64 oz. Shelf-Stable or 64 oz. Refrigerated
	V-8 Any flavor except Splash or Fusion
	Hytap

- **MATURE LEGUMES**

Any type plain dried bean, lentil or pea	No beans with added flavoring packets or additional flavorings; No soups or mixed beans; May not contain added sugars, fats, dyes, oils or meat as purchased; No organic
16 ounce bag ONLY	No boxes of beans; No raw or roasted peanuts or other nuts
Canned beans may be chosen for dried beans as specified on the voucher--64 ounces of canned beans is equivalent to one pound of dried beans – 15 - 16 oz. can ONLY any brand of the following beans: black beans, great northern beans, kidney beans, navy beans, and pinto beans	No baked beans or pork and beans; No canned chili; No gourmet style peas or beans; No hummus; No immature varieties of legumes, such as green beans, green peas, snap beans, orange beans, wax beans and edam me-style soy beans; No added sugars, fats, oils or meats as purchased; No soups; No refried beans

- **MILK**

Whole, Reduced fat (2%), Low fat (1%), Fat free (Skim, Super Skim or Ultra Skim), and Chocolate Lactose free and Nonfat dry milk as specified for need	No cultured milk (i.e. buttermilk, kefir, acidophilus); No shelf-stable milk; No goat's milk; No evaporated or sweetened condensed milk; No rice milk; No milk with added soy protein, plant sterols, DHA, ARA and/or Omega 3; No tofu; No organic milk; No fruit flavored milk; No other non-dairy or raw milk
Least expensive brand only Size of container as specified on voucher	No packages of individual serving size; No milk in glass bottles; No pint size

	containers
8 th Continent Regular Soymilk Original ONLY	No light or fat free soymilk; No vanilla or chocolate flavored soymilk

- **PEANUT BUTTER**

Any brand of commercially prepared, pre-packaged brands of plain, low sugar or low-sodium peanut butter, including smooth, crunchy or extra crunchy, and chunky styles	No whipped peanut butter; No combinations including those with jelly, honey, chocolate, marshmallow or flavors added; No other nut butters (i.e. almond, soy, sesame tahini, cashew, sunflower, etc); No reduced fat, fat free, or peanut spreads; No organic peanut butters; No honey roasted or honey nut peanut butter (i.e. Skippy Roasted Honey Nut); No specialty or gourmet peanut butter; No peanut butter with added nutrients such as vitamin E, DHA or ARA
18 ounce package ONLY	No packages of individual serving size, including tubes, slices or “To Go” containers; No bulk or fresh ground peanut butter

- **VEGETABLES**

Any variety of fresh whole or cut vegetables, except white, yellow, purple or red potatoes, without added sugars, sodium, flavoring, dressing, fat or oil	No white, yellow, purple or red potatoes; No variety of canned, frozen or dried vegetables; No juice; No pickled vegetables or olives (i.e. pickles, sauerkraut, etc.); No catsup, salsa, chutney, guacamole, pasta sauce or other condiments; No herbs or spices; No soups
Participant may pay additional cost over allotted voucher. No cash or credit for any unused portion of the voucher. Each voucher is a separate transaction.	No ornamental vegetables such as chilies on a string, gourds or edible blossoms; no vegetable baskets or vegetables from the deli/salad bar; no vegetable muffins or baked goods; No creamed, sauced or breaded vegetables

- **WHOLE GRAINS**

Whole wheat and whole grain breads in 16 ounce packages ONLY	No breads that do not have whole grain as the primary ingredient; No white-wheat breads; No breads with additives such as herbs, spices, peppers, cheese, tomatoes;
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	No organic breads; No whole grain or multi grain breads from the bakery/deli counter.
Other whole grains	No brown, basmati, wild, wehani or jasmin rice; No bulgar (cracked wheat); No oatmeal; No whole grain barley; No soft corn or whole wheat tortillas; No granola or other whole unprocessed grains with added nuts, fruits, etc.; No other whole grain products such as whole wheat flour, whole corn flour, pasta, rye or couscous

➤ Bread

Healthy Life 100% Whole Wheat Bread
Nature's Own: 100% Whole Grain Sugar Free Bread
Nickles: 100% Whole Wheat Bread
Pepperidge Farms: Stone Ground 100% Whole Wheat Bread; 100% Whole Wheat Cinnamon Swirl w/Raisins; Very Thin 100% Whole Wheat Bread
Sara Lee: Classic 100% Whole Wheat Bread
Schmidt's: Old Tyme 100% Whole Wheat Bread
Weight Watchers: Whole Wheat Bread; Multi Grain Bread
Roman Meal: SunGrain 100 % Whole Wheat Bread
Food Lion: 100 % Whole Wheat Bread