



FOOD LIST

GROWING HEALTHY FUTURES

A guide to the Oregon WIC
approved foods

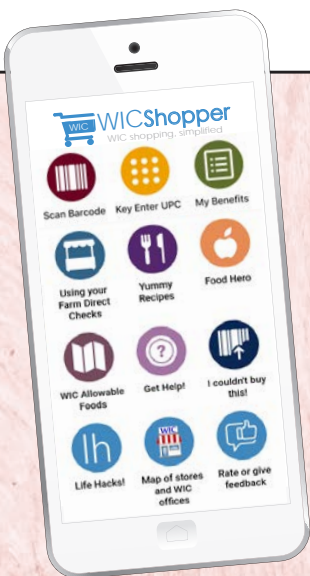


EFFECTIVE FEBRUARY 1, 2021
REVISED SEPTEMBER 1, 2022

HOW CAN THE WICSHOPPER APP HELP WITH SHOPPING?

Use the WICShopper App to:

- View your current benefits.
- Scan barcodes to find WIC foods.
- Use the Food List in the app to help find the allowed brands and sizes.
- Find stores that take WIC.
- Look up recipe ideas.



Download the WICShopper App and register your eWIC card today!

**available for iPhone and Android.*



SHOPPING TIP

Connection issues in the store?

Try opening the App before you enter the store.

Approved Food List

Use this food list to choose the allowed brands, types and sizes of foods in your food package. Check the food list to answer these questions:

- **What brands can I buy of this food?**
- **Which package sizes are allowed?**
- **Which flavors can I choose?**

Fruit & Vegetables	4-5
Whole Grains	6
100% whole wheat bread	6
Corn tortillas	7
Whole wheat tortillas	7
Whole wheat pasta	8
Oats	8
Brown rice	9
Bulgur	9
Milk	10-11
Soy beverage	12
Goat milk	13
Cheese	13
Yogurt	14-15
Tofu	16
Eggs	16
Peanut butter	17
Dry peas, beans, and lentils	17
Canned beans	17
Canned fish	18
Cold cereal	19-21
Hot cereal	22
Bottled juices	23
Frozen juices	24
Baby food	25-27
Fruit & vegetables	26
Meat	27
Cereal	27

Fruit and vegetables

Fresh Fruit and Vegetables

✓ BUY

- Whole, pre-cut, shredded, or packaged
- Salad and greens in a bag
- Organic is OK

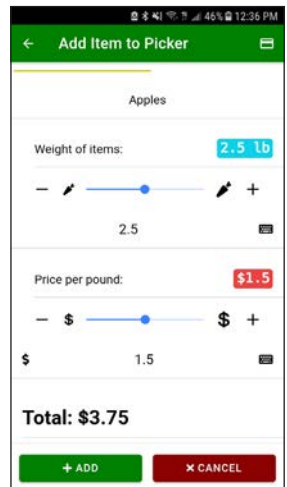
⊘ DON'T BUY

- No salad bar items, deli items, or party trays
- No added dressing or dip
- No added nuts, dried fruit, croutons
- No herbs or spices (like cilantro or parsley)
- No plants



SHOPPING TIP

Try the fruit and vegetable calculator in “My Benefits” section of the WICShopper app. You can calculate the cost of fresh fruit and vegetables quickly and easily!



Fruit and vegetables

Frozen Fruit and Vegetables

✓ BUY

- Whole, cut, or mixed
- Frozen beans are OK (like lima beans, edamame, and black-eyed peas)
- Organic is OK



⊘ DON'T BUY

- No added sugar, fats, or oils
- No added sauce or creamed vegetables
- No added rice, pasta, meat, nuts, or noodles
- No french fries, hash browns, potatoes O'Brien, or tater tots
- No breaded or battered vegetables

Canned Fruit

✓ BUY

- Fruit packed in water or juice without added sugars
- Any type of container, including plastic multi-packs
- Natural or unsweetened applesauce OK
- Organic is OK



⊘ DON'T BUY

- No added syrup, such as heavy, light or extra light
- No artificial sweeteners or no-calorie sweeteners
- No fruit cocktail or mixed fruit with cherries

Canned Vegetables

✓ BUY

- Vegetables without added fats or oils
- Tomatos OK (like whole, strained, crushed, diced, paste or purees)
- Organic is OK



⊘ DON'T BUY

- No mixtures with mature beans, such as kidney or black beans
- No pickled, creamed or sauced canned vegetables
- No salsa, stewed tomatoes or tomato sauces

Whole grains Whole wheat bread

Shopping for whole grains

Enjoy a variety of whole grains! WIC offers:

- 100% whole wheat bread
- Soft corn tortillas
- Whole wheat tortillas
- Whole wheat pasta
- Oats
- Brown rice
- Bulgur

The total amount of grains you can buy is shown on your benefit list.

If you have enough whole grain benefits, you can buy more than one type of grain at a time. For example, if your benefit list says you have 32 oz. of whole grains, you could buy:



16 oz.

AND



16 oz.

100% whole wheat bread

16 oz. to
32 oz.



BUY

- Loaf of bread, any brand
- Must say "100% whole wheat" on the label

DON'T BUY

- No light or "lite" bread
- No organic

Corn tortillas, Whole wheat tortillas

Corn tortillas

✓ BUY

- Soft white or yellow corn tortillas only
- Choose from **these brands** only:

Calidad
Casa Rosa
Don Pancho
Essential Everyday
Food Club
Guerrero

Herdez
IGA
Kroger
La Banderita
La Burrita
Las 4 Hermanas

Mission
Reser's Baja Café
Signature Select
Tortilla Land

8 oz. or
larger

⊘ DON'T BUY

- No fried tortillas or tortilla chips
- No organic or bulk



Whole wheat tortillas

✓ BUY

- 100% whole wheat tortillas only
- Choose from **these brands** only:

Don Pancho
Essential Everyday
Guerrero
IGA

Kroger
La Banderita
Market Pantry

Mission
Ortega
Signature Select

8 oz. or
larger

⊘ DON'T BUY

- No fried tortillas or tortilla chips
- No white flour tortillas
- No organic or bulk



Whole wheat pasta, Oats

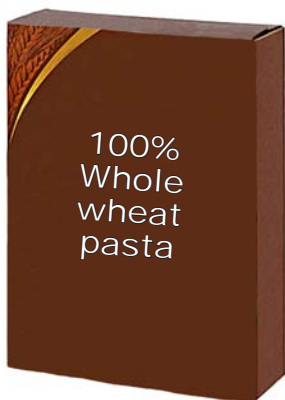
Whole wheat pasta

✔ BUY

- Any shape of whole grain or whole wheat pasta
- Choose from **these brands** only:

Barilla
Essential Everyday
Food Club
Great Value
Kroger
Ronzoni
Signature Select
WinCo Foods

16 oz.
only



⊘ DON'T BUY

- No organic or bulk

✔ BUY

Oats

- Any brand
- Quick, rolled, and old-fashioned oats are OK
- Gluten-free oats are OK
- Organic OK

⊘ DON'T BUY

- No instant (when buying as a whole grain)
- No bulk
- No steel-cut, Irish, or Scottish oats
- No added sugar, fat, oil, or salt



SHOPPING TIP

With WIC benefits, is oatmeal a cereal or a whole grain?

- Oats in a box, bag, or tub are a **whole grain benefit**
- Instant oatmeal in single-serving packets are a **cereal benefit**

Brown rice, Bulgur

Brown rice

✓ BUY

- Any brand
- Instant, "minute", or boil in bag rice are OK
- Brown jasmine and brown basmati rice are OK
- Organic OK

⊘ DON'T BUY

- No white, wild, milled or sprouted rice
- No added seasonings, sugar, fat, oil, or salt
- No bulk



14-16 oz.
(instant
rice only)

16 oz.
or larger



Bulgur

✓ BUY

- Any brand
- Organic OK

⊘ DON'T BUY

- No added seasonings, sugar, fat, oil or salt
- No bulk



Milk

Shopping for milk

All WIC milk is pasteurized and has Vitamin D added.

✔ BUY

- Any brand
- Skim Delux, Ultra, Creamy, Royale, Supreme, etc. are OK

⊘ DON'T BUY

- No rice milk, almond milk, buttermilk, flavored milk, raw milk, or A2 milk
- No organic
- No added Omega-3 or Vitamin E
- No specialty items like glass bottles

Buy the type of milk listed on your benefit list:

- 1% Lowfat or Fat Free Milk - for adults and children 2 years and older (Fat free and skim milk are the same)
- Whole milk for children 1 year of age

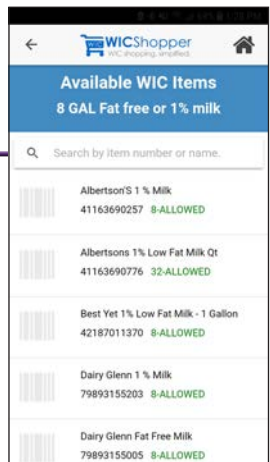
Talk with your WIC clinic to get the following types of milk. Any brand OK.

- Acidophilus milk
- Lactose-free milk
- Dry non-fat milk (25.6 oz. size)
- Evaporated milk (12 oz. can)



SHOPPING TIP

Use the app to see what type of milk is on your benefits list. Scan the barcode to see if it's allowed.



Examples of ways you can combine milk container sizes

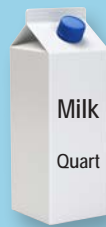
1.0 GAL =



0.75 GAL =



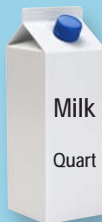
and



0.5 GAL =



0.25 GAL =



Soy beverage

Soy beverage

BUY

- Choose from these brands and products only:

Refrigerated



8th Continent
original or vanilla
64 oz.



Silk
original
32 oz., 64 oz. or 128 oz.

On the shelf



Pacific Ultra Soy
original
32 oz.



Silk
original
32 oz.



West Life Organic Soymilk
Calcium & Vitamin D
Plain or Vanilla
32 oz.

32 oz. = quart
64 oz. = half gallon

Goat milk, Cheese

Goat milk

☑ BUY

- Buy the type of goat milk shown on your benefit list
- Only Meyenberg Goat Milk is allowed



Whole
goat milk
32 oz. or
64 oz.



Lowfat
goat milk
32 oz.



Whole
powdered goat milk
12 oz. can
12 oz. pouch



Whole
evaporated
goat milk
12 oz. can

Cheese

☑ BUY

- 1 or 2 pound packages only, made in U.S.A.
- Any brand of Cheddar (mild or medium), Colby, Colby-Jack, Cheddar-Jack, Monterey Jack, or Mozzarella
- 16 oz. (1 lb.) Mozzarella String Cheese is OK



16 oz.
only

☒ DON'T BUY

- No sharp, extra sharp, or white cheddar
- No sliced, deli, or shredded cheese
- No organic, soy, goat, or raw cheese
- No cheese foods or spreads (like Velveeta)
- No smoked or flavored cheese with items added like jalapeño peppers or caraway seeds
- No fresh Mozzarella (packed in water)

Yogurt













✓ BUY

- 32 oz. (or 2 lb.) containers only
- Buy the type of yogurt listed on your benefit list (whole, lowfat or nonfat)
- Choose from the brands and flavors listed

⊘ DON'T BUY

- No organic
- No "light" yogurts
- No yogurts with artificial sweeteners, like aspartame or sucralose

Whole Milk Yogurt *(children 1 year of age)*

 <ul style="list-style-type: none"> • Whole, plain 	 <ul style="list-style-type: none"> • Whole, plain • Whole, vanilla 	 <ul style="list-style-type: none"> • Whole, plain • Greek, whole, plain 	 <ul style="list-style-type: none"> • Greek, whole, vanilla
 <ul style="list-style-type: none"> • Greek, whole, plain • Greek, whole, vanilla honey 	 <ul style="list-style-type: none"> • Greek, Whole, plain 	 <ul style="list-style-type: none"> • Whole, plain • Whole, vanilla • Whole, strawberry 	 <ul style="list-style-type: none"> • Whole, plain • Whole, vanilla • Whole, strawberry
 <ul style="list-style-type: none"> • Whole, honey 	 <ul style="list-style-type: none"> • Greek, Whole, plain 	 <ul style="list-style-type: none"> • Whole, plain 	 <p>1 CTR = 32 oz. (2 lb.)</p>

Lowfat or Nonfat Yogurt *(adults and children over 2 years of age)*



- Nonfat, plain
- Nonfat, vanilla
- Lowfat, plain
- Lowfat, vanilla



- Nonfat, plain
- Nonfat, vanilla
- Nonfat, strawberry
- Lowfat, plain



- Nonfat, plain
- Lowfat, plain
- Lowfat, vanilla

Lowfat or Nonfat Yogurt , continued (adults and children over 2 years of age)



- Fat free, plain
- Lowfat, plain
- Lowfat, vanilla
- Lowfat, strawberry
- Lowfat, blueberry
- Greek, nonfat, plain
- Greek, nonfat, vanilla
- Greek, nonfat, strawberry



- Lowfat, plain
- Lowfat, vanilla
- Lowfat, strawberry
- Lowfat, peach
- Lowfat, raspberry
- Greek, nonfat, plain



- Greek, nonfat, plain
- Greek, nonfat, vanilla



- Nonfat, plain
- Lowfat, vanilla
- Lowfat, strawberry
- Lowfat, strawberry-banana
- Lowfat, peach



- Lowfat, strawberry
- Lowfat, raspberry
- Lowfat, peach
- Greek, nonfat, plain
- Greek, nonfat, vanilla



- Nonfat, plain
- Lowfat, plain
- Lowfat, strawberry
- Lowfat, peach
- Greek, nonfat, plain
- Greek, nonfat, vanilla



- Fat free, plain
- Fat free, vanilla
- Lowfat, plain
- Lowfat, vanilla



- Nonfat, plain
- Nonfat, vanilla
- Lowfat, plain



- Greek, nonfat, plain
- Greek, nonfat, vanilla
- Greek, nonfat, strawberry



- Lowfat, vanilla
- Lowfat, strawberry
- Lowfat, peach



- Nonfat, plain
- Lowfat, vanilla
- Lowfat, strawberry
- Lowfat, peach



- Lowfat, vanilla
- Lowfat, strawberry
- Lowfat, strawberry-banana
- Lowfat, peach
- Lowfat, blueberry

Tofu, Eggs

Tofu

✓ BUY

- 16 oz. (1 lb.) containers only
- Water packed
- Choose from **these refrigerated brands** and products only:

⊘ DON'T BUY

- No containers smaller than 16 oz.



Azumaya Tofu Firm, Extra Firm, or Silken



House Foods (no organic) Firm, Medium Firm or Extra Firm



Franklin Farms Soft, Medium, Firm or Extra Firm



1 CTR = 16 oz.



NaSoya Organic Silken

Eggs

✓ BUY

- Packages of one dozen only
- Any brand of white, large chicken eggs
- Cage-free eggs OK

⊘ DON'T BUY

- No brown eggs
- No specialty eggs (like Eggland's Best, higher Omega-3, or Vitamin E, free-range or pasture-raised)
- No organic

Dry peas, Peanut butter,
beans, lentils,
Canned beans

Peanut butter

✓ BUY

- 16 to 18 oz. containers only
- Any brand
- Organic OK

1 CTR =
16-18 oz.



⊘ DON'T BUY

- No peanut "spread" or honey roasted
- No low-fat or reduced-fat peanut butter
- No added jelly, marshmallows, chocolate, or honey
- No Omega-3
- No bulk, or grind your own

Dry peas, beans, lentils

✓ BUY

- 16 oz. or 32 oz. bags only
- Any brand and type
- Organic OK

1 CTR =
16 oz.



⊘ DON'T BUY

- No added seasonings
- No bulk

Canned beans

✓ BUY

- 15 to 16 oz. cans only
- Any brand and type of beans
- Low sodium beans are OK
- Organic OK

1 CTR =
4 cans



⊘ DON'T BUY

- No refried beans, baked beans, or green beans
- No added oils, seasonings, or flavorings

Canned fish

(for parents who are fully breastfeeding)



5 oz. can or larger

✓ BUY

- Any brand of chunk light tuna or pink salmon packed in water
- Chicken of the Sea or Bumble Bee sardines in water only



Pink salmon
5 oz. can or larger

⊘ DON'T BUY

- No flavored or seasoned tuna, salmon, or sardines
- No albacore, yellowfin, or tongol tuna
- No red, sockeye, blueback, or Atlantic salmon
- No fillets
- No fish packed in oil
- No pouches or single serving packages
- No specialty fish, like pole-caught tuna

Bumble Bee

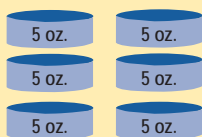


Chicken of the Sea

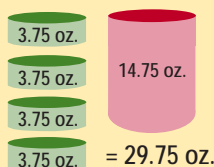


Sardines 3.75 oz. can

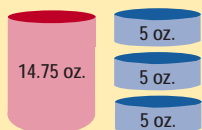
Examples of ways you can combine fish can sizes



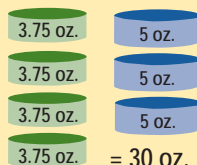
= 30 oz.



= 29.75 oz.



= 29.75 oz.



= 30 oz.

Shopping for cereal

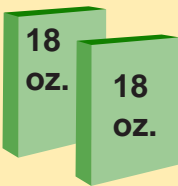
Look for these symbols in this food list to pick a cereal that has extra folic acid, is made with whole grains, or is gluten-free.

- F** 100% Daily Value (DV) for folate
- G** Company states cereal is gluten free
- W** Made with whole grains and is a good source of fiber

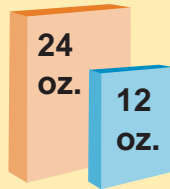
The smallest cereal size you can buy is 9.8 oz. (for hot cereal) or 12 oz. (for cold cereal). If you have less **than 9.8 oz. left in your cereal benefit this month, you won't be able to spend it.**

The best way to make sure you get all your cereal is to buy either 12 oz., 18 oz., 24 oz. or 36 oz. size boxes.

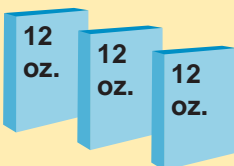
Examples of ways you can combine cereal package sizes



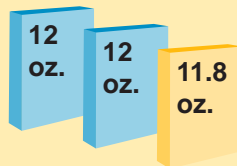
Totals 36 oz.



Totals 36 oz.



Totals 36 oz.



Totals 35.8 oz.

Cold cereal

BUY 12 oz. to 36 oz. size

Kellogg's



F
W

All-Bran Complete Wheat Flakes



Corn Flakes (original)



F

Special K (original)



W

Frosted Mini Wheats (original)



F
W

Strawberry Frosted Mini Wheats



Rice Krispies (original)

General Mills



G

Rice Chex



G

Corn Chex



G

Blueberry Chex



G

Cinnamon Chex



G
W

Cheerios (plain)



F
G
W

Multi Grain Cheerios (original)



W

Kix (original)



W

Berry Berry Kix



W

Honey Kix

Cold cereal

Malt-O-Meal (box or bag)



W

Frosted Mini Spooners (original)

Post



W

Grape Nuts



W

Great Grains
Banana Nut Crunch



W

Great Grains
Crunchy Pecan



F

Honey Bunches of Oats
Honey Roasted



F

W

Honey Bunches of Oats
Vanilla Bunches



F

Honey Bunches of Oats
Almond



F

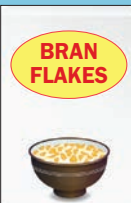
Honey Bunches of Oats
Pecan & Maple Brown Sugar



SHOPPING TIP

The best way to make sure you get all your cereal is to buy either 12 oz., 18 oz., 24 oz., or 36 oz. size boxes.

Bran Flakes - store brand



Best Yet, Food Club, Great Value, IGA, Signature Select

F

W

Essential Everyday

W

Hot cereal

BUY 9.8 oz. - 36 oz. size



Cream of Wheat Plain
1 Minute **No Instant**



Cream of Wheat Plain
2 1/2 Minute **No Instant**



W

Cream of Wheat Whole Grain,
2 1/2 Minute **No Instant**



G

Cream of Rice Plain
No Instant



Malt-O-Meal Original



Quaker Instant Grits Original
(Single serving packets)



W

Quaker Instant Oatmeal
(Single serving packets)



W

Plain Instant
Oatmeal, single
serving packets

Best Bet, Food Club, Great Value,
Kroger, Shurfine, Signature
Select, WinCo Foods

Bottled juice

☑ BUY 100% JUICE

- 64 oz. plastic bottles only
- Added fiber, vitamins, & minerals are OK
- Choose from **these brands**
- **and flavors** only:

☒ DON'T BUY

- No juice cocktails, juice drinks or 'light' juices
- No organic • No apple cider
- No refrigerated



Tree Top

Any flavor (except 3 Apple Blend or Honey Crisp)



Juicy Juice

Any flavor



Campbell's

Tomato
(regular and low sodium)

1 CTR =
64 oz.
bottle



Langer's

Any flavor, 100% juice
No cocktails



Ocean Spray

Any flavor, 100% juice
no sugar added
No cocktails



Orange

Any brand



Grapefruit

Any brand



Apple

Best Yet,
Essential
Everyday,
Food Club,
Great Value,
IGA, Kroger,
Market Pantry,
Signature Select,
Western Family,
WinCo Foods



**Cranberry,
cran-grape and
cran-raspberry**

No cocktails

Best Yet,
Food Club,
Great Value,
Kroger,
Signature Select,
Western Family



**Grape
(purple or white)**

Best Yet,
Essential
Everyday,
Food Club,
Great Value,
IGA, Kroger,
Market Pantry,
Signature Select,
Western Family,
WinCo Foods



Vegetable

Best Yet,
Essential
Everyday,
Food Club,
Great Value,
Kroger,
Signature
Select,
WinCo Foods

Frozen juice

✔ BUY 100% JUICE

- 11.5 - 12 oz. containers only
- Added fiber, vitamins, and minerals are OK
- Choose from these brands and flavors only:

✘ DON'T BUY

- No juice cocktails, juice drinks or 'light' juices
- No organic
- No apple cider
- No refrigerated

1 CTR =
11.5 - 12 oz.can



Dole
Any flavor or blend



Old Orchard
Any flavor or blend with a green lid



Tree Top
Apple



Orange
Any brand



Grapefruit
Any brand



Apple
Best Yet,
Essential Everyday,
Food Club, Great Value,
Kroger, Signature Select,
WinCo Foods



Grape
Best Yet,
Food Club,
Great Value,
WinCo Foods

Shopping for baby food

Did you know?

By the time they are 9 months old, most babies can eat soft fruits and chopped cooked vegetables that they can pick up with their fingers.

Did you know that WIC can replace some of your baby's jarred infant foods with a fruit and veggie benefit starting at 9 months? Talk to your WIC clinic for more information.

If your benefit list says
256 oz.
you can buy



64

4 oz. jars

OR



32

2-packs of 4 oz.

If your benefit list says
128 oz.
you can buy



32

4 oz. jars

OR



16

2-packs of 4 oz.

If your benefit list says
64 oz.
you can buy



16

4 oz. jars

OR



8

2-packs of 4 oz.

Baby food fruit and vegetables

✔ BUY

- 4 oz. size baby food fruits and vegetables
- Glass or plastic containers are OK
- Plain or mixed baby food fruits and vegetables
- Can buy single containers, 2-packs, or both
- Choose from **these brands only**:

✘ DON'T BUY

- No "dinners," desserts, smoothies, or "casseroles"
- No added cereal, yogurt, meat, rice, noodles, or grains
- No added sugars or starches
- No toddler food or "Graduates"
- No added DHA
- No pouches
- No powdered baby food



Beech-Nut



Gerber



Earth's Best Organic



Happy Baby Organics



Wild Harvest Organic

Baby food meat, Baby cereal

Baby food meat

(for babies who don't get formula from WIC)

✓ BUY

- 2.5 oz. size only for baby food meat
- Glass or plastic containers
- May contain broth or gravy
- Choose from **these brands** only:

⊘ DON'T BUY

- No added fruit, vegetables, noodles, or grains
- No toddler food or "Graduates"
- No added DHA



Beech-Nut



Gerber



Earth's Best Organic

Baby cerea

✓ BUY

- 8 oz. size or larger
- Choose from **these brands** and grains only:

⊘ DON'T BUY

- No Rice Cereal
- No added formula, milk, yogurt or fruit
- No added DHA
- No jars, cans, or single serving packets



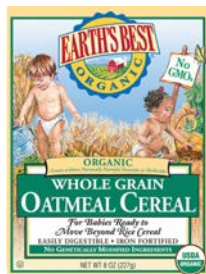
Gerber (organic OK)

- Multi-Grain
- Oatmeal
- Whole wheat



Beech-Nut
(organic OK)

- Multi-Grain
- Oatmeal



Earth's Best Organic

- Mixed-Grain
- Oatmeal

For more information on WIC or to locate a WIC clinic near you, call 211 or visit our website:

www.healthoregon.org/wic



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To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted 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; or
2. fax: (833) 256-1665 or (202) 690-7442; or
3. email: program.intake@usda.gov

This institution is an equal opportunity provider.