

A guide to the Oregon WIC approved foods



GROWING HEALTHY FUTURES

EFFECTIVE JULY 1, 2025

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 WICShopper 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 of this food can I buy?
- Which package sizes are allowed?
- Which flavors can I choose?

Fruit and vegetables	 4-5
Whole grains	
100% whole wheat bread products	
Whole wheat pita and naan	
Gluten-free whole grain breads	
Corn and whole wheat tortillas	
Whole wheat pasta	
Oats	
Bagged whole grains	
Corn masa flour and corn meal	
Milk	
Soy and plant beverage	
Goat milk	
Cheese	
Yogurt	
Tofu	
Eggs	21
Peanut, nut and seed butters	
Dry peas, beans and lentils	
Canned beans	
Canned fish	
Cereal	26-31
Cold cereal	
Hot cereal	31
Bottled juice	32-33
Frozen juice	
Baby food	
Fruit and vegetables	
Meat	
Cereal	37
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Fruit and Vegetables

Fruit and Vegetables

Fresh fruit and vegetables

☑ BUY

- Whole, pre-cut, shredded or packaged
- · Salads and greens in a bag
- Fresh herbs (like cilantro or parsley)
- · Organic is OK

O DON'T BUY

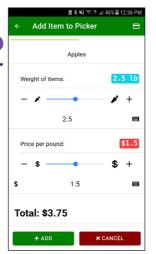
- · No salad bar items or deli items
- · No added dressing or dip
- · No added nuts, dried fruit, croutons
- · No spices or dried herbs
- No plants

PRODUCE

Shopping Tip

Use the Produce Calculator in the WICShopper App to keep track of your fruit and veggie dollars while you shop.





Frozen fruit and vegetables

☑ BUY

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

\circ 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 is OK
- · Organic is OK

O 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 are OK (like whole, strained, crushed, diced, paste or purees)
- Organic is OK

O DON'T BUY

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



Shopping for whole grains

WIC offers:

- 100% whole wheat bread products
- Whole wheat pita bread and
 Whole wheat pasta naan
- · Gluten free whole grain breads
- Soft corn tortillas
- Whole wheat tortillas
- Oats
- Bagged whole grains

You can buy more than one type of grain at a time with your whole grain benefit.

For example, if your benefit list says you have 24 oz. of whole grains, you could buy:



AND 16 oz.



8 oz.

And if your benefit list says you have 48 oz. of whole grains, you could buy:



100% Whole Wheat pasta



20 oz.

AND

16 oz.

AND

12 oz.

☑ BUY

- 12 oz. to 32 oz. size
- Anv brand
- · Loaf of bread, buns, rolls, English muffin or bagel
- Must say "100% whole wheat" on the front label





- · No light or "lite" bread or carb controlled
- No organic









Use the Whole Grain calculator in the WICShopper App to keep track of your whole grain benefits while you shop.



Whole Wheat Pita and Naan

Gluten-Free Whole Grain Breads

☑ BUY

- 11 oz. to 24 oz. size
- · Choose from these brands only:



Pita Flatbread Wheat



Puffed Up & Proud Whole Wheat Pita



Fresh Signature Whole Wheat Pita



Greek Style Whole Wheat Pita



Whole Wheat Greek Style Pita



Greek Pita Whole Wheat



Artisan Whole Wheat Naan



☑ BUY

- 12 oz. to 24 oz. size
- · Choose from these brands only:



Franz Gluten Free

- · Great Seed Bread
- Mountain White Bread
- Seven Grain Bread
- Hawaiian Bread
- Hamburger Buns
- Hot Dog Buns



Food for Life Gluten Free

- Brown Rice Bread
- Brown Rice English Muffins
- · Brown Rice Tortillas
- Multi-Seed English
 Muffins



Canyon Bakehouse Gluten Free 100% Whole Grain

- Ancient Grain
- Mountain White Bread
- 7-Grain Bread
- Country White Bread
- Heritage Style Whole Grain Bread
- Heritage Style Honey White
- · Cinnamon Raisin Bread

- Hawaiian Sweet Bread
- Plain Bagels
- Everything Bagels
- Deli White Bagels
- Burger Buns
- Sub Rolls
- Honey Whole Grain English Muffins

Whole Wheat Pasta. Oats

Corn tortillas

BUY

- 8 oz. to 80 oz. size
- Soft white or yellow corn tortillas only
- · Choose from these brands only:

Calidad

Don Pancho

Essential Everyday

Guerrero F



IGA

Kroger

La Banderita

La Burrita

Mission

Signature Select





O DON'T BUY

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

Whole wheat tortillas

BUY

- 8 oz. to 48 oz. size
- 100% whole wheat tortillas only
- Choose from these brands only:



DeCasa Guerrero **Essential Everyday** Kroger **Great Value** La Banderita Market Pantry Mission Ortega

Signature Select

DON'T BUY

- No fried tortillas or tortilla chips
- · No white flour tortillas
- · No organic or bulk
- · No carb controlled

Whole wheat pasta

BUY

- 16 oz. 32 oz. size
- · 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

O DON'T BUY

· No organic or bulk





- 16 oz. to 42 oz. size
- · Any brand
- · Quick, rolled and old-fashioned oats
- · Gluten-free oats are OK
- · Organic is OK

DON'T BUY

- · No instant (when buying as a whole grain)
- No bulk
- · No steel-cut, Irish, or Scottish oats





Is oatmeal a cereal or a whole grain in WIC foods? Oats in a box, bag or tub are a whole grain benefit. Instant oatmeal in single-serving packets is a cereal benefit.

10

Bagged Whole Grains

Corn Masa Flour, Corn Meal

☑ BUY

- 12 oz. to 32 oz. size
- · Any brand
- · Bagged or boxed is OK
- · Must be a "whole grain"
- Instant "minute" and boil in bag rice are OK
- · Organic is OK
- · Choose from these whole grains:

Amaranth

Black rice

Brown rice



(brown jasmine and brown basmati rice are OK)

Buckwheat

Bulgur

Kamut

Millet

Quinoa

Red rice

Sorghum

Teff

Wheat berries

Wild rice



Here are ways to cook whole grains:

Quinoa









Spanish

O DON'T BUY

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

Corn masa flour

☑ BUY

- 22 oz. to 60 oz. size
- · Choose from these brands:



Corn Masa Flour, Instant



Antojitos Instant Corn Masa Flour

Amarillo Instant Yellow Corn Masa Flour



Golden Corn Flour Masa Harina, Regular and Organic

Corn meal

☑ BUY

- 22 oz. to 60 oz. size
- · Choose from these brands:



Cornmeal Course Grind Cornmeal Medium Grind Cornmeal Medium Grind, Organic



Pre-cooked White Corn Meal Pre-cooked Whole Grain White Corn Meal



Yellow Corn Meal



Yellow Corn Meal



Yellow Corn Meal for Baking

Milk Milk

Shopping for milk

All WIC milk is pasteurized and has Vitamin D added.

☑ BUY

O DON'T BUY

- · Any brand
- Skim Delux, Ultra, Creamy, Royale, Supreme, etc. are OK
- . No rice milk, almond r
- 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

Contact your WIC clinic to get the following types of milk:

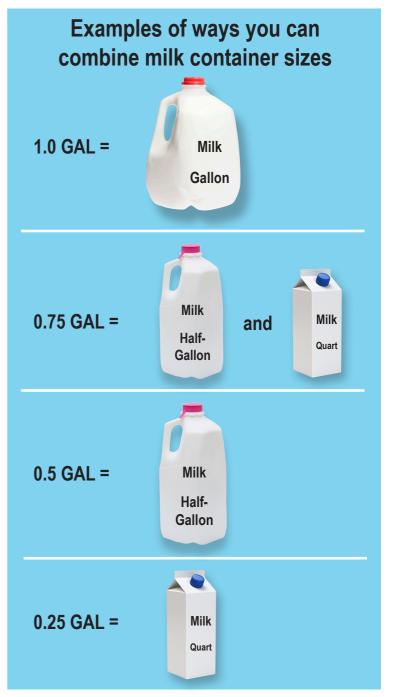
- Acidophilus milk
- Lactose-free milk
- Dry non-fat milk (25.6 oz. size)
- Evaporated milk (12 oz. can)
- Goat milk
- Soy or plant beverage



Shopping Tip

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





Goat Milk

BUY

- If you need a soy or plant beverage, contact your WIC clinic
- · Choose from these brands and products only:

Refrigerated



bettergoods Soymilk original 1/2 GAL (64 oz.)



Silk Kids oatmilk blend 59 oz.



Silk original 64 oz. or 128 oz.

On the shelf



Pacific Ultra Soy original 32 oz.



Silk original 32 oz.



ripple Plant-Based Milk original 32 oz.

32 oz. = quart

64 oz. = half gallon

128 oz. = one gallon

☑ BUY

- · If you need goat milk, contact your WIC clinic
- Buy the type of goat milk shown on your benefit list (whole, lowfat)
- · Only Meyenberg Goat Milk is allowed





Whole Goat milk 32 oz. or 64 oz.



Lowfat Goat milk 32 oz.



Whole Evaporated goat milk 12 oz. can





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

Cheese

Yogurt

☑ BUY

- 8, 16, or 32 oz. packages only, made in U.S.A.
- Mozzarella string cheese in 16 oz. (1 lb.) size only
- Sliced and shredded cheese is OK
- Any brand of:

Cheddar (mild, medium or sharp)

Cheddar-Jack

Colby

Colby-Jack

Monterey Jack

Mozzarella

Muenster

Provolone

Swiss





DON'T BUY

- No extra sharp, or white cheddar
- · No deli cheese
- No organic, soy, plant, 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)

BUY

- 32 oz. (or 1 quart) containers only
- · Buy the type of yogurt listed on your benefit list (whole, lowfat or nonfat)
- Choose from the brands and flavors. listed

O DON'T BUY

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

Whole Milk Yogurt (children 1 year of age)







Whole, plain Whole, vanilla



Whole, maple



Chobani.





- 1 H

Greek, whole, plain



Whole, plain Whole, vanilla Whole, strawberry Whole, honey Organic, whole, plain Organic, whole,

vanilla

Nancys

DANNON

Whole, plain



Greek, whole.

plain

Good& Gather

Whole, plain Whole, banilla Whole, strawberry Whole, vanilla



Whole, plain

70 GREEK YOGURT.

Whole, plain Whole, vanilla If you want lowfat yogurt, contact your WIC clinic.

Lowfat or Nonfat Yogurt



Nonfat, plain Greek Nonfat, plain Greek Nonfat, vanilla

Chobani.

Nonfat, plain Nonfat, vanilla Nonfat, strawberry Lowfat, plain Less Sugar, Lowfat, Vanilla & Cinnamon



Nonfat, plain Light & Fit Greek, nonfat, plain Lowfat, plain

Lowfat or Nonfat Yogurt, continued



Nonfat, plain



Greek, nonfat, plain Lowfat, plain



Greek, nonfat, plain Greek, nonfat, vanilla



Nonfat, plain



Greek, nonfat, plain



Lowfat, plain



Nonfat, plain Greek, nonfat, plain



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



Nonfat, plain Nonfat, vanilla Lowfat, plain Organic, nonfat, plain Organic, nonfat, vanilla Organic, lowfat, plain



Nonfat, vanilla



Greek, 0%, plain



Nonfat, plain Nonfat, vanilla Greek, nonfat, plain

Lowfat, plain Lowfat, vanilla



Lowfat, vanilla Lowfat, strawberry Lowfat, peach



Nonfat, plain Greek, nonfat, plain Greek, nonfat, vanilla



Greek, nonfat, plain

Tofu

☑ BUY



- 14 oz. to 16 oz. containers (CTR) only
- If you want tofu instead of milk, contact your WIC clinic
- Water packed
- · Choose from these refrigerated brands and products only:



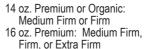




No containers smaller than 14 oz.

14 oz. Firm or Extra Firm







14 oz. Organic Medium Firm, Firm, Extra Firm or Pressed Firm16 oz. Soft, Medium Firm, Firm or Extra Firm



14 oz. Organic Firm or Extra Firm 16 oz. Organic Silken



14 oz. Firm or Extra Firm 15.5 oz. Extra Firm

Eggs

☑ BUY



- Any brand
- Any egg size
- White or brown chicken eggs

O DON'T BUY

- No specialty eggs (like higher Omega-3 or Vitamin E)
- No free-range or pasture-raised
- No organic



Peanut, Nut and Seed Butters Peanut butter Almond butter

Peanut, Nut and Seed Butters Sunflower butter Tahini or Sesame Seed



- 16 to 18 oz. containers only
- Organic is OK
- Creamy and crunchy are OK
- Choose from the nut and seed butters listed below.

O DON'T BUY

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

Peanut butter



Any brand of peanut butter

Almond butter



Almond Butter Creamy, stir

Almond Butter Crunchy, stir



Almond Butter Creamy, stir

Almond Butter Crunchy, stir



Almond Butter Smooth, stir

Almond Butter Crunchy, stir

Sunflower butter



Natural No Sugar Added

Tahini or sesame seed



Roasted Sesame Tahini



100% Ground Sesame Seeds



Organic Tahini Ground Sesame Seed



Tahini

Dry Peas, Beans and Lentils Canned Beans

Canned Fish

Shopping for dry peas, beans, lentils and canned beans



Dry peas, beans and lentils

☑ BUY

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

O 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 is OK

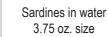
O DON'T BUY

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

☑ BUY

- 2.5 oz. to 20 oz. size
- Any brand of chunk light tuna or salmon packed in water or oil
- · Pouches are OK
- 3.75 oz. can only
- Choose from these brands of sardines in water:









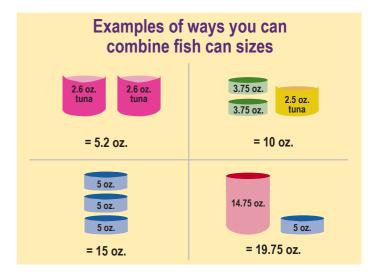
Sardines in water 3.75 oz. size

O DON'T BUY

Sardines in water

3.75 oz. size

- No flavored or seasoned tuna, salmon, or sardines
- No albacore, yellowfin, bluefin, bigeye or tongol tuna
- No fillets
- No specialty fish, like pole-caught tuna



Cereal Cold Cereal

Shopping for cereal

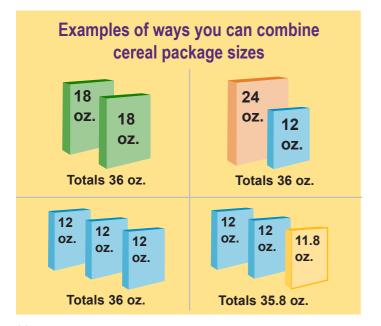
Look for these symbols in this food list to pick a cereal that has extra folic acid, is made with whole grains, or is gluten-free.

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

The smallest package you can buy is:

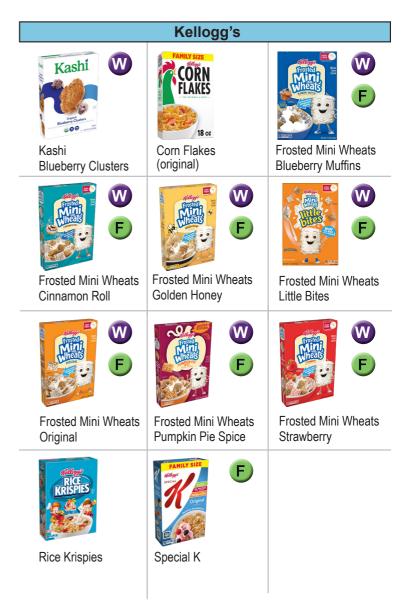
- 12 oz. cold cereal
- 9.8 oz. hot cereal

You need at least 9.8 oz. in your cereal benefit to use it.



☑ BUY

- 12 oz. to 36 oz. size
- Choose from the brands and flavors listed below.



Cold Cereal Cold Cereal

General Mills W W W Cheerios Cheerios Cheerios G G G F Cheerios Veggie Blends Cheerios (plain) Cheerios Apple Strawberry Multi Grain W W W Cheerios G G G Cheerios Veggie Blends Blueberry Chex Cinnamon Chex Blueberry Banana W W W G G Wheat Chex Corn Chex Rice Chex W W W **Total** KWY Fiber One Total Kix (original) Honey Clusters Whole Grain W

Wheaties (original)

Malt-O-Meal (box or bag)

Post



W Frosted Mini Spooners (original)











Grape Nuts Flakes

W

Great Grains Banana Nut Crunch













Honey Bunches **Great Grains** Crunchy Pecan of Oats Almond

F

Honey Bunches of Oats







Honey Bunches of Oats Honey Roasted

2 OATS

2 OATS MAPLE & PECANS

Honey Bunches of Oats Maple & Pecans

Honey Bunches of Oats Vanilla

Hot Cereal Cold Cereal

Quaker

W







Oatmeal Squares Brown Sugar



Oatmeal Squares Honey Nut

The Silver Palate





Grain Berry Apple Cinnamon



W

Grain Berry Multi-Bran Flakes





Grain Berry



Cinnamon Frosted

Grain Berry Original Toasted Oats

Bran Flakes - private label







Best Yet Food Club **Great Value IGA** Signature Select WinCo Foods



Shopping Tip



Calculators

Use the Cereal calculator in the WICShopper App to keep track of your cereal benefits while you shop.

BUY Choose from these brands in the 9.8 oz. to 36 oz. size

W



Cream of Wheat Whole Grain 21/2 Minute No Instant



Cream of Wheat Plain 1 Minute or 21/2 Minute No Instant







Malt-O-Meal Original





W



Quaker Instant Oatmeal (Single serving packets)



Quaker Instant Grits Original (Single serving packets)



Plain Instant Oatmeal (Single serving packets)

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

Bottled Juice

Bottled Juice, continued

☑ BUY 100% JUICE

- · 64 oz. plastic bottles only
- 1 CTR = 64 oz. bottle
- Added fiber, vitamins and minerals are OK
- Choose only from brands and flavors below.

O DON'T BUY

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

☑ BUY 100% JUICE

- 64 oz. plastic bottles only
- Added fiber, vitamins and minerals are OK
- Choose only from brands and flavors below.

O DON'T BUY

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



Tree TopAny flavor (except 3 Apple Blend or Honey Crisp)



Langer's Any flavor 100% juice No cocktails

Contact your WIC Clinic to swap part of your fruit and vegetable benefit for juice.



Grapefruit Any brand



Juicy Juice Any flavor



Orange Any brand



Prune Langers 100% Prune Plus



Ocean Spray
Any flavor
100% juice
No sugar added
No cocktails



V8 Original, Low Sodium, Spicy Hot 100% Vegetable juice



Pineapple
Best Yet
Essential Everyday
Food Club
Signature Select



Campbell's Tomato (regular and low sodium)



Apple

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



Cranberry, cran-grape and cran-rasperry

No cocktails

Great Value Kroger Signature Select



Grape (purple or white)

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



Vegetable

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

33

Frozen Juice

Baby Food Fruit and Vegetables

☑ BUY 100% JUICE

- 11.5 oz. to 12 oz. containers only
- 1 CTR = 11.5 12 oz. can
- Added fiber, vitamins and minerals are OK
- Choose only from brands and flavors below.

O DON'T BUY

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



Old Orchard
Any flavor or blend
with a green lid

100% orange juice frozen concentrate 11.5 - 12 oz

Orange Any brand

100% apple juice frozen concentrate 11.5 - 12 oz

Apple

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

100% grapefruit juice frozen concentrate 11.5 - 12 oz

Grapefruit Any brand

100% grape juice frozen concentrate 11.5 - 12 oz

Grape

Kroger Signature Select

☑ 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 only from brands below.

O 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

Baby Food Fruit and Vegetables, continued

Baby Food Meat, Baby Cereal

O - ORGANIC - NON-GMO - OR HOPPyBABY Sciently crafted? APIES & KET W. SPINACH 407 UD

Happy Baby Organics



O Organics



Tippy Toes



Wild Harvest Organic

Did you know?

WIC can replace some or all of your baby's jarred infant foods with a fruit and veggie benefit starting at 7 months. Contact your WIC clinic for more information.

Shopping for baby food

If your benefit list says
128 oz.

If your benefit list

128 oz. you can buy

says

64 oz.

you can buy







Single OR

16 4 oz. jars



2 pack 8 ounces (2 4-oz containers

16

2-packs of 4 oz.

8 2-packs of 4 oz.

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:

O DON'T BUY

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



Beech-Nut



Gerber

Baby cereal

☑ BUY

- 8 oz. and 16 oz. size
- Choose from these brands and grains only:

O 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 is OK)

- Multi-Grain
- Oatmeal



Earth's Best Organic

- Multi-Grain
- Oatmeal

Contact your WIC clinic to make any of the following changes to your monthly food package:

Want more of these foods?

Yogurt: Swap 1 quart of milk for 1 container of yogurt. The maximum amount of yogurt is 2 containers.







Tofu: Swap 1 quart of milk for 1 container of tofu. You can swap all milk in your food package for tofu.

Juice: Swap \$3 of fruit and vegetable benefit for 1 container of bottled or frozen juice.



Or

100% grapefruit juice frozen concentrate 11.5 - 12 oz

Want less of these foods?



Cow milk:

Swap cow milk for

- lactose free milk
- acidophilus milk
- soy or plant beverage
- goat milk



Yogurt: Swap 1 quart of yogurt for 1 quart milk.



Cheese: Swap 1 lb. cheese for 3 quarts milk.



Eggs: Swap 1 dozen eggs for 1 container of nut or seed butter, or canned or dry beans.

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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(1) mail: U.S. Department of Agriculture

Office of the Assistant Secretary for Civil Rights

1400 Independence Avenue, SW Washington, D.C. 20250-9410;

(2) fax: (202) 690-7442; or

(3) email: program.intake@usda.gov

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