FOOD LIST

A guide to the Oregon WIC approved foods

GROWING HEALTHY FUTURES

EFFECTIVE FEBRUARY 1, 2019
<table>
<thead>
<tr>
<th>Category</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruit &amp; Vegetables</td>
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<tr>
<td>100% whole wheat bread</td>
<td>4</td>
</tr>
<tr>
<td>Corn tortillas</td>
<td>5</td>
</tr>
<tr>
<td>Whole wheat tortillas</td>
<td>5</td>
</tr>
<tr>
<td>Whole wheat pasta</td>
<td>6</td>
</tr>
<tr>
<td>Oats</td>
<td>6</td>
</tr>
<tr>
<td>Brown rice</td>
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<td>Bulgur</td>
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<td>Milk</td>
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<tr>
<td>Soy beverage</td>
<td>9</td>
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<td>Goat milk</td>
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<td>Cheese</td>
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<td>Yogurt</td>
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<td>Peanut butter</td>
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<td>Dry peas, beans, and lentils</td>
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<td>Canned beans</td>
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<td>Canned fish</td>
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<tr>
<td>Cold cereal</td>
<td>15-17</td>
</tr>
<tr>
<td>Hot cereal</td>
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<td>Bottled juices</td>
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<td>Baby food</td>
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<td>Fruit &amp; vegetables</td>
<td>22</td>
</tr>
<tr>
<td>Meat</td>
<td>23</td>
</tr>
<tr>
<td>Cereal</td>
<td>23</td>
</tr>
</tbody>
</table>
Fresh

✅ **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, etc.
- No canned or jarred fruits or vegetables
- No herbs or spices (like cilantro or parsley)
- No plants

Frozen

✅ **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
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:

  - 100% whole wheat bread 16 oz.
  - 100% whole wheat pasta 16 oz.

100% whole wheat bread

✅ 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

✔️ 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

🚫 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
  - Food Club
  - Great Value
  - Guerrero
  - Herdez
  - IGA
  - Kroger
  - La Banderita
  - Market Pantry
  - Mission
  - Ortega

🚫 DON’T BUY
- No fried tortillas or tortilla chips
- No white flour tortillas
- No organic or bulk
To determine if oatmeal is a cereal or a whole grain:

- **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**

**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

🚫 **DON’T BUY**
- No organic or bulk

**Oats**

✅ **BUY**
- Any brand
- Quick, rolled, and old-fashioned oats are OK
- Gluten-free oats are OK

🚫 **DON’T BUY**
- No instant (when buying as a whole grain)
- No organic or bulk
- No steel-cut, Irish, or Scottish oats
- No added sugar, fat, oil, or salt

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**100% 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

**DON’T BUY**

- No organic or bulk

---

**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

✔ BUY
• Any brand
• Instant, “minute”, or boil in bag rice are OK
• Brown jasmine and brown basmati rice are OK

⚠️ DON’T BUY
• No white, wild, milled or sprouted rice
• No added seasonings, sugar, fat, oil, or salt
• No organic or bulk

14-16 oz. (instant rice only)

16 oz. or larger

Bulgur

✔ BUY
• Any brand

⚠️ DON’T BUY
• No added seasonings, sugar, fat, oil or salt
• No organic or bulk
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

Buy the type of milk listed on your benefit list:

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

⚠️ 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

Talk with your WIC clinic to get these items instead of milk (any brand):

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

Examples of ways you can combine milk container sizes

<table>
<thead>
<tr>
<th>0.25 GAL =</th>
<th>0.5 GAL =</th>
</tr>
</thead>
<tbody>
<tr>
<td>Milk Quart</td>
<td>Milk Half-Gallon</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>0.75 GAL =</th>
<th>1.0 GAL =</th>
</tr>
</thead>
<tbody>
<tr>
<td>Milk Half-Gallon</td>
<td>Milk Gallon</td>
</tr>
</tbody>
</table>

and
**Soy beverage**

- **BUY**
- Choose from these brands and products only:

<table>
<thead>
<tr>
<th>Soy beverage</th>
<th>32 oz. = quart</th>
<th>64 oz. = half gallon</th>
</tr>
</thead>
<tbody>
<tr>
<td>8th Continent (original or vanilla)</td>
<td>64 oz.</td>
<td></td>
</tr>
<tr>
<td>Silk (original)</td>
<td>32 oz., 64 oz. or 128 oz.</td>
<td></td>
</tr>
<tr>
<td>Westsoy Organic Plus (plain or vanilla)</td>
<td>32 oz. or 64 oz.</td>
<td></td>
</tr>
<tr>
<td>Pacific Ultra Soy (original)</td>
<td>32 oz.</td>
<td></td>
</tr>
</tbody>
</table>

**Goat milk**

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

<table>
<thead>
<tr>
<th>Goat milk</th>
<th>Whole goat milk</th>
<th>Lowfat goat milk</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>32 oz. or 64 oz.</td>
<td>32 oz.</td>
</tr>
<tr>
<td>Whole or Nonfat powdered goat milk</td>
<td>12 oz. can</td>
<td></td>
</tr>
<tr>
<td>Whole evaporated goat milk</td>
<td>12 oz. can</td>
<td></td>
</tr>
</tbody>
</table>
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

⚠️ **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

1 CTR (container) = 32 oz. (2 lb.)

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

<table>
<thead>
<tr>
<th>Chobani Greek</th>
<th>Dannon</th>
<th>Essential Everyday</th>
<th>Kroger</th>
<th>Mountain High</th>
<th>Nancy’s</th>
<th>WinCo Foods</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Whole, plain</td>
<td>• Whole, plain</td>
<td>• Whole, plain</td>
<td>• Whole, plain</td>
<td>• Whole, plain</td>
<td>• Whole, plain</td>
<td>• Whole, plain</td>
</tr>
<tr>
<td></td>
<td>• Whole, vanilla</td>
<td></td>
<td></td>
<td>• Whole, vanilla</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Whole, strawberry</td>
<td></td>
<td></td>
<td>• Whole, strawberry</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

• Whole, plain
• Whole, vanilla
• Whole, strawberry
• Whole, honey yogurt, plain
• Whole, plain
### Lowfat or Nonfat Yogurt
*(children 2 years and older, women)*

<table>
<thead>
<tr>
<th>Brand</th>
<th>Nonfat, plain</th>
<th>Nonfat, vanilla</th>
<th>Nonfat, strawberry</th>
<th>Nonfat, peach</th>
<th>Lowfat, plain</th>
<th>Lowfat, strawberry</th>
<th>Lowfat, strawberry-banana</th>
<th>Fat free, plain</th>
<th>Fat free, vanilla</th>
<th>Lowfat, plain</th>
<th>Lowfat, vanilla</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chobani Greek</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Lowfat, vanilla</td>
<td>Lowfat, strawberry</td>
<td>Lowfat, strawberry-banana</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Nancy's</td>
<td>Nonfat, plain</td>
<td></td>
<td></td>
<td>Lowfat, peach</td>
<td>Lowfat, blueberry</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Essential</td>
<td>Fat free, plain</td>
<td>Lowfat, plain</td>
<td>Lowfat, vanilla</td>
<td>Lowfat, strawberry</td>
<td>Fat free, vanilla</td>
<td>Fat free, strawberry</td>
<td>Fat free, strawberry</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kroger</td>
<td>Nonfat, plain</td>
<td>Lowfat, strawberry</td>
<td>Lowfat, strawberry-banana</td>
<td>Lowfat, peach</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>WinCo Foods</td>
<td>Nonfat, plain</td>
<td>Lowfat, vanilla</td>
<td>Lowfat, strawberry</td>
<td>Lowfat, peach</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Don't Buy</td>
<td>No organic</td>
<td>No &quot;light&quot; yogurts</td>
<td>No yogurts with artificial sweeteners, like aspartame or sucralose</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Tofu

☑ BUY

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

Azumaya Tofu
- Firm, Extra Firm, or Silken

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

NaSoya
- Organic Silken

Eggs

☑ BUY

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

♫ DON’T BUY

- No brown eggs
- No specialty eggs (like Naturally Nested, Eggland’s Best, cage free or higher Omega-3, or Vitamin E)
- No organic
Peanut butter

✓ **BUY**
- 16 to 18 oz. containers only
- Any brand

1 CTR = 16-18 oz.

 предостережение: **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 organic, bulk, or grind your own

Dry peas, beans, lentils

✓ **BUY**
- 16 oz. or 32 oz. bags only
- Any brand and type

1 CTR = 16 oz.

 предостережение: **DON’T BUY**
- No added seasonings
- No organic or bulk

Canned beans

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

1 CTR = 4 cans

 предостережение: **DON’T BUY**
- No refried beans, baked beans, or green beans
- No added oils, seasonings, or flavorings
- No organic
Canned fish (for breastfeeding women)

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

⚠️ 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

Examples of ways you can combine fish can sizes

<table>
<thead>
<tr>
<th>5 oz.</th>
<th>5 oz.</th>
<th>5 oz.</th>
<th>5 oz.</th>
<th>5 oz.</th>
<th>3.75 oz.</th>
<th>3.75 oz.</th>
<th>3.75 oz.</th>
<th>3.75 oz.</th>
<th>3.75 oz.</th>
<th>3.75 oz.</th>
<th>14.75 oz.</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>= 30 oz.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>5 oz.</th>
<th>5 oz.</th>
<th>5 oz.</th>
<th>5 oz.</th>
<th>5 oz.</th>
<th>3.75 oz.</th>
<th>3.75 oz.</th>
<th>3.75 oz.</th>
<th>3.75 oz.</th>
<th>3.75 oz.</th>
<th>3.75 oz.</th>
<th>29.75 oz.</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>= 29.75 oz.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>14.75 oz.</th>
<th>5 oz.</th>
<th>5 oz.</th>
<th>5 oz.</th>
<th>3.75 oz.</th>
<th>3.75 oz.</th>
<th>3.75 oz.</th>
<th>3.75 oz.</th>
<th>3.75 oz.</th>
<th>3.75 oz.</th>
<th>3.75 oz.</th>
<th>30 oz.</th>
</tr>
</thead>
<tbody>
<tr>
<td>= 29.75 oz.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>= 30 oz.</td>
</tr>
</tbody>
</table>
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**: Provides 100% of the Recommended Dietary Allowance (RDA) for folic acid
  - **W**: Made with whole grains and is a good source of fiber
  - **G**: Company states cereal is gluten free

- The smallest cereal size you can buy is 11.8 oz. (for hot cereal) or 12 oz. (for cold cereal). **If you have less than 11.8 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 all 12 oz., 18 oz., or 36 oz. size boxes.

### Examples of ways you can combine cereal package sizes

<table>
<thead>
<tr>
<th>18 oz.</th>
<th>18 oz.</th>
<th>Totals 36 oz.</th>
</tr>
</thead>
<tbody>
<tr>
<td>12 oz.</td>
<td>12 oz.</td>
<td>12 oz.</td>
</tr>
<tr>
<td>12 oz.</td>
<td>11.8 oz.</td>
<td>Totals 35.8 oz.</td>
</tr>
</tbody>
</table>

<figure style="margin-bottom: 10px;" width="300" height="200">![Cereal Combos](image.png)
</figure>
Cold cereal

**BUY** 12 oz. size or larger

<table>
<thead>
<tr>
<th>Kellogg’s</th>
<th>General Mills</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image" alt="All-Bran Complete Wheat Flakes" /></td>
<td><img src="image" alt="Rice Chex" /></td>
</tr>
<tr>
<td><img src="image" alt="Corn Flakes (original)" /></td>
<td><img src="image" alt="Corn Chex" /></td>
</tr>
<tr>
<td><img src="image" alt="Special K (original)" /></td>
<td><img src="image" alt="Vanilla Chex" /></td>
</tr>
<tr>
<td><img src="image" alt="Frosted Mini Wheats (original)" /></td>
<td><img src="image" alt="Blueberry Chex" /></td>
</tr>
<tr>
<td><img src="image" alt="Frosted Mini Wheats (Little Bites)" /></td>
<td><img src="image" alt="Cheerios (plain)" /></td>
</tr>
<tr>
<td><img src="image" alt="Rice Krispies (original)" /></td>
<td><img src="image" alt="Multi Grain Cheerios (original)" /></td>
</tr>
</tbody>
</table>

**Cold cereal**

- All-Bran Complete Wheat Flakes
- Corn Flakes (original)
- Special K (original)
- Frosted Mini Wheats (original)
- Frosted Mini Wheats (Little Bites)
- Rice Krispies (original)
- Rice Chex
- Corn Chex
- Vanilla Chex
- Blueberry Chex
- Cheerios (plain)
- Multi Grain Cheerios (original)
- Kix (original)
- Berry Berry Kix
- Honey Kix
# Cold cereal

<table>
<thead>
<tr>
<th><strong>Malt-O-Meal (box or bag)</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image1" alt="Frosty Mini Spooners" /></td>
</tr>
<tr>
<td>Frosted Mini Spooners (original)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Post</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image4" alt="Grape Nuts" /></td>
</tr>
<tr>
<td>Grape Nuts</td>
</tr>
</tbody>
</table>

| ![Honey Bunches of Oats Vanilla Bunches](image7) | ![Honey Bunches of Oats Almond](image8) | ![Honey Bunches of Oats Pecan & Maple Brown Sugar](image9) |
| Honey Bunches of Oats Vanilla Bunches | Honey Bunches of Oats Almond | Honey Bunches of Oats Pecan & Maple Brown Sugar |

<table>
<thead>
<tr>
<th><strong>Sunbelt Bakery</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image10" alt="Honey Bunches of Oats Whole Grain Honey Crunch" /></td>
</tr>
<tr>
<td>Honey Bunches of Oats Whole Grain Honey Crunch</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Corn Flakes - store brand</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image13" alt="Corn Flakes" /></td>
</tr>
<tr>
<td>Corn Flakes - store brand</td>
</tr>
</tbody>
</table>

Best Yet, Essential Everyday, Food Club, Great Value, IGA, Kroger, Market Pantry, Signature Select, WinCo Foods
<table>
<thead>
<tr>
<th>Hot cereal</th>
</tr>
</thead>
<tbody>
<tr>
<td>✔ BUY</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Cream of Wheat Plain</th>
<th>Cream of Wheat Plain</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Minute No Instant</td>
<td>2½ Minute No Instant</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Cream of Wheat Whole Grain, 2½ Minute No Instant</th>
<th>Cream of Rice Plain</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>No Instant</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Malt-O-Meal Original</th>
<th>Quaker Instant Grits Original (Single serving packets)</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Quaker Instant Oatmeal (Single serving packets)</th>
<th>Best Bet, Essential Everyday, Food Club, IGA, Kroger, Signature Select</th>
</tr>
</thead>
</table>
**BUY 100% JUICE**

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

<table>
<thead>
<tr>
<th>Brand</th>
<th>Flavors/Options</th>
</tr>
</thead>
<tbody>
<tr>
<td>Juicy Juice</td>
<td>Any flavor</td>
</tr>
<tr>
<td>Campbell's</td>
<td>Tomato (regular and low sodium)</td>
</tr>
<tr>
<td>Langers</td>
<td>Any flavor 100% juice</td>
</tr>
<tr>
<td>Tree Top</td>
<td>Any flavor (except 3 Apple Blend or Honey Crisp)</td>
</tr>
<tr>
<td><strong>Cranberry, cran-grape and cran-raspberry</strong></td>
<td>Best Yet, Essential Everyday, Food Club, Great Value, Kroger, Signature Select</td>
</tr>
<tr>
<td><strong>Orange</strong></td>
<td>Any brand</td>
</tr>
<tr>
<td><strong>Grapefruit</strong></td>
<td>Any brand</td>
</tr>
<tr>
<td><strong>Apple</strong></td>
<td>Best Yet, Essential Everyday, Food Club, Great Value, IGA, Kroger, Market Pantry, Signature Select, WinCo Foods</td>
</tr>
<tr>
<td><strong>Vegetable</strong></td>
<td>Best Yet, Essential Everyday, Food Club, Great Value, IGA, Kroger, Signature Select, WinCo Foods</td>
</tr>
<tr>
<td><strong>Grape (purple or white)</strong></td>
<td>Best Yet, Essential Everyday, Food Club, Great Value, IGA, Kroger, Market Pantry, Signature Select, WinCo Foods</td>
</tr>
</tbody>
</table>

1 CTR = 64 oz. bottle
**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:

1 CTR = 11.5-12 oz. can

<table>
<thead>
<tr>
<th>Brand</th>
<th>Options</th>
</tr>
</thead>
<tbody>
<tr>
<td>Old Orchard</td>
<td>Any flavor or blend with a green lid</td>
</tr>
<tr>
<td>Dole</td>
<td>Any flavor or blend</td>
</tr>
<tr>
<td>Welch's</td>
<td>Any flavor with a yellow strip</td>
</tr>
<tr>
<td>Tree Top</td>
<td>Apple</td>
</tr>
<tr>
<td>Orange</td>
<td>Any brand</td>
</tr>
<tr>
<td>Grapefruit</td>
<td>Any brand</td>
</tr>
<tr>
<td>Grape</td>
<td>Best Yet, Essential Everyday, Food Club,</td>
</tr>
<tr>
<td></td>
<td>Great Value, Market Pantry, WinCo Foods</td>
</tr>
<tr>
<td>Apple</td>
<td>Best Yet, Essential Everyday, Food Club,</td>
</tr>
<tr>
<td></td>
<td>Great Value, IGA, Kroger, Market Pantry,</td>
</tr>
<tr>
<td></td>
<td>Signature Select, WinCo Foods</td>
</tr>
</tbody>
</table>

**DON’T BUY**

- No organic
- No apple cider
- No juice drinks, cocktails, or “light” juices
- No refrigerated
Baby food

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

32
2-packs of 4 oz.

OR

If your benefit list says
128 oz.
you can buy

32
4 oz. jars

16
2-packs of 4 oz.

OR

If your benefit list says
64 oz.
you can buy

16
4 oz. jars

8
2-packs of 4 oz.

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.

Shopping for baby food
**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:
  - Beech-Nut Classics or 100% Naturals (no organic)
  - Earth’s Best Organic
  - Gerber (no organic)
  - Wild Harvest Organic
  - O Organics

**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
## 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:
  - Baby food meat (for babies who don’t get formula from WIC)

**DON’T BUY**
- No added fruit, vegetables, noodles, or grains
- No toddler food or “Graduates”
- No added DHA

<table>
<thead>
<tr>
<th>Brand</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beech-Nut</td>
<td>(no organic)</td>
</tr>
<tr>
<td>O Organics</td>
<td></td>
</tr>
<tr>
<td>Earth’s Best Organic</td>
<td></td>
</tr>
</tbody>
</table>

## Baby cereal

**BUY**
- 8 oz. size or larger
- Choose from these brands and grains only:
  - Barley
  - Multi-Grain
  - Oatmeal
  - Whole wheat

**DON’T BUY**
- No Rice Cereal
- No added formula, milk, yogurt or fruit
- No added DHA
- No jars, cans, or single serving packets

<table>
<thead>
<tr>
<th>Brand</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gerber</td>
<td>(no organic)</td>
</tr>
<tr>
<td>Beech-Nut</td>
<td>(organic OK)</td>
</tr>
<tr>
<td>Earth’s Best Organic</td>
<td></td>
</tr>
</tbody>
</table>

O Organics
Earth’s Best Organic
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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Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;

(2) fax: (202) 690-7442; o
(3) email: program.intake@usda.gov

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