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This institution is an equal opportunity provider.

For more information on WIC or to locate a WIC clinic near you, call 211 or visit our website: www.healthoregon.org/wic
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?

<table>
<thead>
<tr>
<th>Fruit &amp; Vegetables</th>
<th>4-5</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vegetables</td>
<td>26</td>
</tr>
<tr>
<td>Meat</td>
<td>27</td>
</tr>
<tr>
<td>Cereal</td>
<td>27</td>
</tr>
<tr>
<td>Baby food</td>
<td>25-27</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Whole Grains</th>
<th>6</th>
</tr>
</thead>
<tbody>
<tr>
<td>100% whole wheat bread</td>
<td>6</td>
</tr>
<tr>
<td>Corn tortillas</td>
<td>7</td>
</tr>
<tr>
<td>Whole wheat tortillas</td>
<td>7</td>
</tr>
<tr>
<td>Whole wheat pasta</td>
<td>8</td>
</tr>
<tr>
<td>Oats</td>
<td>8</td>
</tr>
<tr>
<td>Brown rice</td>
<td>9</td>
</tr>
<tr>
<td>Bulgur</td>
<td>9</td>
</tr>
<tr>
<td>Milk</td>
<td>10-11</td>
</tr>
<tr>
<td>Soy beverage</td>
<td>12</td>
</tr>
<tr>
<td>Goat milk</td>
<td>13</td>
</tr>
<tr>
<td>Cheese</td>
<td>13</td>
</tr>
<tr>
<td>Yogurt</td>
<td>14-15</td>
</tr>
<tr>
<td>Tofu</td>
<td>16</td>
</tr>
<tr>
<td>Eggs</td>
<td>16</td>
</tr>
<tr>
<td>Peanut butter</td>
<td>17</td>
</tr>
<tr>
<td>Dry peas, beans, and lentils</td>
<td>17</td>
</tr>
<tr>
<td>Canned beans</td>
<td>17</td>
</tr>
<tr>
<td>Canned fish</td>
<td>18</td>
</tr>
<tr>
<td>Cold cereal</td>
<td>19-21</td>
</tr>
<tr>
<td>Hot cereal</td>
<td>22</td>
</tr>
<tr>
<td>Bottled juices</td>
<td>23</td>
</tr>
<tr>
<td>Frozen juices</td>
<td>24</td>
</tr>
<tr>
<td>Fruit &amp; vegetables</td>
<td>26</td>
</tr>
<tr>
<td>Meat</td>
<td>27</td>
</tr>
<tr>
<td>Cereal</td>
<td>27</td>
</tr>
</tbody>
</table>
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!

**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
  - Tomatoes 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

Shopping for whole grains

Enjoy a variety of whole grains! WIC offers:
- 100% whole wheat bread
- Oats
- Brown rice
- Whole wheat tortillas
- Bulgur
- Whole wheat pasta

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:

\[
\begin{align*}
16 \text{ oz.} & \quad \text{AND} \quad 16 \text{ oz.} \\
100\% \text{ whole wheat bread} & \quad 100\% \text{ whole wheat pasta}
\end{align*}
\]

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, 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

- **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

- **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

- **DON’T BUY**
  - No organic or bulk

**Oats**

- **BUY**
  - 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

**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**

<table>
<thead>
<tr>
<th>Container Size</th>
<th>Image</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.0 GAL</td>
<td><img src="image.png" alt="Gallon" /></td>
</tr>
<tr>
<td>0.75 GAL</td>
<td><img src="image.png" alt="Half-Gallon" /> and <img src="image.png" alt="Quart" /></td>
</tr>
<tr>
<td>0.5 GAL</td>
<td><img src="image.png" alt="Half-Gallon" /></td>
</tr>
<tr>
<td>0.25 GAL</td>
<td><img src="image.png" alt="Quart" /></td>
</tr>
</tbody>
</table>
## Soy beverage

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

<table>
<thead>
<tr>
<th>Refrigerated</th>
<th>On the shelf</th>
</tr>
</thead>
<tbody>
<tr>
<td>8th Continent original or vanilla 64 oz.</td>
<td>Pacific Ultra Soy original 32 oz.</td>
</tr>
<tr>
<td>Silk original 32 oz., 64 oz. or 128 oz.</td>
<td>Silk original 32 oz.</td>
</tr>
</tbody>
</table>

### 32 oz. = quart 
### 64 oz. = half gallon

## Goat milk, Cheese

**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. | Whole powdered goat milk 12 oz. can |
| Whole powdered goat milk 12 oz. can | 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

**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

<table>
<thead>
<tr>
<th>Brand</th>
<th>Whole Milk Yogurt</th>
<th>Lowfat or Nonfat Yogurt</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chobani Greek</td>
<td>Whole, plain</td>
<td>Nonfat, plain</td>
</tr>
<tr>
<td>Dannon</td>
<td>Whole, plain</td>
<td>Lowfat, plain</td>
</tr>
<tr>
<td>Essential Value</td>
<td>Whole, plain</td>
<td>Lowfat, vanilla</td>
</tr>
<tr>
<td>Food Club</td>
<td>Greek, whole, plain</td>
<td>Greek, nonfat, vanilla</td>
</tr>
<tr>
<td>Good &amp; Gather</td>
<td>Greek, whole, plain</td>
<td>Greek, nonfat, blueberry</td>
</tr>
<tr>
<td>Great Value</td>
<td>Whole, vanilla</td>
<td>Lowfat, strawberry</td>
</tr>
<tr>
<td>Lucerne</td>
<td>Whole, vanilla</td>
<td>Lowfat, strawberry</td>
</tr>
<tr>
<td>Mountain High</td>
<td>Whole, strawberry</td>
<td>Lowfat, strawberry</td>
</tr>
<tr>
<td>Nancy's</td>
<td>Whole, honey</td>
<td>Nonfat, strawberry</td>
</tr>
<tr>
<td>Open Nature</td>
<td>Greek, Whole, plain</td>
<td>Lowfat, strawberry</td>
</tr>
<tr>
<td>WinCo Foods</td>
<td>Whole, plain</td>
<td>Lowfat, strawberry</td>
</tr>
</tbody>
</table>

1 CTR = 32 oz. (2 lb.)
### Tofu, Eggs

<table>
<thead>
<tr>
<th>BUY</th>
<th>DON'T BUY</th>
</tr>
</thead>
<tbody>
<tr>
<td>- 16 oz. (1 lb.) containers only</td>
<td></td>
</tr>
<tr>
<td>- Water packed</td>
<td></td>
</tr>
<tr>
<td>- Choose from <a href="#">these refrigerated brands</a> and products only:</td>
<td></td>
</tr>
</tbody>
</table>

- **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

- **NaSoya**
  - Organic Silken

#### 1 CTR = 16 oz.

<table>
<thead>
<tr>
<th>BUY</th>
<th>DON'T BUY</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Packages of one dozen only</td>
<td></td>
</tr>
<tr>
<td>- Any brand of white, large chicken eggs</td>
<td></td>
</tr>
<tr>
<td>- Cage-free eggs OK</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>BUY</th>
<th>DON'T BUY</th>
</tr>
</thead>
<tbody>
<tr>
<td>- No brown eggs</td>
<td></td>
</tr>
<tr>
<td>- No specialty eggs (like Eggland’s Best, higher Omega-3, or Vitamin E, free-range or pasture-raised)</td>
<td></td>
</tr>
<tr>
<td>- No organic</td>
<td></td>
</tr>
</tbody>
</table>

### Peanut butter

<table>
<thead>
<tr>
<th>BUY</th>
<th>DON'T BUY</th>
</tr>
</thead>
<tbody>
<tr>
<td>- 16 to 18 oz. containers only</td>
<td></td>
</tr>
<tr>
<td>- Any brand</td>
<td></td>
</tr>
<tr>
<td>- Organic OK</td>
<td></td>
</tr>
</tbody>
</table>

- **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

#### 1 CTR = 16-18 oz.

### Dry peas, beans, lentils

<table>
<thead>
<tr>
<th>BUY</th>
<th>DON'T BUY</th>
</tr>
</thead>
<tbody>
<tr>
<td>- 16 oz. or 32 oz. bags only</td>
<td></td>
</tr>
<tr>
<td>- Any brand and type</td>
<td></td>
</tr>
<tr>
<td>- Organic OK</td>
<td></td>
</tr>
</tbody>
</table>

- **DON'T BUY**
  - No added seasonings
  - No bulk

#### 1 CTR = 4 cans

### Canned beans

<table>
<thead>
<tr>
<th>BUY</th>
<th>DON'T BUY</th>
</tr>
</thead>
<tbody>
<tr>
<td>- 15 to 16 oz. cans only</td>
<td></td>
</tr>
<tr>
<td>- Any brand and type of beans</td>
<td></td>
</tr>
<tr>
<td>- Low sodium beans are OK</td>
<td></td>
</tr>
<tr>
<td>- Organic OK</td>
<td></td>
</tr>
</tbody>
</table>

- **DON'T BUY**
  - No refried beans, baked beans, or green beans
  - No added oils, seasonings, or flavorings

#### 1 CTR = 15-16 oz.
Canned fish
(for parents who are fully breastfeeding)

☑ 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>3 oz.</th>
<th>5 oz.</th>
<th>14.75 oz.</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>3.75 oz.</td>
</tr>
</tbody>
</table>

= 30 oz.  
= 29.75 oz. 
= 30 oz.

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.

- ☑️ 100% Daily Value (DV) for folate
- ✔️ Company states cereal is gluten free
- ☑️ 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

<table>
<thead>
<tr>
<th>18 oz.</th>
<th>18 oz.</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

= 36 oz.  
= 36 oz.

<table>
<thead>
<tr>
<th>12 oz.</th>
<th>12 oz.</th>
<th>12 oz.</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

= 36 oz.  
= 35.8 oz.
## Cold cereal

**BUY 12 oz. to 36 oz. size**

### Kellogg’s
- All-Bran Complete Wheat Flakes
- Corn Flakes (original)
- Special K (original)
- Frosted Mini Wheats (original)
- Strawberry Frosted Mini Wheats
- Rice Krispies (original)
- Cinnamon Chex
- Blueberry Chex
- Frosted Mini Spooners (original)
- Strawberry Frosted Mini Spooners (original)
- Rice Krispies (original)

### General Mills
- Rice Chex
- Corn Chex
- Multi Grain Cheerios (original)
- Cinnamon Chex
- Cheerios (plain)
- Multi Grain Cheerios (original)

### Malt-O-Meal (box or bag)
- Frosted Mini Spooners (original)
- Honey Bunches of Oats Honey Roasted
- Honey Bunches of Oats Vanilla Bunches
- Honey Bunches of Oats Almond

### Post
- Grape Nuts
- Great Grains Banana Nut Crunch
- Great Grains Crunchy Pecan

### 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
- Essential Everyday
## Hot cereal

<table>
<thead>
<tr>
<th>BUY 9.8 oz - 36 oz size</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cream of Wheat Plain 1 Minute No Instant</td>
</tr>
<tr>
<td>Cream of Wheat Plain 2½ Minute No Instant</td>
</tr>
<tr>
<td>Cream of Wheat Whole Grain, 2½ Minute No Instant</td>
</tr>
<tr>
<td>Cream of Rice Plain No Instant</td>
</tr>
<tr>
<td>Malt-O-Meal Original</td>
</tr>
<tr>
<td>Quaker Instant Grits Original (Single serving packets)</td>
</tr>
<tr>
<td>Quaker Instant Oatmeal (Single serving packets)</td>
</tr>
</tbody>
</table>

## Bottled juice

### BUY 100% JUICE
- 64 oz. plastic bottles only
- Added fiber, vitamins, & minerals are OK
- Choose from these brands and flavors only:
  - Juicy Juice Any flavor
  - Campbell’s Tomato (regular and low sodium)
  - Langer’s Any flavor, 100% juice
  - Tree Top Any flavor (except 3 Apple Blend or Honey Crisp), Cranberry, cran-grape and cran-raspberry
  - Ocean Spray Any flavor, 100% juice, no sugar added
  - Best Yet, Essential Everyday, Food Club, Great Value, IGA, Kroger, Market Pantry, Signature Select, Western Family, WinCo Foods

### DON’T BUY
- No juice cocktails, juice drinks or ‘light’ juices
- No organic
- No apple cider
- No refrigerated

<table>
<thead>
<tr>
<th>1 CTR = 64 oz. bottle</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tree Top Any flavor, 100% juice</td>
</tr>
<tr>
<td>Jucy Juice Any flavor</td>
</tr>
<tr>
<td>Campbell’s Tomato (regular and low sodium)</td>
</tr>
<tr>
<td>Langer’s Any flavor, 100% juice no sugar added</td>
</tr>
<tr>
<td>Ocean Spray Any flavor, 100% juice, no sugar added</td>
</tr>
<tr>
<td>Orange Any brand</td>
</tr>
<tr>
<td>Grapefruit Any brand</td>
</tr>
<tr>
<td>Apple</td>
</tr>
<tr>
<td>Cranberry, cran-grape and cran-raspberry</td>
</tr>
<tr>
<td>Grape (purple or white)</td>
</tr>
<tr>
<td>Vegetable</td>
</tr>
</tbody>
</table>

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

**BUY 100% JUICE**
- 11.5 - 12 oz. containers only

**DON’T BUY**
- No juice cocktails, juice drinks or ‘light’ juices
- No organic
- No apple cider
- No refrigerated

<table>
<thead>
<tr>
<th>1 CTR = 11.5 - 12 oz can</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dole</td>
</tr>
<tr>
<td>Apple</td>
</tr>
<tr>
<td>Orange</td>
</tr>
<tr>
<td>Grape</td>
</tr>
</tbody>
</table>

**Old Orchard**
Any flavor or blend with a green lid

**Tree Top**
Apple

**Don't buy**

Did you know?

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.

**Baby food**

<table>
<thead>
<tr>
<th>If your benefit list says</th>
</tr>
</thead>
<tbody>
<tr>
<td>256 oz., you can buy</td>
</tr>
<tr>
<td>64 4 oz. jars</td>
</tr>
<tr>
<td>32 2-packs of 4 oz.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>If your benefit list says</th>
</tr>
</thead>
<tbody>
<tr>
<td>128 oz., you can buy</td>
</tr>
<tr>
<td>32 4 oz. jars</td>
</tr>
<tr>
<td>16 2-packs of 4 oz.</td>
</tr>
</tbody>
</table>

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<thead>
<tr>
<th>If your benefit list says</th>
</tr>
</thead>
<tbody>
<tr>
<td>64 oz., you can buy</td>
</tr>
<tr>
<td>16 4 oz. jars</td>
</tr>
<tr>
<td>8 2-packs of 4 oz.</td>
</tr>
</tbody>
</table>
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:
  - Gerber
  - Beech-Nut
  - Earth’s Best
  - Organic
  - Wild Harvest

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, 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 and grains only:
  - Beech-Nut
  - Gerber
  - Earth’s Best Organic

DON’T BUY
• No Rice Cereal
• No added formula, milk, yogurt or fruit
• No added DHA
• No pouches

Baby cereal

BUY
• 8 oz. size or larger
• Choose from these brands and grains only:
  - Gerber (organic OK)
  - Beech-Nut (organic OK)
  - Earth’s Best Organic

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