



# FOOD LIST

A guide to the Oregon WIC  
approved foods



GROWING HEALTHY FUTURES

EFFECTIVE JULY 1, 2025

07/25

# 2025 WIC Food List

Certifier Swap Quick Reference  
Guide

# How to use this guide

- Use this quick reference guide as a visual tool when talking with participants
- The guide focuses on the swaps WIC Certifiers must make to assign and issue a food package
- Pages are organized to follow the topics in the 2025 WIC Food List
- Each page is designed with as few words as possible to encourage understandability across languages
- Images of pages from the 2025 WIC Food List are shown to help guide participants to the section in the Food List document
- This is not meant to be a complete guide to changes to the Food List or participant benefits
- **Please delete this slide before printing**

# 12 New Whole Grains



Amaranth



Buckwheat



Millet



Quinoa



Sorghum



Teff

**Contain Gluten**



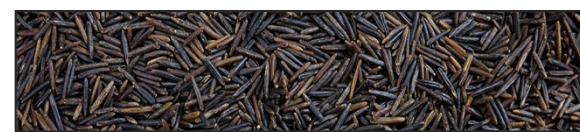
Bulgur



Corn meal  
Corn Masa flour



Brown Rice



Wild Rice



Black Rice



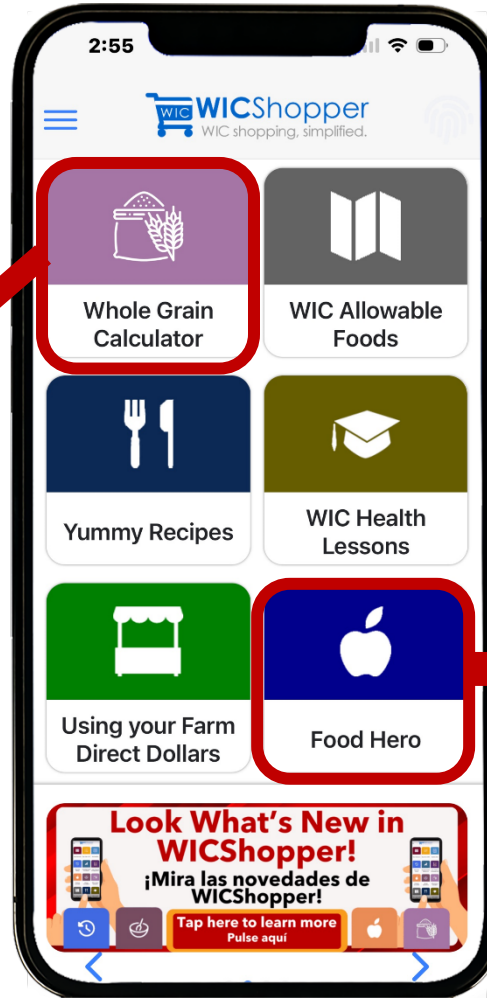
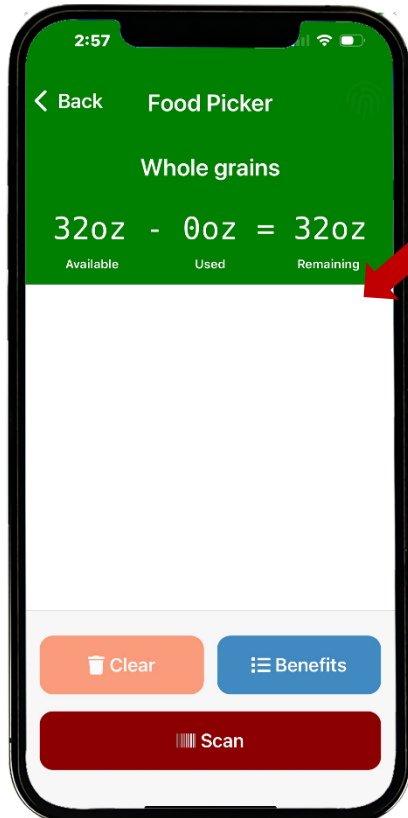
Red Rice



Wheat Berries

# Whole Grain Tools

Use the Whole Grain Calculator to keep track amounts



Use Food Hero to find recipes and more



Food Hero  
English



Food Hero  
Spanish



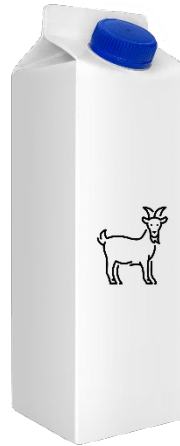
# Milk types



Cow Milk



Lactose-Free  
Milk



Goat Milk



Soy and plant-based  
beverages

- Acidophilous milk
- Evaporated milk (12 ounce can)
- Dry non-fat milk (25.6 ounce size)

## 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

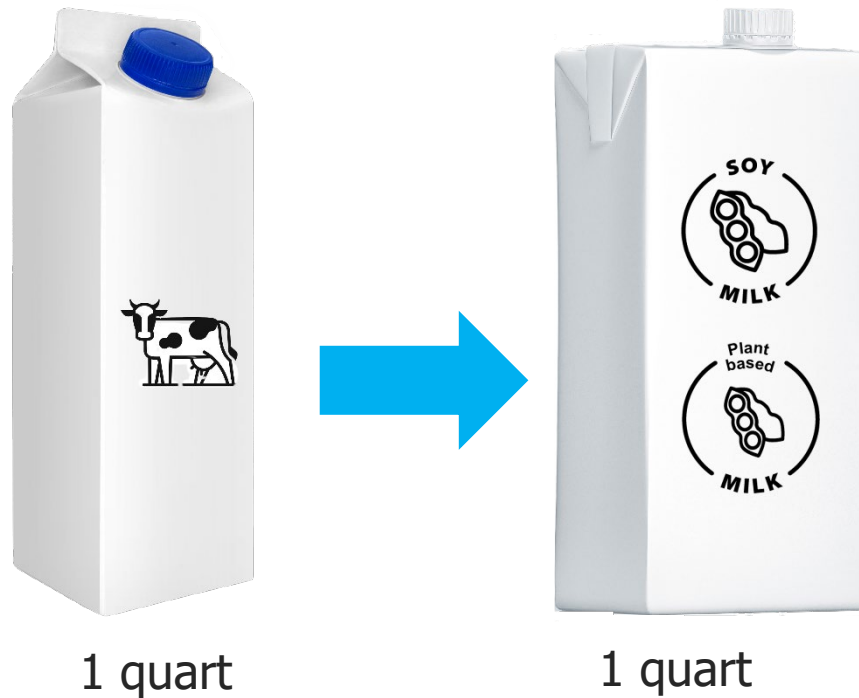
#### Buy the type of milk listed on your benefit list:

- **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

#### 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

# Soy and Plant-Based Beverages



All milk can be exchanged for Soy or Plant-based beverages

## Soy and Plant Beverage

### ✓ 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.



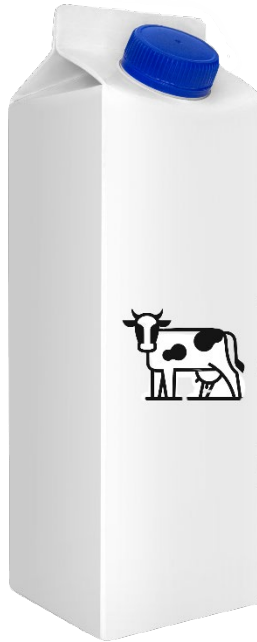
Silk  
original  
32 oz.



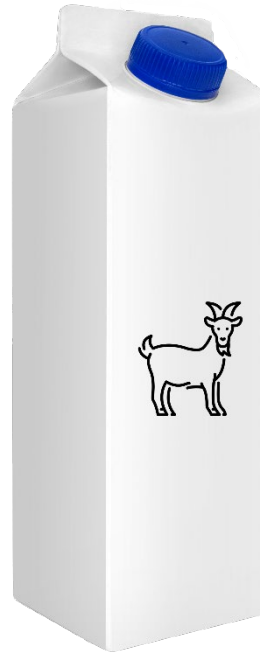
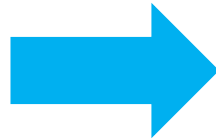
ripple Plant-Based Milk  
original  
32 oz.

32 oz. = quart  
64 oz. = half gallon  
128 oz. = one gallon

# Goat Milk



1 quart



1 quart

All milk can be swapped for Goat Milk

## Goat Milk

### ✓ 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

# Milk and Cheese



3 quarts



1 pound



The standard package swaps 3 quarts of milk for 1 pound of cheese



Swap 1 pound of cheese to get 3 quarts of milk

## Cheese

### ✓ 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

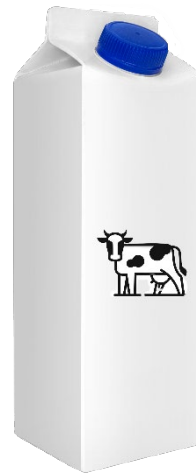
- No extra sharp, or white cheddar
- No deli cheese
- No organic, soy, plant, goat, or raw cheese
- No cheese foods or spreads (like Velveeta)
- No smoked or flavored cheese with items added like jalapeño peppers or caraway seeds
- No fresh Mozzarella (packed in water)



# Yogurt



1 container



1 quart

## Maximum 2 Yogurt



- 🍓 1 quart of milk swaps for 1 container of yogurt
- 🍓 1 container of yogurt swaps for 1 quart of milk

## Yogurt

### ✓ 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

### 🚫 DON'T BUY

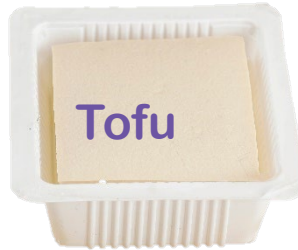
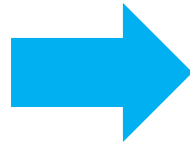
- No "light" yogurts
- No yogurts with artificial sweeteners, like aspartame or sucralose

# Tofu

All milk can be exchanged for Tofu



1 quart



14-16 ounces

Note: Buying the 14 oz container will not meet the maximum amount available in the food package

## Tofu

### 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:

#### ⊘ DON'T BUY

- No containers smaller than 14 oz.

**Azumaya**  
Tofu

16 oz. Firm or Extra Firm



14 oz. Firm or Extra Firm

**House Foods**

14 oz. Premium or Organic:  
Medium Firm or Firm  
16 oz. Premium: Medium Firm,  
Firm, or Extra Firm

**Franklin**  
FARMS

14 oz. Organic Medium Firm, Firm,  
Extra Firm or Pressed Firm  
16 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

# No Eggs



1 dozen



18 oz

or



16 oz

or



4

Nut Butters include:

- Almond Butter
- Sunflower Butter
- Sesame Seed Butter
- Tahini

# More than peanut butter

## Almond butter



## Sunflower butter



### Peanut, Nut and Seed Butters

**Peanut butter**  
**Almond butter**

#### ☒ **BUY**

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

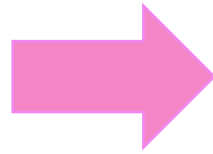
#### ☐ **DON'T BUY**

- 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

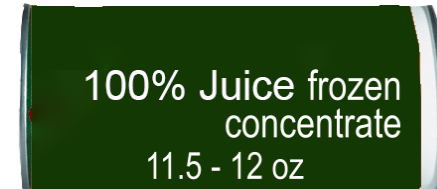
## Tahini or sesame seed



# Juice



or



## Bottled Juice

### ✓ 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.

### ⊘ DON'T BUY

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

**\$3**  
**maximum**  
for each person

## Frozen Juice

### ✓ 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.

### ⊘ DON'T BUY

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



# Baby food or Fruits and Veggies



**All** baby food

128 oz (32, 4 ounce jars)

100%



**\$22**

**Additional Cash Benefit**

## Shopping for baby food

If your benefit list  
says  
**128 oz.**  
you can buy



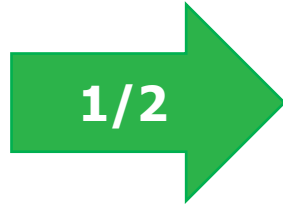
**32**  
4 oz. jars

OR



**16**  
2-packs of 4 oz.

# Baby food or Fruits and Veggies



**Half of the baby food**  
64 oz (16, 4 ounce jars)



**Additional Cash Benefit**

**\$11**

## Shopping for baby food

If your benefit list  
says  
**64 oz.**  
you can buy



**16**

4 oz. jars

**OR**

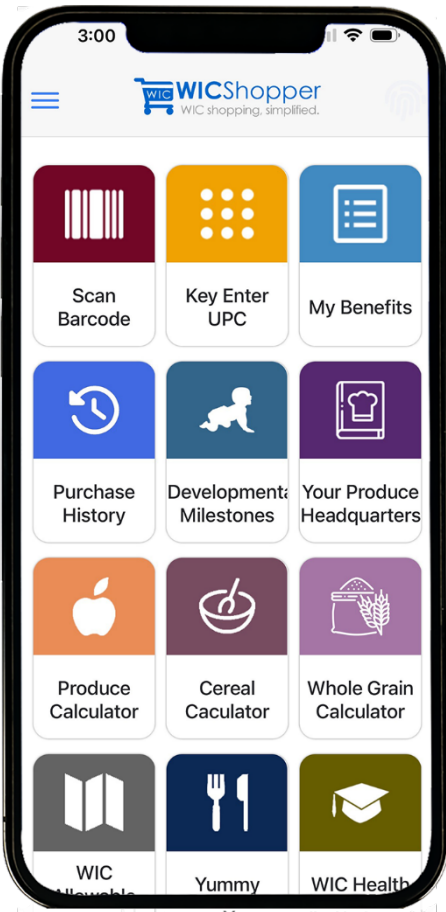


**8**

2-packs of 4 oz.

# 3 steps to use the bar code scanner tool

1



2



3

