



# FOOD LIST

**A guide to the Oregon WIC  
approved foods**



**GROWING HEALTHY FUTURES**  
**EFFECTIVE FEBRUARY 1, 2021**

# 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?**

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<b>Fruit &amp; Vegetables</b> .....	<b>4-5</b>
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# Fruit and vegetables

## Fresh Fruit and Vegetables

### ✓ BUY

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

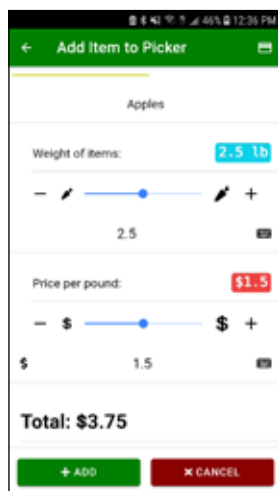
### ⊘ DON'T BUY

- 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



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## 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



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## 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

## 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

### ⊘ 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



## 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

### ⊘ 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



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## Bulgur

### ✓ BUY

- Any brand

### ⊘ DON'T BUY

- No added seasonings, sugar, fat, oil or salt
- No organic or 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.



**Westsoy Organic Plus**  
plain or vanilla  
32 oz. or 64 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**  
evaporated goat milk  
12 oz. can



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

## 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)

#### Chobani Greek

- Whole, plain



- Whole, plain
- Whole, vanilla



- Whole, plain
- Greek, whole, plain



- Greek, whole, vanilla



- Greek, whole, plain
- Greek, whole, vanilla honey



- Whole, plain
- Whole, vanilla
- Whole, strawberry



- Whole, plain
- Whole, vanilla
- Whole, strawberry



- Whole, honey



- Greek, whole, plain



- Whole, plain

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



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



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

#### Chobani Greek

- 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



**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, beans, lentils, Peanut butter, Canned beans

## Peanut butter

### ✓ BUY

- 16 to 18 oz. containers only
- Any brand

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 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.



### ⊘ DON'T BUY

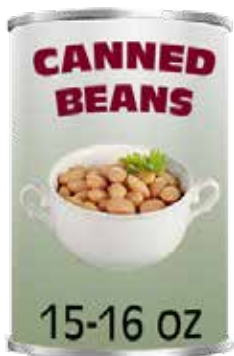
- No added seasonings
- No organic or bulk

## Canned beans

### ✓ BUY

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

1 CTR =  
4 cans



### ⊘ DON'T BUY

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

# 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

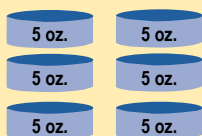


## Chicken of the Sea

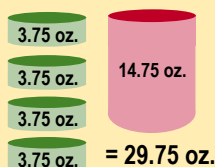


Sardines 3.75 oz. can

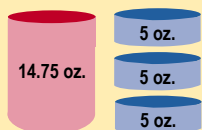
## Examples of ways you can combine fish can sizes



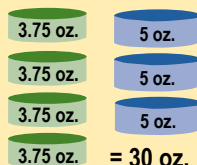
= 30 oz.



= 29.75 oz.



= 29.75 oz.



= 30 oz.

# Cold cereal

## Shopping for cereal

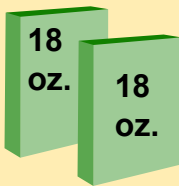
Look for these symbols in this food list to pick a cereal that has extra folic acid, is made with whole grains, or is gluten-free.

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

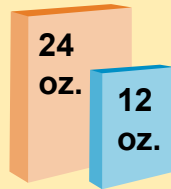
The smallest cereal size you can buy is 11.8 oz. (for hot cereal) or 12 oz. (for cold cereal). **If you have less than 11.8 oz. left in your cereal benefit this month, you won't be able to spend it.**

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

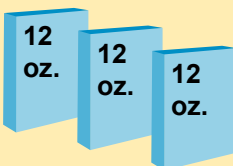
### Examples of ways you can combine cereal package sizes



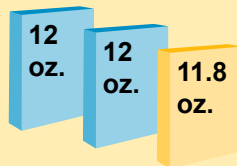
Totals 36 oz.



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

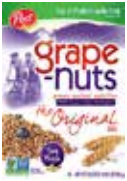
## Malt-O-Meal (box or bag)



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** 11.8 oz. - 36 oz. size



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



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



**W**

Cream of Wheat Whole Grain,  
2½ 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



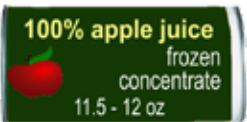
**Tree Top**  
Apple



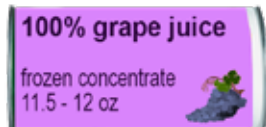
**Orange**  
Any brand



**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 cereal

### ✓ 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



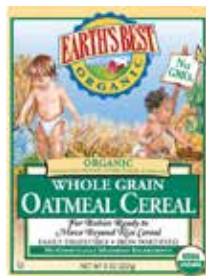
Gerber (organic OK)

- 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](http://www.healthoregon.org/wic)



**This document can be provided upon request in alternative formats for individuals with disabilities. Call 971-673-0040 (voice) or 1-800-735-2900 (TTY) to arrange for the alternative format that will work best for you.**

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