### Baby Foods

#### Baby Food – Meats

- **Turkey**
  - 16 oz. cans only
  - 2 pack counts as 4 (4 oz.) individual
  - The 4 oz. individual
  - Combination of plain single ingredients such as DHA, formula, fruit, yogurt or cheese
  - Amount and size listed on your WIC check

- **Turkey Breast**
  - 16 oz. cans only
  - 2 pack counts as 4 (4 oz.) individual
  - The 4 oz. individual
  - Combination of plain single ingredients such as DHA, formula, fruit, yogurt or cheese
  - Amount and size listed on your WIC check

#### Baby Foods Fruits & Vegetables

- **Mix Any Brand**
  - 16 oz. cans only
  - 2 pack counts as 4 (4 oz.) individual
  - The 4 oz. individual
  - Combination of plain single ingredients such as DHA, formula, fruit, yogurt or cheese
  - Amount and size listed on your WIC check

#### Infant Cereal

- **Brand, size and amount listed on your WIC check**
  - **Plain pasteurized cow’s milk only**
  - **Dry**
  - **Any variety**
  - **100% Whole Wheat Bread**
  - **Whole Wheat**
  - **100% Whole Grain Products**
  - **Whole Wheat**
  - **Whole Wheat**

#### Tofu

- **Azumaya Tofu Silken**
  - 16 oz. only
  - House Foods America Extra Firm

#### Soy Milk

- **House Foods America Extra Firm**
  - 16 oz. only

#### Infant Formula

- **Brand, size and amount listed on your WIC check**
  - **Plain pasteurized cow’s milk only**
  - **Dry**
  - **Any variety**

#### Infants

- **Brand, size and amount listed on your WIC check**
  - **Plain pasteurized cow’s milk only**
  - **Dry**
  - **Any variety**

#### New Jersey WIC Program

**Approved Food List

**Effective January 2017

Use this WIC food list, your WIC ID Folder, and your WIC checks to help you correctly select approved foods on the WIC checks. Be sure to purchase all items listed on your checks.

Do not forget to use your WIC checks within the First Day to Use and Last Day to Use dates identified on the WIC checks. Do not forget to sign the WIC check before the cashier writes the correct price on it. No substitutions of unapproved brands or sizes of WIC foods allowed. No rain checks. No cash, credit or returns allowed for WIC foods or WIC foods. Only type, sizes and amounts listed on WIC checks are allowed.

![New Jersey WIC Program Approved Food List](https://example.com/wic-food-list.jpg)