

## Breastfeeding is Baby's Best Start . . .

### BABY FOOD – MEATS

FOR FULLY BREASTFEEDING INFANTS  
6 THROUGH 11 MONTHS OLD

#### ANY BRAND

- Amount and size listed on your WIC check
- Single meat or poultry varieties w/broth or gravy

#### NOT ALLOWED

Infant food combinations (such as meat and vegetables; infant dinners (such as spaghetti and meatballs); baby foods with added sugars or salt; organic baby meats

### BABY FOODS FRUITS & VEGETABLES

#### ANY BRAND

- Amount and size listed on your WIC check
- Variety of single ingredient commercial infant food fruit
- Variety of single ingredient commercial infant food vegetable
- Combination of plain single ingredients such as peas & carrots or apples & bananas
- The 2 (4oz.) packs and the 4 oz. individual containers are allowed.
- One 2 pack counts as 2 (4oz.) individual containers

#### NOT ALLOWED

Baby foods with added sugars, starches, or salt; baby food mixtures with cereal or infant food dessert (such as peach cobbler); organic baby food; any variety of baby foods that contain DHA or yogurt

### INFANT CEREAL

- Brand, size and amount listed on your WIC check
- 8 oz. containers only
- Plain varieties only
- Rice, Oatmeal, Mixed Grains, Whole Wheat

#### NOT ALLOWED

Organic infant cereal; infant cereal with extra ingredients such as DHA, formula, fruit, yogurt or added protein

### INFANT FORMULA

Brand, size and amount listed on your WIC check

### MILK

- Plain pasteurized cow's milk only
- Type, size and amount listed on your WIC check

#### STORE BRAND ONLY

Fluid

#### ANY BRAND

- Dry/Powdered
- Evaporated/Canned (12 oz. cans only)
- Lactose Reduced or 100% Lactose Free
- UHT Milk (shelf stable)

#### NOT ALLOWED

"Plus" milk; goat milk; rice milk; milk with added flavor or sugar; cultured buttermilk; acidophilus cultured milk; Kefir cultured milk; organic milk; Leche Klim; half and half; milk with added calcium; ultraskim and superskim milk products

### SOY MILK

- Size and amount are listed on your WIC check
- 8th Continent Original Soy Milk
- 8th Continent Vanilla Soy Milk
- Silk Original Milk

### CHEESE

- Cheese made in the USA from 100% pasteurized cow's milk only
- Cheese labeled low or reduced cholesterol; low or reduced fat, or low or light sodium are allowed
- Individual slices, blocked or shredded are allowed.

#### ANY BRAND

16 oz. package only in the following varieties:

American (Pasteurized Process)	
Cheddar	Colby
Monterey Jack	Muenster
Mozzarella (Part Skim or Whole)	
Provolone	Swiss

#### NOT ALLOWED

Individually wrapped slices; deli cheese; imported cheese; cheese food; cheese spread; cheese product, flavored cheese; string cheese; organic cheese

### TOFU

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

#### NOT ALLOWED

Tofu with added fats, sugars, oils or sodium; organic tofu

### CANNED FISH

FOR EXCLUSIVELY BREASTFEEDING WOMEN ONLY

**ANY BRAND** – Any combination up to amount listed on WIC check.

#### IBERIA JACK MACKEREL ONLY

(15 oz. cans packed in water or oil only; may contain bones and skin; plain varieties only)

#### LIGHT TUNA

(minimum 5 oz. cans packed water only; plain varieties only)

#### PINK SALMON

(7.5 oz. and 14.75 oz. cans packed in water or oil only; plain varieties only)

#### SARDINES

(3.75 oz. cans packed in water or oil only (may contain bones and skin; plain varieties only)

#### NOT ALLOWED

Albacore tuna, blueback salmon, red salmon; flavored fish; fish with added ingredients; organic fish; fish in pouches; fish in individual serving size containers

### DO NOT FORGET

to separate your WIC food items by each WIC check. This will help you in using the WIC checks properly and it would also help the cashier who is ringing up the WIC items for each check.

### 100% WHOLE GRAIN PRODUCTS

#### 100% WHOLE WHEAT BREAD PRODUCTS (16 oz. package only)

#### AMERICA CHOICE

#### ARNOLD

Stone Ground 100% Whole Wheat Bread

#### BEST YET

#### BIMBO

#### ESSENTIAL EVERYDAY

#### FRANCZOS

#### GOLD MEDAL

#### HANAFORD

#### KEY FOOD

#### KRASDALE

#### PAS

#### PEPPERIDGE FARM

Light Style & Stone Ground

#### SARA LEE

#### SHOPRITE

#### SIGNATURE KITCHENS

#### STERN'S

100% Whole Wheat Rolls (8 count)

100% Whole Wheat Bread

#### STOP & SHOP

#### SUNGRAIN

#### WINDMILL FARMS

100% Stone Ground Whole Wheat Bread w/Gluten, Hamatzie

100% Stone Ground Whole Wheat Bread w/Gluten, Mezonos

#### WONDER

### OTHER WHOLE GRAIN PRODUCTS

#### BROWN RICE

- Any brand 16 oz. package
- Plain brown rice packed in boxes or bags
- May be instant, quick or regular cooking

#### NOT ALLOWED

Brown rice with added sugars, fats or salt; brown rice with other added ingredients; organic brown rice

#### TORTILLAS – (16 oz. package only)

**America Choice** - Whole Wheat

**Carlita** - Soft White Corn, Whole Wheat

**Celia's** - Whole Wheat, Yellow Corn

**Chi Chi's** - White Corn, Whole Wheat

**Don Pancho** - White Corn, Whole Wheat

**Herdez** - Corn, Whole Wheat

**Key Food** - White Corn, Whole Wheat

**La Banderita** - Corn

**La Burrita** - Corn

**Mayan Farm** - Whole Wheat

**Mex-America** - Whole Wheat w/Honey

**Mission** - Yellow Corn, Whole Wheat

**My Essentials** - Whole Wheat

**Ortega** - Whole Wheat

**ShopRite** - Whole Wheat Flour

**Stop & Shop** - White Corn, Whole Wheat Flour

**Wegmans** - Whole Wheat

**Weis** - Whole Wheat

#### 100% WHOLE WHEAT PASTA PRODUCTS (16 oz. package only)

**Allegra** - Spaghetti

**Barilla** - Angel Hair, Elbows, Linguine, Medium Shells, Penne, Rotini, Spaghetti, Thin Spaghetti

**Bionaturae Organic** - Fettuccine, Fusili, Penne Rigate, Rigatoni, Spaghetti

**Essential Everyday** - Penne Rigate, Rotini, Spaghetti, Thin Spaghetti

**Gia Russa** - Angel Hair, Linguine, Penne Rigate, Rotini, Spaghetti

**Great Value** - Thin Spaghetti

**Heartland** - Elbow, Rotini

**Hodgson Mill** - Angel Hair, Elbows, Spirals, Thin Spaghetti

**Ronzoni** - Linguine, Penne Rigate, Rotini, Spaghetti, Thin Spaghetti

**ShopRite** - Penne Rigate, Rotini, Spaghetti

**Via-Roma** - Penne Rigatoni, Spaghetti

**Weis** - Angel Hair, Penne Rigate, Rotini, Spaghetti

Only food items submitted through the State review process and approved are allowed. NO EXCEPTIONS.

WIC participants are entitled to any of the items listed on the food list that are available on the store shelves. This Food List is subject to change.

## 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(s) **after** 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 checks or WIC foods. Only type, sizes and amounts listed on WIC checks are allowed.



**THIS INSTITUTION  
IS AN EQUAL  
OPPORTUNITY PROVIDER**

[www.nj.gov/health/fhs/wic/home/nondiscrim.shtml](http://www.nj.gov/health/fhs/wic/home/nondiscrim.shtml)

4/2017



**100% JUICE ONLY**

64 oz. NON-REFRIGERATED &amp; REFRIGERATED CONTAINERS • FOR CHILDREN ONLY

**ANY BRAND**Orange (regular, w/calcium, w/pulp, etc.)  
Grapefruit**BEST YET**Apple Cranberry Pineapple  
Cranberry Grape Purple Grape Vegetable  
White Grape**DIANE'S GARDEN**

Vegetable (from concentrate)

**ESSENTIAL EVERYDAY (Acme)**Apple (w/calcium & vitamin D) Apple  
Cranberry Grape Pineapple  
Tomato Tomato (low sodium)  
Vegetable Vegetable (low sodium)**FOODTOWN**

Apple Grape

**GREAT VALUE (Walmart)**Apple Grape Tomato  
White Grape Vegetable**HANNAFORD BROTHERS CO.**

Apple Grape

**HARVEST HILL**

Juicy Juice (Any flavor)

**HY-TOP**Apple Cranberry Grape  
Grape Tomato  
Vegetable**IGA**

Apple Grape

**KEY FOOD**Apple Apple Cranberry  
Cranberry Pineapple  
Grape Cranberry White Grape**KRASDALE**

Apple Grape

**MARKET PANTRY (Target)**

Apple Grape Tomato

**MY ESSENTIALS**

Apple Grape

**NATURE'S OWN**

Apple Grape

**PARADE**

Apple Grape

**RED & WHITE**Apple Cranberry  
Cranberry-Apple Cranberry-Grape  
Grape**SHOPRITE**Apple Cranberry  
White Grape Vegetable (low sodium)**SIGNATURE KITCHENS (Acme)**Apple Cranberry Cranberry Plus  
Grape Pineapple Tomato  
Vegetable White Grape**STOP & SHOP**Apple (w/ 20% calcium)  
Cranberry (3 juice blend) Grape  
Tomato Vegetable**TIPTON GROVE**Apple (from concentrate)  
Grape (from concentrate)**WEGMANS**Apple  
Apple (from concentrate w/20% calcium)  
Cranberry (from concentrate; 3 juice blend)  
Cranberry-Apple (from concentrate w/juice blend)  
Cranberry-Concord Grape (from concentrate w/juice blend)  
Cranberry-Raspberry (from concentrate; 4 juice blend)  
Grape (from concentrate w/10% calcium & 10% fiber)  
Grape (from concentrate)**WEIS**Apple (calcium fortified)  
Cranberry Blend  
Cranberry-Apple Blend  
Cranberry-Grape Blend  
Cranberry-Raspberry Blend  
Purple Grape  
Tomato  
Vegetable  
White Grape**100% JUICE ONLY**11.5-12 oz. FROZEN CONCENTRATE CONTAINERS  
(FOR WOMEN ONLY)**ANY BRAND**Orange (regular, w/calcium, w/pulp, etc.)  
Grapefruit**BEST YET**

Apple

**SIGNATURE KITCHENS (Acme)**

Apple

**ESSENTIAL EVERYDAY (Acme)**

Apple Grape

**GREAT VALUE (Walmart)**

Apple Grape

**HANNAFORD BROTHERS CO.**

Apple (from concentrate)

**MARKET PANTRY (Target)**

Apple Grape

**MY ESSENTIALS**

Apple (from concentrate)

**PARADE**

Apple

**SHOPRITE**

Apple

**STOP & SHOP**

Apple Grape

**TIPTON GROVE**

Apple

**WEGMANS**

Apple Apple (w/calcium)

**100% JUICE ONLY**11.5 oz. CAN ONLY • FOR WOMEN ONLY  
SHELF-STABLE POURABLE CONCENTRATE**WELCH'S 100% JUICE POURABLE CONCENTRATE**

Apple Grape

**NOT ALLOWED FOR ALL SIZE JUICES**

Juices not listed above; products that are not 100% juice (drinks, ades, nectars, coolers, beverages, Hi-C, cocktails, twisters, splashes, punches, juices with added sugar, sugar substitute or DHA/ARA, baby juices); sizes not listed above; organic juices

**BREAKFAST CEREALS****MEETS MINIMUM REQUIREMENTS PER OUNCE FOR IRON CONTENT (≥ 45% RDA) AND SUGAR CONTENT (<6 GRAMS)****STORE BRAND COLD CEREALS**

18 OZ. UP TO 36 OZ. ALLOWED

**CORN FLAKES**Best Yet Ralston  
Foodtown Red & White  
Great Value (Walmart) Signature Kitchens (Acme)  
Hy-Top ShopRite  
IGA Shurfine  
Key Food Stop & Shop  
Kemach Wegmans  
Kiggins Weis  
Krasdale  
My Essentials  
Parade**OTHER CEREALS**Great Value/Walmart (Crisp Rice)  
Great Value/Walmart (Tasteeos)  
Kemach (Bran Flakes)  
Kemach (Crisp Rice)  
Wegmans (Multi-Grain Toasted)  
Weis (Oats & More with Honey)  
Weis (Wheat Flakes)**NATIONAL BRAND COLD CEREALS**

18 OZ. UP TO 36 OZ. ALLOWED

**GENERAL MILLS**Cheerios (plain only) Go Diego Go  
Dora the Explorer Kix (plain only)**KELLOGG'S**All Bran Complete Wheat Flakes  
Corn Flakes  
Rice Krispies  
Special K Original**MALT-O-MEAL**Crisp Rice  
Oat Blenders with Honey**POST**Grape Nut Flakes  
Honey Bunches of Oats (honey roasted)  
Honey Bunches of Oats (w/Almonds)  
Honey Bunches of Oats (w/Cinnamon Bunches)**HOT CEREALS**

UP TO 36 OZ. ALLOWED

**B & G FOOD**Cream of Wheat (1 minute) (28 oz.)  
Cream of Wheat (2 1/2 minutes) (28 oz.)  
Cream of Wheat Whole Grain (2 1/2 minutes) (18 oz.)  
Cream of Wheat Enriched Farina (10 minutes) (28 oz.)**BEST YET**

Instant Oatmeal Original (11.8 oz.)

**ESSENTIAL EVERYDAY (Acme)**

Instant Oatmeal Original (11.8 oz.)

**FARINA MILLS**

Farina Creamy Hot Wheat Cereal Original (28 oz.)

**HY-TOP**

Instant Oatmeal Original (11.8 oz.)

**IGA**

Instant Oatmeal Original (11.8 oz.)

**KEY FOOD**

Instant Oatmeal Original (11.8 oz.)

**MALT-O-MEAL**

Malt-o-Meal Original (36 oz.)

**PARADE**

Instant Oatmeal Original (11.8 oz.)

**QUAKER**

Instant Grits Original (12 oz.)

**SHOPRITE**

Instant Oatmeal Original (11.8 oz.)

**STOP & SHOP**

Instant Oatmeal Original (11.8 oz.)

**WEIS**

Instant Oatmeal Original (11.8 oz.)

**NOT ALLOWED FOR ALL CEREALS**

Cereals not listed above; organic cereals; sizes not listed above

**EGGS****ANY BRAND**

- Grade A large only
- White only
- One dozen (12 eggs) carton only

**NOT ALLOWED**

1/2 dozen cartons (6 eggs); cooked eggs; jumbo eggs; extra large eggs; medium eggs; brown eggs; specialty eggs; low cholesterol eggs; organic eggs; Eggland's Best; cage-free/free range eggs; eggs with Omega-3

**BEANS, PEAS and LENTILS****ANY BRAND**

- DRY (varieties of mature beans, peas or lentils; 16 oz. only)
- CANNED (varieties of mature beans, peas or lentils; 15.5-16 oz. only)

**NOT ALLOWED**

Green beans; green peas; snap beans; orange beans; wax beans; baked beans; pork and beans; beans with meat (such as franks and beans); canned beans with added sugars, fats, meat or oils; organic beans; soups

**PEANUT BUTTER**

16 OZ. - 18 OZ ONLY

**ALLOWED - STORE BRANDS, SKIPPY, JIF**

- Creamy or crunchy
- Reduced/Low fat
- Natural

**NOT ALLOWED**

Organic peanut butter; peanut spread; freshly ground or whipped peanut butter; peanut butter mixed with jelly, marshmallow, chocolate or honey; peanut butter with added vitamins and minerals