

## 100% JUICE ONLY

64 oz. NON-REFRIGERATED PLASTIC BOTTLE ONLY STORE BRAND ONLY • FOR CHILDREN ONLY

### ACME

Cranberry Plus Juice

### DIANE'S GARDEN

Vegetable Juice (from concentrate)

### GREAT VALUE

Tomato Juice

### HANNAFORD BROTHERS CO.

Apple Juice Grape Juice  
Grapefruit Juice Orange Juice

### HY-TOP

Apple Juice Grape Juice  
Tomato Juice Vegetable Juice

### IGA

Apple Juice Grape Juice  
Grapefruit Juice Orange Juice

### KRASDALE

Apple Juice Grape Juice

### MY ESSENTIALS

Orange Juice Original Orange Juice (w/calcium)

### NATURE'S OWN

Apple Juice Grape Juice

### PARADE

Apple Juice Grape Juice  
Grapefruit Juice Orange Juice  
Orange Juice 100% Pure Country Style (w/pulp)

### RED & WHITE

Apple Juice Cranberry Juice  
Cranberry-Apple Juice Cranberry-Grape Juice  
Grape Juice

### SUPERVALU

Apple Juice  
Apple Juice (w/calcium & vitamin C)  
Cranberry Juice Grape Juice  
Orange Juice Pineapple Juice  
Tomato Juice Tomato Juice (low sodium)  
Vegetable Juice Vegetable Juice (low sodium)

### SHOPRITE

Apple Juice  
Cranberry Juice  
Orange Juice  
Orange Juice 100% Pure Country Style (w/pulp)  
Orange Juice Premium (w/calcium & vitamin D)  
Vegetable Juice (low sodium)

### TIPTON GROVE

Apple Juice (from concentrate)  
Grape Juice (from concentrate)

### WEGMANS

Apple Juice  
Apple Juice (from concentrate w/20% calcium)  
Cranberry Juice (from concentrate; 3 juice blend)  
Cranberry-Apple Juice (from concentrate w/juice blend)  
Cranberry-Concord Grape (from concentrate w/juice blend)  
Cranberry-Raspberry Juice (from concentrate; 4 juice blend)  
Grape Juice (from concentrate w/10% calcium & 10% fiber)  
Grape Juice (from concentrate)

### WEIS

Apple Juice (calcium fortified)  
Cranberry Juice Blend  
Cranberry-Apple Juice Blend  
Cranberry-Grape Juice Blend  
Cranberry-Raspberry Juice Blend  
Grape Juice  
Lotsa Juice Grape Juice Blend  
Vegetable Juice

## 100% JUICE ONLY

64 oz. REFRIGERATED PAPER CARTONS ONLY  
STORE BRAND ONLY • FOR CHILDREN ONLY

Grapefruit • Orange-Grapefruit • Orange

## 100% JUICE ONLY

11.5-12 oz. CONTAINER ONLY FROZEN CONCENTRATE ONLY  
STORE BRAND ONLY • FOR WOMEN ONLY

### ESSENTIAL EVERYDAY

Apple Juice  
Grape Juice  
Orange Juice Original  
Orange Juice (w/calcium)

### HANNAFORD BROTHERS CO.

Apple Juice (from concentrate)

### MY ESSENTIALS

Apple Juice (from concentrate)  
Orange Juice (from concentrate)

### SUPERVALU

Apple Juice

### TIPTON GROVE

Apple Juice  
Orange Juice

### WEIS

Apple Juice  
Orange Juice

## 100% JUICE ONLY

11.5 oz. CAN ONLY • FOR WOMEN ONLY  
SHELF-STABLE POURABLE CONCENTRATE

### WELCH'S 100% JUICE POURABLE CONCENTRATE

Apple Juice Grape Juice

## 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 ( $\geq 45\%$  RDA) AND SUGAR CONTENT (<6 GRAMS)

### STORE BRAND COLD CEREALS

18 OZ. UP TO 36 OZ. ALLOWED

### CORN FLAKES

Foodtown  
IGA  
Great Value  
Hy-Top  
Kiggins  
Krasdale  
My Essentials  
Parade  
Ralston  
Red & White  
Shurfine  
ShopRite  
Stop & Shop  
Wegmans  
Weis  
White Rose

### RICE CEREALS

#### CRISP RICE

Great Value

### OAT CEREALS

#### TASTEEOS

Great Value

### OTHER CEREALS

Kemach Whole Wheat Flakes (multi-vitamin)  
My Essentials (Multi-Grain)  
ShopRite (Oats & More with Honey)  
Shurfine (Oats & More with Honey Oat Clusters)  
Wegmans (Multi-Grain Toasted)  
Weis (Multi-Grain Tasteos)  
Weis (Oats & More with Honey)

### NATIONAL BRAND COLD CEREALS

18 OZ. UP TO 36 OZ. ALLOWED

### GENERAL MILLS

Dora the Explorer Go Diego Go  
Cheerios (plain only) Kix (plain only)

### KELLOGG'S

All Bran Complete Wheat Flakes  
Corn Flakes  
Rice Krispies  
Special K Original

### MOM'S BRAND

Oat Blenders with Honey  
Crisp Rice

### POST

Grape Nut Flakes  
Honey Bunches of Oats (honey roasted)

### HOT CEREALS

UP TO 36 OZ. ALLOWED

### B & G FOOD

Cream of Wheat (1 minute) (28 oz.)  
Cream of Wheat (2-5 minutes) (28 oz.)  
Cream of Wheat Whole Grain (2-5 minutes) (18 oz.)  
Cream of Wheat Enriched Farina (10 minutes) (28 oz.)

### FARINA MILLS

Farina Creamy Hot Wheat Cereal Original (28 oz.)

### MOM'S BRAND

Malt-o-Meal Original (36 oz.)

### QUAKER

Instant Grits Original (12 oz.)

### ESSENTIAL EVERYDAY

Instant Oatmeal Original (11.8 oz.)

### SHOPRITE

Instant Oatmeal Original (11.8 oz.)

### STOP & SHOP

Instant Oatmeal Original (11.8 oz.)

## NOT ALLOWED FOR ALL CEREALS

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

## EGGS

- 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

### STORE BRAND ONLY

Creamy or crunchy (16 oz. - 18 oz. jar only)

## NOT ALLOWED

Low-fat peanut butter; organic peanut butter; natural 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

## 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

#### 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. boxes 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

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

#### 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 Vanilla Soy Milk
- Pacific All Natural Ultra 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.

#### STORE BRAND ONLY

16 oz. package only in the following varieties:  
Cheddar  
Colby  
Monterey Jack  
Mozzarella (Part Skim or Whole)  
American (Pasteurized Process)  
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.

#### 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)

#### IBERIA JACK MACKEREL ONLY

(15 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.

### WHOLE WHEAT BREAD PRODUCTS

16 oz. ONLY

#### ACME

100% Whole Wheat Bread

#### AMERICA CHOICE

100% Whole Wheat Bread

#### ARNOLD

Stone Ground 100% Whole Wheat Bread

#### BIMBO

100% Whole Wheat Bread

#### ESSENTIAL EVERYDAY

100% Whole Wheat Bread

#### FRANCZOZ

100% Whole Wheat Bread

#### HANAFORD

100% Whole Wheat Bread

#### PAS

100% Whole Wheat Bread

#### PEPPERIDGE FARM

Light Style 100% Whole Wheat Bread  
Stone Ground 100% Whole Wheat Bread

#### SARA LEE

100% Whole Wheat Bread

#### SHOPRITE

100% Whole Wheat Bread

#### STERN'S

100% Whole Wheat Bread  
100% Whole Wheat Rolls (8 count)

#### STOP & SHOP

100% Whole Wheat Bread

#### SUNGRAIN

100% Whole Wheat Bread

#### WINDMILL FARMS

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

#### WONDER

100% Whole Wheat Bread

### 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

#### TORTILLA – (16 oz. package only)

America Choice Whole Wheat  
Carlita Soft White Corn  
Carlita Whole Wheat  
Celia's Whole Wheat  
Celia's Yellow Corn  
Chi Chi's White Corn  
Chi Chi's Whole Wheat  
Don Pancho White Corn  
Don Pancho Whole Wheat  
Herdez Corn  
Herdez Whole Wheat  
La Banderita Corn  
La Burrita Corn  
Mayan Farm Whole Wheat  
Mex-America Whole Wheat w/Honey  
Mission Yellow Corn  
Mission Whole Wheat  
My Essentials Whole Wheat  
Ortega Whole Wheat  
ShopRite Whole Wheat Flour  
Stop & Shop White Corn  
Stop & Shop Whole Wheat Flour  
Weis Whole Wheat  
Wegmans Whole Wheat

#### PASTA – (16 oz. package only)

Heartland Whole Wheat Elbow  
Heartland Whole Wheat Rotini  
Via-Roma Wheat Penn Rigatoni  
Via-Roma Wheat Spaghetti

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

## NEW JERSEY WIC PROGRAM

## AUTHORIZED FOODS

**EFFECTIVE January 2015**

Use this WIC food list, your WIC ID Folder, and your WIC checks to help you correctly select authorized foods on the WIC 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 unauthorized 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.



USDA IS AN  
EQUAL OPPORTUNITY  
PROVIDER AND EMPLOYER