



FOOD LIST

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



GROWING HEALTHY FUTURES

EFFECTIVE FEBRUARY 1, 2019

Approved Food List

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If you have a smartphone, use the **FREE WICShopper app!**

Use the app to scan foods as you shop, check your balance, access the Approved Food List, get recipes, and more! Be sure to **register your eWIC card with the app** so you can check your benefits from your phone.



Fruit and vegetables

Fresh

✓ 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, etc.
- No canned or jarred fruits or vegetables
- No herbs or spices (like cilantro or parsley)
- No plants



Frozen

✓ 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



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



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	Herdez
Casa Rosa	IGA
Don Pancho	Kroger
Essential Everyday	La Banderita
Food Club	La Burrita
Guerrero	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	Guerrero
Essential Everyday	Herdez
Food Club	IGA
Great Value	Kroger

La Banderita
Market Pantry
Mission
Ortega

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
Ronzone
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



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



Bulgur

☑ BUY

- Any brand

⊘ DON'T BUY

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



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

Buy the type of milk listed on your benefit list:

- **1% Lowfat or Fat Free Milk** - for women and children 2 years and older (Fat free and skim milk are the same)
- **Whole milk** for children 1 year of age

⊘ DON'T BUY

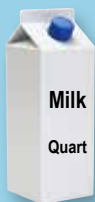
- No rice milk, almond milk, buttermilk, flavored milk, raw milk, or A2 milk
- No organic
- No added Omega-3 or Vitamin E
- No specialty items like glass bottles

Talk with your WIC clinic to get these items instead of milk (any brand):

- Acidophilus milk
- Dry non-fat milk (25.6 oz. size)
- Lactose-free milk
- Evaporated milk (12 oz. can)

Examples of ways you can combine milk container sizes

0.25 GAL =



0.5 GAL =



0.75 GAL =



and



1.0 GAL =



Soy beverage, Goat milk

Soy beverage

☑ BUY

- Choose from **these brands and products** only:

32 oz. = quart

64 oz. = half gallon



8th Continent
(original or vanilla)
64 oz.



Silk
(original)
32 oz., 64 oz. or 128 oz.



Westsoy Organic Plus
(plain or vanilla)
32 oz. or 64 oz.



Pacific Ultra Soy
(original)
32 oz.

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 or Nonfat
powdered
goat milk
12 oz. can



Whole
evaporated
goat milk
12 oz. can

Cheese, Yogurt

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

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



Whole Milk Yogurt (children 1 year of age)

Chobani
Greek

- Whole, plain

DANNON

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

Essential
EVERYDAY.

- Whole, plain

Kroger

- Whole, plain
- Whole, vanilla

Lucerne
DAIRY FARMS

- Whole, plain

MOUNTAIN
HIGH

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

Nancy's
cultured
yogurt

- Whole, honey yogurt, plain

WinCo
FOODS

- Whole, plain

Lowfat or Nonfat Yogurt (children 2 years and older, women)

Chobani Greek

- Nonfat, plain
- Nonfat, vanilla
- Nonfat, strawberry
- Nonfat, peach
- Lowfat, plain



- Nonfat, plain
- Lowfat, plain
- Lowfat, vanilla
- Lowfat, strawberry
- Lowfat, strawberry-banana



- Fat free, plain
- Fat free, vanilla
- Lowfat, plain
- Lowfat, vanilla



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



- Lowfat, plain
- Lowfat, vanilla
- Lowfat, strawberry



- Lowfat, vanilla
- Lowfat, strawberry
- Lowfat, strawberry-banana
- Lowfat, peach
- Lowfat, blueberry



- Fat free, plain
- Lowfat, plain
- Lowfat, vanilla
- Lowfat, strawberry
- Lowfat, peach
- Lowfat, blueberry



- Fat free, plain
- Lowfat, vanilla
- Lowfat, strawberry



- Nonfat, plain
- Lowfat, vanilla
- Lowfat, strawberry
- Lowfat, strawberry-banana
- Lowfat, peach



- Nonfat, plain
- Lowfat, strawberry
- Lowfat, strawberry-banana
- Lowfat, peach



- Fat free, plain
- Lowfat, vanilla
- Lowfat, strawberry
- Lowfat, peach



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

WinCo FOODS

- Nonfat, plain
- Lowfat, vanilla
- Lowfat, strawberry
- Lowfat, peach

⊘ DON'T BUY

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

Tofu, Eggs

Tofu

✓ BUY

- 16 oz. (1 lb.) containers only
- Choose from **these refrigerated brands** and products only:



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

⊘ DON'T BUY

- No brown eggs
- No specialty eggs (like Naturally Nested, Egglend's Best, cage free or higher Omega-3, or Vitamin E)
- No organic



Dry peas, beans, lentils, 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

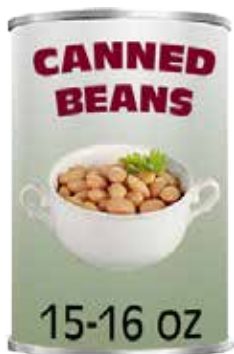
- No added seasonings
- No organic or bulk

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 breastfeeding women)



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

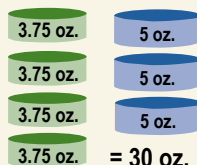
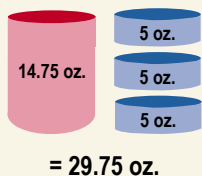
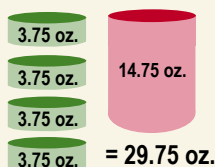
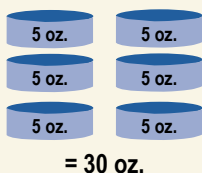


Chicken of the Sea



Sardines 3.75 oz. can

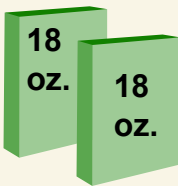
Examples of ways you can combine fish can sizes



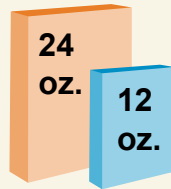
Shopping for cereal

- 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** Provides 100% of the Recommended Dietary Allowance (RDA) for folic acid
 - W** Made with whole grains and is a good source of fiber
 - G** Company states cereal is gluten free
- 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 all 12 oz., 18 oz., or 36 oz. size boxes.

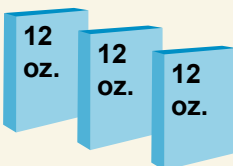
Examples of ways you can combine cereal package sizes



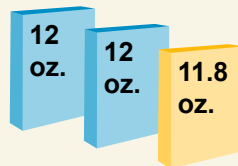
Totals 36 oz.



Totals 36 oz.



Totals 36 oz.



Totals 35.8 oz.

Cold cereal

BUY 12 oz. size or larger

Kellogg's



W

All-Bran Complete
Wheat Flakes



Corn Flakes
(original)



F

Special K
(original)



W

Frosted Mini Wheats
(original)



W

Frosted Mini Wheats
(Little Bites)



Rice Krispies (original)

General Mills



G

Rice
Chex



G

Corn
Chex



G

Vanilla
Chex



G

Blueberry Chex



G

Cheerios (plain)



F

W

G

Multi Grain Cheerios
(original)



W

Kix (original)



W

Berry Berry Kix



W

Honey Kix

Cold cereal

Malt-O-Meal (box or bag)



F W

Frosted Mini Spooners (original)



F W

Frosted Mini Spooners Blueberry



G

Crispy Rice

Post



W

Grape Nuts



W

Great Grains Banana Nut Crunch



Honey Bunches of Oats Honey Roasted



W

Honey Bunches of Oats Vanilla Bunches



Honey Bunches of Oats Almond



Honey Bunches of Oats Pecan & Maple Brown Sugar



W

Honey Bunches of Oats Whole Grain Honey Crunch



W

Honey Bunches of Oats Whole Grain Almond Crunch

Sunbelt Bakery



W

Simple Granola

CORN FLAKES



Corn Flakes - store brand

Best Yet, Essential Everyday, Food Club, Great Value, IGA, Kroger, Market Pantry, Signature Select, WinCo Foods

Hot cereal

BUY 11.8 oz. size or larger



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



F

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, Essential Everyday,
Food Club, IGA, Kroger,
Signature Select

Bottled juice

✓ BUY 100% JUICE

- 64 oz. plastic bottles only
- Added fiber, vitamins, and minerals are OK
- Choose from **these brands and flavors** only:

1 CTR =
64 oz.
bottle



Juicy Juice
Any flavor



Campbell's
Tomato (regular
and low sodium)



Langers
Any flavor
100% juice



Tree Top
Any flavor
(except
3 Apple Blend
or Honey Crisp)



**Cranberry,
cran-grape
and
cran-
rasperry**

Best Yet, Essential
Everyday, Food Club,
Great Value, Kroger,
Signature Select



Orange
Any brand



Grapefruit
Any brand



Apple

Best Yet, Essential
Everyday, Food Club,
Great Value, IGA,
Kroger, Market Pantry,
Signature Select,
WinCo Foods



Vegetable

Best Yet, Essential
Everyday, Food Club,
Great Value, IGA,
Kroger, Signature
Select, WinCo Foods



Grape (purple or white)

Best Yet, Essential
Everyday, Food Club,
Great Value, IGA,
Kroger, Market Pantry,
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:

1 CTR =
11.5-12 oz.
can



Old Orchard
Any flavor or blend
with a green lid



Dole
Any flavor or blend



Welch's
Any flavor with a
yellow strip



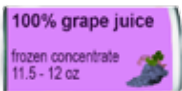
Tree Top
Apple



Orange
Any brand



Grapefruit
Any brand



Grape
Best Yet,
Essential Everyday,
Food Club,
Great Value,
Market Pantry,
WinCo Foods



Apple
Best Yet, Essential
Everyday, Food Club,
Great Value,
IGA, Kroger,
Market Pantry,
Signature Select,
WinCo Foods

⊘ DON'T BUY

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

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:



Beech-Nut

Classics or 100% Naturals
(no organic)



Earth's Best Organic



Gerber (no organic)



Wild Harvest Organic



O Organics

⊘ 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

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 (no organic)



Gerber (no organic)



O Organics



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



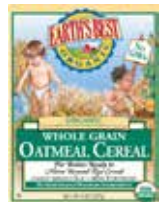
Gerber
(no organic)

- Barley
- 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



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- (2) fax: (202) 690-7442; o
- (3) email: program.intake@usda.gov

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