

## MILK

### Purchase size and type shown on WIC Shopping List

**Fluid milk:** Least expensive brand, Fat Free, 1% Lowfat, 2% Reduced Fat, Whole milk

NO flavored milk or buttermilk

**Evaporated or dry milk:** Any brand, Whole, Lowfat or Fat Free

**Long-Life milk:** Any brand, Whole, Lowfat, or Fat Free

**Lactose free milk:** Any brand (Example: Lactaid)

## CHEESE – Any brand

### 16 ounce package only

Any brand, American, Colby, Cheddar, Monterey Jack, Mozzarella (string cheese allowed) or Muenster

Shredded cheese allowed

NO deli cheese

NO sliced cheese (except American)

NO imported cheese, cheese food/product/spread, individually wrapped slices, snack packs, or flavored cheese

NO Organic Milk & Cheese allowed.

## EGGS

**Least expensive brand:** Grade A Large brown or white

NO specialty eggs (including organic, cage free/free range, Omega-3)

## SOY MILK

### Quart, shelf stable

Pacific Natural Foods Ultra Soy (plain and vanilla only)

### Half gallon, refrigerated

8th Continent Soymilk (original plain and vanilla only)

Silk Soymilk (original – red carton only)

## YOGURT

### 32 ounce container only, NO Greek Yogurt No Light Yogurt or Artificial Sweeteners

**Whole Milk Yogurt,** Any Flavor – 365 Organic, Brown Cow, Dannon, Market Basket, Nature's Promise, Stonyfield Farms

**Lowfat/Nonfat Yogurt,** Any Flavor – 365 Organic, Best Yet, Big Y, Brown Cow, Coburn Farms, Dannon, Food Club, Great Value, Hannaford (NO Strawberry), Lucerne Dairy, Market Basket, Market Pantry, Nature's Promise, Price Chopper (pics), Price Rite, Stonyfield Farms, Stop & Shop (NO Strawberry), Yoplait

## WHOLE GRAINS

Any of the items listed below can be purchased when the shopping list or balance receipt shows: "16 ounce Bread/Whole Grain"

## BREAD

### 16 ounce loaf

**Arnold:** Stone Ground 100% Whole Wheat Bread, Select Wheat Sandwich Rolls

**Bimbo:** 100% Whole Wheat Bread

**Central Market Classics:** 100% Whole Wheat Bread

**Country Kitchen:** 100% Whole Wheat, Wheat Italian

**Gold Medal:** 100% Whole Wheat, Wheat with Flax Bread

**Grissom's Mill:** 100% Whole Wheat

**Holsum:** 100% Whole Wheat Bread

**Ideal:** 100% Whole Wheat Bread

**Penn Street:** 100% Whole Wheat Bread

**Sara Lee:** 100% Whole Wheat Bread

**Sunbeam:** 100% Whole Wheat Bread

**Wonder:** 100% Whole Wheat Bread

**Store Brands:** Best Yet, Big Y, Geissler's, Gourmet Great Value, Hannaford, Market Basket, Nature's Promise, Price Chopper (pics), Roche Bros, Signature Kitchens, Star Market, Stop & Shop, Shaws, Trucchi's

## TORTILLAS

### 16 ounce package

Soft Corn Tortillas or Whole Wheat Tortillas

**Store Brands:** Big Y, Market Basket, Hannaford's, Nature's Promise, Stop & Shop

**National Brands:** Chi-Chi's, Don Pancho, La Banderita, Mayan Farms, Mission, Ortega, Tio Santi (Wraps not allowed)

## BROWN RICE

### 14 – 16 ounce package

Any brand, Regular, Quick, or Instant

## OATMEAL

### 16 ounce package

McCann's Irish Oatmeal

Silver Palate Thick and Rough Oatmeal

## WHOLE GRAIN PASTA

### 16 ounce package

Barilla, Delallo, Essential Everyday, Full Circle, Gia Russa, Hodgson Mill, Luigi Vitelli, Nature's Promise, Racconto, Ronzoni Healthy Harvest

## TOFU

### 14 – 16 ounce package

**Azumaya:** Extra Firm, Firm, Silken

**Nasoya:** Cubed Super Firm Tofu, Firm Tofu, Lite Firm Tofu, Lite Silken Tofu, Soft Tofu (organic tofu allowed)

**Nature's Promise:** Firm, Extra Firm

**House Foods: Premium –** Extra Firm, Firm, Medium Firm

**Soy Boy:** Firm

## DRIED BEANS / PEAS

### 1 pound bag

Any brand or type

## CANNED BEANS

### 15.5 or 16 ounce cans

**Goya or Store Brand:** Plain, mature beans, peas or lentils

NO green beans, wax beans, green peas or green pigeon peas

## PEANUT BUTTER

### 16 to 18 ounce jars

Any brand, Creamy or Chunky

NO flavored, reduced fat, peanut butter spreads

NO Omega-3

NO Organic Beans or Peanut butter allowed.

## INFANT FORMULA

### Purchase size and type shown on WIC Shopping List

## INFANT CEREAL

### 8 ounce boxes

## BEECH-NUT

Multigrain, Oatmeal, Rice, plain cereal without fruit or formula

## INFANT FOOD – FRUITS AND VEGETABLES

### 4 ounce jar only

**BEECH-NUT Classics Stage 2 fruits, vegetables, or fruit & vegetable combinations.**

**NO:**

- 'Natural' line, 4 ounce jars
- Mixtures with cereal, desserts, dinners, or food combinations (e.g., meat and vegetables, rice, pasta, yogurt, or noodles)
- Meat sticks, organic, added sugar, starch, salt, DHA or ARA

## INFANT FOOD – MEATS

### BEECH-NUT Stage 1, 2.5 ounce jar only

Beef & Beef Broth

Chicken & Chicken Broth

Turkey & Turkey Broth

## FRUITS & VEGETABLES

## FRESH FRUITS & VEGETABLES

- Any variety of fresh vegetables and fruits
- Bagged salad mixtures, bagged vegetables
- Whole or cut

**NO:** Items from the salad bar, party trays, fruit baskets, dried fruit, decorative vegetables and fruits (chilies, garlic on a string, etc), painted pumpkins, nuts, including peanuts, fruit/nut mixtures, herbs, spices, salad dressing, croutons

## FROZEN VEGETABLES

- Any brand and size
- Any plain vegetable, plain vegetable mixtures (without white potatoes\*)
- Beans of any kind
- Any package type (bag, box)
- With or without salt

**NO:** Frozen white potatoes\*, french fries, hash browns, tater tots, other shaped potatoes, vegetables with sauces (cheese sauce, teriyaki sauce, buttered, seasoned, breaded, etc), vegetables mixed with pasta, rice, or any other ingredient, added fat, oil, sugar

## FROZEN FRUITS

- Any brand with no added sugar
- Any plain fruit, plain fruit mixtures

**NO:** Fruits with added sugar, ingredients other than fruit, artificial sweeteners

## CANNED VEGETABLES

- Any brand and size
- Any plain vegetable, plain vegetable mixtures (without white potatoes\*)
- Any container type (metal, plastic, glass)
- Regular, low sodium

**NO:** Canned white potatoes\*, pickled (sauerkraut), creamed vegetables (including corn), or sauced vegetables, baked beans, pork & beans, and canned or dried beans/peas, soups, ketchup, relishes, olives, vegetables with added sugar, fats, oils

\*Only fresh white potatoes are allowed.

## FRUITS & VEGETABLES

## CANNED TOMATO PRODUCTS

- Any brand and size
- Metal cans only
- Pastes, purees, whole, crushed tomatoes

**NO:** Soups, salsa, sauces (pizza, spaghetti, or tomato), ketchup, added sugars, seasonings, fats, oils

## CANNED FRUITS

- Any brand and size packed in water or juice
- Any plain fruit, plain fruit mixtures (except fruit cocktails)
- Any container type (metal, plastic, glass)
- Applesauce – 'No sugar added' or 'unsweetened' varieties only
- 100% canned pumpkin

**NO:** Fruit cocktails, cranberry sauce, pie fillings, any syrup (heavy, light, 'naturally light', extra light, etc.), added sugar ('lightly sweetened in fruit juice', etc.), nectar, added salt, fat, oils, products with artificial sweeteners

## For Fully Breastfeeding Women Only:

## CANNED FISH

## TUNA FISH

### 5 ounce can

Any brand: Chunk Light packed in water

## PINK SALMON

### 5 ounce can

Any brand: Pink Salmon packed in water or oil, skin and bones allowed

## SARDINES

### 3.75 ounce can

Any brand: Packed in water or oil, skin and bones allowed, flavorings allowed

# Simplify your shopping.

Download the 'WIC Shopper' App!

- Check your WIC balance
- Locate a WIC Authorized store
- Scan a product to determine if it's WIC approved
- Access WIC recipes



1-800-WIC-1007  
mass.gov/wic



8/16 Form #183

This institution is an equal opportunity provider.

## CEREALS

12 ounce boxes or larger. NO single serving packets.

### NATIONAL BRANDS



## CEREALS

12 ounce boxes or larger.

### NATIONAL BRANDS



Cheerios (plain, Multi Grain)  
Chex Cereal (Corn, Rice, Wheat)  
Dora the Explorer  
Fiber One Honey Clusters  
Kix (Original, Berry Berry, Honey)  
Total  
Wheaties (plain only)



Complete All-Bran Wheat Flakes  
Corn Flakes (plain only)  
Crispix  
Frosted Mini Wheats (original, big and little bites, Touch of Fruit in the Middle- Raisin, Raspberry)  
Mini Wheats (bite size)  
Rice Krispies  
Special K- original



Alpha Bits  
Banana Nut Crunch  
Bran Flakes  
Grape Nuts, Grape Nut Flakes  
Honey Bunches of Oats (Almond, Almond Crunch, Cinnamon Bunches, Honey Crunch, Honey Roasted, Vanilla Bunches)  
Honey Nut Shredded Wheat



Life (plain)  
Oatmeal Squares (Hint of Brown Sugar, Hint of Cinnamon)



Frosted Mini Spooners  
Strawberry Cream Mini Spooners



Sunbelt  
Simple Granola

**Hot Cereal** – No single serving packages.

Cream of Rice  
Cream of Wheat (1 minute, 2 ½ minute, 10 minute)  
Cream of Wheat Whole Grain – 2 ½ minute  
Farina  
Maypo (Maple, Instant, Vermont Style)  
Quaker Instant Grits (original flavor)

All cereal listed in purple are whole grain.

## CEREALS

12 ounce boxes or larger. NO single serving packets.

### STORE BRANDS

**365** – Morning O's Multi Grain, Wheat Squares Bite Size Frosted  
**Best Yet** – Bran Flakes, Bite-Size Frosted Shredded Wheat, Corn Flakes, Crisp Rice, Multi Grain Toasted Oats, Rice Biscuits, Toasted Oats  
**Big Y** – Bran Flakes, Corn Flakes, Crispy Corn Squares, Crisp Rice, Toasted Oats  
**Clear Value** – Corn Flakes, Crisp Rice, Toasted Oats  
**Food Club** – Bran Flakes, Bite-Size Frosted Shredded Wheat, Corn Flakes, Crisp Rice, Essential Choice Oats, Honey and Oats with Almonds, Honey and Oats, Honey and Oats Clusters, Toasted Oats, Wheat Squares  
**Great Value** – Bran Flakes, Corn Flakes, Nutty Nuggets, Oats & More with Honey, Square-Shaped Corn Cereal/Rice Cereal, Square-Shaped Wheat Biscuits, Toasted Oats  
**Hannaford** – Bran Flakes, Corn Flakes, Bite-Size Frosted Shredded Wheat, Nutty Nuggets, Oats & More with Almonds, Oats & More with Honey, Square-Shaped Corn Cereal/Rice Cereal, Square-Shaped Wheat Biscuits, Tosteeo's  
**Kiggins** – Bran Flakes, Corn Flakes, Crispy Corn, Crispy Rice, Corn Squares, Shredded Wheat, Tosteeo's  
**Market Basket** – Bran Flakes, Corn Flakes, Bite-Size Frosted Shredded Wheat, Nutty Nuggets, Oats & More with Almonds, Oats & More with Honey, Square-Shaped Corn Cereal/Rice Cereal, Tosteeo's/ Toasted Oats, Whole Grain 100  
**Price Chopper (pics)** – Bran Flakes, Corn Flakes, Corn Squares, Crispy Rice, Frosted Shredded Wheat, Frosted Shredded Wheat (Strawberry) Good Choice Oat Crunch, Good Choice Oat Squares, Nutty Nuggets, Rice Squares, Toasted Oats, Toasted Rice, Toasted Rice Flakes  
**Signature Kitchens** – Bite Sized Frosted Shredded Wheat, Bran Flakes, Corn Flakes, Crispy Rice, Rice Pockets, Toasted Oats  
**Stop & Shop** – Be Well Toasted Rice Flakes, Bran Flakes, Corn Flakes, Corn/Rice Squares, Crispers, Crispy Rice, Bite Size Frosted Shredded Wheat, Honey Crunchin Oats, Honey Crunchin Oats with Almonds, Nutty Nuggets, Multi Grain Oats & O's, Oats Squares  
**Valutime** – Corn Flakes, Frosted Shredded Wheat  
**White Rose** – Corn Flakes, Toasted Multi Grain Cereal, Toasted Oats

## JUICES

**BOTTLED JUICE** – 100% fruit juice only  
64 ounce plastic bottles



### NATIONAL BRANDS

**Juicy Juice** – Any flavor  
**Langers** – Apple, Apple Berry Cherry, Apple Cranberry, Apple Grape, Apple Kiwi Strawberry, Apple Orange Pineapple, Apple Peach Mango, Cranberry Plus, Cranberry Berry Plus, Cranberry Grape Plus, Cranberry Raspberry Plus, Disney (Apple Cranberry Grape, Berry, Grape, Punch, Apple Kiwi Strawberry) Grape, Grapefruit Ruby Red, Orange, Pineapple, Pineapple Orange, Red Grape, Tomato, White Grape

**STORE BRANDS** – Approved flavors must state "100% juice" AND "120% Vitamin C" on the label.

Best Yet, Big Y, Food Club, Great Value, Hannaford, HY-TOP, IGA, Krasdale, Market Basket, Market Pantry, Price Chopper (pics), Price Rite, Signature Kitchens, Stop & Shop, Shurfine, Tipton Grove, White Rose, ValuTime

### FROZEN JUICE

11.5 or 12 ounce cans

**Apple** – Best Yet, Clear Value, Flavorite, Food Club, Great Value, Hannaford, IGA, Market Basket, Shurfine, Seneca (red cans, Granny Smith, Country Style), Signature Kitchens, Stop & Shop, Tipton Grove, Value Time  
**Grapefruit** – Any brand  
**Grape** – Best Yet, Food Club, Great Value, Hannaford, Seneca, Stop & Shop, Welch's (yellow pull-strip can)  
**Mixed blend** – Dole 100% juice – Pineapple Orange Banana, Pineapple Orange Strawberry, Orange Peach, Mango, Orange Strawberry Banana  
**Orange** – Any brand  
**Pineapple** – Dole, Market Basket, Stop & Shop  
**Pineapple/Orange** – Any brand  
**White Grape/White Grape Blends** – Welch's (yellow pull-strip can)



# MASSACHUSETTS WIC APPROVED FOOD GUIDE



GOOD FOOD and A WHOLE LOT MORE!