

WIC GUIA DE ALIMENTAÇÃO APROVADO PELO ESTADO DE CONNECTICUT



CEREALS

Caixas de 14 oz ou maior. Pacotes não vendidos separadamente.

MARCAS NACIONAIS

General Mills Cheerios (Puro, multi-grãos)
Chex Cereal (Milho*, Arroz*, Trigo)
Kix (Original)
Total
Kellogg's Todos os flocos completos de trigo ou milho (puros)
Trigo ralado (congelado ou descongelado) Special K (original)
Bran Flakes
Grape Nuts, Grape Nut Flakes
Oat Bran
Life
MOM Brands Crispy Rice
Frosted Mini Spooners
Honey and Oat Blenders
Sunbelt Bakery Simple or Low-fat Granola

CEREALS PRE-COZIDOS

Best Yet Creamy Wheat
Crème de arroz*
Cream of Wheat (1 minuto, 2 ½ minutos, 10 minutos)
Cream of Wheat Whole Grain
Farina Mills Original Farina
Maltex
MOM Original Hot Wheat Cereal
Maypo Vermont Style Maple Oatmeal
Price Chopper Enriched Quick Cream Farina
Ralston Creamy Wheat
*Cereal livre de glúten

Dicas para sua compra eWIC:

- Passe seu eWIC cartão antes de qualquer outra forma de pagamento
- Saiba sua exata quantidade de frutas e vegetais
- Todos os caixas são programados para registrar somente comidas aprovadas pela WIC app foods

CEREALS

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MARCAS DAS LOJAS

Best Yet-Bran Flakes, Corn Flakes, Crispy Rice, Shredded Wheat (congelado, descongelado), Nutty Nuggets, Oat Wise, Honey Oats & Flakes, Toasted Oats (puro), Crunchy Wheat Big Y-Bran Flakes, Corn Flakes, Crispy Corn Squares, Shredded Wheat (congelado), Toasted Oats (puro)
Clear Value- Shredded Wheat (congelado), Crispy Rice Food Club- Bran Flakes, Corn Flakes, Shredded Wheat (congelado), Toasted Oats (puro)
Essential Choice- Bran Flakes Great Value-Corn Flakes, Crispy Rice HY-TOP-Bran Flakes, Corn Flakes, Shredded Wheat (congelado, descongelado), Honey Oat Flakes, Toasted Oats (puro), Multi Grain Flakes IGA- Bran Flakes, Corn Flakes, Square shaped Biscuits (Milho, Arroz tostado), Shredded Wheat (congelado, descongelado), Honey Oats & Flakes, Toasted Oats (puro)
Kiggins- Bran Flakes, Corn Flakes, Shredded Wheat (congelado, descongelado), RollinOats Krasdale- Corn Flakes, Toasted Oats (puro)
Market Pantry- Shredded Wheat (congelado), Honey & Oat Mixers, Toasted Oats (puro)
Parade- Bran Flakes, Corn Flakes, Shredded Wheat (congelado), Toasted Oats (puro)
Price Chopper- High Fiber Bran Flakes, Corn Flakes, Crispy Honey Oat & Flakes, Good Choice Oat Squares, Toasted Corn Crisps, Shredded Wheat (congelado, descongelado), Nutty Nuggets, Toasted Oats (puro)
PriceRite- Corn Squares, Toasted Oats, Bite Size Frosted Shredded Wheat, Bran Flakes ShopRite- Bran Flakes, Crispy Rice, Corn Flakes, Crispy Corn Squares, Honey Oat Clusters, Oats & More with Honey, Shredded Wheat (congelado), Natural Wheat & Barley Nuggets, Toasted Oats (puro)
Shurfine- Corn Flakes, Corn Squares, Oats & More, Wheat Bran, Toasted Oats (puro)
Stop & Shop- Bran Flakes, Crispy Rice, Corn Flakes, Corn Squares, Honey Crunchin' Oats, Oat Squares, Oat's & O's, Shredded Wheat (congelado)
ValuTime- Fat Free Corn Flakes, Shredded Wheat (congelado), Toasted Oats (puro)
White Rose- Corn Flakes, Toasted Oats (puro)

MARCAS DAS LOJAS
Best Yet, Big Y, Central Market Classics, Great Value, Nature's Harvest, ShopRite Whole Wheat, ShopRite 12 Grain*, Stop & Shop, Stop & Shop Whole Wheat with Flaxseed, Stop & Shop Nâo- Sal adicionado ao trigo integral

BREAD/WHOLE GRAINS

100% PÃO TRIGO INTEGRAL/PÃO GRÃOS INTEGRAIS*
1 pound (1b) ou 16 oz fatias



MARCAS NACIONAIS

Alvarado Street Bakery Arnold Stoneground Bimbo Country Kitchen Country Kitchen Wheat Italian* HY-TOP-Bran Flakes, Corn Flakes, Shredded Wheat (congelado, descongelado), Honey Oat Flakes, Toasted Oats (puro), Multi Grain Flakes IGA- Bran Flakes, Corn Flakes, Square shaped Biscuits (Milho, Arroz tostado), Shredded Wheat (congelado, descongelado), Honey Oats & Flakes, Toasted Oats (puro)
Kiggins- Bran Flakes, Corn Flakes, Shredded Wheat (congelado, descongelado), RollinOats Krasdale- Corn Flakes, Toasted Oats (puro)
Market Pantry- Shredded Wheat (congelado), Honey & Oat Mixers, Toasted Oats (puro)
Parade- Bran Flakes, Corn Flakes, Shredded Wheat (congelado), Toasted Oats (puro)
Price Chopper- High Fiber Bran Flakes, Corn Flakes, Crispy Honey Oat & Flakes, Good Choice Oat Squares, Toasted Corn Crisps, Shredded Wheat (congelado, descongelado), Nutty Nuggets, Toasted Oats (puro)
PriceRite- Corn Squares, Toasted Oats, Bite Size Frosted Shredded Wheat, Bran Flakes ShopRite- Bran Flakes, Crispy Rice, Corn Flakes, Crispy Corn Squares, Honey Oat Clusters, Oats & More with Honey, Shredded Wheat (congelado), Natural Wheat & Barley Nuggets, Toasted Oats (puro)
Shurfine- Corn Flakes, Corn Squares, Oats & More, Wheat Bran, Toasted Oats (puro)
Stop & Shop- Bran Flakes, Crispy Rice, Corn Flakes, Corn Squares, Honey Crunchin' Oats, Oat Squares, Oat's & O's, Shredded Wheat (congelado)
ValuTime- Fat Free Corn Flakes, Shredded Wheat (congelado), Toasted Oats (puro)
White Rose- Corn Flakes, Toasted Oats (puro)

MARCAS DAS LOJAS

Big Y, Food Club, IGA, Nature's Promise Whole Grain, Nature's Promise Whole Grain Corn, ShopRite, Stop & Shop, Stop & Shop White Corn

ARROZ INTEGRAL

Sacola/Caixa de 1 pound (lb) ou 14-16 oz



MARCAS NACIONAIS

Best Yet Instant, Best Yet Long Grain, Carolina, Goya, Minute, Mahatma, Success, C & F Boil-in-Bag, C & F Instant, C & F Long/short grain, Riceland Natural, Uncle Ben's Fast & Natural Whole Grain Instant, Uncle Ben's Natural Whole Grain, Uncle Ben's Whole Grain Boil-in-Bag

MARCAS DAS LOJAS

Big Y Instant, Food Club Boil-in-Bag, Food Club Instant, IGA Instant Long Grain, Price Chopper Boil-in-Bag, Price Chopper Instant, Shurfine, Stop & Shop Boil-in-Bag, Stop & Shop Instant, White Rose

PASTA 100% TRIGO INTEGRAL/GRÃOS INTEGRAIS
Pacote de 16 oz

Barilla, Gia Russa, Hodgson Mill Whole Wheat Whole Grain, Ronzoni Healthy Harvest, ShopRite 100% Whole Wheat Pasta, Shurfine

TORTILHAS

1 pound (lb) ou sacola de 16 oz

Tortilhas de Soft Mídia ou Trigo Integral



MANTEIGA DE AMENDOIM

Jarros de 16 to 18 oz
Levemente sem sabor, cremosa ou com pedaços de amendoim permitidos

Não: Adição de sabores ou orgânicos

ERVILHA, FEIJÃO E LENTILHAS SECOS

Sacola de 1 pound
Qualquer variedade

FEIJÕES E LENTILHAS EM LATAS

Lata de 15-16 oz
Puro ou vegetariano

Não: Adição de açúcares, gorduras, óleos, vegetais, frutas ou carnes, feijão cozido

Para algumas categorias de Gestantes e Mulheres que Amamentam

PEIXE EM LATA

Embalado em água ou óleo. Permitida a adição de molhos e sabores.

ATUM

Lata de 5 oz
Pedaços Light somente only

SALMÃO

6-15 oz

SARDINES

3.75 oz can



Connecticut
WIC

NUTRITION IS JUST THE BEGINNING.