

MINIMUM INVENTORY REQUIREMENTS

6 gallons any combination of **gallons** and/or **half gallons** of

1% low-fat, Skim, Fat free/non-fat milk



3 gallons any combination of **gallons** and/or **half gallons** of

Whole milk



12 cans of Evaporated milk, 12 oz.

Homogenized, 2%, 1%, or skim



2 varieties of cheese, 2 Pounds of each variety-8 oz. OR 16 oz. packages only



NOT ALLOWED → deli cheese, individual wrapped slices, cheese food, cheese product or spreads, cream cheese or cottage cheese, imported, flavored or organic.



3 varieties of cold cereal, 3 boxes of each variety, 12 oz. box or larger



At least one variety must be whole grain



*See Connecticut WIC Approved Food Guide for brands or use the WIC Shopper



3 Jars, 16–18 oz. Peanut Butter

Smooth, creamy, crunchy, or chunky unflavored or natural



3 flavors, 12 Bottles, 64 oz. Plastic bottles only

Must contain 100% juice, no added sugars

*May include orange juice as 1 variety



Low sodium only



4 dozen, white or brown eggs

Medium, Large, Extra-Large, & Jumbo
1 dozen cartons only



NO ORGANIC, or LIQUID EGGS

6 cans of fish, any combination of
Sardines, Chunk Light Tuna, and
Pink Salmon.



3.75 oz. Sardines



5 oz. Tuna



5-15 oz. Pink Salmon



Whole Wheat Pasta



Whole Wheat Bread



Corn or Whole Wheat Tortillas



Brown Rice (14-16 oz.)

6 units any combination: Whole wheat bread, Whole wheat pasta

Whole wheat tortillas, Corn tortillas (16 oz. /1 lb.), or Brown rice, 14-16 oz. package

2 varieties, 4 Bags, one pound, Dry Beans, Peas or Lentils



8 cans of Beans 1 variety
15–16 oz.



Fruits-2 Types must be fresh fruits



\$25 worth of Frozen, Fresh, Canned, or Multipack Cups.

And

Vegetables-2 Types must be fresh vegetables



\$25 worth of Frozen, Fresh, or Canned

NOT ALLOWED → Items with added sweeteners, sugars, syrups, fats, and oils. No creamed vegetables, or olives, cranberry sauce, pie fillings, and fruit cocktail.

24 cans: Similac Advance 12.4 oz. powder and/or 13 oz. concentrate



Any combination of
powder or concentrate



2 varieties, 3 containers of each variety of infant cereal, 8 oz.



Choice of Rice, Oatmeal, Barley, Multigrain, Organic or Non-Organic, No Pouches.

2 varieties, 36 Jars or Packages of infant vegetables, 4 oz. or 8 oz. size, single ingredient or mixtures. No Pouches



2 varieties, 36 Jars or Packages of infant fruits, 4 oz. or 8 oz. size, single ingredient or mixtures. No Pouches



Please refer to the Connecticut WIC Shopper app. or vendor food guide for approved WIC products.

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