

## MILK

Purchase size and type shown on the WIC Family Benefits List  
 Fluid milk: Fat Free, 1% Lowfat, 2% Reduced Fat, Whole milk  
**NO:** Buttermilk, organic, flavored or raw milk



## SOY MILK

64 oz/Half gallon, refrigerated  
 8th Continent Original  
 Silk Original  
 Pacific Ultra Soy Original Non Dairy Beverage (shelf stable) 32 oz



### Additional Milk Choices Available:

Lactose Reduced/Lactose Free milk, 64 oz/half gallon paper carton: Skim, 1%, Whole  
 Evaporated milk, 12 oz can: Fat Free, 2% or Whole milk  
 Kosher milk: 2%, Whole milk, Skim  
 Nonfat Dry milk: 9.6 oz box  
 UHT (shelf stable) milk: Unflavored; 1%, 2%, or Whole

## GOAT'S MILK

Meyenberg (canned, packets, fluid quarts)



## CHEESE

One package only, 16 oz/1 lb (or as specified on your Family Benefit List)  
 Any brand: American, Colby, Cheddar, Monterey Jack, Mozzarella, Muenster  
 Fat Free Mozzarella, prepackaged: Calabro, Polly-O

## Not Allowed

Deli, individually wrapped slices, shredded or string cheese, cheese food, cheese product or spreads, cream cheese or cottage cheese, imported, flavored, organic cheese

## EGGS

Large, 1 dozen, carton  
 White or brown  
**NO:** Organic eggs



## TOFU

Plain, 14-16 oz package  
 Nasoya: Cubed, Super Firm, Firm, Lite Firm, Lite Silken, Silken, Soft  
 Azumaya: Firm, Extra Firm  
 Nature's Promise: Firm, Extra Firm



## YOGURT

1 quart or 32 oz container only  
 Plain or vanilla flavored only  
 Non-fat or Low fat  
 Whole fat/whole milk yogurt (for children 1-2 years old)



**NO:** Greek or organic yogurt  
**NO:** Artificial sweeteners

## JUICES

**BOTTLED JUICE**-100% juice only  
 64 oz plastic bottles

### NATIONAL BRANDS

Juicy Juice-Apple, White Grape, Purple Grape, All 100% juice mixtures  
 Old Orchard Juice- Apple, White Grape, Purple Grape, All 100% juice mixtures, Pineapple  
 Mott's-Apple  
 Welch's-All varieties  
 Langers- Pineapple  
 Libby's- Pineapple



### STORE BRANDS

Best Yet- Apple, White Grape, Purple Grape, Grapefruit Juice/Blends, Pineapple  
 Big Y- Apple, White Grape, Purple Grape, Juice A Lot All 100% juice mixtures  
 Food Club- Apple, White Grape, Grapefruit Juice/Blends, Pineapple, Purple Grape  
 Great Value- Apple, White Grape, Grapefruit Juice/Blends Purple Grape, All 100% juice mixtures  
 Harvest Classic- Apple  
 HY-TOP- Apple, White Grape, Grapefruit Juice/Blends, Purple Grape  
 IGA- Apple, White Grape, Grapefruit Juice/Blends, Purple Grape; Juice mixtures- Grape, Fruit Punch, Berry, Cherry  
 Krasdale- Apple, White Grape, Purple Grape  
 Market Pantry- Apple, White Grape, Purple Grape, All 100% juice mixtures  
 Parade- Apple, White Grape, Purple Grape, Grapefruit juice/ Blends  
 Price Chopper- Apple, Grapefruit, Juice/Blends, Pineapple, White Grape, Purple Grape, All 100% juice mixtures  
 Sav-a-Lot/Ruby Kist- Apple, Pineapple  
 Shop Rite- Apple, White Grape, Grapefruit Juice/Blends Purple Grape  
 Shurfine- Apple, White Grape, Grapefruit Juice/Blends, Purple Grape

**NO:** Juice cocktail, beverages, drinks or juice with added sugar or sweeteners.

## JUICES

Stop & Shop- Apple, White Grape, Purple Grape, Grapefruit Juice/Blends, Pineapple, All 100% juice mixtures  
 Tipton Grove- Apple, White Grape, Purple Grape  
 Valu Time- White Grape, Purple Grape  
 White House-Apple  
 White Rose- Apple, White Grape, Grapefruit Juice/Blends Purple Grape

### VEGETABLE JUICES

64 oz plastic containers  
 V8 Low Sodium Vegetable Juice  
 Price Chopper Low Sodium Vegetable Juice  
 Campbell's Low Sodium Tomato Juice

### REFRIGERATED JUICE

100% Orange Juice- 64 or 128 oz

### JUICE CONCENTRATE 11.5-12 oz FROZEN

Apple- Best Yet, Clear Value, Food Club, Great Value, HY-TOP, IGA, Langers, Market Pantry, Old Orchard, Parade, Price Chopper, Seneca, ShopRite, Shurfine, Stop & Shop, Tipton Grove, Tree Top, Valu Time  
 Grape- Best Yet, Great Value, Langers, Market Pantry, Old Orchard, Seneca, ShopRite, Stop & Shop, Welch's  
 Grapefruit- Any brand  
 Orange- Any brand  
 Orange Juice with Calcium (for women only)  
 Juice Mixtures - all flavors Dole 100% Juice, Great Value, Langers, Market Pantry, Old Orchard, Welch's 100% (yellow cap)  
 Pineapple- Dole, Langers, Old Orchard, Market Pantry

### NON-FROZEN

Welch's- All Varieties



## FRUITS and VEGETABLES

### FRESH FRUITS & VEGETABLES

- Any variety
- May be sold by the piece, package or pound
- Whole or cut
- Bagged salad mixtures, bagged vegetables



**NO:** Items from the salad bar, party trays, fruit baskets, dried fruit, fruit snacks, fruit rollups, herbs, spices, olives

### FROZEN FRUITS

- Any brand/variety and size
- Any plain fruit, plain fruit mixtures



### FROZEN VEGETABLES

- Any brand/variety and size
- Any plain vegetable, plain vegetable mixtures



**NO:** Added sweeteners, sugar, syrup, added fats, oils, french fries, hash browns, tater tots or other shaped potatoes.

**Must not be packed with sauce, pasta or rice**

### CANNED FRUITS

- Any brand and size
- May be packed in water or juice

**NO:** Added sweeteners, sugars, syrup, added fats, oils, salt, cranberry sauce, pie fillings, fruit cocktail

### CANNED TOMATO SAUCE

- Plain canned tomato sauce/plain spaghetti sauce

**NO:** Added sweeteners, sugars, syrup, added fats, oils

### CANNED VEGETABLES

- Any brand and size
- May be regular or lower in sodium

**NO:** Added sweeteners, sugars, syrups, added fats, oils, pickled (vegetables), creamed or sauced vegetables, baked beans, pork & beans, soups, ketchup, relishes, olives



## HOW TO USE YOUR FRUIT AND VEGETABLE BENEFIT

- The Fruit and Vegetable benefits will have a maximum dollar amount, shown on your WIC Family Benefits List.
- If your fruit and vegetable purchase costs more than the maximum dollar amount, you have the option to pay the difference with cash, EBT, SNAP or another form of payment accepted by the store.
- If your fruit and vegetable costs less than the maximum dollar amount, your balance will remain on your eWIC card. Please be sure to check your store receipt for the expiration date for your monthly benefits.

## INFANT PRODUCTS

**INFANT FORMULA** – with iron  
 Purchase size and type shown on the WIC Family Benefits List

**INFANT CEREAL (DRY)** - 8 oz boxes

**BEECH-NUT**  
 Rice, Oatmeal, Multigrain



**NO:** Added fruits, crisps, formula or DHA

### INFANT FOOD - FRUITS AND VEGETABLES

4 oz jar only

**BEECH-NUT - CLASSICS Stage 2**

Apples	Squash
Chiquita® Bananas	Sweet Potatoes
Pears	Sweet Carrots
Mango	Sweet Peas
Peaches	Green Beans



**NO:** Mixtures with cereal, desserts, dinners or food combinations (e.g. meat and vegetable, rice, pasta, yogurt or noodles)

**NO:** Meat sticks, organic, added sugar, starch, salt, DHA or ARA

### For Certain Categories of Breastfeeding Babies

**INFANT FOOD - MEATS**

2.5 oz jar only  
**BEECH-NUT** - Classics Stage 1  
 Beef & Beef Broth  
 Chicken & Chicken Broth  
 Turkey & Turkey Broth



Shopping with the eWIC card is a safer, easier and more convenient way to shop!



WIC Nutrition Program  
 CT Department of Public Health  
[www.ct.gov/dph/wic](http://www.ct.gov/dph/wic)  
 1-800-741-2142

This institution is an equal opportunity provider.

JANUARY 2016

To make shopping for WIC foods easier look for the WIC Approved shelf labels.



Remember to keep your eWIC card and the latest receipt with your remaining benefits and the last day to use.

## CEREALS

14 oz boxes or larger. No single serving packets.

### NATIONAL BRANDS

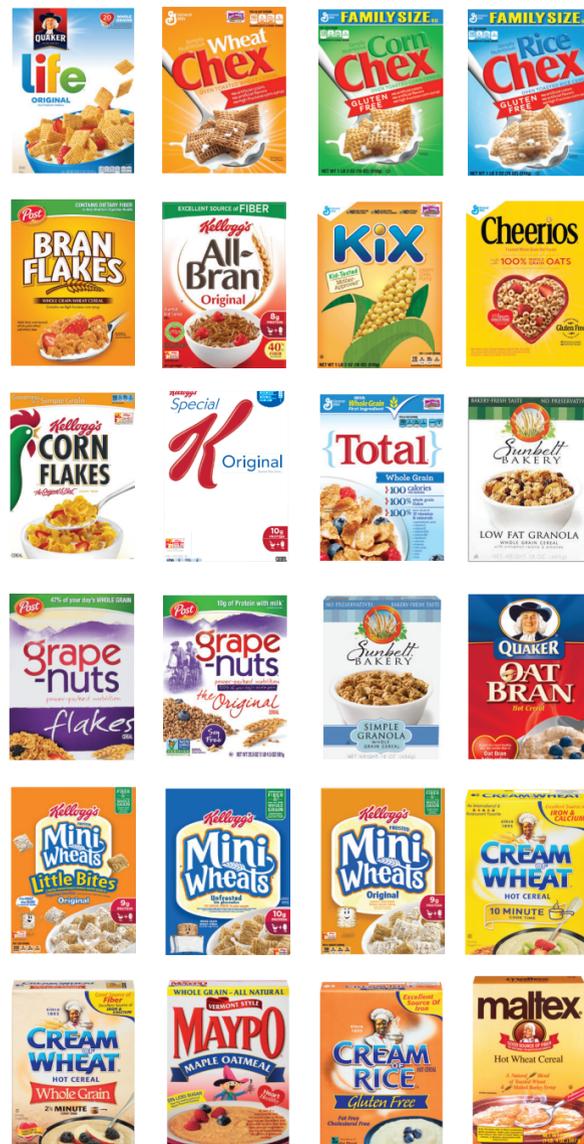
- General Mills** Cheerios (Plain, Multi Grain)  
Chex Cereal (Corn\*, Rice\*, Wheat)  
Kix (Original)  
Total
- Kellogg's** All Bran Complete Wheat Flakes  
Corn flakes (plain)  
Shredded Wheat(frosted, unfrosted)  
Special K (original)
- Post** Bran Flakes  
Grape Nuts, Grape Nut Flakes
- Quaker** Oat Bran  
Life
- MOM Brands** Crispy Rice  
Frosted Mini Spooners  
Honey and Oat Blenders
- Sunbelt Bakery** Simple or Low-fat Granola

### HOT CEREAL

- Best Yet Creamy Wheat
  - Cream of Rice\*
  - Cream of Wheat (1 minute, 2 ½ minute, 10 minute)
  - 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
- \*Gluten Free Cereal

## CEREALS

14 oz boxes or larger. No single serving packets.



## STORE BRANDS

- Best Yet-** Bran Flakes, Corn Flakes, Crispy Rice, Shredded Wheat (frosted, unfrosted), Nutty Nuggets, Oat Wise, Honey Oats & Flakes, Toasted Oats (plain), Crunchy Wheat
- Big Y-** Bran Flakes, Corn Flakes, Crispy Corn Squares, Shredded Wheat (frosted), Toasted Oats (plain)
- Clear Value-** Shredded Wheat (frosted), Crispy Rice
- Food Club-** Bran Flakes, Corn Flakes, Shredded Wheat (frosted), Toasted Oats (plain)
- Essential Choice-** Bran Flakes
- Great Value-** Corn Flakes, Crispy Rice
- HY-TOP-** Bran Flakes, Corn Flakes, Shredded Wheat (frosted, unfrosted), Honey Oat Flakes, Toasted Oats (plain), Multi Grain Flakes
- IGA-** Bran Flakes, Corn Flakes, Square shaped Biscuits (Corn, Crispy Rice), Shredded Wheat (frosted, unfrosted), Honey Oats & Flakes, Toasted Oats (plain)
- Kiggins-** Bran Flakes, Corn Flakes, Shredded Wheat (frosted, unfrosted), Rollin Oats
- Krasdale-** Corn Flakes, Toasted Oats (plain)
- Market Pantry-** Shredded Wheat (frosted), Honey & Oat Mixers, Toasted Oats (plain)
- Parade-** Bran Flakes, Corn Flakes, Shredded Wheat (frosted), Toasted Oats (plain)
- Price Chopper-** High Fiber Bran Flakes, Corn Flakes, Crispy Honey Oat & Flakes, Good Choice Oat Squares, Toasted Corn Crisps, Shredded Wheat (frosted, unfrosted), Nutty Nuggets, Toasted Oats (plain)
- 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 (frosted), Natural Wheat & Barley Nuggets, Toasted Oats (plain)
- Shurfine-** Corn Flakes, Corn Squares, Oats & More, Wheat Bran, Toasted Oats (plain)
- Stop & Shop-** Bran Flakes, Crispy Rice, Corn Flakes, Corn Squares, Honey Crunchin' Oats, Oat Squares, Oat's & O's, Shredded Wheat (frosted)
- Valu Time-** Fat Free Corn Flakes, Shredded Wheat (frosted), Toasted Oats (plain)
- White Rose-** Corn Flakes, Toasted Oats (plain)

## BREAD/WHOLE GRAINS

**100% WHOLE WHEAT BREAD/WHOLE GRAIN BREAD\***  
1 pound (1b) or 16 oz loaf

### NATIONAL BRANDS

- Alvarado Street Bakery
- Arnold Stoneground
- Bimbo
- Country Kitchen
- Country Kitchen Wheat Italian\*
- Geissler's Whole Wheat Bread
- Gold Medal Bakery
- Gold Medal Bakery Wheat with Flaxseed
- Holsum
- Krasdale 100% Whole Wheat Bread
- Pas Yisroel
- Penn Street
- Pepperidge Farm Light Style
- Pepperidge Farm Stoneground
- Pepperidge Farm Very Thin Sliced Soft
- Pepperidge Farm Whole Grain Seeded Rye\*
- Sara Lee
- Stern's
- Sunbeam
- Weight Watchers
- Weight Watchers Multi-Grain\*
- Windmill Farms Stone Ground-Menzanos
- Windmill Farms Stone Ground-Hamotze
- Wonder

### STORE BRANDS

- 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 No-Salt Added Whole Wheat

Reasons your WIC purchase may be denied:

- There are no benefits available for the current month.
- Your PIN may be locked. If you have entered an incorrect PIN three times your PIN will be locked. Call the number on the back of your eWIC card to reset.
- The food item(s) you selected may not be WIC approved.



## TORTILLAS

1 pound (lb) or 16 oz bag  
Soft Corn or Whole Wheat Tortillas



### NATIONAL BRANDS

- Chi-Chi's, Chi-Chi's White Corn, Don Pancho, Don Pancho White Corn, LaFe, La Banderita, La Banderita Corn, La Poblanita Corn, Mayan Farms, Mission, Mission Yellow Corn, Ortega, Pepito, Pepito Corn Tortilla, Tropical

### STORE BRANDS

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

### BROWN RICE

1 pound (lb) or 14-16 oz bag/box



### NATIONAL BRANDS

- 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

### STORE BRANDS

- 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

**100% WHOLE WHEAT/WHOLE GRAIN PASTA**  
16 oz package

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



## PEANUT BUTTER

16 to 18 oz jars  
Unflavored smooth, creamy or chunky  
Natural allowed



**NO:** Flavored or organic

### DRIED BEANS, PEAS AND LENTILS

1 pound bag  
Any variety



### CANNED BEANS AND PEAS

15-16 oz can  
Plain or vegetarian

**NO:** Added sugars, fats, oil, vegetables, fruits or meats, baked beans

### For Certain Categories of Pregnant and Breastfeeding Women:

#### CANNED FISH

Packed in water or oil  
Added sauces or flavorings are allowed

#### TUNA FISH

5 oz can  
Chunk Light only

#### SALMON

6-15 oz cans

#### SARDINES

3.75 oz can



Breastmilk is Environmentally Friendly  
Breastmilk is packaged and stored by mother  
with little to no waste!

# CONNECTICUT WIC APPROVED FOOD GUIDE



NUTRITION IS JUST *the* BEGINNING.

Tips for your eWIC purchase:

- Swipe your eWIC card before any other form of payment
- Know your exact fruit and vegetable balance
- All registers are now programmed to only allow WIC approved foods