

# CONNECTICUT WIC

## FOOD GUIDE

January 1, 2021

### INFANT CEREAL

#### MAY BUY:

- (DRY) 8 or 16 ounce container size only
- Rice, Oatmeal, Multigrain
- Choose any brand

### INFANT FRUITS AND VEGETABLES

#### MAY BUY:

- 4 or 8 ounce container, sampler or variety packs
- Choose single ingredients or combinations of fruits and vegetables
- Choose any brand

### INFANT MEAT

AVAILABLE TO EXCLUSIVELY  
BREASTFED INFANTS 6-11 MONTHS ONLY

#### MAY BUY:

- Individual containers, sampler or variety packs
- Choose any brand
- Choose from the following varieties:
  - Beef & Broth/Gravy
  - Chicken & Broth/Gravy
  - Ham & Broth/Gravy
  - Turkey & Broth/Gravy

### YOGURT

**MAY BUY:** 1 quart or 32 ounce container, 4 ounces 4 pack, 4 ounces 8 pack

- Any flavors
- Non-fat or low-fat
- Whole milk yogurt (for children 12-23 months old)

### LOW-FAT / NON-FAT

Axelrod*	La Yogurt
Best Yet	La Yogurt Probiotic*
Big Y	Lucerne Dairy Farms
Brown Cow*	Maple Hill*
Butterworks Farm*	Mountain High*
Cabot	My Essentials
Coburn Farms	Nature's Promise*
Cream O Land	PICS/Price Chopper
Crowley	Price Rite Bowl & Basket
Dannon*	Romis*
Dannon All Natural*	Seven Stars Farm*
Desi Natural Dahl*	ShopRite Bowl & Basket*
Food Club	Shur Fine
Friendship	Stop & Shop
Good & Gather	Stonyfield*
Great Value	Super A
Green Mountain Creamery*	Yoplait
J & J Kosher	Yoplait Grande
La La	

\*Also available in whole milk yogurt

### CHEESE

#### BUY ONLY

8 or 16 ounce package

- American
- Monterey Jack
- Colby/Colby Jack
- Mozzarella
- Cheddar
- Muenster
- Fat Free Mozzarella, prepackaged: Calabro, Polly-O

### MILK

Purchase size and type shown on the WIC Family Benefits List

#### MAY BUY:

- Skim (fat free)
- 2% (reduced fat)
- 1% (low fat)
- Whole

### SOY MILK

64 ounce/Half gallon, refrigerated

#### 8TH CONTINENT

Original

#### SILK

Original



#### PACIFIC ULTRA SOY

Original (shelf stable, 32 ounce)

### EVAPORATED MILK

12 ounce can, Fat Free, 2%, Whole (Vitamin D added)

#### WAYS TO BUY

- 1 can liquid = .18 of a gallon
- 5 cans = 1 gallon

### ADDITIONAL MILK CHOICES

- Lactose Reduced/Lactose Free Milk, 64 ounce/Half Gallon, Skim, 1%, 2%, Whole
- Kosher Milk, Skim, 2%, Whole
- Nonfat Dry Milk
- Goat's Milk, Meyenberg (canned-liquid or powder)

#### WAYS TO BUY

- 1 can liquid = .18 of a gallon
- 5 cans = 1 gallon
- 4 cans powder = 3 gallons

### UHT MILK

Shelf Stable, Unflavored, Regular or Lactose Free, Skim, 1%, 2%, Whole

### EGGS

#### MAY BUY:

Any size, 1 dozen, carton, White or brown

### CANNED FISH

FOR CERTAIN CATEGORIES OF  
PREGNANT AND BREASTFEEDING WOMEN

Packed in water or oil. Added sauces or flavorings are allowed.

### TUNA FISH

5 ounce can - Chunk Light only

### SARDINES

3.75 ounce can

### PINK SALMON

5-15 ounce cans

### DRIED PEAS, BEANS, LENTILS

#### BUY ONLY

1 lb (16 ounce) bags

#### MAY BUY:

Any single variety of dried peas, beans, or lentils

### CANNED BEANS, PEAS

#### BUY ONLY

15-16 ounce can

#### MAY BUY:

Plain or vegetarian

#### WAYS TO BUY

- 1 can = .25 lb.
- 4 cans = 1 lb.

### PEANUT BUTTER

#### MAY BUY:

16-18 ounce jar

### JUICE

### CONCENTRATED JUICE

### FROZEN CONCENTRATES

11.5-12 ounce, 100% juice, at least 120% Vitamin C

- APPLE
- GRAPE
- GRAPEFRUIT
- ORANGE
- PINEAPPLE
- ALL JUICE MIXTURES

### JUICE MIXTURES

11.5-12 ounce, 100% juice, at least 120% Vitamin C

- All Dole 100% Juice Flavors
- Good & Gather
- Great Value
- Langers
- Old Orchard
- Welch's 100% (yellow cap)

### NON-FROZEN

Welch's Yellow Cap

### FLUID JUICE

64 or 128 ounce bottle, 100% juice, at least 120% Vitamin C

- APPLE
- CHERRY
- JUICE MIXTURES
- MANGO
- ORANGE
- All Brands
- PINEAPPLE
- PURPLE GRAPE
- WHITE GRAPE
- TOMATO JUICE
- Low Sodium only
- VEGETABLE JUICE
- Low Sodium only

### FRESH FRUITS & VEGETABLES

#### MAY BUY:

- Any variety
- Whole, precut, shredded or packaged. Sold by bags, boxes, piece, pound or package
- Salad and/or mixed greens in a bag

### FROZEN FRUITS & VEGETABLES

#### MAY BUY:

- Any brand/variety and size
- Plain fruit or vegetable or plain mixtures

### CANNED FRUITS & VEGETABLES

#### MAY BUY:

- Any brand and size
- Must be packed in water or juice
- May be regular or low sodium
- Can or plastic packages

### CANNED TOMATO SAUCE

#### MAY BUY:

- Plain Canned Tomato/Spaghetti Sauce

## TOFU

### MAY BUY:

- 8-16 ounce package, Plain
- In order to receive the full benefit of tofu, purchase 8 or 16 ounce packages.

### AZUMAYA

Extra Firm, Firm

### NASOYA

Cubed, Firm, Lite Firm, Silken, Super Firm, Super Firm Cubed

### NATURE'S PROMISE

Extra Firm, Firm

### O ORGANICS

Extra Firm, Firm, Silken, Sprouted Super Firm



## BREAD

### MAY BUY:

- Size 16 ounce = 1 pound only
- 100% Whole Wheat/Whole Grain Bread

### NATIONAL BRANDS:

- ALVARADO STREET BAKERY
- ARNOLD STONEGROUND
- BIMBO
- COUNTRY KITCHEN
- GEISSLER'S
- GOLD MEDAL BAKERY
- HOLSUM
- KRASDALE
- PAS YISROEL
- PENN STREET
- PEPPERIDGE FARM
- SARA LEE
- STERN'S
- SUNBEAM
- WEIGHT WATCHERS
- WINDMILL FARMS
- WONDER

### STORE BRANDS:

- BEST YET
- BIG Y
- CENTRAL MARKET CLASSICS
- GREAT VALUE
- KEY FOODS
- NATURE'S HARVEST
- SHOPRITE BOWL & BASKET
- SIMPLY BALANCED
- STOP & SHOP
- URBAN MEADOW

## COLD CEREAL

### BUY ONLY

12 ounces or larger

### NATIONAL BRANDS:

- GENERAL MILLS
- KELLOGGS
- MOM BRANDS
- POST
- QUAKER

### STORE BRANDS:

- BEST YET
- BIG Y
- GOOD & GATHER
- GREAT VALUE
- HY-TOP
- IGA
- KIGGINS
- KRASDALE
- PARADE
- PICS/PRICE CHOPPER
- PRICE RITE BOWL & BASKET
- SHOPRITE BOWL & BASKET
- SHURFINE
- SIGNATURE SELECT
- STOP & SHOP
- WHITE ROSE



## HOT CEREAL



Cream of Rice



Cream of Wheat



Cream of Wheat Whole Grain



Hot Wheat Cereal



Maypo Vermont Style Maple Oatmeal



MOM Farina Original



MOM Original Hot Wheat Cereal



Ralston Creamy Wheat

## TORTILLAS

### MAY BUY:

- 1 pound or 16 ounce bag
- Soft Corn or Whole Wheat Tortillas

### NATIONAL BRANDS:

- CHI CHI'S
- DON PANCHO
- LA BANDERITA
- LA FE
- LA POBLANITA
- MAYAN FARMS
- MISSION
- ORTEGA
- PEPITO
- QUESOS LA RICURA
- TROPICAL

### STORE BRANDS:

- BIG Y
- FOOD CLUB
- IGA
- KEY FOODS
- MY ESSENTIALS
- NATURE'S PROMISE
- SHOPRITE
- SIGNATURE SELECT
- STOP & SHOP

## BROWN RICE

### MAY BUY:

- 1 pound or 14-16 ounce bag/box
- Plain brown rice

### NATIONAL BRANDS:

- C & F
- CAROLINA
- GOYA
- MAHATMA
- MINUTE
- RICELAND
- SUCCESS
- UNCLE BEN'S

### STORE BRANDS:

- BEST YET
- BIG Y
- FOOD CLUB
- GOOD & GATHER
- GREAT VALUE
- IGA
- MY ESSENTIALS
- PARADE
- PICS/PRICE CHOPPER
- SIGNATURE SELECT
- SHURFINE
- STOP & SHOP
- WHITE ROSE

## WHOLE WHEAT PASTA

### MAY BUY:

- 1 pound or 16 ounce package
- 100% Whole Wheat/Whole Grain Pasta

### NATIONAL BRANDS:

- BARILLA
- GIA RUSSA
- HODGSON MILL
- RONZONI
- HEALTHY HARVEST

### STORE BRANDS:

- DELALLO
- FULL CIRCLE
- LUIGI VITELLI
- O ORGANICS
- RACCONTO
- SHOPRITE BOWL & BASKET
- SHURFINE
- SIGNATURE SELECT
- SIMPLY BALANCED
- URBAN MEADOW



# QUESTIONS?

Contact the Connecticut WIC State WIC agency at 1-800-741-2142.

