



WICShopper is a mobile app that lets you scan products to verify that they are WIC-authorized, view the Authorized Food List, get recipe ideas, calculate produce, and more!

Download it today!

- Always check your “EBT Card Benefits” printout and/or receipts to verify the individual items you have on your WIC Nutrition Card.
- If you are experiencing difficulties purchasing an item with your WIC Nutrition Card or scanning an item, please visit “I couldn’t buy this!” in the WICShopper App to submit the issue.



I couldn't buy this!



Department of Health

Women, Infants, and Children Program (WIC)

This institution is an equal opportunity provider.



Authorized Food List

Least Expensive Brand Preferred



Department of Health

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DAIRY

Cheese

- Regular or low fat, 16 ounce size only.
- Domestic blocks or prepackaged slices of only the following types: American; cheddar; Colby; Colby Jack; Monterey Jack; mozzarella; Muenster; provolone; or Swiss.



NOT ALLOWED: organic; shredded; cracker cut; cubed; deli; crumble; low sodium; cheese spread; cream cheese; string cheese; farmer's cheese; butter; cheese foods or products like Velveeta; individually wrapped slices; goat; sheep or yogurt cheese.

Cow's Milk



- White, pasteurized, vitamin D fortified milk only.
- Low fat (1% or ½ %) or skim unless whole milk or reduced fat (2%) as specified.
- * Gallon = 128 ounces,
Half Gallon = 64 ounces,
Quart = 32 ounces.

NOT ALLOWED: flavored, organic, super skim, fat free plus.



Non-fat Dry Milk

- Only when specified.
- 25.6 ounce size only.



Low Lactose or Lactose Free Milk

- Only when specified.



Soy Milk

- Only when specified.
- Original and vanilla flavors only.

YOGURT



Yogurt

- Low fat or fat-free unless *whole fat* is specified.
- 32 ounce containers only.

	Greek nonfat plain.
	Whole milk greek plain, whole milk greek.
	Whole milk plain, whole milk vanilla, whole milk maple.
	Non-fat greek plain, non-fat greek peach, non-fat greek strawberry, non-fat greek vanilla, low-fat greek plain. Whole milk plain zero sugar non-fat strawberry zero sugar non-fat vanilla, less sugar low-fat greek madagascar vanilla and cinnamon.
	Low-fat plain.

NOTES



WHOLE GRAINS



Whole Wheat Pasta

	Whole wheat spaghetti, whole wheat thin spaghetti, whole wheat penne rigate, whole wheat rotini.
	Whole wheat capellini, whole wheat elbows, whole wheat farfalle, whole wheat linguine, whole wheat penne rigate, whole wheat rigatoni, whole wheat rotini, whole wheat spaghetti.
	100% whole grain penne rigate, 100% whole grain spaghetti, 100% whole grain thin spaghetti, 100% whole grain rotini, 100% whole grain linguine.
	Whole wheat penne rigate, whole wheat rotini, whole wheat spaghetti, whole wheat thin spaghetti.
	Whole wheat capellini, whole wheat spaghetti.

YOGURT

	Non-fat plain, low-fat strawberry, <i>whole milk plain</i> , <i>whole milk vanilla</i> .
	Non-fat strawberry, non-fat vanilla.
	Non-fat plain, non-fat vanilla.
	Low-fat plain, low-fat peach, low-fat raspberry.
	Low-fat strawberry, non-fat vanilla, non-fat plain, low-fat vanilla.
	Greek <i>whole milk plain</i> , greek non-fat plain, greek blended non-fat vanilla, non-fat plain.
	Non-fat plain, non-fat vanilla.
	Non-fat plain, non-fat strawberry, non-fat vanilla
	<i>Greek whole milk plain</i> , greek non-fat plain, greek non-fat vanilla, <i>whole milk plain</i> , low-fat plain, low-fat vanilla.
	Low-fat strawberry, low-fat plain, low-fat mango, low-fat vanilla.
	Low-fat plain, non-fat plain greek.
	Low-fat strawberry, low-fat strawberry banana, low-fat plain, low-fat vanilla, <i>whole milk plain</i> , greek non-fat strawberry, greek non-fat plain, greek non-fat vanilla.
	<i>Whole milk plain</i> , <i>whole milk vanilla</i> , <i>whole milk strawberry</i> , low-fat vanilla, low-fat plain fat-free plain.
	Non-fat plain, non-fat vanilla.
	Low-fat blueberry, low-fat peach, low-fat vanilla, greek non-fat plain, greek non-fat vanilla.

YOGURT

	<p>Organic plain nonfat, organic vanilla nonfat, organic plain lowfat, organic vanilla lowfat, organic plain <i>whole milk</i> probiotic, organic vanilla <i>whole milk</i> probiotic, organic strawberry <i>whole milk</i> probiotic, organic <i>whole milk</i> probiotic vanilla.</p>
	<p>Low-fat plain, low-fat vanilla.</p>
	<p>Non-fat plain.</p>

EGGS



- Large, grade A or AA,
- White chicken eggs, cage-free.
- One dozen carton size.

NOT ALLOWED: organic; pasteurized; pickled; hard boiled; low cholesterol; fortified or enhanced with Omega 3; with added vitamins or minerals; free range; egg substitutes.

TOFU



16 ounce package size only, can be combined up to the total number of ounces issued.

PEANUT BUTTER



- 16 ounce to 18 ounce containers only.
- Regular or natural; smooth; creamy; crunchy or chunky; reduced fat; low sodium; low sugar.

NOT ALLOWED: spreads; whipped; added jelly; marshmallow; honey or other foods; fortified or enhanced varieties; palm oils.

WHOLE GRAINS



Whole Wheat Pasta

16 ounce.



	<p>Whole wheat spaghetti.</p>
	<p>Whole grain rotini, whole grain medium shells, whole grain penne, whole grain elbows, whole grain thin spaghetti, whole grain linguine, whole grain angel hair, whole grain spaghetti.</p>
	<p>Whole wheat rotini, whole wheat spaghetti.</p>
	<p>Whole wheat spaghetti, whole wheat macaroni, whole wheat elbow macaroni, whole wheat rotini, wheat penne rigate, whole wheat thin spaghetti, whole wheat vermicelli.</p>
	<p>100% whole wheat penne rigate, 100% whole wheat rotini, 100% whole wheat spaghetti.</p>
	<p>100% whole wheat spaghetti, 100% whole wheat elbow macaroni, 100% whole wheat penne rigate, 100% whole wheat rotini.</p>
	<p>Whole wheat elbows, whole wheat linguine, whole wheat penne, whole wheat rotini, whole wheat spaghetti, whole wheat thin spaghetti.</p>
	<p>Whole wheat penne rigate, whole wheat rotini-tight, whole wheat thin spaghetti, whole wheat spaghetti.</p>
	<p>Whole wheat spaghetti, whole wheat capellini, whole wheat penne rigate, whole wheat rotini.</p>
	<p>100% whole wheat penne, 100% whole wheat rotini, 100% whole wheat spaghetti.</p>

WHOLE GRAINS



Tortillas



Whole wheat.



Whole wheat flour soft taco, yellow corn, white corn.



Corn, soft taco size whole wheat flour.



Hand-made whole wheat fajita style corn.



Whole wheat authentic fajita style.



Yellow corn.

Buns



Sandwich buns.



Hot dog buns.

NOT ALLOWED: Items with added fruits, nuts, spices, or icings.



- 100% whole wheat buns.
- 100% whole wheat hot dog buns.



- 100% whole wheat hoagie rolls.
- 100% whole wheat hot dog buns.



- 100% whole wheat buns 16 oz.

FISH



Canned Tuna

Chunk light packed in water only; 5 ounce or 6 ounce can size only.



Canned Salmon

Pink salmon only; 14.75 ounce can size only.

NOT ALLOWED: red salmon; tuna in pouches.

BEANS



Dried Beans or Peas

16 ounce packages only.

Canned Beans

Canned beans may be combined up to the number of ounces issued.

NOT ALLOWED: baked beans; beans with added seasonings, sauces, fats or meats.

FRUITS AND VEGETABLES

Participants can choose from any combination of fresh, frozen or canned fruits and vegetables up to the maximum dollar amount authorized. Participants cannot receive cash or credit refunds for any amount not used.

WIC Shopper App cannot scan fresh fruits and vegetables, please see Get Help! section located in the WIC Shopper App for more information.



Fresh

Any variety of fresh fruits, vegetables, or herbs. Whole, cut, bagged, or packaged.

NOT ALLOWED: Fruit and vegetable party trays or individual servings sizes with sauces or dips; fruit baskets; decorative or ornamental fruits or vegetables; garlic on a string; salad bar items; fruit with added nuts; baked goods with added fruit; dried fruit; edible blooms or flowers, spices.



FRUITS AND VEGETABLES

Frozen

Any variety of fruits or vegetables.

NOT ALLOWED: Fruits: with syrup, added sugar, fruit bars, baked goods with fruit (e.g. pies).

Vegetables: added sugar, butter, oil, sauces or glaze; with pasta, noodles, nuts, rice, cheese, or meat; sweet potato fries, french fries, or shaped potatoes.



Cans, Jars, Plastic Containers

Fruit in juice;

Juice concentrate or nectar;

Fruit in water with artificial sweetener;

NOT ALLOWED: Fruits: in gelatin, sorbets, fruit crisp, fruit parfaits, fruit with added sugar or nuts, fruit in heavy, light or extra light syrup, pie fillings.

Vegetables: with any oil or brine, vinegar, pickles and pickled vegetables, creamed vegetables, beans, peas, lentils, baked beans, pork and beans, refried beans, ketchup, relishes, olives; pizza, lasagna, spaghetti sauce, or salsa.

JUICE

Shelf Stable Juice

- All juices listed must meet the following criteria: 100% unsweetened juice; 64 ounce plastic bottles only; orange juice can be any brand.

NOT ALLOWED: fruit drinks; sweetened juices; cocktails or powders.

	Always Save Apple, grape, orange.
	Apple and Eve Apple, cranberry grape, cranberry peach mango, cranberry pomegranate, cranberry raspberry, cranberry wild berry, naturally cranberry.
	Best Choice Apple, berry blend, cherry blend, grape, grape blend, grapefruit pineapple, orange, punch blend, white grape, tomato, vegetable.
	Best Yet Apple, cranberry, cranberry grape, grape, grapefruit, white grape.

WHOLE GRAINS



Tortillas:



	Corn, 100% whole wheat.
	White corn, yellow corn, whole wheat flour.
	White corn soft taco style, whole wheat fajita style.
	White corn, whole wheat.
	Soft white corn, whole wheat.
	Whole wheat.
	Whole wheat, 100% whole wheat.
	Whole wheat.
	6-inch white corn, whole wheat.
	Whole wheat, gluten free yellow corn.
	6-inch yellow corn.
	Corn, fajita whole wheat, yellow corn, whole wheat flour.
	Corn.
	Corn, white corn, whole wheat.
	Whole wheat.
	White corn, whole wheat, yellow corn extra thin.
	Whole wheat.

WHOLE GRAINS

Bread

	100% whole wheat.
	100% whole wheat, 100% whole grain sugar free, 100% whole wheat bread with honey.
	100% whole wheat.
	100% whole wheat.
	farmhouse 100% whole wheat bread, light style soft wheat bread, very thin sliced 100% whole wheat, whole grain 100% whole wheat bread, whole grain 15 grain bread, whole grain honey whole wheat bread, whole grain oatmeal bread, whole grain rye seeded, 100% whole wheat cinnamon with raisins swirl bread.
	Roman meal sungrain 100% whole wheat, 100% whole wheat, Hometown 100% whole wheat bread.
	100% whole wheat.
	100% whole wheat.
	100% whole wheat rolls, 100% whole wheat bread.
	100% whole wheat.
	100% whole wheat.
	100% whole wheat.



JUICE

	Campbell's Regular tomato, low-sodium tomato, regular V-8, V-8 spicy hot, V-8 low sodium.
	Diane's Garden Vegetable.
	Essential Everyday Apple juice, berry blend, cherry blend, cranberry blend, grape blend, punch blend, white grape, pineapple, white grapefruit.
	Everfresh Apple.
	Food Club Apple, pineapple, cranberry, cranberry grape, cranberry raspberry, grape, vegetable, white grape, white grapefruit.
	Giant Eagle Apple, cranberry, gala style apple, granny smith apple, grape, white grape, white grapefruit.
	Great Value Apple, grape, white grape, white grape peach, cranberry, cranberry blend, pineapple, vegetable.
	Harvest Classic Apple orange pineapple, concord grape, cranberry, cranberry apple, pineapple.
	HyTop Apple, black cherry concord grape, grape, pineapple, tomato, vegetable, white grape, white grape cherry.
	IGA Apple, fresh apple, grape, grapefruit, pineapple, white grape.

JUICE

	<p>Juicy Juice Apple, apple raspberry, berry, cherry, grape, kiwi strawberry, mango, orange tangerine, peach apple, punch, strawberry banana, strawberry watermelon, tropical, white grape.</p>
	<p>Kroger Apple, berry, cranberry, grape, grapefruit, pineapple, vegetable, low sodium vegetable, ruby red grapefruit, spicy vegetable, grape, white grape, white grape peach.</p>
	<p>Langers Apple, apple cranberry, apple grape, apple orange pineapple, grape, orange, pineapple, red grape, ruby red grapefruit, tomato, vegetable, low sodium vegetable, white grape.</p>
	<p>Libby's Pineapple.</p>
	<p>Meijer Apple, cranberry, genuine berry, genuine cherry, genuine fruit punch, genuine grape, grape, ruby red grapefruit, pineapple, prune, raspberry cranberry, spicy vegetable, tomato, tropical blends pineapple, vegetable, low sodium vegetable, white grape, white grape peach.</p>
	<p>Mott's Apple.</p>
	<p>Musselman's Apple.</p>
	<p>Nature's Nectar Apple, grape, white grape.</p>
	<p>Northland Cranberry raspberry, cranberry, cranberry blackberry, cranberry cherry, cranberry grape, cranberry pomegranate, cranberry blueberry.</p>
	<p>Ocean Spray Apple, concord grape, cranberry raspberry, cranberry blackberry, cranberry cherry, cranberry blackberry, cranberry cherry, cranberry concord grape, cranberry mango, cranberry pineapple, cranberry pomegranate, cranberry watermelon, cranberry elderberry.</p>

WHOLE GRAINS

 32 ounces		Blue Ribbon whole grain brown rice.
		Kroger long grain brown rice.
		Mahatma brown rice. Mahatma jasmine brown rice.
		Meijer long grain natural brown rice.
		Our family brown rice.
		Shurfine brown rice.
		Spartan long grain brown rice
		Success whole grain brown rice. Brown rice boil in bag.



Bread

Options below are 16 ounce package sizes unless specified, can be combined up to the number of ounces issued.

	100% whole wheat bread, double fiber bread.
	100% whole wheat.
	100% whole wheat.
	100% whole wheat.
	100% whole wheat.
	Sugar free 100% whole grain wheat, 100% whole grain whole wheat.
	100% whole wheat.
	Homestyle 100% whole wheat.
	100% whole wheat.
	100% whole wheat.
	100% whole wheat, whole grain white.

WHOLE GRAINS

Can be combined up to the number of ounces issued.



Oatmeal

Sizes vary, may include rolled, quick, or old fashioned oats.

NOT ALLOWED: Items with added fruit, nuts, spices.

Whole Grain Brown Rice

Sizes vary.

NOT ALLOWED: White rice.

 16 ounces	 Healthy goodness whole grain white. Healthy goodness 100% whole wheat.
	 100% whole wheat.
	 100% whole wheat.
	 100% whole wheat.
 18 ounces	 Quaker Oats 100% whole grain oats.
 20 ounces	 Bimbo 100% whole wheat bread.
	 Nature's Own 100% whole wheat.
	 100% whole wheat.
	 Sara Lee 100% whole wheat bread.
 24 ounces	 Brownberry 100% whole wheat bread. Brownberry double fiber bread.
	 Kroger 100% whole wheat bread honey. Kroger 100% whole wheat bread round top.
	 Our Family country style 100% whole wheat bread.
	 Private Selection 100% whole wheat wide pan bread. Private Selection 100% whole wheat bread.

JUICE



Old Orchard

Apple, grape, pineapple, white grape, apple cranberry, berry blend, black cherry cranberry, blueberry pomegranate, cherry pomegranate, cranberry pomegranate, grape, kiwi strawberry, strawberry watermelon, orange tangerine, peach mango, pineapple, red raspberry, white grape, wild cherry, immune health citrus, immune health superfruit, immune health tropical fruit.



Our Family

Apple, fresh pressed apple cider, grape, grapefruit, pink grapefruit, white grape, 100% juice blend, vegetable.



Seneca

Apple.



Shurfine

Apple, grape, pineapple, white grape.



Tipton Grove

Apple, cranberry, grape, white grape.



Tree Top

Apple,
apple grape.



V-8

Original 100% Vegetable Juice.
Low sodium 100% Vegetable Juice.
Spicy Hot 100% Vegetable Juice.



Valuetime

Grape.



Welch's

Concord grape with calcium, grape, white grape, white grape peach, red grape, super berry, tropical trio.

JUICE-FROZEN

All juices listed below must meet the following criteria: 100% unsweetened juice; 11.5 ounce or 12 ounce only; must reconstitute to 48 ounces; orange juice can be any brand.

	Always Save Orange.
	Best Choice Apple, orange.
	Best Yet Apple, grape, orange, grapefruit.
	Dole Pineapple, pineapple orange.
	Essential Everyday Apple, orange.
	Food Club Apple, grapefruit, orange.
	Giant Eagle Orange.
	Great Value Apple, grape, orange.
	HyTop Apple, orange.
	IGA Apple, orange.
	Kroger Apple, grape, grapefruit, pineapple, pineapple orange.
	Langers Apple, apple cranberry, apple orange pineapple, grape, orange, pineapple, white grape.
	Meijer Apple, orange.
	Old Orchard Apple, apple cherry, apple cranberry, apple kiwi strawberry, apple passion mango, apple raspberry, apple strawberry banana, berry blend, black cherry cranberry, blueberry pomegranate, cranberry pomegranate, cranberry raspberry, grape, pineapple, pineapple orange, pineapple orange banana, strawberry rhubarb, white grape.

WHOLE GRAINS

The key below provides examples of how to redeem your full 32 ounces of whole grains.

Whole Grains Key

 8 ounces	 12 ounces	 32 ounces
 14 ounces	 16 ounces	 32 ounces
 18 ounces	 20 ounces	 32 ounces
 24 ounces	 32 ounces	 32 ounces

 8 ounces		White corn tortilla.
 12 ounces		IGA instant oatmeal regular 12 packets.
 14 ounces		Lewis Bake Shop 100% whole wheat bread half loaf.
		Food Club instant brown rice.
		Freedom's Choice instant brown rice.
		Kroger boil in bag brown rice microwaveable. Kroger brown rice microwaveable.
		Minute brown rice.
		Our Family instant brown rice.
		Whole grain thin sliced 15 grain bread Whole grain thin sliced whole wheat bread
		Success whole grain brown rice.
 16 ounces		Blue Ribbon whole grain brown rice.
		Kroger 100% whole wheat bread.
		Mahatma brown rice
		Our Family wheat tortillas fajita style. Our Family yellow corn tortillas. Our Family white corn tortillas.
		Quaker 3-minute oatmeal.

HOT BREAKFAST CEREALS

	<p>Cream of Wheat -Cream of Wheat (1 Minute) (28 ounces). -Cream of Wheat (10 Minute) (28 ounces).</p>
	<p>Quaker -Oat Bran Hot Cereal (16 ounces). -Instant Grits Original (18 ounces). -Instant Grits Original 12 (1-ounce packets). -Instant Grits Original (9.8-ounce packets). -Instant Grits Super Family Original (24 packets). -Instant Oatmeal packets (9.8 ounces).</p>
	<p>Farina -Cream of Wheat (18/28 ounces).</p>
	<p>Malt-o-Meal -Cream of Wheat Original (18/28/36 ounces).</p>
	<p>Oats-instant oatmeal original, 11.8 ounces (Individual packets); oats-instant oatmeal original, 23.7 ounces (Individual packets); grits-original instant 10 ounces, 12 ounces, 36 ounces.</p>
	<p>Oats-Quick 18 ounces; Oats-Instant Oatmeal Original, 11.8 ounces. (individual packets).</p>



JUICE — FROZEN

	<p>Our Family Apple, orange.</p>
	<p>Seneca Apple, orange.</p>
	<p>Shurfine Apple, orange.</p>
	<p>Tipton Grove Apple, orange.</p>
	<p>Welch's Apple, grape, white grape, white grape cranberry, white grape peach, white grape raspberry.</p>

JUICE — CONCENTRATE

Shelf stable; 100% unsweetened juice; 11.5 ounce or 12 ounce only; must reconstitute to 48 ounces.

	<p>Welch's Apple, fruit fantastic, grape, tropical passion.</p>
	<p>Giant Eagle Pineapple, apple, grape.</p>

CEREALS

Least expensive brand preferred; may be combined up to the number of ounces issued.

Best Choice®



CEREALS



CEREALS



CEREALS



CEREALS



CEREALS

