

ARIZONA WIC PROGRAMS FOOD LIST

EFFECTIVE
July 1, 2013



BRINGING MORE
TO THE TABLE

This food list is effective July 1, 2013. Vendors may not carry all items listed and/or pictured on the WIC food list.





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MILK



CAN BUY

Store or house brand, refrigerated milk in containers as specified on your WIC check

- Pasteurized fluid cow's milk*
 - Fat-free
 - Low-fat (1%)
 - Reduced-fat (2%)
 - Whole

Speciality Items

- Lactose-free cow's milk* (½ gallon)
- Evaporated milk* (12 oz. can)
- Powdered dry milk* (9.6 to 25.6 oz. box)
- UHT/Sterile/Long Shelf Life Milk*

CANNOT BUY

- | | |
|---|---|
| <ul style="list-style-type: none"> • Chocolate milk • Flavored milk • Buttermilk • Acidophilus milk • Half and half • Rice milk | <ul style="list-style-type: none"> • Raw milk • Sweetened condensed milk • Creamers • Filled milk • Organic milk |
|---|---|

*Type of milk as specified on your WIC check. Half gallons and quarts only when specified on your WIC check.

MILK ALTERNATIVES



SOY MILK

Only when specified on your WIC check

CAN BUY

- Pacific Ultra Soy 32 oz. shelf stable, plain and vanilla only
- 8th Continent, ½ gallon refrigerated, original and vanilla only

CANNOT BUY

- Soy milk with added DHA/ARA
- Pacific Ultra Soy chocolate or organic
- 8th Continent chocolate, light, fat-free, organic or complete vanilla

TOFU

Only when specified on your WIC check

CAN BUY

Any eligible brand, up to 16 oz.

- Water-packed, any texture, calcium-set tofu (i.e., soft, medium, firm or extra firm)

CANNOT BUY

- Tofu with added fats, sugars, oils or sodium
- Organic tofu

GOAT MILK

**Arizona WIC only:
When specified on your WIC check**

CAN BUY

- Meyenberg, quart, refrigerated

CANNOT BUY

- Evaporated
- Powdered
- Canned

CHEESE



Monterey Jack

Mozzarella

Cheddar

Colby & Monterey Jack

Colby

String

CAN BUY

Store or house brand, pasteurized, pre-packaged, 1 lb. (16 oz.) regular, reduced fat or low sodium

- Cheddar (mild, medium, sharp, extra sharp, longhorn or white)
- Monterey Jack
- Mozzarella (includes string cheese)
- Colby
- Blended cheese (blend of any type listed above)

CANNOT BUY

- Diced, grated, shredded or sliced
- Cheese from the deli counter
- Random weight cheese
- Cheese with added peppers or other ingredients
- Imported cheese
- Processed American cheese, processed cheese food, cheese product or cheese spread
- Cream cheese
- Cheese sticks or swirls
- Packages less than 16 oz.
- Organic cheese

WHOLE GRAINS



100% WHOLE WHEAT BREAD

CAN BUY

Any of the following loaves of bread in a 16 oz. size only

- Any eligible store or house brand labeled 100% whole wheat bread (including bakery)
- Bimbo 100% Whole Wheat Bread
- Roman Meal Sun Grain 100% Whole Wheat Bread
- Sara Lee Classic 100% Whole Wheat Bread
- Wonder Soft 100% Whole Wheat Bread

CANNOT BUY

- Gluten-free
- Diet, light or low carb
- Mini loaves
- Pita or flat bread
- English muffins
- Sandwich thins or rounds
- Bagels
- Buns
- Rolls
- Organic

WHOLE GRAINS



BROWN RICE

CAN BUY

Any of the following brown rice (long or short grain) in a 16 oz. size only

- Any store or house brand
- Blue Ribbon Brown Rice
- Mahatma Brown Rice
- Shurfine Brown Rice
- Springfield Brown Rice

CANNOT BUY

- Instant brown rice
- Rice in plastic containers
- Seasoned or flavored rice
- White rice
- Basmati and jasmine rice
- Organic rice

WHOLE WHEAT FLOUR TORTILLAS

CAN BUY

Any of the following whole wheat flour tortillas in a 16 oz. size only

- Any store or house brand*
- Guerrero Tortillas de Harina Integral
- La Banderita Fajita Whole Wheat Tortillas
- Mission Whole Wheat Tortillas

CANNOT BUY

- Tortilla chips
- Tostada or taco shells
- White flour tortillas
- Flavored tortillas (such as spinach or tomato)
- Organic tortillas

*Whole wheat flour must be listed as the first ingredient or "100% whole wheat" printed on the label.

WHOLE GRAINS



SOFT CORN TORTILLAS

CAN BUY

Any of the following yellow or white soft corn tortillas in a 16 oz. size only

- Any store or house brand
- Casa Rica
- Don Pancho
- Guerrero
- La Banderita
- La Burrita
- Mama Lola's
- Mission
- Santa Fe Tortilla Company

CANNOT BUY

- Tortilla chips
- Tostada or taco shells
- Organic tortillas

FRUITS



FRESH FRUITS

CAN BUY

Any variety of whole or cut-up fresh fruit

- Single (individual) pieces of fruit
- Bagged or pre-packaged fresh fruit
- Organic fruit

CANNOT BUY

- Dried fruit
- Fruit-nut mixtures
- Fruit with dipping sauce
- Fruit for purchase on salad bars
- Ornamental fruits
- Fruit baskets
- Party trays
- Items such as blueberry muffins
- Fruit with added sugar, fat, oil or salt

Arizona WIC only

You may also use your cash value voucher (CVV) to buy fresh fruits and vegetables at approved farmers' markets if specified on check.

FRUITS

FROZEN FRUITS

Arizona and Navajo Nation WIC only

CAN BUY

Any brand

- Any size and type of container
- Any plain fruit or mixed fruit
- Organic fruit

CANNOT BUY

- Fruit with added sugar, fat, oil or salt
- Fruit with artificial sweeteners such as Splenda or NutraSweet
- Fruit with any other added ingredients
- Smoothies

CANNED FRUITS*

Arizona and Navajo Nation WIC only

CAN BUY

Any brand

- Any size and type of container (shelf stable or refrigerated)
- Any plain fruit or mixed fruit packaged in juice or water
- Natural or unsweetened applesauce
- Organic fruit

CANNOT BUY

- Fruit packed in syrup such as heavy, light or extra light
- Fruit with added sugar, fat, oil or salt
- Fruit packed in sweetened fruit juice or nectar
- Fruit cocktail, cranberry sauce or pie filling
- Fruit with artificial sweeteners such as Splenda or NutraSweet

*Allowable containers include cans, cups or jars.

VEGETABLES



FRESH VEGETABLES

CAN BUY

Any variety of whole or cut-up fresh vegetables

- Single (individual) vegetables
- Bagged or pre-packaged vegetables, including lettuce
- Sweet potatoes or yams
- Organic vegetables

CANNOT BUY

- Potatoes, except sweet potatoes or yams
- Kits with dressings or dipping sauce
- Herbs and spices
- Edible blossoms such as squash blossoms
- Creamed or sauced vegetables
- Vegetable-grain mixtures
- Breaded vegetables
- Vegetables for purchase on salad bars
- Salad kits
- Ornamental vegetables, such as chilies on a string
- Painted pumpkins
- Party trays
- Vegetables with added sugar, fat oil or salt

Arizona WIC only

You may also use your cash value voucher (CVV) to buy fresh fruits and vegetables at approved farmers' markets if specified on check.

VEGETABLES

FROZEN VEGETABLES

Arizona and Navajo Nation WIC only

CAN BUY

Any brand

- Any size and type of container
- Any mixed vegetables without potatoes
- Sweet potatoes and yams without added sugar or syrup
- Steamer bags
- Organic vegetables

CANNOT BUY

- Breaded or seasoned vegetables
- Any potatoes other than sweet potatoes or yams
- French fries, tater tots, hash browns or mashed potatoes
- Vegetables with sauce such as cheese, butter or teriyaki sauce
- Vegetables with added sugar, syrup, oil, fat, pasta, rice or any other ingredients

CANNED VEGETABLES*

Arizona and Navajo Nation WIC only

CAN BUY

Any brand

- Any size and type of container
- Regular and low sodium
- Any mixed vegetables without potatoes
- Sweet potatoes and yams without added sugar or syrup
- Tomato sauce, paste, puree, whole, crushed, diced or stewed tomatoes
- Organic vegetables

CANNOT BUY

- Vegetables with added fat, sugar** or oil
- Added pastas or rice
- Potatoes other than sweet potatoes or yams
- Pickled or creamed vegetables
- Vegetables in sauce
- Spaghetti or pizza sauce, soups, ketchups, relish, olives, salsas

*Allowable containers include cans, cups or jars.

** Sugar allowed for sweet peas and corn only.

EGGS, PEANUT BUTTER AND BEANS



EGGS

CAN BUY

Store or house brand, dozen size carton

- Fresh, raw, white chicken eggs: medium or large

CANNOT BUY

- Specialty eggs (low cholesterol, DHA, organic, free range, cage free, nest and fertile)
- Extra large or jumbo
- Brown eggs
- Eggs in six-pack cartons
- Egg substitutes

PEANUT BUTTER

CAN BUY

Any eligible brand, 16 to 18 oz.

- Plain, creamy, chunky or super chunky styles
- Low sodium
- Low sugar
- Natural

CANNOT BUY

- Peanut butter spread
- Peanut butter with added jams, jellies, chocolate, DHA, omega-3 or honey
- Peanut butter in tubes
- Organic peanut butter

DRY BEANS / PEAS / LENTILS

CAN BUY

Any eligible brand, any variety

- 16 oz. package size
- Bulk

CANNOT BUY

- Green, yellow or wax beans
- Fresh or frozen beans
- Refried beans
- Bean soup mixes with flavoring packets/spices
- Snap beans
- Gourmet beans
- Organic beans

CANNED BEANS

Can buy any of these brands of beans in varieties listed on the following page



CANNED BEANS

CAN BUY

Can buy any following brands and varieties of beans in up to 16 oz. size

- **Albertsons/Essential Everyday:** Cannellini, Garbanzo, Great Northern, Red and Whole Pinto
- **Bush's:** Black, Cannellini White Kidney, Dark Red Kidney, Garbanzo, Great Northern and Pinto
- **El Mexicano:** Garbanzo and Pinto
- **Food Club:** Dark Red Kidney, Garbanzo, Great Northern and Pinto
- **Fry's/Kroger:** Black, Black-eyed Peas, Cannellini Kidney, Dark Red Kidney, Garbanzo, Great Northern, Light Red Kidney, Pinto and Red
- **Great Value:** Black, Great Northern, Pinto and Red
- **Safeway:** Black, Garbanzo, Light Red Kidney, Lima, Pinto and Red
- **Shurfine:** Premium Black, Premium Dark Red Kidney, Premium Garbanzo, Premium Great Northern, Premium Light Red Kidney and Premium Pinto
- **Springfield:** Fancy Black, Fancy Black-eyed Peas and Fancy Pinto
- **Valu Time:** Pinto
- **Western Family:** Premium Black, Premium Garbanzo, Premium Great Northern, Premium Light Red Kidney and Premium Pinto

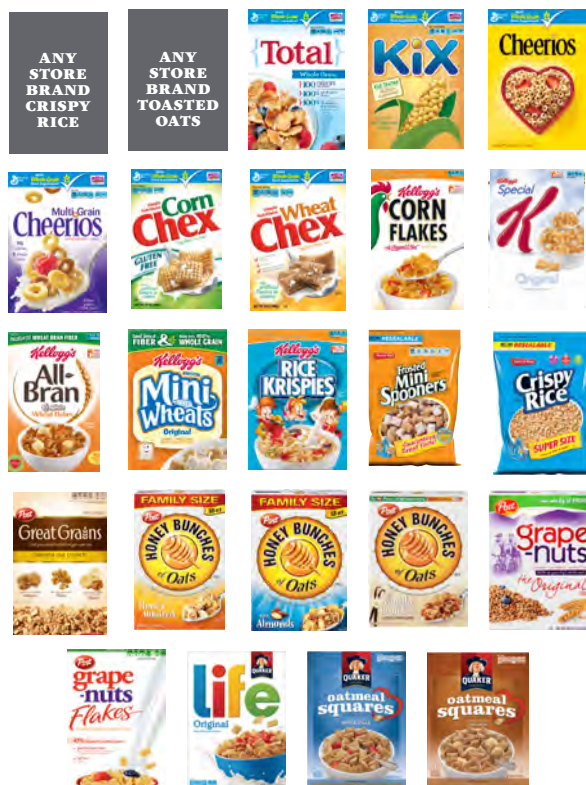
CANNOT BUY

- Beans in brands and varieties not listed
- Beans with added fat, oil, seasonings, spices or meat
- Pork and beans
- Baked beans
- Refried beans

CEREAL

COLD CEREAL

14 oz. or larger bags or boxes; up to 36 combined oz.



HOT CEREAL

11.8 oz. box or larger; up to 36 combined oz.



CEREAL CONTINUED

COLD CEREAL

14 oz. or larger bags or boxes; up to 36 combined oz.

CAN BUY

- **Any store brand** Crispy Rice or Toasted Oats
- **General Mills:** Total, Kix (Plain), Cheerios (Plain and Multigrain), and Chex (Corn and Wheat)
- **Kellogg's:** Corn Flakes, Special K, All-Bran, Wheat Flakes, Frosted Mini Wheats Original and Rice Krispies
- **Malt-O-Meal:** Frosted Mini Spooners, Crispy Rice
- **Post:** Great Grains Banana Nut Crunch, Honey Bunches of Oats (Honey Roasted, Almond or Vanilla Bunches), Grape-Nuts and Grape-Nuts Flakes
- **Quaker:** Life (Original), Oatmeal Squares (Brown Sugar and Cinnamon)

CANNOT BUY

- Cold cereals less than 14 oz.
- Variety packs
- Frosted cereals except those listed in the CAN BUY section
- Organic cereals

CEREAL

You may combine multiple sized containers to equal up to 36 oz. **Examples:**

$$18 + 18 = 36$$

$$16 + 18 = 34$$

HOT CEREAL

11.8 oz. box or larger; up to 36 combined oz.

CAN BUY

- **Cream of Wheat** Instant Original Flavor individual packets
- **Malt-O-Meal** Original
- **Quaker Instant Oatmeal** Original individual packets

CANNOT BUY

- Hot cereals less than 11.8 oz.
- Added raisins, fruit or nuts
- Variety packs
- Organic cereals

JUICE

64 OZ. SHELF STABLE OR REFRIGERATED



11.5-12 OZ. FROZEN CONCENTRATE



Only when specified on your WIC check



JUICE CONTINUED

Only these brands of 100% juice; no added sugar or sweetener

64 OZ. SHELF STABLE

Apple

- Langers
- Seneca
- Shurfine
- Treetop
- Western Family

Grape

- Langers (including purple or white grape)
- Shurfine
- Welch's (including purple or white grape)
- Western Family

Pineapple

- Langers

Tomato

- Campbell's

Orange*

- Any brand

Grapefruit*

- Any brand

64 OZ. REFRIGERATED

CAN BUY

- Orange* (any brand)
- Grapefruit* (any brand)

CANNOT BUY

- Odwalla and Naked brands of refrigerated juice

11.5-12 OZ. FROZEN CONCENTRATE

Apple

- Langers
- Old Orchard
- Seneca
- Shurfine
- Treetop
- Western Family

Grape

- Old Orchard
- Western Family
- Welch's (including purple or white grape)

Pineapple

- Dole (including pineapple orange)
- Old Orchard

Orange*

- Any brand

Grapefruit*

- Any brand

* Calcium fortified allowed. Organic NOT allowed. Allowable containers include plastic bottles, cartons and cans only.

Only when specified on your WIC check

- 5.5-6 oz. containers of Dole Pineapple, Donald Duck Orange and V8 juice (any type)
- 8 oz. containers of SunGlo juice boxes (any flavor)

INFANT FOODS



INFANT FRUITS AND VEGETABLES

CAN BUY

Any eligible brand, Stage 2, infant fruits and vegetables

- 3.5 or 4 oz. containers
- Any single variety
- Any combination of plain fruits and/or vegetables (e.g. apples and bananas, carrots and mangos)
- Multipacks and variety packs

CANNOT BUY

- Foods with added salt, sugar or starches
- Desserts, dinners and food combinations
- Added formula, cereal or DHA/ARA
- Smoothies
- Organic



INFANT FOOD MEATS

Allowable for fully breastfeeding infants only

CAN BUY

Any eligible brand, any stage, 2.5 oz. single ingredient infant meats (added broth and gravy allowed)

CANNOT BUY

- Foods with added salt or sugar
- Dinners and food combinations
- Meat sticks
- Organic

INFANT CEREAL AND FORMULA



INFANT CEREAL

CAN BUY

Gerber or Beechnut, single grain cereal, 8 or 16 oz.

- Barley
- Oatmeal
- Rice
- Whole wheat

CANNOT BUY

- Infant cereal with added fruit, sugar, yogurt, formula or DHA/ARA
- Jars, cans or single serving cups
- High protein
- Mixed cereals
- Organic

INFANT FORMULA

Only brand, type, and size as specified on your WIC check

- All formula listed on WIC check must be purchased.
- Store and manufacturer coupons cannot be used for infant formula.

FOR WOMEN WHO EXCLUSIVELY BREASTFEED ONLY



TUNA

CAN BUY

Any eligible brand

- Chunk light only
- Plain, water-packed

CANNOT BUY

- Solid white or Albacore tuna
- Tuna with soy protein added
- Oil-packed tuna
- Prime fillet
- Lunch kit tuna mix
- Tuna packed in pouches
- Tuna with added ingredients
- Flavored or seasoned tuna

PINK SALMON

CAN BUY

Any eligible brand

- Pink salmon only
- Plain, water-packed

CANNOT BUY

- Salmon with added ingredients
- Red salmon
- Salmon in pouches
- Flavored or seasoned salmon
- Atlantic salmon
- Fillets

SARDINES

CAN BUY

Any eligible brand

- 3.75 oz. cans, flavored, seasoned or plain

CANNOT BUY

- Brisling
- Norwegian