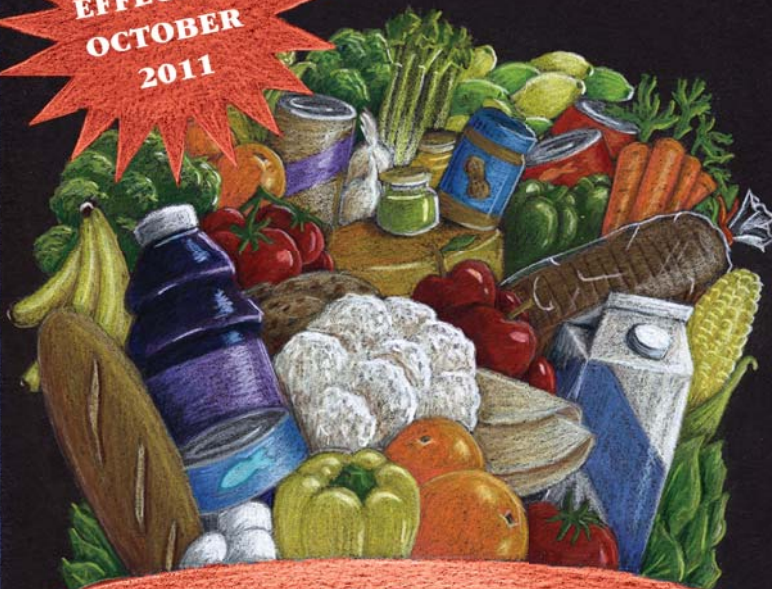


ARIZONA WIC PROGRAMS FOOD LIST

EFFECTIVE
OCTOBER
2011



BRINGING MORE
TO THE TABLE

This food list is effective **October 2011**. Vendors may not carry all items listed and/or pictured on the WIC food list.





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MILK



CAN BUY

Lowest cost brand of refrigerated milk in gallon containers

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

- Chocolate milk
- Flavored milk
- Buttermilk
- Acidophilus milk
- Half and half
- Rice milk
- Raw milk
- Sweetened condensed milk
- Creamers
- Filled milk
- Organic milk

*Type of milk as specified on your WIC check. Half gallon 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

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

100%
Natural String

CAN BUY

Any eligible brand,
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 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. bag only

- Any store 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
- White rice
- Basmati and jasmine rice
- Organic



WHOLE WHEAT FLOUR TORTILLAS

CAN BUY

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

- Any store 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

*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 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

FRUITS



FRESH FRUITS

CAN BUY

Any variety of whole or cut up fresh fruit

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

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

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

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 fresh vegetables
- Single (individual) vegetables
- Bagged or prepackaged vegetables, including lettuce
- Sweet potatoes or yams
- Organic

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

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 allowed
- 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

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

- Any eligible brand, dozen size carton
- Fresh, raw, white chicken eggs: small, 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

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
- Organic

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: 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, Red and Pinto
- 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 and Fancy Pinto
- Valu Time: Pinto
- Western Family: Premium Black, Premium Garbanzo, Premium Great Northern, Premium Light Red Kidney and Premium Pinto

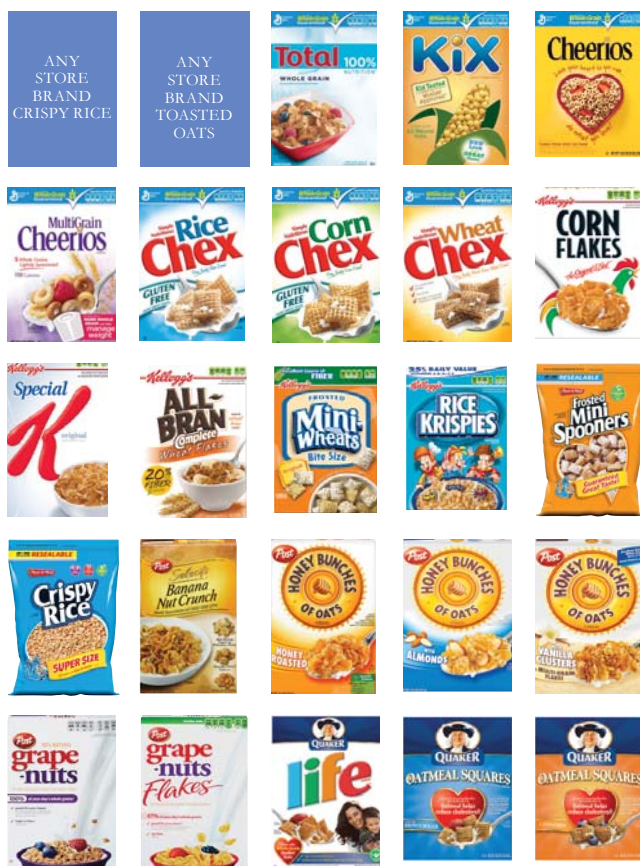
CANNOT BUY

- Beans in brands and varieties not listed
- Beans with added fat, oil, seasonings, spices or meat
- No pork and beans
- No baked beans
- No refried beans

CEREAL

COLD CEREAL

12 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

12 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 (Rice, Corn and Wheat)
- Kellogg's: Corn Flakes, Special K, All-Bran Wheat Flakes, Frosted Mini Wheats (Bite Size) and Rice Krispies
- Malt-O-Meal: Frosted Mini Spooners, Crispy Rice
- Post: 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 12 oz.
- Variety packs
- Frosted cereals except those listed in the CAN BUY section
- Organic

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

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	Grape	Pineapple
<ul style="list-style-type: none"> • Langers • Seneca • Shurfine • Treetop • Western Family 	<ul style="list-style-type: none"> • Langers (including purple or white grape) • Shurfine • Welch's (including purple or white grape) • Western Family 	<ul style="list-style-type: none"> • Langers
		Tomato
		<ul style="list-style-type: none"> • Campbell's
		Orange*
		<ul style="list-style-type: none"> • Any brand
		Grapefruit*
		<ul style="list-style-type: none"> • 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	Grape	Pineapple
<ul style="list-style-type: none"> • Langers • Old Orchard • Seneca • Shurfine • Treetop • Western Family 	<ul style="list-style-type: none"> • Old Orchard • Western Family • Welch's (including purple or white grape) 	<ul style="list-style-type: none"> • Dole (including pineapple orange) • Old Orchard
		Orange*
		<ul style="list-style-type: none"> • Any brand
		Grapefruit*
		<ul style="list-style-type: none"> • 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
- Rice
- Oatmeal
- 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 printed 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