PENNSYLVANIA WIC

FOOD LIST

& SHOPPING GUIDE

EFFECTIVE OCTOBER 1, 2018
THRU SEPTEMBER 30, 2019

PENNSYLVANIA WIC

OFFICIAL WEBSITE

www.health.pa.gov/WIC

PENNSYLVANIA WIC

WOMEN • INFANTS • CHILDREN

pennsylvania

DEPARTMENT OF HEALTH
Fruit & Vegetable Checks

At the discretion of the store, checks can be combined.

- If you go over the dollar amount of the check, you will have to pay the difference using cash, SNAP (formerly Food Stamps), personal check or credit/debit card.
- If you spend less than the dollar amount, you will not receive any money back.
- The amount in the “pay exactly” box cannot exceed the value of the check. If the amount of the sale of fruits and vegetables is less than the value of the check, cashier enters the lesser amount.
WIC Sales Steps

1. Food being purchased with WIC checks must be listed on your WIC check.

2. Before the sale is rung-up, give the cashier your WIC ID and WIC check. YOU MUST HAVE YOUR WIC ID TO USE A WIC CHECK.

3. The “Family ID Number” on the check(s) must match the “Family ID Number” on the WIC ID card.

4. The cashier enters the total of each WIC sale in the “Pay Exactly” box of the check.

5. Make sure the amount in the “Pay Exactly” box matches the total on the register.

6. If a mistake is made entering the “Pay Exactly” amount, the cashier must draw a single line through the amount and write the correct amount above. The WIC customer must initial to verify the correction.

7. Once the “Pay Exactly” box is correctly filled, the WIC customer must sign on the “Signature of Endorser or Proxy” line and fill in the date.
Shopping Tips
GET THE MOST FOR YOUR MONEY

• Use coupons. Most stores feature weekly specials.
• Buy store brands.
• Don’t use all your WIC checks for one month during the same shopping trip. Some food may spoil. Spread your purchases throughout the entire month. Stores have more brands and varieties available during the middle of the month.
Cheese
8 OR 16 OUNCE PACKAGES ONLY

ANY BRAND
• American Cheese (Pasteurized Process)
• Cheddar
• Cheddarella
• Colby (Longhorn)
• Cojack
• Monterey Jack
• Mozzarella
• Muenster
• Provolone
• Swiss

FORMS ALLOWED:
• Block
• Sliced
• Shredded
• Stick
• String

These may be regular, reduced fat, lowfat or fat free, low cholesterol, lactose free, low sodium, smoked or calcium fortified.

Cheese must be marked with weight, type and cost.

Kosher cheese must be listed on the WIC check.

CANNOT BUY:
• Cubed
• Individually wrapped slices
• Imported
• Deli service
• Cheese foods
• Imitation cheese
• Cheese products or spreads
• Organic cheese
• Cheese with added ingredients
• Cheese packed in water

1 POUND OF CHEESE (16 oz) = 1/2 POUND (8 oz) + 1/2 POUND (8 oz)

NUTRITION FACT
Calcium and vitamin D work together to protect your bones. Calcium helps build and maintain bones, while vitamin D helps your body effectively absorb calcium.
Yogurt
32 OUNCE CONTAINERS ONLY

TYPE SPECIFIED ON CHECK -
WHOLE FAT, LOWFAT OR NONFAT

WHOLE FAT

DANNON
All Natural
Plain, Strawberry, Vanilla

ShopRite
Plain

LOWFAT

BEST DIY
Plain, Vanilla

COBURN
Plain, Vanilla

DANNON
Plain, Vanilla

ESSENTIAL EVERYDAY
Peach, Plain, Raspberry, Strawberry, Vanilla, Blended Blueberry

GIANT
Plain

GIANT EAGLE
Plain, Vanilla

GREAT VALUE
Peach, Strawberry, Strawberry Banana, Vanilla

LUCERNE
Strawberry, Vanilla

MARKET PANTRY
Vanilla

ShopRite
Plain, Vanilla

SHUR SHINE
Plain, Vanilla

WEIS
Plain, Peach, Strawberry

YOPLAIT
Harvest Peach, Strawberry, Strawberry Banana, Vanilla
NONFAT

Plain, Vanilla
Plain, Strawberry, Strawberry Banana
Plain
Plain, Vanilla
Plain
Plain
Plain, Vanilla
Plain, Vanilla
Plain, Vanilla
Plain

CANNOT BUY:
- Greek
- Organic
- Drinkable yogurts
- Yogurts with non-nutritive sweeteners
- Yogurts with mix-in ingredients such as:
  - Granola
  - Candy pieces
  - Honey
  - Nuts
## Soy Products

MUST BE LISTED ON WIC CHECK

### SOY BEVERAGES
32 OR 64 OUNCE CONTAINERS

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<th>Section</th>
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<td></td>
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<td>Section</td>
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<tr>
<td>Silk</td>
<td>Original</td>
<td>Refrigerated</td>
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### CANNOT BUY:
Any other brand or flavor of soy beverage

### TOFU
16 OUNCE CONTAINERS ONLY

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<td>Silken</td>
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<tr>
<td>Azumaya</td>
<td>Extra Firm, Firm, Silken</td>
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### CANNOT BUY:
Any other brand or type of tofu

### NUTRITION FACT
Soy is a nutrient-rich food that contains complete protein, carbohydrates, fiber, healthy fats, vitamins and minerals important to good health. If you choose soy products, you may need other sources of calcium and vitamin D in your diet.
Milk
GALLONS OR HALF GALLONS

ANY BRAND

- Any brand pasteurized fluid milk is allowed.
- If your check says “whole milk,” you must buy whole milk.
- If your check says “2%,” you must buy 2%.
- If your check says “1% or skim,” you can buy 1%, skim, nonfat, fat free or acidophilus.
- If your check says lactose free, kosher, evaporated or dry milk, then you must buy the listed milk.

CANNOT BUY:

- Flavored Milk
- Buttermilk
- Goat’s Milk
- Organic Milk
- Ultra High Temperature (UHT) processed milk
- Milk in glass bottles
- Milk with added:
  - Calcium
  - Protein
  - Plant sterols
  - Vitamin C
  - Omega-3s

EXCEPTION: You may buy a single quart of milk only if it is listed on your check.

NUTRITION FACT

Serve fat free or lowfat (1%) milk, cheese or yogurt at meals and snacks. They’re packed with vitamins, minerals and protein for strong bones, teeth and muscles.
# Juice FOR CHILDREN

## 64 OUNCE BOTTLES OR CARTONS ONLY

**100% PASTEURIZED JUICE**

### STORE BRANDS

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### CANNOT BUY: APPLIES TO ALL JUICE

- Ciders
- Cocktails
- Organic juice

### Juices with:

- Non-nutritive sweeteners
- Beta-carotene
- Food colorings
- Added sugars

### Any Brand Orange Juice

*Vitamin D & Calcium are okay.*

### Allowed:

- 100% Juices, Sesame Street Flavors and Natural Style Apple Juice
- Not allowed: “Cranberry Juice and More” items and “Fruitables”

- Tomato, Low Sodium Tomato, Low Sodium V8, V8
- All Flavors
- Pineapple

- LUCKY LEAF
- MOTT'S
- Apple
- Apple

- MUSSelman’s
- OLD ORCHARD
- Apple
- All flavors except premium flavors

- SENECA
- Welch’s
- Apple
- Purple, Red or White Grape Juice, Super Berry, Tropical Trio
Juice FOR WOMEN

11.5-12 OUNCES FROZEN CONCENTRATE
100% PASTEURIZED JUICE

- Beta-carotene
- Food colorings
- Added sugars
- Carbonation
- Omega-3s
- Vitamin A
- DHA
- ARA
- Vitamin E
- Alcohol
- Fiber
- Calcium
- Vitamin C
- Vitamin D

Juice FOR WOMEN

CALCIUM AND VITAMINS C AND D ARE OKAY.
No other added vitamins or minerals are allowed.

- Any brand orange juice
- Vitamin D & Calcium are okay.

48 OUNCE BOTTLES
100% PASTEURIZED JUICE

- Apple
- Cranberry
- Raspberry

SHELF STABLE CONCENTRATE
100% PASTEURIZED JUICE

- Any brand orange juice
- Vitamin D & Calcium are okay.

- Carbonation
- Omega-3s
- Vitamin A
- Vitamin E
- Alcohol
- Fiber
- Calcium
- Vitamin C
- Vitamin D

STORE BRANDS

- Best Yet
- Essential Everyday
- Food Club
- Giant
- Great Value
- Hy-Tops
- IGA
- Market Pantry
- Parade
- Shoprite
- Shurfine
- Signature Select
- Tipton Grove
- Weis

All flavors with green pull tabs

- Apple
- Cranberry
- Raspberry

Traditional Cranberry

All flavors with yellow pull tabs

- Apple

Any brand orange juice

Vitamin D & Calcium are okay.

CALCIUM AND VITAMINS C AND D ARE OKAY.
No other added vitamins or minerals are allowed.

- Carbonation
- Omega-3s
- Vitamin A
- Vitamin E
- Alcohol
- Fiber
- Calcium
- Vitamin C
- Vitamin D

STORE BRANDS

- Best Yet
- Essential Everyday
- Food Club
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- Great Value
- Hy-Tops
- IGA
- Market Pantry
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- Shoprite
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All flavors with green pull tabs

- Apple
- Cranberry
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Traditional Cranberry

All flavors with yellow pull tabs

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Any brand orange juice

Vitamin D & Calcium are okay.

CALCIUM AND VITAMINS C AND D ARE OKAY.
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- Carbonation
- Omega-3s
- Vitamin A
- Vitamin E
- Alcohol
- Fiber
- Calcium
- Vitamin C
- Vitamin D

STORE BRANDS

- Best Yet
- Essential Everyday
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All flavors with yellow pull tabs

- Apple

Any brand orange juice

Vitamin D & Calcium are okay.

CALCIUM AND VITAMINS C AND D ARE OKAY.
No other added vitamins or minerals are allowed.
Fruits & Vegetables

✓ Organic is OK
✓ Any Brand

FRESH

BUY:
✓ Loose or pre-packaged
✓ Whole or cut

DO NOT BUY:
* Salad bar items, party platters or fruit baskets
* Herbs, nuts or peanuts
* Salad kits with nuts, croutons or dressing
* Fruits or vegetables with dips
* Dried fruit

FROZEN

BUY:
✓ Plain
✓ Bag or box
✓ Low sodium OK

DO NOT BUY:
* With sugar, breading, butter, sauce, fat or oil
* With meat, rice or pasta
* Fries or tater tots
* Soup
* WIC or other juice*

CANNED

BUY:
✓ Water or juice pack only
✓ Metal, glass or plastic container
✓ Low sodium OK

DO NOT BUY:
* With added meat, fat, oil, rice or pasta
* With added sugar or in syrup
* With artificial sweetner
* Pickled vegetables, relishes or catsup
* Cranberry sauce or pie filling
* Soup
* WIC or other juice*
* WIC beans*, pork and beans or baked beans
* Pouches or smoothies

* BUY WIC juice and WIC beans with your other WIC checks.

Organic fruits and vegetables can be purchased but tend to be more expensive. You will get more food with non-organic items.
## Chart to Estimate Cost of Fresh Fruits & Vegetables
### When Sold by the Pound

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<th>1 ½ lb</th>
<th>2 lb</th>
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Cereals
12 OUNCE PACKAGES OR LARGER

**CANNOT BUY:** Any other brand, type of cereal or organic cereals.

*Exception - For children, you may buy infant cereal in an 8 oz box or larger.*

**WAYS TO BUY 36 OUNCES OF CEREAL**
You can buy any combination of WIC approved hot or cold cereals that add up to 36 ounces or less.

12 oz + 21 oz or 18 oz + 18 oz
CEREALS

CEREALS CANNOT BUY:
- Any other brand, type of cereal or organic cereals.
- Exception - For children, you may buy infant cereal in an 8 oz box or larger.

+ 24 oz
+ 12 oz
+ 12 oz
+ 12 oz
or
+ 24 oz

STORE BRANDS
Corn Flakes, Corn Squares (or biscuits), Rice Squares (or biscuits), Toasted Oats, or Tasteeos
- Essential Everyday
- Food Club
- Giant
- Giant Eagle
- Great Value
- IGA
- Ralston Foods
- ShopRite
- Shurfine
- Weis

WHOLE GRAIN CEREALS MAKE HALF YOUR GRAINS WHOLE!
Whole Grains
16 OUNCE PACKAGES

WHOLE WHEAT OR WHOLE GRAIN BREAD & ROLLS

- 100% Stoneground Whole Wheat Bread, 100% Whole Wheat Sandwich Rolls
- 100% Whole Wheat Bread
- 100% Whole Wheat Bread
- 100% Whole Wheat Bread

- 100% Whole Wheat Bread, Multigrain Bread
- 100% Whole Wheat Bread
- 100% Whole Wheat Bread
- 100% Whole Wheat with Honey

- Country Style 100% Whole Wheat Bread
- SunGrain 100% Whole Wheat Bread
- Stoneground 100% Whole Wheat Bread, Very Thin Soft 100% Whole Wheat Bread or Light Style 100% Whole Wheat Bread
- Classic 100% Whole Wheat Bread

- 100% Whole Wheat Bread
- 100% Whole Wheat Bread
- 100% Stoneground Whole Wheat Bread Hamotzie, 100% Stoneground Whole Wheat Bread Mezonot or 6 pack Whole Wheat Rolls

STORE BRANDS
100% Whole Wheat Bread
- Best Yet
- Essential Everyday
- Giant
- Giant Eagle
- Great Value
- IGA
- Krasdale
- ShopRite
- Signature Select
- Weis

CANNOT BUY:
- Any other package size, brand or type of whole grain products
- Organic whole grains
- Whole grains with:
  - Added omega-3s
  - Dried fruits
  - Seeds
  - Nuts
  - Extra calcium
  - Vitamin D
WHOLE WHEAT PASTA

**WHOLE WHEAT PASTA**

- Whole Wheat Spaghetti, Whole Wheat Thin Spaghetti, Whole Wheat Macaroni, Whole Wheat Penne, Whole Wheat Rotini or Whole Wheat Vermicelli
- Whole Wheat Spaghetti, Whole Wheat Elbow Macaroni, Whole Wheat Penne Rigate or Whole Wheat Rotini
- Whole Wheat Elbows, Whole Wheat Linguine, Whole Wheat Penne, Whole Wheat Rotini, Whole Wheat Spaghetti or Whole Wheat Thin Spaghetti
- Whole Grain Penne Rigate, Whole Grain Spaghetti, Whole Grain Thin Spaghetti, Whole Grain Rotini or Whole Grain Linguine
- Whole Wheat Rotini, Whole Wheat Spaghetti, Whole Wheat Thin Spaghetti or Whole Wheat Penne Rigate
- 100% Whole Wheat Spaghetti or 100% Whole Wheat Penne Rigate
- Whole Wheat Penne Rigate, Whole Wheat Spaghetti, Whole Wheat Angel Hair or Whole Wheat Rotini

**CANNOT BUY:** Organic pasta or pasta with added sugars, fats, oils or salt.

**WHOLE GRAIN BROWN RICE

- Natural Whole Grain Brown Rice

**STORE BRANDS**

- Best Yet
- Essential Everyday
- Great Value
- IGA
- Market Pantry
- Shurfine
- Signature Select
- Weis
Whole Grains
16 OUNCE PACKAGES

TORTILLAS
SOFT CORN OR WHOLE WHEAT

- Soft Whole Wheat Tortillas
- Yellow or White Corn
- White Corn or Whole Wheat Fajita Style
- Yellow, White Corn or Whole Wheat
- Soft White Corn or Whole Wheat Tortillas
- Yellow, White Corn or Whole Wheat
- Fajita Style White Corn or Soft Taco Style Whole Wheat
- Whole Wheat Tortillas
- Corn Tortillas or Whole Wheat Tortillas
- Yellow Corn, Whole Wheat Soft Taco or Whole Wheat Fajita
- Yellow Corn
- Whole Wheat with Honey
- Whole Wheat
- Whole Wheat Extra Thin or Whole Wheat
- Whole Wheat
- Whole Wheat Fajita Style
- Whole Wheat

OATS

- Natural Quick Oats and Old Fashioned Quick Oats
Whole Grains
FOR WOMEN FULLY BREASTFEEDING
MULTIPLE INFANTS ONLY

BREAD - 24 OUNCE PACKAGES
WHOLE WHEAT OR WHOLE GRAIN

- Gold Medal
  Natural or Premium 100% Whole Wheat
- Nickles Bakery
  Country Style 100% Whole Wheat
- Pepperidge Farm
  Farmhouse Soft 100% Whole Wheat Bread, Soft Honey Whole Wheat Bread, Whole Grain 100% Whole Wheat Bread or Oatmeal
- ShopRite
  100% Stone Ground Wheat Bread, Natural 100% Whole Wheat Bread or Premium 100% Whole Wheat Bread
- Signature SELECT
  100% Whole Wheat Bread
- Stroehmann
  Dutch Country 100% Whole Wheat Bread
- Weis
  100% Whole Wheat Bread

CANNOT BUY:
- Any other package size, brand or type of whole grain products
- Organic whole grains
- Whole grains with:
  - Added omega-3s
  - Dried fruits
  - Seeds
  - Nuts
  - Extra Calcium
  - Vitamin D

OATS - 24 OUNCE PACKAGE

- Oat Nature
  Oatmeal Cut Quick Cook
Infant Foods

**INFANT FORMULA**
BRAND SPECIFIED ON CHECK

**CANNOT BUY:** Organic

**INFANT CEREAL**
8 OR 16 OUNCE CONTAINERS | BRAND SPECIFIED ON CHECK
Barley, rice, oatmeal, whole wheat or multigrain

**CANNOT BUY:**
- Organic varieties
- Cereals with added:
  - DHA
  - ARA
  - Fruit
  - Formula
  - Yogurt

**INFANT FRUITS AND VEGETABLES**
4 OUNCE CONTAINERS | Multipacks allowed
Any brand 100% vegetables and fruits allowed. *Mixed vegetables and fruits are allowed. For example: peas and carrots or sweet potatoes and apples*

**CANNOT BUY:**
- Added DHA, ARA, salt or sugar
- Desserts
- Organic Varieties
- Squeezable pouches
- Mixed with cereal, noodles, rice, meats, yogurt, flour, starches or any other ingredients

**INFANT MEATS**
2.5 OUNCE CONTAINERS | Fully breastfed babies only
Any brand single ingredient meats with or without gravy or broth are allowed.

**CANNOT BUY:**
- Added DHA, ARA, salt or sugar
- Organic varieties
- Mixed with cereal, rice, noodles, vegetables, fruit or any other ingredients

**MULTIPACK TIP:**

\[
\begin{align*}
2 \text{ oz} & = 1 \text{ Container} \\
4 \text{ oz} & = 2 \text{ Containers}
\end{align*}
\]

**NUTRITION FACT**
Breastfeeding is a priority of the WIC Program. It provides many health, nutritional, economical and emotional benefits to mother and baby.
Chicken Eggs
CARTONS OF ONE DOZEN

Grades A or AA brown or white chicken eggs are allowed.
Sizes allowed: large, medium or small

CANNOT BUY:
- Specialty eggs such as:
  - Vegetarian fed
  - Organic
  - Low cholesterol
  - Fat modified
  - High in omega-3s
  - Free Range
  - Egg Substitute

Peanut Butter
16 TO 18 OUNCE CONTAINERS

Any brand labeled “Peanut Butter” only

CANNOT BUY: Reduced fat peanut butter, peanut butter spread, those mixed with jelly, marshmallow, chocolate or honey, organic peanut butter, added omega-3s, DHA, ARA or non-nutritive sweeteners
Legumes (Beans)
15.5-16 OUNCE CONTAINERS

Types of Beans to Purchase:
- 15.5 to 16 oz cans
- 1 pound of dried beans

Sugar in canned kidney beans is allowed.

Beans can only be purchased with a WIC check that specifies the highlighted item below.

*2*HALF Gal Whole Milk
*1*Doz Eggs
*4*15.5-16oz Canned Beans (Or *1-LB Dry Beans/Peas)
*1*64 oz containers Juice
*18-oz or less WIC Cereal
*16oz WIC Allowable Whole Grain

Examples, but not limited to the following:
- Black Beans
- Blackeye Peas
- Butter Beans
- Garbanzo Beans
- Great Northern Beans
- Kidney Beans
- Lentils
- Lima Beans
- Navy Beans
- Pink Beans
- Pinto Beans
- Split Peas

CANNOT BUY: Canned green or yellow beans, green lima beans, wax beans, any canned bean item containing organic beans, added seasonings (spices), sugars, oils, fats, sauces or meats

NUTRITION FACT
Canned fish, peanut butter, beans and eggs are good sources of protein and cost much less than meat.

Canned Fish
3.75, 5, OR 6 OUNCE CANS ONLY

Any brand chunk Light Tuna, Pink Salmon or Sardines

CANNOT BUY:
- Products packed in oil
- Albacore Tuna
- Brisling Sardines
- Red Salmon
- Organic Fish
Basic Rules and Regulations

Self-serve lines are not allowed.

Checks altered in any way will not be accepted.

WIC checks cannot be used before the First Day to Use or after the Last Day to Use.

Only the type and quantity of food printed on the WIC check and listed in this WIC Program Food List can be purchased.

Returns, rain checks or substitutions are not allowed. Identical exchange of store damaged product is allowed.

Coupons, buy one get one free, extra free ounces and discount/club cards are allowed with WIC checks.

Do not sell or exchange WIC checks, food or formula for cash or credit. This includes selling WIC items online.
In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

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To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

(1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410

(2) fax: (202) 690-7442; or

(3) email: program.intake@usda.gov

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