



Ohio WIC Program Authorized Foods List

Least Expensive Brand Preferred

Effective 10/01/2018 - 03/31/2019 ~ v1.7e ~ Last Update 10/01/2018

Milk

Cow's Milk

- Plain, white, pasteurized, Vitamin D fortified milk only
- Gallon containers only (unless ½ gallons are specified)
- Low Fat (1% or ½ %) or Skim unless Whole milk or Reduced Fat (2%) as specified

NOT ALLOWED: Flavored, Organic, Super Skim, Fat Free Plus

Non-Fat Dry Milk

- Only when specified
- 25.6 oz. size only

Low Lactose or Lactose Free Milk

- Only when specified
- Gallon and Half Gallon containers

Soy Milk - Only when specified

- 8th Continent – Original and Vanilla flavors only
- Silk- Original flavor only

Eggs: Large Grade A or AA, White Chicken Eggs, 1 dozen carton size

NOT ALLOWED: Organic; Pasteurized; Pickled; Hard Boiled; Low Cholesterol; Egg Substitutes; Cage Free or Free Range; Fortified or Enhanced with Omega 3; With added Vitamins or Minerals

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

Azumaya: Silken **Vitasoy:** Firm Natural; Wet Pack Extra Firm **House Foods:** Premium Firm; Premium Extra Firm; Medium Firm

Cheese: Regular or Low Fat, 16 oz. size only

Domestic Blocks or 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

Peanut Butter: 16 oz. to 18 oz. 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

Fish:

Canned Tuna: Chunk Light packed in water only; 5 oz. or 6 oz. can size only; **Canned Salmon:** Pink Salmon only; 14.75 oz. can size only **NOT ALLOWED:** Red Salmon; Tuna in Pouches

Dried Beans or Peas: 16 oz. packages only

NOT ALLOWED: Beans or Peas with added seasonings

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

NOT ALLOWED: Baked Beans; Beans with added seasonings sauce, 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 are able to use the maximum dollar amount when using the WIC Nutrition Card (WNC) at vendors who are Split Tender enabled. Participants cannot receive cash or credit refunds for any amount not used.

Fruits

Fresh: Whole; Pre-cut or sliced fruit; Individual serving sizes without sauces or dips

NOT ALLOWED: Fruit trays or party trays; Fruit baskets; Decorative or ornamental (e.g., painted pumpkins); Salad bar items; Fruit with added nuts; Baked goods with added fruit; Dried fruit including leathers and roll ups; Prunes, Raisins, Dried cranberries or any other dried fruit; Edible blossoms or flowers; Fruits with sauces or dips

Frozen: Any variety without added sugar

NOT ALLOWED: Fruit with added sugar; Sorbets or fruit bars; Baked goods with fruit (e.g., pies)

Cans, Jars, Plastic Containers: Fruit in juice; juice concentrate or nectar; Fruit in water with artificial sweetener; Individual serving sizes without sauces or dips

NOT ALLOWED: Fruit in gelatin; Sorbets, fruit chillers, fruit crisps or parfaits; Fruit with added sugar or nuts; Fruit in heavy, light or extra light syrup; Fruit leathers or roll ups; Dried fruits – prunes, raisins, cranberries or any other dried fruit; Fruit with sauces or dips; Pie filling

Vegetables

Fresh: Whole, pre-cut, or sliced vegetables; Fresh, white potatoes, sweet potatoes and yams; Individual serving sizes without sauces or dips

NOT ALLOWED: Vegetable trays or party trays; Decorative or ornamental (e.g. garlic on a string); Salad bar items; Herbs or spices; Edible blossoms or flowers; Vegetables with sauces or dips

Frozen: Plain, single ingredient vegetable or mixed vegetables

NOT ALLOWED: Sweet potato fries; Vegetables with added sauces, seasonings, fats and oils, nuts, rice, pasta or other grains; Breaded Vegetables

Cans, Jars, Plastic Containers: Regular, low Sodium or no added salt; Tomato Sauce or Tomato Paste; Individual serving sizes without sauces or dips

NOT ALLOWED: Dried potatoes or dried onions; Creamed vegetables or vegetables with sauces or dips; Herbs or spices; Vegetables with added fats or oils; Spaghetti Sauce or Pizza Sauce; Soups; Sauerkraut, pickled beets or other pickled vegetables; Olives; Catsup or other condiments; Canned beans (e.g., navy, kidney, etc.); Salsa

Infant Cereal, Infant Fruits, Infant Vegetables, Infant Meats

Infant Cereal: Gerber Brand Only; 8 oz. Containers Only; All Flavors of Iron Fortified Cereal Rice; Oatmeal; Whole Wheat; Multi-Grain; Barley

NOT ALLOWED: With Added Fruit; With Added DHA/ARA; Cereal in Jars; Variety Packs

Infant Fruits: Gerber Brand 2nd Foods Only; 4 oz. Plastic Containers Only; Only the Specific Types as listed: Banana; Pear; Apple; Peach; Apple Blueberry; Apple Strawberry Banana; Banana Blackberry Blueberry; Banana Apple Pear; Apple Cherry; Banana Plum Grape; Apricot Mixed Fruit; Pear Pineapple; Prune Apple; Pear Zucchini Corn; Banana Carrot Mango; Apple Peach Squash; Banana Orange Medley; Mango; Apple Avocado

Infant Vegetables: Gerber Brand 2nd Foods Only; 4 oz. Plastic Containers Only; Only the Specific Types as listed: Carrots; Green Bean; Pea; Sweet Potato; Butternut Squash; Pea Carrot Spinach; Carrot Sweet Potato Pea; Sweet Potato Corn; Pumpkin; Carrot Pear Blackberry; Squash Apple Corn; Sweet Potato Apple Pumpkin; Pumpkin Banana; Sweet Potato Mango Kale; Carrot Mango Pineapple

Infant Meats: Gerber Brand 2nd Foods Only; 2.5 oz. Glass Jars Only; Only the Specific Types as listed: Chicken and Gravy; Ham and Gravy; Beef and Gravy; Turkey and Gravy

Juice: Shelf Stable - All juices listed below 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

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, Punch Blend, White Grape

Best Yet: Apple, Cranberry, Cranberry Grape, Cranberry Raspberry, Grape, Grapefruit, White Grape

Campbell's: Tomato (Regular and Low Sodium), V-8 (Regular)

Diane's Garden: Vegetable

Essential Everyday: Apple, Berry Blend, Cherry Blend, Cranberry, Grape, Grape Blend, Pineapple, Punch Blend, White Grape, White Grapefruit

Everfresh: Apple

Food Club: Apple, Cranberry, Cranberry Grape, Grapefruit, Cranberry Raspberry, Grape, White Grape

Giant Eagle: Apple, Cranberry, Grape, Grapefruit, White Grape

Great Value: Apple, Cranberry, Cranberry Concord Grape, Grape, White Grape, White Grape Peach

IGA: Apple, Grape, White Grape

Juicy Juice: Apple, Apple Raspberry, Berry, Cherry, Cranberry Apple, Grape, Kiwi Strawberry, Mango, Orange Tangerine, Passion Dragonfruit, Peach Apple, Punch, Strawberry Banana, Strawberry Watermelon, Tropical, White Grape

Kroger: Apple, Berry, Cranberry, Grape, Grapefruit, Pineapple, White Grape, White Grape Peach

Langers: Apple, Apple Cranberry, Apple Grape, Apple Orange Pineapple, Grape, Pineapple, Ruby Red Grapefruit, Red Grape, Tomato, Vegetable (Regular and Low Sodium), White Grape, White Grapefruit

Meijer: Apple, Berry-Genuine, Cherry-Genuine, Fruit Punch-Genuine, Grape-Genuine, Grape, Ruby Red Grapefruit, White Grape, White Grape Peach

Motts: Apple

Musselman's: Apple

Northland: Cranberry, Cranberry Blackberry, Cranberry Blueberry, Cranberry Cherry, Cranberry Grape, Cranberry Pomegranate, Cranberry Raspberry

Old Orchard: Apple, Apple Cranberry, Berry Blend, Blueberry Pomegranate, Cherry Pomegranate, Cranberry Pomegranate, Grape, Kiwi Strawberry, Peach Mango, Pineapple, Red Raspberry, White Grape, Wild Cherry

Our Family: Apple, Grape, Grapefruit, Pink Grapefruit, White Grape, 100% Juice Blend

Seneca: Apple

Shop n' Save: Apple, Berry Blend, Cherry Blend, Cranberry Blend, Cranberry Grape Blend, Cranberry Raspberry Blend, Punch Blend, Pineapple, White Grape, White Grapefruit

Shurfine: Apple, Grape, Pineapple, White Grape

Spartan: Apple, Cranberry, Cranberry Grape, Cranberry Raspberry, Grape, Grapefruit, Sooo Juicy Berry, Sooo Juicy Cherry, Sooo Juicy Grape, Sooo Juicy Punch, Vegetable, White Grape

Tipton Grove: Apple, Grape

Valu Time: Grape

Welch's: Grape, Red Grape, White Grape

Juice – Frozen: Least Expensive Brand Preferred

All Juices Listed Below must meet the following criteria: 100% unsweetened juice; 11.5 or 12 oz. only; Must reconstitute to 48 oz.; Orange Juice can be any brand

Best Yet: Apple, Grape, Grapefruit

Dole: Pineapple, Pineapple Orange

Essential Everyday: Apple

Food Club: Apple, Grapefruit

Great Value: Apple, Grape

IGA: Apple

Kroger: Apple, Grape, Grapefruit, Pineapple

Langers: Apple, Apple Cranberry, Apple Orange
Pineapple, Grape, Pineapple, White Grape

Meijer: Apple

Old Orchard: Apple, Apple Cherry, Apple Cranberry,
Apple Kiwi Strawberry, Apple Passion Mango, Apple
Raspberry, Apple Strawberry Banana, Berry Blend,
Blueberry Pomegranate, Cranberry Pomegranate,
Cranberry Raspberry, Grape, Pineapple, Pineapple
Orange, Pineapple Orange Banana, White Grape

Our Family: Apple

Seneca: Apple

Shop n' Save: Apple

Shurfine: Apple

Tipton Grove: Apple

Welch's: Grape, White Grape, White Grape Cranberry,
White Grape Peach, White Grape Raspberry

Cereal (Cold): Least Expensive Brand Preferred; May be combined up to the number of oz. issued; Bolded items represent whole grain cereals

Best Choice: Bite Sized Frosted Shredded Wheat, Enriched Bran Flakes, Corn Crisps, Crisp Rice, Rice Crisps, Happy O's, Honey Oat Clusters, Honey Oat Clusters with Almonds, Right Choice, Wheat Crisps

Essential Everyday: Bran Flakes, Corn Flakes, Crunchy Rice Squares, Honey Oats and Flakes with Almonds, Honey Oats and Flakes, Frosted Bite Size Shredded Wheat, Crunchy Corn Squares, Crispy Rice, Oats and More with Almonds, Oats and More with Honey

Food Club/Best Yet: Bite Size Frosted Shredded Wheat, Corn Squares, Rice Squares, Crisp Rice, Toasted Oats, Essential Choice Oat, Corn Flakes, Honey & Oat Flakes, Enriched Bran Flakes

General Mills: Cheerios, Corn Chex, Kix, Multi-Grain Cheerios, Rice Chex, Total Whole Grain, Wheat Chex, Wheaties

Giant Eagle: Bran Flakes, Corn Flakes, Frosted Bite Size Shredded Wheat, Honey Oat Medley, Toasted Oats

Great Value: Bran Flakes, Corn Flakes, Crisp Rice, Crunchy Honey Oats, Crunchy Oat Squares, Frosted Shredded Wheat, Toasted Corn, Toasted Whole Grain Oat, Toasted Rice, Toasted Wheat

IGA: Bite Size Frosted Shredded Wheat, Corn Flakes, Crispy Rice, Enriched Bran Flakes, Square Shaped Corn, Square Shaped Rice, Tasteos, Toasted Oats

Kellogg's: All Bran Complete Wheat Flakes, Corn Flakes, Frosted Mini-Wheats (Bite Size), Rice Krispies, Rice Krispies Gluten Free, Special K

Kroger: Bite Size Frosted Shredded Wheat, Corn Bitz, Honey Crisp Medley, Honey Crisp Medley with Almonds, Living Well, Rice Bitz, Toasted Oats

Malt-O-Meal: Crispy Rice, Frosted Mini Spooners, Honey & Oat Blenders, Honey & Oat Blenders with Almonds

Meijer: Bite Size Frosted Shredded Wheat, Corn Flakes, Corn Squares, Crisp Rice, Enriched Bran Flakes, Rice Squares, Toasted Oats, Wheat Squares

Mornin Gem/Kiggins: Crispy Rice

Cereal (Cold)-continued:

Natures Crunch/Kiggins: Bran Flakes, Bite Size Frosted Shredded Wheat

Our Family: Wheat Biscuits, Corn Biscuits, Rice Biscuits, High Fiber Bran Flakes, Corn Flakes, Frosted Bite Size Shredded Wheat, Toasted Rice Flakes, Crispy Rice, Oats and More with Almonds, Oats and More with Honey, Toasted Oats

Post: **Banana Nut Crunch, Bran Flakes,** Honey Bunches of Oats with Almonds, Honey Bunches of Oats Honey Roasted

Quaker: **Life, Oatmeal Squares,** Oatmeal Squares Brown Sugar, Oatmeal Squares Cinnamon

Ralston: Corn Biscuits, Corn Flakes, Crispy Rice, **Enriched Wheat Bran Flakes, Oat Wise,** Rice Biscuits, Tasteeos

Shop n' Save: Crispy Rice, Corn Flakes, Crunchy Corn Squares, Crunchy Rice Squares, **Bran Flakes, Frosted Bite Size Shredded Wheat,** Oats and More with Almonds, Oats and More with Honey

Shurfine: Crisp Rice, **Toasted Oats,** Honey Oats & Flakes, **Enriched Bran Flakes,** Corn Flakes, Crunchy Rice, Crunchy Corn, **Frosted Shredded Wheat Bite Size,** Wheat Squares

Cereal (Hot):

B & G Foods: Cream of Wheat – 18 oz. or 28 oz. size only

Farina Mills: Creamy Hot Wheat Original – 18 oz. or 28 oz. size only

Malt-O-Meal: Original Hot Wheat – 18 oz., 28 oz. or 36 oz. size only

Whole Grains

Can be combined up to the number of oz. issued; Least Expensive Brand Preferred

Bread: 16 oz. Size Only

Aunt Millie's: Healthy Goodness Whole Grain White; Healthy Goodness 100% Whole Wheat

Best Choice: 100% Whole Wheat

Best Yet: 100% Whole Wheat

Bimbo: 100% Whole Wheat

Bunny: 100% Whole Wheat

Essential Everyday: 100% Whole Wheat

Food Lion: 100% Whole Wheat

Hannaford: 100% Whole Wheat

Healthy Life: Sugar Free 100% Whole Grain Wheat; 100% Whole Grain Whole Wheat

Holsum: 100% Whole Wheat

Kroger: 100% Whole Wheat Round Top

Meijer: 100% Whole Wheat; Whole Grain White

My Essentials: 100% Whole Wheat

Nature's Own: 100% Whole Grain Sugar Free

Nickels: Country Style 100% Whole Wheat

Our Family: 100% Whole Wheat

Ozark Hearth: 100% Whole Wheat

Pepperidge Farm: Jewish Rye Whole Grain Rye Seeded; Stone Ground 100% Whole Wheat; Very Thin Sliced 100% Whole Wheat

Roman Meal: Sungrain 100% Whole Wheat

Sara Lee: Classic 100% Whole Wheat

Schwebel's: Roman Meal Sungrain 100% Whole Wheat; 100% Whole Wheat

Shurfresh: 100% Whole Wheat

Spartan: 100% Whole Wheat

Sunbeam: 100% Whole Wheat

Weight Watchers: 100% Whole Wheat

Wonder: 100% Whole Wheat

Buns: 16 oz. Size Only

Arnold: Whole Wheat Hamburger Buns; **Healthy Life:** 100% Whole Wheat Sandwich Buns

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

Brown Rice: 16 oz. Size Only; Plain; Any Brand

NOT ALLOWED: White Rice; Wild Rice

Oatmeal: 16 oz. Size Only; Plain; Any Brand

NOT ALLOWED: Packets; Individual Serving Sizes; Items with added fruits, nuts, spices, steel cut

Tortillas: 16 oz. Size Only

Best Choice: Corn; 100% Whole Wheat

Celia's: White Corn, Yellow Corn; Whole Wheat Flour

Chi Chi's: White Corn Soft Taco Style; Whole Wheat Fajita Style

Don Pancho: White Corn; Whole Wheat

Essential Everyday: Soft White Corn; Whole Wheat

Food Club: Soft Taco Size Whole Wheat

Giant Eagle: Whole Wheat

Hannaford: Whole Wheat

Kroger: Whole Wheat

La Banderita: Corn; Fajita Whole Wheat

La Burrita: Corn

Meijer: Corn; White Corn; Whole Wheat

Mi Casa: 100% Whole Wheat

Mission: White Corn; Whole Wheat; Yellow Corn Extra Thin

My Essentials: Whole Wheat

Ortega: Whole Wheat

Pepito: Corn; Soft Taco Size Whole Wheat Flour

Shurfine: Corn; Hand Made Whole Wheat Fajita Style

Shurfresh: Whole Wheat Authentic Fajita Style

Tam-X-ico's: Yellow Corn

Whole Wheat Pasta: 16oz. container only

America's Choice: Whole Wheat Spaghetti

Barilla: 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

Essential Everyday: Whole Wheat Spaghetti; Whole Wheat Thin Spaghetti; Whole Wheat Macaroni; Whole Wheat Penne; Whole Wheat Rotini; 100% Whole Wheat Elbow Macaroni; 100% Whole Wheat Rotini; 100% Whole Wheat Penne Rigate; 100% Whole Wheat Thin Spaghetti; 100% Whole Wheat Vermicelli

Giant Eagle:

100% Whole Wheat Spaghetti; 100% Whole Wheat Elbow Macaroni; 100% Whole Wheat Penne Rigate; 100% Whole Wheat Rotini

Great Value:

Whole Wheat Elbows; Whole Wheat Linguine; Whole Wheat Penne; Whole Wheat Rotini; Whole Wheat Spaghetti; Whole Wheat Thin Spaghetti

Kroger: Whole Wheat Penne Rigate; Whole Wheat Rotini-Tight; Whole Wheat Thin Spaghetti; 100% Whole Grain Thin Spaghetti

Meijer: Select Pasta Spaghetti Whole Wheat; Select Pasta Capellini Whole Wheat; Select Pasta Penne Rigate Whole Wheat; Select Pasta Rotini Whole Wheat

Our Family: Whole Wheat Spaghetti; Whole Wheat Thin Spaghetti; Whole Wheat Penne Rigate; Whole Wheat Rotini

Ronzoni Healthy: Harvest 100% Whole Grain Penne Rigate; 100% Whole Grain Spaghetti; 100% Whole Grain Thin Spaghetti; 100% Whole Grain Rotini; 100% Whole Grain Linguine

Spartan: Whole Wheat Spaghetti; Whole Wheat Thin Spaghetti; Whole Wheat Penne Rigate; Whole Wheat Rotini

True Goodness: Capellini Whole Wheat; Spaghetti Whole Wheat