



OHIO
WIC
 Women, Infants, and Children Program

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Ohio | Department of Health

701.23

This institution is an equal opportunity provider.

Infant Foods List





INFANT FRUITS



Gerber brand second foods only;
4-ounces plastic containers only.
Only the specific types as listed:



Apple



Apple Avocado



Apple Blueberry



Apple Cherry



Apple Peach
Squash



Apple Strawberry
Banana



Apricot Mixed
Fruit



Banana



Banana Apple
Pear



Banana
Blackberry
Blueberry



Banana Carrot
Mango



Banana Orange
Medley



Banana Plum
Grape



Mango



Peach



Pear



Pear
Pineapple



Pear
Zucchini Corn



Prune Apple

Gerber® 2nd Foods® Organic Fruits



Apple Wild
Blueberry



Mango Apple
Banana



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.

We want to hear from you! Please give us your opinion on the new format of our Authorized Foods List by going to the link below and taking our survey:

<https://www.surveymonkey.com/r/RXJDJC9>



INFANT CEREAL

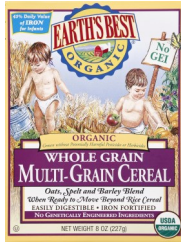


Earth's Best Organic brand only;
8-ounces containers only;
all flavors of iron fortified cereal.

NOT ALLOWED: With added fruit; with added DHA/ARA; cereal in jars; variety packs.



Oatmeal



Rice



Whole Grain Multi-Grain



Gerber brand only;
8-ounces containers only;
all flavors of iron fortified cereal.

NOT ALLOWED: With added fruit; with added DHA/ARA; cereal in jars; variety packs.



Multigrain



Oatmeal



Rice



Whole Wheat

Gerber® Organic Cereal



Oatmeal



Rice

INFANT FRUITS



Earth's Best Organic brand second foods only;
4-ounces glass containers only.
Only the specific types as listed:



Apple Apricot



Apples & Blueberries



Apples



Apples & Plums



Banana Mango



Bananas



Pears & Mangos



Pears & Raspberries



Pears



Prunes

INFANT VEGETABLES



Gerber brand second foods only;
4-ounces plastic containers only.
Only the specific types as listed:



Butternut Squash



Carrot



Carrot Pear Blackberry



Carrot Mango Pineapple



Carrot Sweet Potato Pea



Green Bean





INFANT VEGETABLES



Pea



Pea Carrot Spinach



Pumpkin



Pumpkin Banana



Squash Apple Corn



Sweet Potato



Sweet Potato Apple Pumpkin



Sweet Potato Corn



Sweet Potato Mango Kale



Earth's Best Organic brand second foods only; 4-ounces glass containers only. Only the specific types as listed:



Carrots



Corn & Butternut Squash



Peas



Sweet Potatoes



Winter Squash

INFANT MEATS



For exclusively breastfeeding participants only; Earth's Best Organic brand; 2.5 ounce glass jars only; Only the specific types as listed:



Chicken & Broth



Turkey & Broth



For exclusively breastfeeding participants only; Gerber brand second foods only; 2.5 ounce glass jars only; Only the specific types as listed:



Beef and Gravy



Chicken and Gravy



Ham and Gravy



Turkey & Gravy





INFANT FRUITS & VEGETABLES



Meijer brand foods only;
2-4 ounces plastic twin-pack;
Only the specific types as listed:



Apple
Strawberry
Banana



Apple Berry
Mix



Mixed
Vegetables



Tippy Toes brand foods only;
2-4 ounces plastic twin-packs.
Only the specific types as listed:



Apples



Apple Banana



Apple Banana
Strawberry



Apple Berry



Apple Carrot
Mango



Apple Mango



Apple Pear
Banana



Apple Sweet
Potato



Bananas



Mixed
Vegetable



Squash



Squash Apple
Pear

INFANT FRUITS & VEGETABLES



Gerber brand second foods only;
4 ounces glass containers only.
Only the specific types as listed:



Apple Prune



Apple Spinach
Kale



Apple Strawberry
Banana



Apple
Zucchini
Peach



Banana
Blueberry



Pea Carrot Pea



Pear Guava



Pear
Zucchini



Squash Pear
Pineapple



Sweet Potato
Banana Orange



Gerber® 2nd Foods® Organic;
4 ounces glass containers only.
Only the specific types as listed:



Apple



Spinach with
Kale



Sweet Potato
Apple, Carrot &
Cinnamon



Apple,
Strawberry &
Beet



Pear, Purple
Carrot &
Raspberry





INFANT FRUITS & VEGETABLES



Beechnut brand second foods only;
4-ounces glass containers only.
Only the specific types as listed:



Apple



Apple
Blueberries



Apple Mango
Kiwi



Apple Pear
Banana



Banana



Banana
Strawberry



Corn and Sweet
Potatoes



Garden
Vegetables



Mango



Mixed
Vegetables



Peach



Pear
Pineapple



Pear
Raspberries



Squash



Sweet
Carrots



Sweet
Peas

INFANT FRUITS & VEGETABLES



Beechnut Naturals second foods only;
4-ounces glass containers only.
Only the specific types as listed:



Apple and
Blackberries



Apple and
Kale



Apple,
Pumpkin &
Cinnamon



Banana,
Blueberries and
Green Beans



Banana,
Orange &
Pineapple



Beet, Pear
Pomegranate



Carrot,
Sweet Corn
& Pumpkin



Guava, Pear
& Strawberries



Mango



Mango, Apple
& Avocado



Pear and
Blueberries



Peas, Green
Beans &
Asparagus



Pineapple,
Pear &
Avocado



Spinach,
Zucchini &
Peas



Sweet Corn &
Green Beans

