

Vermont WIC Approved Products List

Updated March 2018

[Only change is frozen and canned white potatoes now allowed]

The foods listed below are approved by the Vermont WIC Program. Foods listed below qualify for compliance with Vermont WIC’s Minimum Inventory standards for retail vendors.

USDA/FNS, with the assistance of the Institutes of Medicine, has established **guidelines** that state WIC programs must follow in selecting foods for the state’s Approved Products List. To review the guidelines, go to:

www.fns.usda.gov/wic/wic-food-packages-regulatory-requirements-wic-eligible-foods

Some quantities and sizes in this list (e.g. 16 oz loaves of bread) are dictated by the FNS standards for WIC food packages.

Vermont WIC accepts **NEW food items** for consideration during the open submission timeframe beginning December 1 and closing March 31. Guidance can be found here:

http://healthvermont.gov/wic/product_submission_food_mfr.aspx

To request that a food be added to an **“any brand”** category of the Vermont WIC Approved Products List (APL), please review the proposed food items against the USDA/FNS standards **first**. If you believe the food would qualify, submit your suggestion to WIC@Vermont.gov.

Juice		
Size Varieties Brands	<p>Juice for Kids:</p> <p><u>16 oz Frozen Orange Juice</u> Brands: Minute Maid and Any Store Brand Orange Juice (any style)</p> <p><u>64 oz Shelf stable bottle:</u> These brands only- <i>any flavor</i>: Apple and Eve Apple and Eve Sesame Street Juicy Juice Northland</p> <p>These brands, <i>flavor specific</i>: Best Yet – Apple; Grape; Grapefruit; Pineapple; White Grape Great Value – Apple; Grape; White Grape; White Grape Peach Hannaford – Apple; Berry; Cranberry-Raspberry; Grape; White Grape; White Grapefruit</p>	<p>Juice for Women:</p> <p><u>11.5 & 12 oz Frozen:</u> Welch’s “yellow peel strip”, any flavor Old Orchard “green peel strip”, any flavor Dole, any flavor 100 % juice Minute Maid – orange juice (country style, pulp free, original, original w/calcium) Minute Maid – grapefruit juice</p> <p>Any Store Brand Orange Juice (any style)</p> <p><u>48 oz shelf stable bottle:</u> These brands only- <i>any flavor</i>: Apple & Eve (<i>no organic</i>) Juicy Juice Northland</p> <p>These brands, <i>flavor specific</i>: Shurfine – Apple; Grape; Vegetable Best Yet – Grape</p>

	<p>IGA – Apple; Grape; Grapefruit; White Grape</p> <p>Langers – Apple; Red Grape; Ruby Red Grapefruit; White Grape</p> <p>Old Orchard – Apple; Apple Cranberry; Berry Blend; Pineapple</p> <p>Pics by Price Chopper – Apple; Cranberry-Raspberry; Grape; Grapefruit; Pineapple; White Grape</p> <p>Shurfine – Apple; Cranberry-Apple; Cranberry-Raspberry; Grape; Grapefruit; Pineapple; White Grape</p> <p>Signature Kitchens – Apple; Berry Blend; Cranberry-Raspberry; Grape; Pineapple; White Grapefruit; White Grape</p> <p>Tops – All Natural Apple; Cranberry Raspberry; Grape</p> <p>Welch’s – Grape Juice (no light, no fiber, no calcium) 100% White Grape Juice 100% Red Grape Juice</p> <p><u>64 oz Refrigerated Orange Juice</u> Brands Orange Juice: Hood Thomas Dairy and Any Store Brand</p>	
Restrictions	Only juices listed are allowed	
Breakfast Cereals		
Size	9 oz to 36 oz box sizes	
Varieties	<p>Whole grain cereals in red or with #</p> <p>Gluten Free in blue or with *</p> <p>Non-whole grain in black</p>	
Restrictions	<p>Only cereals listed are allowed. USDA/FNS requirements for nutrition and iron fortification must be met for cereals to be approved by WIC. See standards at:</p> <p>www.fns.usda.gov/wic/wic-food-packages-regulatory-requirements-wic-eligible-foods</p>	

<p>National Brands Allowed</p>	<p>General Mills Cheerios # (gluten free)* Multi-Grain Cheerios # (gluten free)* Cheerios + Ancient Grains # Chex – Corn * Chex - Rice * Chex – Wheat # Fiber One - Honey Clusters # Kix – Plain # Kix – Berry # Kix – Honey Kix # Total # Wheaties #</p> <p>Quaker Life # Oatmeal Squares: Hint of Brown Sugar # Oatmeal Squares: Hint of Cinnamon #</p> <p>Sunbelt Bakery Simple Granola Cereal #</p> <p>Malt O Meal Frosted Mini Spooners #</p>	<p>Kellogg's All Bran Complete Wheat Flakes # Corn Flakes Crispix Frosted Mini Wheats – Original and Little Bites # Mini-Wheats (unfrosted) # Mini-Wheats Touch of Fruit in the Middle, Raspberry # Rice Krispies (plain) Special K Original</p> <p>Post Bran Flakes # Grape Nuts # Grape Nut Flakes # Honey Bunches of Oats: Vanilla Bunches # Honey Bunches of Oats: Honey Roasted Honey Bunches of Oats: Whole Grain Honey Crunch # Honey Bunches of Oats: Whole Grain Almond Crunch # Honey Bunches of Oats: with Almonds Honey Bunches of Oats: with Cinnamon Bunches Banana Nut Crunch #</p>
<p>Store Brands Allowed</p>	<p>Best Yet: Bran Flakes # Crispy Rice Corn Flakes Frosted Shredded Wheat # Nutty Nuggets # Toasted Oats #</p> <p>Great Value Bran Flakes # Corn Flakes Corn Squares Crispy Rice Crunchy Honey Oats Crunchy Honey Oats with Almonds Frosted Shredded Wheat # Rice Squares Wheat Squares #</p> <p>Hannaford: Bite Size Frosted Shredded Wheat # Bran Flakes # Corn Flakes Crispy Rice Crispy Hexagons</p>	<p>Parade Corn Flakes Crisp Rice</p> <p>Pics by Price Chopper: Bran Flakes # Corn Flakes Crispy Rice Good Choice Oat Crunch # Toasted Oats # Toasted Rice Crisps Toasted Corn Crisps Frosted Shredded Wheat # Nutty Nuggets # Strawberry Frosted Shredded Wheat #</p> <p>Shurfine Bran Flakes # Corn Flakes Corn Squares Crisp Rice Frosted Shredded Wheat # Oats & More with Honey Oats & More with Almonds Rice Squares</p>

	<p>Frosted Shredded Wheat # Frosted Strawberry Shredded Wheat # Multigrain Tasteeos # Nutty Nuggets # Oats & More with Honey Oats & More with Almonds Simple Living # Toasted Rice Squares Toasted Corn squares Toasted Wheat # Tasteeos</p> <p>IGA Bite Size Frosted Shredded Wheat # Bran Flakes # Corn Flakes Corn Squares Crispy Corn and Rice Crispy Rice Frosted Strawberry Shredded Wheat # Frosted Blueberry Shredded Wheat # Honey Oats & Flakes Nutty Nuggets # Rice Squares Tasteeos Toasted Oats #</p>	<p>Toasted Oats # Twin Grain Crisp Wheat Squares #</p> <p>Signature Kitchens: Bran Flakes # Corn Flakes Crispy Rice Crunchy Nuggets # Frosted Shredded Wheat # Rice Pockets Toasted Oats #</p> <p>TOPS Bran Flakes # Corn Flakes Corn Squares Crisp Rice Frosted Shredded Wheat # Oat Squares # Rice Squares Toasted Oats #</p>
--	--	--

Hot Cereal

Size	See below
Varieties	<p>Hot Oatmeal Hot Wheat Hot Rice</p> <p>Whole grain cereals in red or with # Gluten Free in blue or with * Non-whole grain in black</p>
Restrictions	No added sugar or fruit.
Brands	<p>Brands/Products allowed: Cream of Rice – Original 14 oz * Cream of Wheat – Original Flavor (1, 2 ½, 10 minute) 28 oz Cream of Wheat - Whole Grain (2 ½ minute) 18 oz # Farina Hot Wheat Cereal 18 oz, 28 oz Malt O Meal Original Hot Wheat Cereal 18 oz, 28 oz, 36 oz Maypo Vermont Style Maple Oatmeal 19 oz # Maypo Instant Maple Oatmeal 14 oz # Quaker Instant Oatmeal Original Packets 11.8 oz #</p>

	<p>Store Brand Oatmeal: Best Yet Instant Oatmeal, Regular Flavor 11.8 oz # Great Value Original Instant Oatmeal 11.8 oz # Hannaford Instant Oatmeal, Regular 11.8 oz # IGA Instant Oatmeal, Regular Flavor 11.8 oz # O Organics Instant Oatmeal, Regular Flavor 11.29 oz # Pics by Price Chopper Instant Oatmeal, Regular Flavor 11.8 oz # Signature Kitchens Instant Oatmeal, Regular Flavor 11.8 oz #</p>
--	---

Milk	
-------------	--

Size Varieties Brands	<p>Low-fat (1%), Nonfat (skim) & Whole Milk Quarts, Half Gallons, Gallons Any brand</p> <p>Lactose reduced and Lactose free milk (whole, 1% and skim): Quarts, Half Gallons, Gallons Any brand</p> <p>Shelf stable (UHT) milk: Quarts Any Brand</p> <p>Dry milk powder (non-fat only): 25.6 oz packages Any brand</p> <p>Goat's Milk Meyenberg Whole milk: Half gallon and quart fluid and 12 ounce powdered Meyenberg Low-fat milk: Quart fluid and 12 ounce powdered</p>
--------------------------------------	---

Restrictions	No organic, no flavored, no glass bottles
---------------------	---

Yogurt	
---------------	--

Size	Allowed: 32 oz tubs, 8 packs of 2 oz tubes
Varieties	Plain and flavored allowed. Organic allowed.
Restrictions	No mix ins allowed (granola, candy, nuts, honey) No artificial sweeteners
Brands	<p>Brands:</p> <ul style="list-style-type: none"> • Annie's - <ul style="list-style-type: none"> ○ [32 oz tubs] Whole Milk – Plain, Very Vanilla; ○ [8 pack 2 oz tubes] Whole Milk – Strawberry Banana, Summer Strawberry, Very Vanilla Berry • Butterworks Farm – [All 32 oz tubs]

- Whole Milk - Plain, Maple, Vermont Honey; Nonfat - Plain, Vanilla, Lemon
- Cabot – [All 32 oz tubs]
 - “Cabot” Nonfat - Plain;
 - “Cabot Greek” - Whole milk - Plain; Low-fat - Plain, Strawberry, Vanilla Bean, Coconut Honey
- Chobani –
 - [32 oz tubs] “Greek” Whole Milk - Plain; Nonfat - Plain, Peach, Blueberry, Vanilla, Strawberry
 - [8 packs 2 oz tubes] “Kids Tubes” - Strawberry, Banana, Chocolate Dust, Grape Watermelon, Mixed Berry
- Dannon – [All 32 oz tubs]
 - “Dannon” - Whole Milk - Plain, Strawberry, Vanilla; Low-fat - Plain, Vanilla; Nonfat – Plain, Strawberry, Strawberry Banana
 - “Oikos Greek” – Whole Milk - Plain; Nonfat - Plain, Vanilla;
 - “Triple Zero” – Nonfat – Plain, Vanilla
- Green Mountain Creamery – [All 32 oz tubs]
 - “Greek” Full Fat - Plain; Nonfat - Plain, Vanilla, Maple
- Kingdom Creamery – [All 32 oz tubs]
 - Non-fat - Perfect Plain, Stately Strawberry, Valiant Vanilla
- Stonyfield Farms –
 - [32 oz tubs] “Smooth & Creamy” Whole Milk - Plain, French Vanilla; Low-fat - Plain, French Vanilla, Blueberry, BaNilla, Strawberry; Fat Free - Plain, French Vanilla
 - [32 oz tubs] “Greek” Nonfat - Plain, Vanilla
 - [8 pack 2 oz tubes] “YoKids Squeezers” Low-fat - Blueberry/Lemonade, Cherry/Mixed Berry, Strawberry, Birthday Cake, Strawberry/Blueberry
- Yoplait – [All 32 oz tubs]
 - “Original” - Nonfat - Plain, Lowfat Vanilla, Harvest Peach, Strawberry, Strawberry Banana

Store Brands – [All 32 oz tubs]

- Best Yet-
 - Non Fat - Plain, Vanilla
 - Low Fat - Plain, Vanilla
- Great Value – (all flavors except Nonfat Vanilla due to artificial sweetener)
 - Whole - Plain
 - Non-fat – Plain, Strawberry Banana, Vanilla
 - Low Fat - Vanilla, Strawberry, Strawberry Banana, Peach
- Hannaford –
 - Lowfat - Plain, Vanilla
 - Nonfat - Plain, Vanilla, Strawberry
- Lucerne –
 - Non-Fat - Plain
 - Lowfat - Vanilla, Strawberry, Peach
 - Greek Non-Fat - Plain, Vanilla, Honey
 - No Lucerne Greek Vanilla Light due to artificial sweetener
- Pics by Price Chopper –
 - Non-Fat - Plain, Vanilla, Strawberry
 - Lowfat - Vanilla
 - Greek Nonfat - Plain, Vanilla
- Shurfine –

	<ul style="list-style-type: none"> ○ Nonfat Plain - Vanilla ○ Lowfat Plain - Vanilla ● Taste of Inspirations – <ul style="list-style-type: none"> ○ Greek Nonfat - Plain, Vanilla, Strawberry ○ Greek Whole Milk - Plain ● TOPS – <ul style="list-style-type: none"> ○ Fat Free Plain - Vanilla ○ Lowfat Plain - Vanilla, Strawberry ○ Greek Nonfat Plain - Vanilla ○
--	---

Soy Milk Beverage

Size Brands Varieties	<p><u>Only soymilk beverages allowed:</u></p> <p>Pacific Natural Foods 32 oz shelf stable</p> <ul style="list-style-type: none"> ● Ultra Soy Original ● Ultra Soy Vanilla <p>8th Continent 64 oz refrigerated</p> <ul style="list-style-type: none"> ● Original ● Vanilla <p>Silk 64 oz refrigerated</p> <ul style="list-style-type: none"> ● Original
--------------------------------------	--

Restrictions	n/a
---------------------	-----

Tofu

Size	8 ounce, 14 ounce, and 16 ounce packages
-------------	--

Varieties	See specific brand varieties below
------------------	------------------------------------

Restrictions	
---------------------	--

Brands	<p><u>Only brands and varieties allowed:</u></p> <p>Azumaya Firm Azumaya Extra Firm Azumaya Silken</p> <p>Nasoya Soft Nasoya Firm Nasoya Silken Nasoya Extra Firm Nasoya Lite Firm Nasoya Lite Silken Nasoya Sprouted Super Firm</p>
---------------	---

	Nasoya O Organics O Organics O Organics Vermont Soy	Cubed, Super Firm Firm Sprouted Super Firm Cubed, Extra Firm Firm
Cheese		
Size	8 and 16 oz only (block and sliced American)	
Varieties	American slices, <u>not</u> individually wrapped Cheddar – sharp, mild Colby Colby-Jack Monterey Jack Mozzarella Muenster <i>Regular and Low fat versions of all above allowed</i>	
Restrictions	No string, No shredded, No imported, No deli, No organic, No individually wrapped, No specialty or special reserve	
National Brands Allowed	Borden Cabot Cracker Barrel Dragone Frigo Galbani	Heluva Good Kraft Polly O Sargento Sorrento
Store Brands Allowed	Best Yet Crystal Farms Essential Everyday Flavorite Food Club Great Value Hannaford Hy-Top	IGA Lifeline Farm Lucerne Market Pantry My Essentials Pics by Price Chopper Shurfresh Shurefine TOPS
Eggs		

Size	Medium and Large Whole dozen only
Varieties	White or brown
Restrictions	No organic No enhanced or specialty (Omega-3)
Brand	Any brand
Dried Beans	
Size	1 pound bag
Varieties	Any type of mature dry beans, peas or lentils. Organic allowed.
Restrictions	No added sugars, no soup mix.
Brands	Any brand
Canned Beans	
Size	15 to 16 ounce can
Varieties	Any type of mature beans, peas or lentils. May be regular or low sodium. Organic allowed.
Restrictions	May not contain added sugars, fats, oils, vegetables, fruits or meat. No refried beans.
Brands	Any brand
Peanut Butter	
Size	16 to 18 ounce jar (plastic or glass)
Varieties	Smooth and chunky
Restrictions	No low fat No low sodium No organic No specialty peanut butters No peanut butter <u>spreads</u> (such as Simply Jif, Reduced Fat Jif, Reduced Fat Skippy, Skippy Natural) No flavored or mixed-in ingredients
National Brands Allowed	Jif Peter Pan Skippy Smuckers Natural Teddie Natural

	Teddies Natural Unsalted		
Store brands	Any store brand		
Canned fish			
Size	Canned Chunk Light Tuna 5 or 6 oz can	Canned Salmon 5, 6, 7.5, or 15 oz can	Canned Sardines 3.75 oz can
Restrictions	No albacore or white tuna		
Varieties	Chunk light, in water or oil	Packed in water or oil	Packed in water or oil May include bones and skin.
Brands	Any Brand	Any brand	Any Brand
Bread			
Size	16 oz only		
Restrictions	Limited to brands listed. Must be 16 oz loaf.		
Varieties	100% Whole Wheat and Whole Grain Bread		
Brands	<p><u>These are the only breads allowed:</u></p> <p>Arnold Bread Stone Ground Wheat 16 oz Best Yet Bread 100% Whole Wheat 16 oz Bimbo 100% Whole Wheat Bread 16 oz Bread Shed Sunflower Flax Whole Wheat 16 oz Central Market 100% Whole Wheat 16 oz Country Kitchen Bread 100% Whole Wheat 16 oz Great Value 100% Whole Wheat 16 oz Hannaford Bread 100% Whole Wheat 16 oz IGA 100% Whole Wheat 16 oz La Panciata Bread Whole Wheat Honey & Oats 16 oz Pepperidge Farm Bread 100% Whole Wheat Stone Ground 16 oz Pepperidge Farm Bread 100% Whole Wheat Very Thin 16 oz Pepperidge Farm Bread Swirled 100% Whole Wheat Cinnamon With Raisins 16 oz Pepperidge Farm Bread Light Style, Soft Wheat 16 oz Pepperidge Farm Bread Whole Grain Seeded Rye 16 oz Pics by Price Chopper Whole Wheat Bread 16 oz Sara Lee Bread Classic 100% Whole Wheat 16 oz Shaws No Salt Added Wheat Bread 16 oz Shaws 100% Whole Wheat Bread 16 oz Signature Kitchens 100% Whole Wheat Bread 16 oz Signature Kitchens 100% Whole Wheat No Salt Bread 16 oz</p>		

	Sunbeam Bread 100% Whole Wheat 16 oz Tops Bread Whole Wheat 100% 16 oz Wonder Bread 100% Whole Wheat 16 oz
Brown Rice	
Size	14 to 16 ounce, and 28 to 32 ounce package, box or bag
Varieties	May be instant-, quick-, or regular cooking and/or boil-in-bag Organic allowed.
Restrictions	No added fats, sugars, oils or salt.
Tortillas	
Size	16 oz only
Restrictions	Only 16 oz and brands listed below
Varieties	100% Whole Wheat; and Corn
Brands	<p>These are the only tortillas allowed, corn and whole wheat:</p> <p><u>Corn:</u> Celia'S Tortillas White Corn 16 oz Celia'S Tortillas Yellow Corn 16 oz Chi-Chi'S Tortillas White Corn, Taco Style 16 oz Don Pancho Tortillas White Corn 16 oz La Banderita Tortilla Corn 16 oz Mission Tortilla Extra Thin Yellow 16 oz</p> <p><u>Whole Wheat:</u> Celia's Tortillas Whole Wheat 16 oz Chi-Chi's Tortillas Whole Wheat, Fajita Style 16 oz Don Pancho Tortillas Whole Wheat 16 oz Great Value Whole Wheat 16 oz Hannaford Tortillas Whole Wheat Fajita 16 oz IGA Whole Wheat, Taco Style 16 oz La Banderita Tortillas Whole Wheat, Fajita 16 oz Mission Tortillas Whole Wheat, Soft Taco 16 oz Mission Tortillas Whole Wheat, Fajita 16 oz Ortega Tortillas Whole Wheat 16 oz Shurfine Whole Wheat, Fajita 16 oz</p>
Whole Wheat Pasta	
Size	16 ounce box or bag

Varieties	Whole wheat and whole grain wheat pasta Organic allowed Any shape such as rotini, elbows, spaghetti, penne, rigatoni, linguini, capellini, farfalle, etc.
Restrictions	n/a
Brands	<u>These are the only brands allowed:</u> Barilla Bella Terra Bionaturae Delallo Full Circle Garofalo Gia Russa Great Value Hodgson Mill Luigi Vitelli Mantova O Organics Racconto Ronzoni Shurfine

Fruits & Vegetables

Size	n/a
Varieties	<p>Fresh, Frozen or Canned May be regular or low sodium. Organic allowed.</p> <ul style="list-style-type: none"> • Fresh fruits & vegs: <ul style="list-style-type: none"> ○ Allowed – any variety of fresh, organic or non-organic, fruits and vegetables. ○ May be whole, cut, bagged or packaged. ○ Not allowed – no salad bar items, salad kits, party trays with added food items (dip, dressing, nuts), no fruit baskets, dried fruits/vegetable, no herbs, spices or edible blossoms. No single servings. • Frozen fruits & vegs: <ul style="list-style-type: none"> ○ Allowed – any brand and package type; any size (except single serving); any organic or non-organic plain fruit or vegetable without added sugar or artificial sweetener. ○ Not allowed – products with non-fruit or vegetable ingredients (pasta, rice, cheese, etc), vegetables with sauce. • Canned fruits & vegs: <ul style="list-style-type: none"> ○ Allowed – any brand and container (can, jar, plastic); any size (except single serving); any organic or non-organic fruit or vegetable; any plain fruit or fruit mixtures packed in water or juice; any plain vegetable or vegetable mixtures.

	<ul style="list-style-type: none"> ○ Not allowed – fruit cocktails packed in syrup, fruit in syrup, fruit with added sugar; pickled or creamed vegetables; guacamole; salsa; sauce (pizza, spaghetti or tomato), stewed tomatoes or tomato paste.
Restrictions	See above.
Brands	Any brand.
Infant Formula and Nutritionals	
	Abbott currently holds the Vermont WIC formula contract.
	Contract Milk-Based formula – Similac Advance <ul style="list-style-type: none"> ● 12.4 oz Powder ● 13 oz Concentrate
	Contract Soy-Based Formula – Similac Isomil Soy <ul style="list-style-type: none"> ● 12.4 oz Powder ● 13 oz Concentrate
	Formulas WIC families are authorized to purchase if warranted by medical documentation: <ul style="list-style-type: none"> ● Similac Sensitive for Fuss & Gas ● Similac for Spit Up ● Similac Total Comfort ● Similac Go & Grow (milk and sensitive) ● Alimentum ● Nutramigen ● Pregestimil ● EnfaCare ● Neosure ● EleCare and EleCare Jr ● Ensure; Ensure Clear; Ensure Plus ● Pediasure; Pediasure with Fiber; Pediaure Sidekicks ● Boost; Boost Plus; Boost Glucose Control Direct Ship medical formulas (family picks up at WIC office): <ul style="list-style-type: none"> ● Boost Breeze ● Duocal ● Bright Beginnings Soy ● Calcilo XD ● HCY 1 and HCY 2 ● Hominex ● Human Milk Fortifier ● Ketocal ● MCT ● Neocate and Neocate Jr ● Nutren 1.0, 1.5, 2.0, 1.0 w/Fiber, 1.5 w/Fiber ● Nutren Jr and Nutren Jr w/Fiber ● Periflex Infant and Periflex Jr ● Phenylade MTE ● Peptamen Jr

	<ul style="list-style-type: none"> • Portagen • PurAmino • Similac Special Care 20 & 24 • Similac PM 60/40 • Tolorex • Xphe Maxamum 	
Infant Foods		
Size	Size varies by variety. See variety list below.	
Brands	Generally: Beechnut Classics, Beechnut Naturals, Earth's Best Organic, Gerber, O Organics. Brand varies by variety. See details below.	
Restrictions	See variety description for restrictions.	
Varieties	<p><u>Infant Fruits & Vegetables</u> 4 oz container (single and 2-pack) Glass or plastic allowed</p> <p>Stage 2 fruit and fruit combinations Stage 2 vegetable and vegetable combinations Stage 2 Fruit and vegetable combinations allowed</p> <p>No added sugars, starches, rice or salt. No dinners. No pouches.</p> <p>Brands: Beechnut Classics Beechnut Naturals Earth's Best Organic Gerber O Organics</p>	<p><u>Infant Meats:</u> 2.5 oz jar Stage 1 or 2nd Foods</p> <p>No added sugar or salt. No dinners.</p> <p>Brands: Beechnut Classics Gerber O Organics Earth's Best</p> <p><u>Infant Cereal:</u> 8 ounce and 16 ounce box No added formula, fruit, or vegetables.</p> <p>Beechnut – Oatmeal, Rice, Multigrain, Organic Oatmeal Organic Multigrain</p> <p>Earth's Best Organic – Oatmeal, Rice, Multigrain</p> <p>Gerber – Barley, Oatmeal, Rice, Multigrain, Whole Wheat, Organic Rice, Organic Oatmeal</p>