

**WIC** WOMEN  
INFANTS  
CHILDREN

VERMONT DEPARTMENT OF HEALTH

# VERMONT WIC FOODS

Effective October 2018



# FOOD. EDUCATION. SUPPORT. YOU GOT THIS.



**HEALTHY FOODS**



**NUTRITION EDUCATION**



**BREASTFEEDING SUPPORT**



**HEALTHCARE REFERRALS  
& COMMUNITY PROGRAMS**

The full range of WIC's nutrition resources and benefits are available starting in pregnancy and continuing until your child's 5th birthday.

When you choose WIC for your family, you'll get the support you need to give your child the best possible start in life. Kids who stick with WIC until age 5 grow healthy, happy, and smart.

Learn more at  
[healthvermont.gov/wic](http://healthvermont.gov/wic)

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Infant Formula

## **WIC Program Participant Responsibilities:**

1. To avoid loss of WIC benefits, I must attend all WIC appointments.
2. If I cannot make a WIC appointment, I will call in advance to reschedule. If I miss a recertification or nutrition education class, WIC benefits may be reduced.
3. I will notify WIC staff when I change my address or move to a different city or state so my WIC can be transferred to a different district or state.
4. WIC foods are for the participating family member. I will not sell or give my WIC benefits to anyone else and will contact WIC if I need to change my food benefits.
5. All formula/medical food exchanges must take place at the WIC Office. Any unused infant formula must always be returned to the WIC Office.
6. I will keep my WIC card in a safe place, and I will not give my personal identification number to anyone except someone who will make WIC purchases as my additional head of household or proxy.
7. If my Vermont WIC card is lost or stolen, I will report this to the WIC Office immediately. I understand that it is possible the current month's benefits will not be replaced.
8. I understand that WIC benefits are to be purchased only at WIC authorized stores within the month designated and consumed by the participant for whom they were issued, and that unused benefits do not carry over to future months.
9. I am responsible for training my additional head of household or proxy to use the card at the store.
10. I am responsible to ensure that my alternate shopper adheres to these same responsibilities.

### **Disqualification, suspension, prosecution, and cash recovery may occur for:**

- A. Misuse of WIC benefits such as exchanging/selling or intending to sell the Vermont WIC card or food items purchased with WIC benefits verbally, in print, online, or by any other method for cash, credit, or non-food items;
- B. Purchasing/receiving foods not on the WIC Approved Foods List;
- C. Physical abuse, threat of physical abuse, or verbal abuse to WIC or grocery store staff.

## Using the Food Guide

This food guide lists all of the Vermont WIC-Approved foods. Look for this information in each color coded section:



Product weights and sizes are sometimes shown in different units, or abbreviated in this booklet and on food packaging.

### Unit Abbreviations:

**oz** = ounces  
**lb** = pound  
**gal** = gallon

### Unit Equivalents:

$\frac{1}{2}$  pound = 8 ounces  
 1 pound = 16 ounces  
 1 quart = 32 ounces  
 $\frac{1}{2}$  gallon = 2 quarts (64 ounces)  
 1 gallon = 2 half-gallons

# Fruits and Vegetables

## Benefit amounts:

- **Women:** \$11 per month
- **Children:** \$8 per month each child
- **Infants 9-12 months:** \$4 per month each infant (fresh fruits & vegetables only)
- **Fully-breastfeeding infants 9-12 months:** \$8 per month each infant (fresh fruits & vegetables only)

## Fresh

### ✓ WIC-Approved

- Any size
- Whole, cut, bagged or packaged
- Organic allowed

### ⊘ Do not buy

- Added sugars, fats and oils
- Salad bar items
- Dried fruits or vegetables
- Edible blossoms
- Salad kits or party trays with added food items (dip, dressing, nuts, etc.)
- Fruit baskets
- Herbs or spices

## Any size



### Any brand

- Any fruit or vegetable

### 🛒 Shopping tip

The availability of fresh produce varies by season. If a fresh produce item does not scan properly at checkout, let the store know so it can be added to their database.

## Frozen

### ✓ WIC-Approved

- Any size
- Any package type (bag, box, etc.)
- Organic allowed

### ⊘ Do not buy

- Added fats, oils or salt
- Added sugar, dextrose or artificial sweetener
- Non-fruit or non-vegetable ingredients (pasta, rice, cheese, etc.)
- Vegetables with sauce

## Any size



### Any brand

- Any plain fruit or vegetable, or plain mixtures

## Canned

### ✓ WIC-Approved

- Any size
- Any container (can, jar, plastic)
- Organic allowed

### ⊘ Do not buy

- Fruit cocktails in syrup
- Added sugars, fats or oils
- Pickled vegetables
- Creamed vegetables
- Salsa
- Sauce (pizza, spaghetti or tomato)
- Stewed tomatoes or tomato paste
- Guacamole

## Any size



### Any brand

- Any plain fruit or fruit mixtures packed in water or juice
- Any plain vegetable or vegetable mixtures

## Shopping tip

**Whole grain benefit includes choices of:**

- **Bread:** Whole wheat and whole grain
- **Pasta:** Whole wheat and whole grain
- **Tortillas:** Whole wheat and corn
- **Brown Rice**

## Bread

**⚠️ Choose only 16 oz (1 lb) loaves of bread.**

Many bread loaves are larger than 16 ounces (1 pound). They are not WIC-approved. Check the weight carefully.

### WIC-Approved

- 16 ounce (1 pound) loaves
- Whole Wheat
- Whole Grain

## 16 ounce (1 pound) loaves



### Arnold

- Stone Ground Wheat



### Best Yet

- 100% Whole Wheat



### Bimbo

- 100% Whole Wheat



### The Bread Shed

- Sunflower Flax Whole Wheat



### Central Market

- 100% Whole Wheat



### Great Value

- 100% Whole Wheat



### Hannaford

- 100% Whole Wheat



### IGA

- 100% Whole Wheat



### La Panciata

- Whole Wheat Honey & Oats



# Bread (continued)

## 16 ounce (1 pound) loaves



### Pepperidge Farm

- 100% Whole Wheat Stone Ground
- 100% Whole Wheat Very Thin
- Light Style 100% Whole Wheat
- Light Style Soft Wheat
- Whole Grain Seeded Rye
- Swirl 100% Whole Wheat Cinnamon with Raisins



### Pics by Price Chopper

- 100% Whole Wheat

### Shaw's

- 100% Whole Wheat
- No Salt Added 100% Whole Wheat

### Signature Kitchen

- 100% Whole Wheat
- 100% Whole Wheat No Salt



### Sara Lee

- Classic 100% Whole Wheat

### Sunbeam

- 100% Whole Wheat

### Wonder

- 100% Whole Wheat

# Whole Wheat Pasta

## ✓ WIC-Approved

- 16 ounce (1 pound) packages
- Any shape
- 100% Whole Wheat
- 100% Whole Grain

## 16 ounce (1 pound) packages



**Barilla**



**Bella Terra**



**Bionaturae**



**DeLallo**



**Full Circle**



**Garofalo**



**Gia Russa**



**Great Value**



**Hodgson Mill**



**Luigi Vitelli**



**Mantova**



**O Organics**



**Raconto**



**Ronzoni**



**Shurfine**

# Tortillas

## ✓ WIC-Approved

- 16 ounce (1 pound) packages
- 100% Whole Wheat
- Corn

## Shopping tip

Looking for tortillas? Try the bread aisle, the cooler section, or with the taco supplies.

## 16 ounce (1 pound) packages



### Chi-Chi's

- White Corn, Taco Style
- Whole Wheat, Fajita Style



### Great Value

- Whole Wheat



### Hannaford

- Whole Wheat, Fajita



### IGA

- White Corn
- Whole Wheat, Taco Style



### La Banderita

- Corn
- Whole Wheat, Fajita



### Mission

- Whole Wheat, Soft Taco
- Whole Wheat, Fajita
- Extra Thin Yellow Corn



### Ortega

- Whole Wheat



### Shurfine

- Whole Wheat, Fajita Style



### Signature Kitchens

- Whole Wheat

# Brown Rice

## ✓ WIC-Approved

- 14–16 ounce packages
- 28–32 ounce packages
- Bags, boxes, and plastic jars
- Organic allowed

## ⊘ Do not buy

- Added sugars, fats, oils or salt

### 14–16 ounce



#### Any Brand

- Regular
- Instant-cooking
- Quick-cooking
- Boil-in-bag

### 28–32 ounce



#### Any Brand

- Regular
- Instant-cooking
- Quick-cooking
- Boil-in-bag

## 🛒 Shopping tip

You can choose a mix of **bread, pasta, tortillas and rice** to add up to the total number of ounces of **Bread-Whole Grains-Pasta** on your Family Food Benefits list. Here are two examples:



+



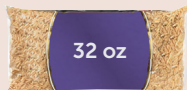
= 32 ounces

**One 16 ounce**  
loaf bread

**One 16 ounce**  
package tortillas



+



= 48 ounces

**One 16 ounce**  
package pasta

**One 32 ounce**  
package rice

# Eggs

## ✓ WIC-Approved

- Whole dozen
- Medium and large
- Brown and white

## ⊘ Do not buy

- Enhanced or specialty (Omega-3)
- Organic

## Dozen, Medium and Large



Any Brand

# Soymilk Beverage

## ✓ WIC-Approved

- Refrigerated:  
64 ounce (1/2 gallon)
- Shelf-stable:  
32 ounce (1 quart)

## ⊘ Do not buy

- Organic

## Refrigerated

**64 ounce  
(1/2 gallon)**



**8th Continent**

- Original
- Vanilla



**Silk**

- Original

## Shelf-stable

**32 ounce  
(1 quart)**



**Pacific**

- Ultra Soy Original
- Ultra Soy Vanilla

# Cow's Milk

## ⚠️ Choose what is approved for you.

- **Whole milk** for children 12-24 months
- **Low-fat (1%) and nonfat (skim) milk** for women and children 2-5 years

### ✓ WIC-Approved

- Fluid: Gallon, ½ gallon, and quart
- Shelf-stable: Quart
- Nonfat dry milk powder: 25.6 ounce

### ⊘ Do not buy

- Enhanced or specialty
- Reduced-fat (2%)
- Organic
- Flavored
- Glass bottles

## Fluid

### Gallon, ½ gallon, quart



#### Any Brand

- Whole: For children 12–24 months
- Low-fat (1%) or nonfat (skim)
- Lactose-free

## Shelf-stable

### Quart



#### Any Brand

## Nonfat dry milk powder

**25.6 ounce  
(makes 2 gallons)**



#### Any Brand

# Goat's Milk

## ⚠ Choose what is approved for you.

- **Whole milk** for children 12-24 months
- **Low-fat (1%) and nonfat (skim) milk** for women and children 2-5 years

## ✓ WIC-Approved

- **Meyenberg brand only**
- Whole fluid: ½ gallon, and quart
- Low-fat (1%) fluid: Quart
- Powdered: 12 ounce

## Fluid

### ½ gallon, quart



#### Meyenberg

- Whole:  
For children 12–24 months

### Quart



#### Meyenberg

- Low-fat (1%)

## Powdered

### 12 ounce (makes 3 quarts)



#### Meyenberg

- Whole:  
For children 12–24 months



#### Meyenberg

- Nonfat

# Cheese

## ✓ WIC-Approved

- 8 ounce and 16 ounce packages
- Regular
- Low-fat
- Blocks
- American slices

## ⊘ Do not buy

- Imported or deli
- Individually wrapped slices
- Organic
- Flavored
- String or shredded
- Specialty or special reserve

## Blocks

### 8 ounce and 16 ounce



**Cheddar**



**Colby**



**Colby Jack**



**Monterey Jack**



**Mozzarella**



**Muenster**

## Slices

### 8 ounce and 16 ounce



**Yellow American**



**White American**

## Brands allowed



**Best Yet**



**Borden**



**Cabot**



**Cappiello**



**Cracker Barrel**



**Crystal Farms**



**Dragone**



**Galbani**



**Great Value**



**Hannaford**



**Heluva Good!**



**IGA**



**Kraft**



**Lucerne**



**Maggio**



**Pics by Price Chopper**



**Polly-O**



**Sargento**



**Shurfine**



**Sorrento**



# Tofu

**✓ WIC-Approved**

- 8 ounce, 14 ounce, and 16 ounce packages
- Organic allowed

## 8 ounce, 14 ounce, and 16 ounce



**Azumaya**

- Silken
- Firm
- Extra Firm



**O Organics**

- Firm
- Sprouted Super Firm
- Cubed Extra Firm



**Nasoya**

- Silken
- Firm
- Soft
- Extra Firm
- Cubed Super Firm
- Sprouted Super Firm
- Lite
- - Silken
- - Firm



**Vermont Soy**

- Firm

**Shopping tip**

**Combine tofu packages** to add up to the total number of pounds (lbs) on your Family Food Benefits list.

**1 lb (16 oz)**



One 16 oz

OR



Two 8 oz

**4 lbs (64 oz)**



Four 16 oz

OR



Four 14 oz + One 8 oz

**6 lbs (96 oz)**



Six 16 oz

# Yogurt

## ⚠️ Choose what is approved for you.

- Whole milk yogurt for children 12-24 months
- Low-fat and nonfat yogurt for women and children 2-5 years

### ✓ WIC-Approved

- 32 ounce tubs
- 8-packs of 2 ounce tubes
- Organic allowed

### ⊘ Do not buy

- Pouches
- Artificial sweeteners

## 32 ounce tubs



### Best Yet

- Any flavor



### Butterworks Farm

- Any flavor



### Cabot

- Any flavor
- Cabot Greek: Any flavor



### Chobani

- Any flavor



### Dannon

- Any flavor
- Oikos Greek: Any flavor



### Great Value

- Any flavor

### ⊘ Do not buy

- Nonfat Vanilla



### Green Mountain Creamery

- Any flavor



### Hannaford

- Any flavor



### Kingdom Creamery of VT

- Any flavor

# Yogurt (continued)

## 32 ounce tubs



### Lucerne

- Any flavor

**Do not buy**

- Light Vanilla



### O Organics

- Any flavor



### Open Nature

- Any flavor



### Pics by Price Chopper

- Any flavor



### Shurfine

- Any flavor



### Stonyfield Organic

- Smooth & Creamy: Any flavor
- Greek: Any flavor



### Yoplait

- Original: Any flavor

## 8-packs of 2 ounce tubes



### Chobani

- Any flavor



### Stonyfield Organic

- YoKids Squeezers: Any flavor

 **Shopping tip**

**1 Peanut Btr/Beans/Peas** on your Family Food Benefits list means you can buy:

**A**



**One 16–18 oz jar of peanut butter**

**OR**

**B**



**Four 15–16 oz cans of canned beans**

**OR**

**C**




**One 16 oz package of dry beans, lentils, peas**

**A Peanut Butter**

 **WIC-Approved**

- 16–18 ounce jars
- Smooth / Creamy
- Chunky / Crunchy
- Plastic or glass jars

 **Do not buy**

- Reduced fat
- Low sodium
- Organic
- Specialty peanut butters
- Peanut butter spreads
- Flavored or mix-in ingredients

**16–18 ounce jars**



**Any Store Brand**



**Smucker's**



**Teddie**



**Jif**



**Peter Pan**



**Skippy**

 **Do not buy**

- Simply Jif
- Natural Jif
- Reduced Fat Jif

 **Do not buy**

- Natural Peter Pan
- Reduced Fat Peter Pan

 **Do not buy**

- Skippy Natural
- Reduced Fat Skippy

## **B** Canned Beans

### **✓** WIC-Approved

- 15–16 ounce cans
- Regular
- Low-sodium
- Organic allowed

### **⊘** Do not buy

- Added sugars, fats or oils
- Added vegetables, fruits or meats
- Added flavors, herbs or spices
- Refried beans

### 15 – 16 ounce cans



#### Any Brand

- Any type of mature beans, lentils or peas

## **C** Dried Beans, Lentils, and Peas

### **✓** WIC-Approved

- 1 pound packages
- Organic allowed

### **⊘** Do not buy

- Added sugars, fats or oils
- Added flavors, herbs or spices
- Soup mix

### 16 ounce packages



#### Any Brand

- Any type of mature beans, lentils or peas

# Hot Cereal

## ✓ WIC-Approved

- Various sizes
- 🌾 Whole grain
- Ⓜ GF Gluten-free

## See each brand/product for sizes



### Best Yet

- 🌾 Original Flavor Oatmeal - 11.8 oz



### Cream of Rice

- Ⓜ GF Gluten Free - 14 oz



### Cream of Wheat

- 1 Minute - 28 oz
- 2½ Minute - 14 oz, 18 oz
- 🌾 Whole Grain - 28 oz



### Farina

- Original Hot Wheat Cereal - 18 oz, 28 oz



### Great Value

- 🌾 Original Flavor Oatmeal - 11.8 oz



### Hannaford

- 🌾 Regular Flavor Oatmeal - 11.8 oz
- Creamy Wheat - 28 oz



### IGA

- 🌾 Original Flavor Oatmeal - 11.8 oz



### Malt O Meal

- Original Hot Wheat Cereal - 18 oz, 28 oz, 36 oz



### Maypo

- 🌾 Maple Oatmeal - 14 oz
- 🌾 Vermont Style Oatmeal - 19 oz



### O Organics

- 🌾 Original Flavor Oatmeal - 11.29 oz



### Pics by Price Chopper

- 🌾 Original Flavor Oatmeal - 11.8 oz

# Hot Cereal (continued)

See each brand/product for sizes



## Quaker

Original Instant Oatmeal Packets  
- 11.8 oz



## Shurfine

Regular Flavor Oatmeal  
- 11.8 oz



## Signature Kitchens

Original Flavor Oatmeal  
- 11.8 oz

## Shopping tip

Combine hot or cold cereal packages to add up to the total ounces on your Family Food Benefits list. Here are four ways to buy up to 36 ounces of cereal:

$$\begin{array}{ccccccc}
 \text{18 oz} & + & \text{9 oz} & + & \text{9 oz} & = & \text{36 oz} \\
 \text{18 oz} & & \text{9 oz} & & \text{9 oz} & & \text{36 oz}
 \end{array}$$

$$\begin{array}{ccccccc}
 \text{12 oz} & + & \text{12 oz} & + & \text{12 oz} & = & \text{36 oz} \\
 \text{12 oz} & & \text{12 oz} & & \text{12 oz} & & \text{36 oz}
 \end{array}$$

$$\begin{array}{ccccccc}
 \text{24 oz} & + & \text{11.8 oz} & = & \text{35.8 oz} \\
 \text{24 oz} & & \text{11.8 oz} & & \text{35.8 oz}
 \end{array}$$

$$\begin{array}{ccccccc}
 \text{15.8 oz} & + & \text{16 oz} & = & \text{31.8 oz} \\
 \text{15.8 oz} & & \text{16 oz} & & \text{31.8 oz}
 \end{array}$$

# Cold Cereal

## ✓ WIC-Approved

- 9 ounce–36 ounce packages
- Whole grain
- GF Gluten-free

Any size from 9 ounce – 36 ounce

## General Mills



### Cheerios

- Ancient Grains
- GF Multi-Grain
- GF Original



### Chex

- GF Blueberry
- GF Cinnamon
- GF Vanilla
- GF Corn
- GF Rice
- Wheat



### Fiber One

- Honey Clusters



### Kix

- Honey
- Berry Berry
- Plain



### Total

- 



### Wheaties

- 

## Kellogg's



### All Bran

- Complete Wheat Flakes
- Original



### Corn Flakes

- Original



### Crispix

- Original



### Rice Krispies

- Original



### Special K

- Original



### Frosted Mini Wheats

- Touch of Fruit, Raspberry
- Little Bites
- Original



# Cold Cereal (continued)

Any size from 9 ounce – 36 ounce

## Post



### Great Grains

- 🌾 Banana Nut Crunch



### Bran Flakes

- 🌾 Original



### Grape Nuts

- 🌾 Flakes
- 🌾 Original



### Honey Bunches of Oats

- With Almonds
- With Cinnamon Bunches
- Honey Roasted
- Pecan & Maple Brown Sugar
- 🌾 Vanilla Bunches
- 🌾 Honey Crunch
- 🌾 Almond Crunch

## Quaker



### Life

- 🌾 Original



### Oatmeal Squares

- 🌾 Hint of Brown Sugar
- 🌾 Hint of Cinnamon

## Sunbelt Bakery



### Simple Granola

- 🌾

# Cold Cereal (continued)

## ✓ WIC-Approved

- 9 ounce–36 ounce packages
- Whole grain
- GF Gluten-free

## Any size from 9 ounce – 36 ounce

### Store Brands



#### Best Yet

- Bite Size Frosted Shredded Wheat
- Bran Flakes
- Frosted Shredded Wheat
- Nutty Nuggets
- Toasted Oats
- Corn Flakes
- Crispy Rice
- Honey Oats & Flakes



#### Great Value

- Bran Flakes
- Frosted Shredded Wheat
- O's
- Multigrain O's
- Wheat Squares
- Corn Flakes
- Corn Squares
- Crispy Rice
- Crunchy Honey Oats
- Crunchy Honey Oats w/ Almonds
- Rice Squares



#### Hannaford

- Bran Flakes
- Bite Size Frosted Shredded Wheat
- Bite Size Strawberry Frosted Shredded Wheat
- Easy Living Oat Squares
- Frosted Shredded Wheat
- Multigrain Tasteos
- Nutty Nuggets
- Toasted Wheat
- Wheat Flakes
- Corn Flakes
- Crispy Rice
- Crispy Hexagons
- Oats & More with Almonds
- Oats & More with Honey
- Tasteos
- Toasted Corn Squares
- Toasted Rice Squares



#### Malt O Meal

- Frosted Mini Spooners



#### Parade

- Corn Flakes
- Crisp Rice

# Cold Cereal (continued)

Any size from 9 ounce – 36 ounce

## Store Brands



### IGA

- Bite Size Frosted Blueberry Shredded Wheat
- Bite Size Frosted Shredded Wheat
- Bite Size Frosted Strawberry Shredded Wheat
- Bran Flakes
- Nutty Nuggets
- Toasted Oats
- Crispy Corn & Rice
- Crispy Rice
- Corn Flakes
- Corn Squares
- Honey Oats & Flakes
- Rice Squares
- Tasteos



### Pics by Price Chopper

- Bran Flakes
- Frosted Shredded Wheat
- Good Choice Oat Crunch
- Nutty Nuggets
- Toasted Oats
- Strawberry Frosted Shredded Wheat
- Corn Flakes
- Crispy Rice
- Toasted Corn Crisps
- Toasted Rice Crisps



### Shurfine

- Bite Size Frosted Shredded Wheat
- Bran Flakes
- Frosted Shredded Wheat
- Nutty Crunchers
- Toasted Oats
- Wheat Squares
- Corn Flakes
- Corn Squares
- Crisp Rice
- Oats & More with Almonds
- Oats & More with Honey
- Rice Squares
- Twin Grain Crisp



### Signature Kitchens

- Bran Flakes
- Crunchy Nuggets
- Frosted Shredded Wheat
- Live it Up!
- Toasted Oats
- Corn Flakes
- Corn Pockets
- Crispy Rice
- Oats & More with Almonds
- Oats & More with Honey
- Rice Pockets

# Child's Juice

## ✓ WIC-Approved

- Shelf-stable 100% Juice: 64 ounce bottles
- Orange juice: 16 ounce frozen concentrate 64 ounce refrigerated bottles

## ⊘ Do not buy

- Organic

## Shelf-stable

### 64 ounce bottles



#### Apple & Eve

- Any flavor



#### Best Yet

- Apple
- Grape
- Grapefruit
- Pineapple
- White Grape



#### Campbell's

- Tomato
- Tomato Low Sodium



#### Great Value

- Apple
- Cranberry
- Cranberry Pomegranate
- Grape
- Tomato
- Vegetable
- White Grape
- White Grape Peach



#### Hannaford

- Apple
- Berry
- Cranberry Grape
- Cranberry Raspberry
- Grape
- Vegetable
- White Grape
- White Grapefruit



#### IGA

- Apple
- Grape
- Grapefruit
- White Grape



#### Juicy Juice

- Any flavor



#### Langers

- Apple
- Ruby Red Grapefruit
- Red Grape
- White Grape

# Child's Juice (continued)

## Shelf-stable

### 64 ounce bottles



#### Mott's

- Apple
- Apple Cherry
- Apple Mango
- Apple White Grape



#### Northland

- Any flavor



#### Old Orchard

- Apple
- Apple Cranberry
- Berry Blend
- Cranberry Pomegranate
- Grape
- Orange
- Peach Mango
- White Grape



#### Pics by Price Chopper

- Apple
- Berry
- Cranberry
- Cranberry Grape
- Cranberry Raspberry
- Grape
- Grapefruit
- Pineapple
- Tomato
- Vegetable
- White Grape
- White Grape Peach



#### Shurfine

- Apple
- Cranberry
- Cranberry Apple
- Cranberry Pomegranate
- Cranberry Raspberry
- Grape
- Grapefruit
- Orange
- Pineapple
- Tomato
- Vegetable
- White Grape



#### Signature Kitchens

- Apple
- Berry Blend
- Cranberry
- Cranberry Grape
- Cranberry Raspberry
- Grape
- Orange
- Pineapple
- Tomato
- Vegetable
- White Grapefruit
- White Grape



#### V8 Vegetable

- Original Vegetable
- Spicy Hot Vegetable



#### Welch's

- 100% White Grape
- 100% Red Grape
- Grape
- White Grape Peach

**Do not buy**

- Light
- Fiber added
- Calcium added

# Child's Juice (continued)

## Frozen Orange Juice

### 16 ounce cans



#### Any Store Brand

- Best Yet
- Hannaford
- Price Chopper
- Shurfine
- Signature Kitchens



#### Minute Maid

- Original
- Original with Calcium

## Refrigerated Orange Juice

### 64 ounce bottles



#### Any Store Brand

- Best Yet
- Great Value
- Hannaford
- IGA
- Price Chopper
- Shurfine
- Signature Farms



#### Hood



#### Natalie's



#### Thomas Dairy

# Women's Juice

## ✓ WIC-Approved

- Frozen concentrate: 11.5–12 ounce containers
- Shelf-stable 100% Juice: 48 ounce bottles

## ⊘ Do not buy

- Organic

## Frozen

### 11.5–12 ounce cans



#### Any Store Brand Orange Juice

- Best Yet
- Great Value
- Hannaford
- Price Chopper
- Shurfine
- Signature Kitchens



#### Dole

- 100 % juice
- Any flavor



#### Minute Maid

- Orange
- Any style
- Grapefruit



#### Old Orchard

- Green peel strip
- Any flavor



#### Welch's

- Yellow peel strip
- Any flavor

## Shelf-stable

### 48 oz bottles



#### Apple & Eve

- Any flavor



#### Best Yet

- Grape



#### Juicy Juice

- Any flavor



#### Northland

- Any flavor



#### Shurfine

- Apple
- Grape
- Vegetable



#### Welch's

- Concord Grape

# Infant Fruits and Vegetables

## Shopping tip

**There is a limit of 40 WIC items in one transaction.** Keep this in mind when buying infant foods.

**128 ounce benefit = (32) 4 ounce jars**

**256 ounce benefit = (64) 4 ounce jars**

### WIC-Approved

- 4 ounce containers (single and 2-packs)
- Stage 2 or 2nd Foods
- Any variety fruit or vegetable
- Any variety mixed fruits and mixed vegetables

### Do not buy

- Added sugars, salt, starches or rice
- Dinners
- Pouches
- Desserts

## 4 oz containers (single and 2-packs)



**Beech-Nut Classics**

- Single



**Beech-Nut Naturals**

- Single



**Earth's Best Organic**

- Single



**Gerber**

- 2-pack



**Gerber Organic**

- Single



**Happy Baby**

- Single



**O Organics**

- Single



**Pic Select Fresh**


- 2-pack



## Fresh fruit and vegetable option:

At 9 months of age, half of the jarred infant food benefit can be replaced with **fresh** fruits and vegetables:

- \$4 for partially breastfeeding or fully formula feeding infants
- \$8 for fully breastfeeding infants

 If this option is not already on your Family Food Benefits list and you would like it, contact your local WIC office. Contact info at [healthvermont.gov/local](http://healthvermont.gov/local).

## Infant Cereal

### WIC-Approved

- 8 ounce and 16 ounce packages
- Single and multigrain
- Organic allowed

### Do not buy

- Added fruit, formula or vegetables

## 8 ounce and 16 ounce packages



### Beech-Nut

- Multigrain
- Oatmeal
- Organic Multigrain
- Organic Oatmeal
- Rice



### Earth's Best Organic

- Whole Grain Multigrain
- Whole Grain Oatmeal
- Whole Grain Rice



### Gerber

- Barley
- Multigrain
- Oatmeal
- Organic Oatmeal
- Organic Rice
- Rice
- Whole Wheat

# For Fully Breastfeeding Moms and Babies Only

## Shopping tip

**There is a limit of 40 WIC items in one transaction.** Keep this in mind when buying infant foods.

**77.5 ounce benefit = (31) 2.5 ounce jars**

## Infant Meats

### WIC-Approved

- 2.5 ounce jars
- Stage 1 or 2nd Foods
- Any variety

### Do not buy

- Added sugar or salt
- Dinners

## 2.5 ounce jars



**Beech-Nut Classics**



**Earth's Best Organic**



**Gerber**



**O Organics**

## Canned Fish

### WIC-Approved

- Sizes and varieties shown
- Packed in water or oil
- Sardines may include bones and skin

### Do not buy

- Albacore tuna
- Chunk **white** tuna
- Pouches

## Combine cans up to 30 ounces

### Chunk

### Light Tuna



**Any Brand**  
• 5 ounce

### Sardines



**Any Brand**  
• 3.75 ounce

### Salmon



**Any Brand**  
• 5 ounce, 6 ounce and 7.5 ounce

# Infant Formula

## Choose what is approved for your baby.

You must buy **the exact type and size container** of infant formula listed on your Family Food Benefits list.

## If your baby needs a different formula:



Contact your local WIC Office for help making a change. Get info at [healthvermont.gov/local](https://healthvermont.gov/local).

## As your baby gets older:

- WIC provides enough formula to meet most babies' needs. As babies get older and drink more, you may have to buy more formula.

Vermont WIC Program  
Vermont Department of Health  
108 Cherry Street, PO Box 70  
Burlington, VT 05402

[healthvermont.gov/wic](http://healthvermont.gov/wic)

[wic@vermont.gov](mailto:wic@vermont.gov)  
800-649-4357  
802-863-7333

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(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](mailto:program.intake@usda.gov).

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