

**Vermont WIC Approved Products List**  
**Effective October 1, 2018**  
**[changes highlighted in blue and noted with New!]**

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](http://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 **February 1 (New!)** and closing March 31. Guidance can be found here:

[http://healthvermont.gov/wic/product\\_submission\\_food\\_mfr.aspx](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](mailto:WIC@Vermont.gov).

<b>Fruits &amp; Vegetables</b>	
<b>Size</b>	Any size
<b>Varieties</b>	<p>Fresh, Frozen or Canned            May be regular or low sodium.            Organic allowed.  <b>All white potatoes allowed: fresh, frozen and canned. (New!)</b></p> <ul style="list-style-type: none"> <li>• Fresh fruits &amp; vegetables:               <ul style="list-style-type: none"> <li>○ Allowed – any variety of fresh, organic or non-organic, fruits and vegetables.</li> <li>○ May be whole, cut, bagged or packaged.</li> <li>○ 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.</li> <li>○ <b>Any size allowed (New!)</b></li> </ul> </li> <li>• Frozen fruits &amp; vegetables:               <ul style="list-style-type: none"> <li>○ Allowed – any brand and package type; <b>any size New!</b>; any organic or non-organic plain fruit or vegetable without added sugar or artificial sweetener.</li> <li>○ Not allowed – products with non-fruit or vegetable ingredients (pasta, rice, cheese, etc), sauces (cheese sauce, teriyaki sauce, buttered, seasoned, breaded, etc.) or additives such as artificial sweeteners, added fats, oil or sugar.</li> </ul> </li> <li>• Canned fruits &amp; vegetables:</li> </ul>

	<ul style="list-style-type: none"> <li>○ Allowed – any brand and container (can, jar, plastic); <b>any size New!</b>; 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.</li> <li>○ 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.</li> </ul>
<b>Restrictions</b>	See detail under varieties above.
<b>Brands</b>	Any brand.
<b>Whole Grains - Bread</b>	
<b>Size</b>	16 oz only
<b>Restrictions</b>	Limited to brands listed. <b>Must be 16 oz loaf.</b>
<b>Varieties</b>	100% Whole Wheat and Whole Grain Bread
<b>Brands</b>	<p><b><u>These are the only breads allowed:</u></b></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 &amp; 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 Light Style, 100% Whole 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  Sunbeam Bread 100% Whole Wheat 16 oz  Wonder Bread 100% Whole Wheat 16 oz</p>

<b>Whole Grains - Pasta</b>	
<b>Size</b>	16 ounce box or bag
<b>Varieties</b>	Whole wheat and whole grain wheat pasta Organic allowed Any shape such as rotini, elbows, spaghetti, penne, rigatoni, linguini, capellini, farfalle, etc.
<b>Restrictions</b>	n/a
<b>Brands</b>	<b><u>These are the only brands allowed:</u></b> Barilla Bella Terra Bionaturae Delallo Full Circle Garofalo Gia Russa Great Value Hodgson Mill Luigi Vitelli Mantova O Organics Racconto Ronzoni Shurfine

<b>Whole Grains - Tortillas</b>	
<b>Size</b>	16 oz only
<b>Restrictions</b>	Only 16 oz and brands listed below
<b>Varieties</b>	100% Whole Wheat; and Corn
<b>Brands</b>	These are the only tortillas allowed, corn and whole wheat:  <u>Corn:</u> Chi-Chi'S White Corn, Taco Style 16 oz <b>IGA White Corn 16 oz (New!)</b> La Banderita Corn 16 oz Mission Extra Thin Yellow 16 oz  <u>Whole Wheat:</u> Chi-Chi's Whole Wheat, Fajita Style 16 oz Great Value Whole Wheat 16 oz Hannaford Whole Wheat Fajita 16 oz IGA Whole Wheat, Taco Style 16 oz La Banderita Whole Wheat, Fajita 16 oz Mission Whole Wheat, Soft Taco 16 oz

	Mission Whole Wheat, Fajita 16 oz Ortega Whole Wheat 16 oz Shurfine Whole Wheat, Fajita 16 oz Signature Kitchens Whole Wheat 16 oz
<b>Whole Grains - Brown Rice</b>	
<b>Size</b>	14 to 16 ounce, and 28 to 32 ounce package, box or bag
<b>Varieties</b>	May be instant-, quick-, or regular cooking and/or boil-in-bag Organic allowed.
<b>Restrictions</b>	No added fats, sugars, oils or salt.
<b>Eggs</b>	
<b>Size</b>	Medium and Large Whole dozen only
<b>Varieties</b>	White or brown
<b>Restrictions</b>	No organic No enhanced or specialty (Omega-3)
<b>Brand</b>	Any brand
<b>Soy Milk Beverage</b>	
<b>Size Brands Varieties</b>	<b><u>Only soymilk beverages allowed:</u></b>  Pacific Natural Foods 32 oz shelf stable <ul style="list-style-type: none"> <li>• Ultra Soy Original</li> <li>• Ultra Soy Vanilla</li> </ul> 8th Continent 64 oz refrigerated <ul style="list-style-type: none"> <li>• Original</li> <li>• Vanilla</li> </ul> Silk 64 oz refrigerated <ul style="list-style-type: none"> <li>• Original</li> </ul>
<b>Restrictions</b>	No Organic

<b>Milk</b>	
<b>Size</b> <b>Varieties</b> <b>Brands</b>	<p><b>Low-fat (1%), Nonfat (skim) &amp; Whole Milk</b> Quarts, Half Gallons, Gallons Any brand</p> <p><b>Lactose reduced and Lactose free milk (whole, 1% and skim):</b> Quarts, Half Gallons, Gallons Any brand</p> <p><b>Shelf stable (UHT) milk:</b> Quarts Any Brand</p> <p><b>Dry milk powder (non-fat only):</b> 25.6 oz packages Any brand</p> <p><b>Goat's Milk</b> Meyenberg Whole milk: Half gallon and quart fluid and 12 ounce powdered Meyenberg Low-fat milk: Quart fluid and 12 ounce powdered</p>
<b>Restrictions</b>	No organic, no flavored, no glass bottles No enhanced or specialty milks
<b>Cheese</b>	
<b>Size</b>	8 and 16 oz only (block and sliced American)
<b>Varieties</b>	<p>American slices, <u>not</u> individually wrapped Cheddar – sharp, mild Colby Colby-Jack Monterey Jack Mozzarella Muenster</p> <p><i>Regular and Low fat versions of all above allowed</i></p>
<b>Restrictions</b>	<p>No string, No shredded, No imported, No deli, No organic, No individually wrapped, No specialty or special reserve</p>

<b>National Brands Allowed</b>	Borden Cabot Cappiello Cracker Barrel Dragone Galbani	Heluva Good Kraft Maggio Polly O Sargento Sorrento
<b>Store Brands Allowed</b>	Best Yet Crystal Farms Great Value Hannaford	IGA Lucerne Pics by Price Chopper Shurfine

**Tofu**

<b>Size</b>	8 ounce, 14 ounce, and 16 ounce packages
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<b>Varieties</b>	See specific brand varieties below
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<b>Restrictions</b>	
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<b>Brands</b>	<b><u>Only brands and varieties allowed:</u></b>  Azumaya Firm Azumaya Extra Firm Azumaya Silken  Nasoya Soft Nasoya Firm Nasoya Silken Nasoya Extra Firm Nasoya Lite Firm Nasoya Lite Silken Nasoya Sprouted Super Firm Nasoya Cubed, Super Firm  O Organics Firm O Organics Sprouted Super Firm O Organics Cubed, Extra Firm  Vermont Soy Firm
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**Yogurt**

<b>Size</b>	Allowed: 32 oz tubs, 8 packs of 2 oz tubes
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<b>Varieties</b>	Plain and flavored allowed. Organic allowed.
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<b>Restrictions</b>	No mix ins allowed (granola, candy, nuts, honey) No artificial sweeteners
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Brands	<p><b>Brands:</b></p> <ul style="list-style-type: none"> <li>• Butterworks Farm – [All 32 oz tubs] <ul style="list-style-type: none"> <li>○ Whole Milk – any flavor</li> <li>○ Nonfat – any flavor</li> </ul> </li> <li>• Cabot – [All 32 oz tubs] <ul style="list-style-type: none"> <li>○ “Cabot” Nonfat – any flavor</li> <li>○ “Cabot Greek” - Whole milk – any flavor Low-fat – Any flavor</li> </ul> </li> <li>• Chobani – <ul style="list-style-type: none"> <li>○ [32 oz tubs] “Greek” <ul style="list-style-type: none"> <li>▪ Whole Milk – any flavor</li> <li>▪ Nonfat - any flavor</li> </ul> </li> <li>○ [8 packs 2 oz tubes] “Kids Tubes” – any flavor</li> </ul> </li> <li>• Dannon – [All 32 oz tubs ] <ul style="list-style-type: none"> <li>○ “Dannon” - Whole Milk – any flavor; Low-fat – any flavor; Nonfat – any flavor</li> <li>○ “Oikos Greek” – Whole Milk – any flavor; Nonfat -any flavor</li> <li>○ “Triple Zero” – Nonfat – any flavor</li> </ul> </li> <li>• Green Mountain Creamery – [All 32 oz tubs] <ul style="list-style-type: none"> <li>○ “Greek” Full Fat – any flavor; Nonfat – any flavor</li> </ul> </li> <li>• Kingdom Creamery – [All 32 oz tubs] <ul style="list-style-type: none"> <li>○ Non-fat – any flavor</li> </ul> </li> <li>• Stonyfield Farms – <ul style="list-style-type: none"> <li>○ [32 oz tubs] “Smooth &amp; Creamy” Whole Milk – any flavor; Low-fat – any flavor; ; Fat Free – any flavor</li> <li>○ [32 oz tubs] “Greek” Nonfat – any flavor</li> <li>○ [8 pack 2 oz tubes] “YoKids Squeezers” Low-fat – any flavor</li> </ul> </li> <li>• Yoplait – [All 32 oz tubs] <ul style="list-style-type: none"> <li>○ “Original” - Nonfat – any flavor</li> </ul> </li> </ul> <p><b><u>Store Brands – [All 32 oz tubs]</u></b></p> <ul style="list-style-type: none"> <li>• Best Yet- <ul style="list-style-type: none"> <li>○ Non Fat – any flavor</li> <li>○ Low Fat – any flavor</li> </ul> </li> <li>• Great Value – (all flavors except Nonfat Vanilla due to artificial sweetener) <ul style="list-style-type: none"> <li>○ Whole – any flavor</li> <li>○ Non-fat – any flavor</li> <li>○ Low Fat – any flavor</li> </ul> </li> <li>• Hannaford – <ul style="list-style-type: none"> <li>○ Lowfat – any flavor</li> <li>○ Nonfat – any flavor</li> </ul> </li> <li>• Lucerne – <ul style="list-style-type: none"> <li>○ Non-Fat - any flavor</li> <li>○ Lowfat – any flavor</li> <li>○ Greek Non-Fat – any flavor</li> <li>○ No Lucerne Greek Vanilla Light due to artificial sweetener</li> </ul> </li> <li>• O Organics (New!)- <ul style="list-style-type: none"> <li>○ Any flavor</li> </ul> </li> <li>• Open Nature (New!) - <ul style="list-style-type: none"> <li>○ Any flavor</li> </ul> </li> <li>• Pics by Price Chopper – <ul style="list-style-type: none"> <li>○ Non-Fat - any flavor</li> </ul> </li> </ul>
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	<ul style="list-style-type: none"> <li>○ Lowfat – any flavor</li> <li>○ Greek Nonfat – any flavor</li> <li>● Shurfine – <ul style="list-style-type: none"> <li>○ Nonfat Plain – any flavor</li> <li>○ Lowfat Plain – any flavor</li> </ul> </li> <li>● Taste of Inspirations – <ul style="list-style-type: none"> <li>○ Greek Nonfat – any flavor</li> <li>○ Greek Whole Milk – any flavor</li> </ul> </li> </ul>
<b>Legumes - Peanut Butter</b>	
<b>Size</b>	16 to 18 ounce jar (plastic or glass)
<b>Varieties</b>	Smooth and chunky
<b>Restrictions</b>	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
<b>National Brands Allowed</b>	Jif Peter Pan Skippy Smuckers Natural Teddie Natural Teddie Natural Unsalted
<b>Store brands</b>	Any store brand
<b>Legumes - Canned Beans</b>	
<b>Size</b>	15 to 16 ounce can
<b>Varieties</b>	Any type of mature beans, peas or lentils. May be regular or low sodium. Organic allowed.
<b>Restrictions</b>	May not contain added sugars, fats, oils, vegetables, fruits or meat. No refried beans.
<b>Brands</b>	Any brand



<b>Legumes - Dried Beans</b>	
<b>Size</b>	1 pound package
<b>Varieties</b>	Any type of mature dry beans, peas or lentils. Organic allowed.
<b>Restrictions</b>	No added sugars, no soup mix.
<b>Brands</b>	Any brand
<b>Breakfast Cereal - Hot</b>	
<b>Size</b>	See below
<b>Varieties</b>	Hot Oatmeal Hot Wheat Hot Rice  Whole grain cereals in red or with # Gluten Free in blue or with * Non-whole grain in black
<b>Restrictions</b>	No added sugar or fruit.
<b>Brands</b>	<p><b>Brands/Products allowed:</b></p> <p>Cream of Rice – Original 14 oz *</p> <p>Cream of Wheat – Original Flavor (1 and 2 ½ minute) 14 oz, 28 oz</p> <p>Cream of Wheat - Whole Grain (2 ½ minute) 18 oz #</p> <p>Farina Hot Wheat Cereal 18 oz, 28 oz</p> <p>Hannaford Creamy Wheat 28 oz (New!)</p> <p>Malt O Meal Original Hot Wheat Cereal 18 oz, 28 oz, 36 oz</p> <p>Maypo Vermont Style Maple Oatmeal 19 oz #</p> <p>Maypo Instant Maple Oatmeal 14 oz #</p> <p>Quaker Instant Oatmeal Original Packets 11.8 oz #</p> <p><b>Store Brand Oatmeal:</b></p> <p>Best Yet Instant Oatmeal, Original Flavor 11.8 oz #</p> <p>Great Value Original Instant Oatmeal 11.8 oz #</p> <p>Hannaford Instant Oatmeal, Regular 11.8 oz #</p> <p>IGA Instant Oatmeal, Original Flavor 11.8 oz #</p> <p>O Organics Instant Oatmeal, Original Flavor 11.29 oz #</p> <p>Pics by Price Chopper Instant Oatmeal, Original Flavor 11.8 oz #</p> <p>Shurfine Instant Oatmeal, Regular Flavor 11.8 oz # (New!)</p> <p>Signature Kitchens Instant Oatmeal, Regular Flavor 11.8 oz #</p>

<b>Breakfast Cereal - Cold</b>			
<b>Size</b>	9 oz to 36 oz box sizes		
<b>Varieties</b>	Whole grain cereals in red or with # Gluten Free in blue or with * Non-whole grain in black		
<b>Restrictions</b>	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: <a href="http://www.fns.usda.gov/wic/wic-food-packages-regulatory-requirements-wic-eligible-foods">www.fns.usda.gov/wic/wic-food-packages-regulatory-requirements-wic-eligible-foods</a>		
<b>National Brands Allowed</b>	<table border="0" style="width: 100%;"> <tr> <td style="width: 50%; vertical-align: top;"> <p><b>General Mills</b></p> <p>Cheerios # (gluten free)* Multi-Grain Cheerios # (gluten free)* Cheerios + Ancient Grains # Chex – Blueberry* (New!) Chex – Cinnamon* (New!) Chex – Corn * Chex - Rice * Chex – Wheat # Chex – Vanilla* (New!) Fiber One - Honey Clusters # Kix – Plain # Kix – Berry Berry # Kix – Honey # Total # Wheaties #</p> <p><b>Quaker</b></p> <p>Life # Oatmeal Squares: Hint of Brown Sugar # Oatmeal Squares: Hint of Cinnamon #</p> <p><b>Sunbelt Bakery</b></p> <p>Simple Granola Cereal #</p> <p><b>Malt O Meal</b></p> <p>Frosted Mini Spooners #</p> </td> <td style="width: 50%; vertical-align: top;"> <p><b>Kellogg's</b></p> <p>All Bran Complete Wheat Flakes # Corn Flakes Crispix Frosted Mini Wheats – Original and Little Bites # Frosted Mini-Wheats Touch of Fruit in the Middle, Raspberry # Rice Krispies (plain) Special K Original</p> <p><b>Post</b></p> <p>Banana Nut Crunch # Bran Flakes # Grape Nuts # Grape Nut Flakes # Honey Bunches of Oats: with Almonds Honey Bunches of Oats: with Cinnamon Bunches Honey Bunches of Oats: Honey Roasted Honey Bunches of Oats: Pecan &amp; Maple Brown Sugar (New!) Honey Bunches of Oats: Vanilla Bunches # Honey Bunches of Oats: Whole Grain Honey Crunch # Honey Bunches of Oats: Whole Grain Almond Crunch #</p> </td> </tr> </table>	<p><b>General Mills</b></p> <p>Cheerios # (gluten free)* Multi-Grain Cheerios # (gluten free)* Cheerios + Ancient Grains # Chex – Blueberry* (New!) Chex – Cinnamon* (New!) Chex – Corn * Chex - Rice * Chex – Wheat # Chex – Vanilla* (New!) Fiber One - Honey Clusters # Kix – Plain # Kix – Berry Berry # Kix – Honey # Total # Wheaties #</p> <p><b>Quaker</b></p> <p>Life # Oatmeal Squares: Hint of Brown Sugar # Oatmeal Squares: Hint of Cinnamon #</p> <p><b>Sunbelt Bakery</b></p> <p>Simple Granola Cereal #</p> <p><b>Malt O Meal</b></p> <p>Frosted Mini Spooners #</p>	<p><b>Kellogg's</b></p> <p>All Bran Complete Wheat Flakes # Corn Flakes Crispix Frosted Mini Wheats – Original and Little Bites # Frosted Mini-Wheats Touch of Fruit in the Middle, Raspberry # Rice Krispies (plain) Special K Original</p> <p><b>Post</b></p> <p>Banana Nut Crunch # Bran Flakes # Grape Nuts # Grape Nut Flakes # Honey Bunches of Oats: with Almonds Honey Bunches of Oats: with Cinnamon Bunches Honey Bunches of Oats: Honey Roasted Honey Bunches of Oats: Pecan &amp; Maple Brown Sugar (New!) Honey Bunches of Oats: Vanilla Bunches # Honey Bunches of Oats: Whole Grain Honey Crunch # Honey Bunches of Oats: Whole Grain Almond Crunch #</p>
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<b>Store Brands Allowed</b>	<table border="0" style="width: 100%;"> <tr> <td style="width: 50%; vertical-align: top;"> <p><b>Best Yet:</b></p> <p>Bite Size Frosted Shredded Wheat # (New!) Bran Flakes # Crispy Rice Corn Flakes Honey Oats &amp; Flakes (New!) Frosted Shredded Wheat # Nutty Nuggets # Toasted Oats #</p> <p><b>Great Value</b></p> </td> <td style="width: 50%; vertical-align: top;"> <p><b>Parade</b></p> <p>Corn Flakes Crisp Rice</p> <p><b>Pics by Price Chopper:</b></p> <p>Bran Flakes # Corn Flakes Crispy Rice Good Choice Oat Crunch # Toasted Oats # Toasted Rice Crisps</p> </td> </tr> </table>	<p><b>Best Yet:</b></p> <p>Bite Size Frosted Shredded Wheat # (New!) Bran Flakes # Crispy Rice Corn Flakes Honey Oats &amp; Flakes (New!) Frosted Shredded Wheat # Nutty Nuggets # Toasted Oats #</p> <p><b>Great Value</b></p>	<p><b>Parade</b></p> <p>Corn Flakes Crisp Rice</p> <p><b>Pics by Price Chopper:</b></p> <p>Bran Flakes # Corn Flakes Crispy Rice Good Choice Oat Crunch # Toasted Oats # Toasted Rice Crisps</p>
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	<p> <b>Bran Flakes #</b>            Corn Flakes            Corn Squares            Crispy Rice            Crunchy Honey Oats            Crunchy Honey Oats with Almonds            Frosted Shredded Wheat #            Multigrain O's (New!)            O's (New!)            Rice Squares            Wheat Squares #         </p> <p> <b>Hannaford:</b>            Bite Size Frosted Shredded Wheat #            Bran Flakes #            Corn Flakes            Crispy Rice            Crispy Hexagons            Frosted Shredded Wheat #            Frosted Strawberry Shredded Wheat #            Multigrain Tasteos #            Nutty Nuggets #            Oats &amp; More with Honey            Oats &amp; More with Almonds            Easy Living Oat Squares # (New!)            Toasted Rice Squares            Toasted Corn squares            Toasted Wheat #            Tasteos         </p> <p> <b>IGA</b>            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 &amp; Flakes            Nutty Nuggets #            Rice Squares            Tasteos            Toasted Oats #         </p>	<p>           Toasted Corn Crisps            Frosted Shredded Wheat #            Nutty Nuggets #            Strawberry Frosted Shredded Wheat #         </p> <p> <b>Shurfine</b>            Bran Flakes #            Bite Size Frosted Shredded Wheat # (New!)            Corn Flakes            Corn Squares            Crisp Rice            Frosted Shredded Wheat #            Oats &amp; More with Honey            Oats &amp; More with Almonds            Rice Squares            Toasted Oats #            Twin Grain Crisp            Wheat Squares #         </p> <p> <b>Signature Kitchens:</b>            Bran Flakes #            Corn Flakes            Corn Pockets (New!)            Crispy Rice            Crunchy Nuggets #            Frosted Shredded Wheat #            Live it Up! # (New!)            Oats &amp; More with Almonds (New!)            Oats &amp; More with Honey (New!)            Rice Pockets            Toasted Oats #         </p>
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## Juice

Size  
Varieties  
Brands

### Juice for Kids:

#### **16 oz Frozen Orange Juice**

Brands:  
Minute Maid  
and  
Any Store Brand Orange Juice (any style)

#### **64 oz Refrigerated Orange Juice**

Brands Orange Juice:

Hood

**Natalie's (New!)**

Thomas Dairy

and

Any Store Brand

#### **64 oz Shelf stable bottle:**

These brands only- *any flavor*:

Apple and Eve (no organic)  
Apple and Eve Sesame Street  
Juicy Juice  
Northland

These brands, *flavor specific*:

Best Yet –

Apple; Grape; Grapefruit; Pineapple;  
White Grape

**Campbell's (New!)-**

**Tomato (New!); Tomato Low Sodium (New!)**

Great Value –

Apple; **Cranberry (New!); Cranberry Pomegranate (New!); Grape; Tomato (New!); Vegetable (New!);** White Grape;  
White Grape Peach

Hannaford –

Apple; Berry; **Cranberry Grape (New!); Cranberry-Raspberry; Grape; Vegetable (New!);** White Grape;  
White Grapefruit

IGA –

Apple; Grape; Grapefruit; White Grape

Langers –

Apple; Red Grape; Ruby Red Grapefruit; White Grape

**Mott's (New!) –**

**Apple (New!); Apple Cherry (New!); Apple Mango (New!); Apple White Grape (New!)**

### Juice for Women:

#### **11.5 & 12 oz Frozen:**

Dole, any flavor 100 % juice  
Minute Maid – orange juice (country style, pulp free, original, original w/calcium)  
Minute Maid – grapefruit juice  
Old Orchard “green peel strip”, any flavor  
Welch’s “yellow peel strip”, any flavor

Any Store Brand Orange Juice (any style)

#### **48 oz shelf stable bottle:**

These brands only- *any flavor*:

Apple & Eve (*no organic*)

Juicy Juice

Northland

These brands, *flavor specific*:

Shurfine –

Apple; Grape; Vegetable

Best Yet –

Grape

**Welch's (New!)-**

**Concord Grape (New!)**

	<p>Old Orchard –  Apple; Apple Cranberry; Berry Blend;  Cranberry Pomegranate (New!);  Grape (New!); Orange (New!); Peach  Mango (New!); White Grape (New!)</p> <p>Pics by Price Chopper –  Apple; Berry (New!); Cranberry  (New!); Cranberry Grape (New!);  Cranberry-Raspberry; Grape;  Grapefruit; Pineapple; Tomato  (New!); Vegetable (New!);  White Grape; White Grape Peach  (New!)</p> <p>Shurfine –  Apple; Cranberry (New!); Cranberry-  Apple; Cranberry Pomegranate  (New!); Cranberry-Raspberry; Grape;  Grapefruit; Orange (New!);  Pineapple; Tomato (New!); Vegetable  (New!); White Grape</p> <p>Signature Kitchens –  Apple; Berry Blend; Cranberry  (New!); Cranberry Grape (New!);  Cranberry-Raspberry; Grape; Orange  (New!); Pineapple; Tomato (New!);  Vegetable (New!); White Grapefruit;  White Grape</p> <p>V8 (New!) –  Original Vegetable (New!); Spicy Hot  Vegetable (New!)</p> <p>Welch’s –  Grape Juice (no light, no fiber, no  calcium)  100% White Grape Juice; 100% Red  Grape Juice; White Grape Peach  (New!)</p>	
<b>Restrictions</b>	Only juices listed are allowed No Organic (New!)	

**Infant Foods**

<b>Size</b>	Size varies by variety. See variety list below.	
<b>Brands</b>	See brand details below.	
<b>Restrictions</b>	See variety description for restrictions. No added sugars, starches, rice or salt. No dinners.	

	No pouches.	
<b>Varieties</b>	<p><b><u>Infant Fruits &amp; Vegetables</u></b>  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><b>Brands:</b>  Beechnut Classics  Beechnut Naturals  Earth's Best Organic  Gerber  Gerber Organic (New!)  Happy Baby (New!)  O Organics  Pic Select Fresh (New!)</p>	<p><b><u>Infant Meats:</u></b>  2.5 oz jar  Stage 1 or 2<sup>nd</sup> Foods  No added sugars, starches, rice or salt.  No dinners.  No pouches.</p> <p><b>Brands:</b>  Beechnut Classics  Gerber  O Organics  Earth's Best</p> <p><b><u>Infant Cereal:</u></b>  8 ounce and 16 ounce box  No added formula, fruit, or vegetables.</p> <p><b>Beechnut –</b>  Multigrain, Oatmeal, Organic Oatmeal,  Organic Multigrain, Rice</p> <p><b>Earth's Best Organic –</b>  Multigrain, Oatmeal, Rice</p> <p><b>Gerber –</b>  Barley, Multigrain, Oatmeal, Organic  Oatmeal, Organic Rice, Rice, Whole  Wheat</p>

**Canned Fish**

<b>Size</b>	<b>Canned Chunk Light Tuna</b> 5 oz can	<b>Canned Salmon</b> 5 oz, 6 oz, or 7.5 can	<b>Canned Sardines</b> 3.75 oz can
<b>Restrictions</b>	No albacore or white tuna No Pouches	No Pouches	
<b>Varieties</b>	Chunk light, in water or oil	Packed in water or oil	Packed in water or oil May include bones and skin.
<b>Brands</b>	Any Brand	Any brand	Any Brand

**Infant Formula and Nutritionals**

	<b>Abbott currently holds the Vermont WIC formula contract.</b>
	Contract Milk-Based formula – Similac Advance <ul style="list-style-type: none"> <li>• 12.4 oz Powder</li> <li>• 13 oz Concentrate</li> </ul>
	Contract Soy-Based Formula – Similac Isomil Soy <ul style="list-style-type: none"> <li>• 12.4 oz Powder</li> <li>• 13 oz Concentrate</li> </ul>

	<p>Formulas WIC families are authorized to purchase if warranted by medical documentation:</p> <ul style="list-style-type: none"> <li>• Similac Sensitive for Fuss &amp; Gas</li> <li>• Similac for Spit Up</li> <li>• Similac Total Comfort</li> <li>• Similac Go &amp; Grow (milk and sensitive)</li> <li>• Alimentum</li> <li>• Nutramigen</li> <li>• Pregestimil</li> <li>• EnfaCare</li> <li>• Neosure</li> <li>• EleCare and EleCare Jr</li> <li>• Ensure; Ensure Clear; Ensure Plus</li> <li>• Pediasure; Pediasure with Fiber; Pediaure Sidekicks</li> <li>• Boost; Boost Plus; Boost Glucose Control</li> </ul> <p>Direct Ship medical formulas (family picks up at WIC office):</p> <ul style="list-style-type: none"> <li>• Boost Breeze</li> <li>• Duocal</li> <li>• Bright Beginnings Soy</li> <li>• Calcilo XD</li> <li>• HCY 1 and HCY 2</li> <li>• Hominex</li> <li>• Human Milk Fortifier</li> <li>• Ketocal</li> <li>• MCT</li> <li>• Neocate and Neocate Jr</li> <li>• Nutren 1.0, 1.5, 2.0, 1.0 w/Fiber, 1.5 w/Fiber</li> <li>• Nutren Jr and Nutren Jr w/Fiber</li> <li>• Periflex Infant and Periflex Jr</li> <li>• Phenylade MTE</li> <li>• Peptamen Jr</li> <li>• Portagen</li> <li>• PurAmino</li> <li>• Similac Special Care 20 &amp; 24</li> <li>• Similac PM 60/40</li> <li>• Tolerex</li> <li>• Xphe Maxamum</li> </ul>
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