

13Vermont WIC Approved Products List
Effective October 1, 2024
 [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

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 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.

Fruits & Vegetables	
Size	Any size
Varieties	<p>Fresh, Frozen or Canned</p> <p>May be regular or low sodium.</p> <p>Organic allowed.</p> <p>All white potatoes allowed: fresh, frozen, and canned.</p> <ul style="list-style-type: none"> • Fresh fruits & vegetables: <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. ○ Any size allowed. • Frozen fruits & vegetables:

	<ul style="list-style-type: none"> ○ Allowed – any brand and package type; any size; any organic or non-organic plain fruit or vegetable without added sugar, artificial sweetener or salt. ○ 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. ● Canned fruits & vegetables: <ul style="list-style-type: none"> ○ Allowed – any brand and container (can, jar, plastic); any size; 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. ○ 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 detail under varieties above.
Brands	Any brand.
Whole Grains - Bread	
Size	8, 12, 14, 15, 16, 18, 20, 22, 24, 32
Restrictions	Limited to brands listed.
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</p> <p>Arnold 8 Hamburger Buns 100% Whole Wheat 16 oz</p> <p>Arnold Sandwich Thins 100% Whole Wheat 12 oz</p> <p>Arnold Whole Grains 100% Whole Wheat 24 oz</p> <p>Arnold Whole Grains 100% Whole Wheat Small Slice 18 oz</p>

Baker's Choice 100% Whole Wheat 16 oz

Bread Shed Whole Wheat & Flax 16 oz

Freihofer's Country Premium 100% Whole Wheat Bread 24 oz

Great Value 100% Whole Wheat Round Top Bread 20 oz

Hannaford Bread 100% Whole Wheat 16 oz

Hannaford Whole Grain 100% Whole Wheat Sliced Bread 24 oz

La Panciata Bread Whole Wheat Honey & Oats 16 oz

Nature's Own 8 Hamburger Buns 100% Whole Wheat 15 oz

Nature's Own 100% Whole Grain 20 oz

Nature's Own 100% Whole Wheat 20 oz

Nature's Own 100% Whole Wheat Sugar Free 16 oz

Nature's Own 100% Whole Wheat with Honey 16 oz

Open Nature 100% Whole Wheat Bread 24 oz

Open Nature Grains and Seeds Bread 24 oz

Pepperidge Farm Farmhouse 100% Whole Wheat Bread 24 oz

Pepperidge Farm Thin Sliced Whole Grain 100% Whole Wheat Bread 22 oz

Pepperidge Farm Thin Sliced Whole Grain 15 Grain Bread 22 oz

Pepperidge Farm Whole Grain 100% Whole Wheat Bread 24 oz

Pepperidge Farm Whole Grain 15 Grain Bread 24 oz

Pepperidge Farm Whole Grain Honey Whole Wheat Bread 24 oz

Pepperidge Farm Whole Grain Oatmeal Bread 24 oz

Pepperidge Farm Bread 100% Whole Wheat Very Thin 16 oz

Pepperidge Farm Bread Swirled 100% Whole Wheat Cinnamon with Raisins 16 oz

Sara Lee Bread Classic 100% Whole Wheat 16 oz

Sara Lee 100% Whole Wheat Bread 20 oz

Signature Select Bread Stoneground Whole Wheat 24 oz

Signature Select 100% Whole Wheat Bread 16 oz

	<p>Signature Select 100% Whole Wheat Bread 24 oz</p> <p>Signature Select 100% Whole Wheat No Salt Bread 16 oz</p> <p>Signature Select 100% Whole Wheat Sandwich Thins 12 oz</p> <p>Wonder Bread 100% Whole Wheat 16 oz</p>
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<p>Whole Grains -</p> <p>Pasta</p>	
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Size	16-ounce box or bag
Varieties	<p>Whole wheat and whole grain wheat pasta</p> <p>Organic allowed</p> <p>Any shape such as rotini, elbows, spaghetti, penne, rigatoni, linguini, capellini, farfalle, etc.</p>
Restrictions	n/a
Brands	<p><u>These are the only brands allowed:</u></p> <p>Barilla</p> <p>Bella Terra</p> <p>Bionaturae</p> <p>Delallo</p> <p>Field Day</p> <p>Food Club</p> <p>Full Circle</p> <p>Great Value</p> <p>Hannaford</p> <p>Hodgson Mill</p> <p>Luigi Vitelli</p> <p>Mantova</p>

	<p>Nature’s Promise</p> <p>O Organics</p> <p>Pastaio</p> <p>Racconto</p> <p>Ronzoni</p> <p>San Remo</p> <p>Signature Select</p>
<p>Whole Grains -</p> <p>Tortillas</p>	
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></p> <p>Chi-Chi’s White Corn, Taco Style 16 oz</p> <p>Food Club White Corn, Taco Style 16 oz</p> <p>Hannaford White Corn, Taco Style 16 oz</p> <p>Hannaford Yellow Corn, Taco Style 16 oz</p> <p>IGA White Corn 16 oz</p> <p>La Banderita White Corn 16 oz</p> <p>La Banderita Yellow Corn 16 oz</p> <p>Mayan Farm Whole Wheat Tortillas 16 oz</p> <p>Mission Extra Thin Yellow 16 oz</p>

	<p>Pics Corn Taco Style 16 oz</p> <p><u>Whole Wheat:</u></p> <p>Chi-Chi's Whole Wheat, Fajita Style 16 oz</p> <p>Food Club Whole Wheat, Fajita Style 16 oz</p> <p>Great Value Whole Wheat 16 oz</p> <p>Hannaford Whole Wheat Fajita 16 oz</p> <p>IGA Whole Wheat, Taco Style 16 oz</p> <p>La Banderita Whole Wheat, Fajita 16 oz</p> <p>La Banderita Whole Wheat, Soft Taco 16 oz</p> <p>Mission Whole Wheat, Soft Taco 16 oz</p> <p>Mission Whole Wheat, Fajita 16 oz</p> <p>Ortega Whole Wheat 16 oz</p> <p>Pics Whole Wheat Taco Style 16 oz</p> <p>Signature Select Whole Wheat 16 oz</p>
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**Whole Grains -
Brown Rice**

Size	14 to 16 ounces, 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.

Whole Grains- Oatmeal

Size	16 oz and 32 oz packages
Varieties	May be instant, quick, rolled, steel cut, or old-fashioned oats Organic allowed.
Restrictions	No individual packets, bulk or added sugar, fat, oil, salt, or flavoring Limited to brands listed.
Brands	Only Brands and Varieties allowed: Bob's Red Mill – Rolled Oats 16 oz Bob's Red Mill- 32 oz all approved varieties allowed (gluten free, extra thick, quick cooking, old fashioned, organic) McCann's Irish Quick Cooking 16 oz McCann's Irish Steel Cut 16 oz Mom's Best- Quick Oats 16 oz Woodstock Organic Instant Oatmeal 16 oz (New)
Eggs	
Size	Medium, Large, Extra Large, and Jumbo Whole dozen only Organic Allowed
Varieties	White or brown
Restrictions	Must have a valid UPC
Brand	Any brand

Soymilk Beverage

Size	<p><u>Only soymilk beverages allowed:</u></p>
Brands	
Varieties	
	<p>Pacific Natural Foods</p> <p style="padding-left: 40px;">32 oz shelf stable</p> <ul style="list-style-type: none"> • Ultra-Soy Original <p>Silk</p> <p style="padding-left: 40px;">32 oz and 64 oz refrigerated</p> <ul style="list-style-type: none"> • Original <p>32 oz Aseptic package</p> <ul style="list-style-type: none"> • Original

Milk

Size	<p>Low-fat (1%), Nonfat (skim) & Whole Milk</p> <p>Quarts, Half Gallons, Gallons</p> <p>Any brand, Organic Allowed</p> <p>Lactose reduced and Lactose free milk (whole, 1% and skim):</p> <p>Quarts, Half Gallons, Gallons</p> <p>Any brand, Organic Allowed</p> <p>Organic Milk Brands</p> <p>Full Circle</p> <p>Horizon</p> <p>Nature’s Promise</p> <p>O Organics</p> <p>Organic Valley</p> <p>Stonyfield Organic</p> <p>Wild Harvest</p>
Varieties	
Brands	

	<p>Shelf stable (UHT) milk:</p> <p>Quarts</p> <p>Any Brand</p> <p>Dry milk powder (non-fat only):</p> <p>25.6 oz packages</p> <p>Any brand</p> <p>Goat's Milk</p> <p>Meyenberg Whole milk:</p> <p>Half gallon and quart fluid and 12 ounces powdered</p> <p>Meyenberg Low-fat milk:</p> <p>Quart fluid and 12 ounces powdered</p>
Restrictions	<p>No flavored, no glass bottles</p> <p>No enhanced or specialty milks</p>
Cheese	
Size	8 and 16 oz only (block, shredded and sliced American)
Varieties	<p>American slices, <u>not</u> individually wrapped</p> <p>Cheddar – sharp, mild</p> <p>Colby</p> <p>Colby-Jack</p> <p>Monterey Jack</p> <p>Mozzarella</p> <p>Muenster</p>

	<i>Regular and Low-fat versions of all above allow</i>	
Restrictions	No string, No flavored, No imported, No deli, No organic, No individually wrapped, No specialty or special reserve	
National Brands Allowed	Cabot Capiello Cracker Barrel Dragone Galbani	Heluva Good Kraft Maggio Polly O Sargento Sorrento
Store Brands Allowed	Best Yet Crystal Farms Food Club Great Value Hannaford	IGA Lucerne Pics by Price Chopper
Tofu		
Size	8-ounce, 14 ounces, and 16-ounce packages	
Varieties	See specific brand varieties below Organic Allowed	

Restrictions	
Brands	<p><u>Only brands and varieties allowed:</u></p> <p>Azumaya Firm</p> <p>Azumaya Extra Firm</p> <p>Azumaya Silken</p> <p>Franklin Farms Soft</p> <p>Franklin Farms Medium Firm</p> <p>Franklin Farms Firm</p> <p>Franklin Farms Extra Firm</p> <p>Franklin Farms Organic- Pressed Firm</p> <p>Franklin Farms Organic- Medium Firm</p> <p>Franklin Farms Organic- Silken</p> <p>Heiwa Tofu Firm</p> <p>House Foods Cubed, Super Firm</p> <p>House Foods Soft</p> <p>House Foods Medium Firm</p> <p>House Foods Firm</p> <p>House Foods Extra Firm</p> <p>Nasoya Firm</p> <p>Nasoya Silken</p> <p>Nasoya Extra Firm</p>

	Nasoya Super Firm
	Nature's Promise Organic Firm
	Nature's Promise Organic Extra Firm
	O Organics Firm
	O Organics Sprouted Super Firm
	O Organics Cubed, Extra Firm
	O Organics Extra Firm
	O Organics Silken
	Vermont Soy Firm
	Wildwood Organic Silken (New)
	Wildwood Organic Firm (New)
	Wildwood Organic Extra Firm (New)
	Wildwood Organic Super Firm (New)
	Woodstock Organic Firm (New)
	Woodstock Organic Extra Firm (New)

Yogurt	
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Size	Allowed: 32 oz tubs, 8 packs of 2 oz tubes, 16 pk of 2 oz tubes
Varieties	Plain and flavored allowed. Organic allowed.
Restrictions	No mix ins allowed (granola, candy, nuts, honey)

	<p>No artificial sweeteners</p> <p>No pouches</p>
Brands	<p><u>Brands:</u></p> <ul style="list-style-type: none"> ○ Butterworks Farm – [All 32 oz tubs] <ul style="list-style-type: none"> ○ Whole and Nonfat – any flavor ○ Brown Cow [32 oz tubs] (New) <ul style="list-style-type: none"> ○ Whole- any flavor ○ Cabot – [All 32 oz tubs] <ul style="list-style-type: none"> ○ Nonfat Plain ○ Greek- Whole and Low-fat- any flavor ○ Chobani – [32 oz tubs] <ul style="list-style-type: none"> ○ Greek -Whole and Low-fat- any flavor ○ Dannon – [All 32 oz tubs] <ul style="list-style-type: none"> ○ “Dannon” - Whole Milk – any flavor; Low-fat – any flavor; Nonfat – any flavor ○ “Oikos Greek” – Whole Milk – any flavor; Nonfat -any flavor ○ “Triple Zero” – Nonfat – any flavor ○ “Light and Fit”- Greek Plain ○ Desi Natural Dahi – [32 oz tub] Whole and Low-fat ○ Green Mountain Creamery – [All 32 oz tubs] ○ Stonyfield Farms – <ul style="list-style-type: none"> ○ [32 oz tubs] “Smooth & Creamy” Whole Milk – any flavor; Low-fat – any flavor; Fat Free – any flavor ○ [32 oz tubs] “Greek” Nonfat plain, vanilla ○ [8 pack 2 oz tubes] Kids Whole or Low-fat – any flavor ○ [16 pack 2 oz tubes] Kids – any flavor ○ Two Good- [All 32 oz tubs] <ul style="list-style-type: none"> ○ Greek Lowfat- any flavor ○ Yoplait – [All 32 oz tubs] <ul style="list-style-type: none"> ○ “Original” - Nonfat – any flavor <p><u>Store Brands – [All 32 oz tubs]</u></p> <ul style="list-style-type: none"> ○ Best Yet- <ul style="list-style-type: none"> ○ Non-Fat – any flavor ○ Low Fat – any flavor ○ Food Club- any flavor ○ Full Circle- Organic Greek Nonfat Plain and Vanilla ○ Great Value – (all flavors except Nonfat Vanilla due to artificial sweetener) <ul style="list-style-type: none"> ○ Whole – any flavor ○ Non-fat – any flavor ○ Low Fat – any flavor ○ Hannaford –

	<ul style="list-style-type: none"> ○ Greek or Regular ○ Non-fat, low-fat, or whole- any flavor ○ Lucerne – <ul style="list-style-type: none"> ○ Non-Fat - any flavor ○ Low-fat – any flavor ○ Greek Non-Fat – any flavor ○ No Lucerne Greek Vanilla Light due to artificial sweetener ○ Nature’s Promise- <ul style="list-style-type: none"> ○ Greek- Whole-plain or Nonfat Vanilla ○ Whole Milk Plain; Low-fat Vanilla ○ O Organics- <ul style="list-style-type: none"> ○ Any flavor ○ Open Nature - <ul style="list-style-type: none"> ○ Any flavor ○ Pics by Price Chopper – <ul style="list-style-type: none"> ○ Non-Fat - any flavor ○ Low-fat – any flavor ○ Greek Nonfat – any flavor ○ Greek- Whole-plain or Nonfat Vanilla
Legumes - Peanut Butter	
Size	16 to 18-ounce jar (plastic or glass)
Varieties	Smooth and chunky
Restrictions	<p>No reduced fat</p> <p>No low sodium</p> <p>No organic</p> <p>No specialty peanut butters</p> <p>No peanut butter <u>spreads</u> (such as Simply Jif, Reduced Fat Jif, Reduced Fat Skippy, Skippy Natural)</p> <p>No flavored or mixed-in ingredients</p>
National Brands Allowed	<p>Jif</p> <p>Peter Pan</p> <p>Skippy</p> <p>Smuckers Natural</p>

	<p>Teddie Natural</p> <p>Teddie Natural Unsalted</p>
Store brands	Any store brand
Legumes - Canned Beans	
Size	15 to 16 ounce can
Varieties	<p>Any type of mature beans, peas, or lentils.</p> <p>May be regular or low sodium.</p> <p>Organic allowed.</p>
Restrictions	<p>May not contain added sugars, fats, oils, vegetables, fruits, or meat.</p> <p>No refried beans.</p>
Brands	Any brand
Legumes - Dried Beans	
Size	1-pound package
Varieties	<p>Any type of mature dry beans, peas, or lentils.</p> <p>Organic allowed.</p>
Restrictions	No added sugars, no soup mix.

Brands	Any brand
Breakfast Cereal - Hot	
Size	See below
Varieties	<p>Hot Oatmeal</p> <p>Hot Wheat</p> <p>Hot Rice</p> <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	No added sugar or fruit.
Brands	<p><u>Brands/Products allowed:</u></p> <p>Cream of Rice – Original 12 oz and 14 oz *</p> <p>Cream of Wheat – Original Flavor (1 and 2 ½ minute) 12 oz, 28 oz</p> <p>Cream of Wheat - Whole Grain (2 ½ minute) 12 oz and 18 oz #</p> <p>Cream of Wheat- Whole Grain Instant 12.7 oz #</p> <p>Farina Hot Wheat Cereal 18 oz, 28 oz</p> <p>Food Club Creamy Wheat Farina 28 oz</p> <p>Hannaford Creamy Wheat 28 oz</p> <p>Malt O Meal Original Hot Wheat Cereal 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; 23.7 oz #</p> <p><u>Store Brand Oatmeal:</u></p> <p>Best Yet Instant Oatmeal, Original Flavor 11.8 oz #</p> <p>Food Club Instant Oatmeal 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>Signature Select Instant Oatmeal, Regular Flavor 11.8 oz #</p>
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Breakfast Cereal - Cold

Size	8.9 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>	
National Brands Allowed	<p><u>General Mills</u></p> <p>Cheerios # (gluten free) *</p> <p>Multi-Grain Cheerios # (gluten free) *</p> <p>Vanilla Spice Cheerios # (gluten free) * (New)</p> <p>Veggie Blends Apple Strawberry Cheerios #</p>	<p><u>Kellogg's</u></p> <p>All Bran Complete Wheat Flakes #</p> <p>Corn Flakes</p> <p>Corn Flakes Cinnamon</p> <p>Corn Flakes Honey (New)</p>

	<p>Veggie Blends Blueberry Banana Cheerios #</p> <p>Chex – Blueberry*</p> <p>Chex – Cinnamon*</p> <p>Chex – Corn *</p> <p>Chex - Rice *</p> <p>Chex – Wheat #</p> <p>Fiber One - Honey Clusters #</p> <p>Kix – Plain #</p> <p>Kix – Berry Berry</p> <p>Kix – Honey #</p> <p>Total #</p> <p>Wheaties #</p> <p><u>Quaker</u></p> <p>Life #</p> <p>Life Vanilla #</p> <p>Oatmeal Squares: Hint of Brown Sugar #</p> <p>Oatmeal Squares: Hint of Cinnamon #</p> <p>Oatmeal Squares: Honey Nut #</p> <p><u>Malt O Meal</u></p> <p>Frosted Mini Spooners #</p> <p><u>Silver Palace</u></p> <p>Grain Berry Multi-Bran Flakes #</p>	<p>Crispix</p> <p>Frosted Mini-Wheats Blueberry Muffin #</p> <p>Frosted Mini Wheats – Original and Little Bites #</p> <p>Frosted Mini Wheats-Little Bites Chocolate #</p> <p>Frosted Mini Wheats Cinnamon Roll #</p> <p>Frosted Mini Wheats Honey # (New)</p> <p>Frosted Mini Wheats Pumpkin Spice #</p> <p>Frosted Mini-Wheats Filled Mixed Berry #</p> <p>Frosted Mini Wheat Blueberry #</p> <p>Frosted Mini Wheats Strawberry #</p> <p>Kashi – Blueberry Clusters</p> <p>Kashi- Organic Honey Toasted #</p> <p>Kashi- Organic Warm Cinnamon #</p> <p>Rice Krispies (plain)</p> <p>Special K Original</p> <p>Special K Banana #</p> <p>Special K Protein Honey Almond Ancient Grains #</p> <p>Special K Protein Original Multi Grain Touch of Cinnamon #</p> <p><u>Post</u></p> <p>Banana Nut Crunch #</p> <p>Grape Nuts #</p> <p>Grape Nut Flakes #</p> <p>Great Grains Crunchy Pecan #</p> <p>Honey Bunches of Oats: with Almonds</p>
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		<p>Honey Bunches of Oats: Vanilla Bunches</p> <p>Honey Bunches of Oats: Cinnamon Bunches (New)</p> <p>Honey Bunches of Oats: Honey Roasted</p> <p>Honey Bunches of Oats: Pecan & Maple Brown Sugar</p>
<p>Store Brands Allowed</p>	<p><u>Best Yet</u></p> <p>Bran Flakes #</p> <p>Crispy Rice</p> <p>Corn Flakes</p> <p>Honey Oats & Flakes</p> <p>Frosted Shredded Wheat #</p> <p>Frosted Shredded Wheat Strawberry #</p> <p>Toasted Oats #</p> <p><u>Food Club</u></p> <p>Bran Flakes #</p> <p>Frosted Shredded Wheat #</p> <p>Frosted Shredded Wheat Strawberry #</p> <p>Oatmeal Squares #</p> <p>Toasted Oats #</p> <p>Corn Flakes</p> <p>Corn Squares</p> <p>Crisp Rice</p> <p>Honey Oats Clusters</p> <p>Honey Oats with Almonds</p> <p>Rice Squares</p>	<p><u>IGA</u></p> <p>Bite Size Shredded Wheat #</p> <p>Bite Size Frosted Shredded Wheat #</p> <p>Bran Flakes #</p> <p>Corn Flakes</p> <p>Crispy Rice</p> <p>Toasted Oats #</p> <p><u>Pics by Price Chopper</u></p> <p>Bran Flakes #</p> <p>Corn Flakes</p> <p>Crispy Rice</p> <p>Honey Oats and Flakes with Almonds</p> <p>Toasted Oats #</p> <p>Toasted Rice Crisps</p> <p>Toasted Corn Crisps</p> <p>Frosted Shredded Wheat #</p> <p>Strawberry Frosted Shredded Wheat #</p> <p><u>Signature Select</u></p> <p>Bran Flakes #</p>

	<p>Twin Grain Crisps</p> <p>Wheat Squares #</p> <p><u>Great Value</u></p> <p>Bran Flakes #</p> <p>Corn Flakes</p> <p>Corn Squares</p> <p>Frosted Shredded Wheat #</p> <p>Rice Crisps</p> <p>Rice Squares</p> <p>Toasted Oats #</p> <p><u>Hannaford</u></p> <p>Bite Size Frosted Shredded Wheat #</p> <p>Bran Flakes #</p> <p>Corn Flakes</p> <p>Crispy Rice</p> <p>Crispy Hexagons</p> <p>Frosted Shredded Wheat #</p> <p>Frosted Strawberry Shredded Wheat #</p> <p>Multigrain Tasteos #</p> <p>Nutty Nuggets #</p> <p>Oats & More with Honey</p> <p>Oats & More with Almonds</p> <p>Easy Living Oat Squares #</p> <p>Toasted Rice Squares</p> <p>Toasted Corn squares</p>	<p>Corn Flakes</p> <p>Corn Pockets</p> <p>Crispy Rice</p> <p>Frosted Shredded Wheat #</p> <p>Oats & More with Almonds</p> <p>Oats & More with Honey</p> <p>Rice Pockets</p> <p><u>That's Smart (New)</u></p> <p>Crisp Rice</p>
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	Toasted Wheat # Tasteeos	
Juice		
Size	Juice for Kids:	Juice for Women:
Varieties	<u>16 oz Frozen Orange Juice</u>	<u>11.5 & 12 oz Frozen:</u>
Brands	Brands: Minute Maid and Any Store Brand Orange Juice (any style) <u>64 oz Refrigerated Orange Juice</u> Brands Orange Juice: Hood and Any Store Brand <u>64 oz Shelf stable bottle:</u> These brands only- <u>any flavor</u> (no organic): Apple and Eve Juicy Juice Northland These brands, <u>flavor specific:</u> Best Yet – Apple; Grape; Grapefruit; Orange (New); Orange Mango (New); Orange Pineapple	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 Seneca 100% Apple Juice Any Store Brand Orange Juice (any style) Any Store Brand Apple and Grape Juice <u>48 oz shelf stable bottle:</u> These brands only– <u>any flavor (no organic):</u> Apple & Eve Juicy Juice Northland These brands, <u>flavor specific:</u> Best Yet – Orange; Orange Mango; Orange Pineapple; Pineapple Food Club –

	<p>(New); Pineapple; Tomato (New); Vegetable (New); White Grape</p> <p>Campbell's –</p> <p>Tomato; Tomato Low Sodium</p> <p>Food Club-</p> <p>Apple; Cranberry; Grape; Grapefruit; Orange; Pineapple; Vegetable; Tomato; White Grape</p> <p>Great Value –</p> <p>Apple; Cranberry Blend; Cranberry Grape, Cranberry Pomegranate (New); Grape; Mango (New); Pear (New); Pineapple (New); Tomato; Vegetable; White Grape; White Grape Peach</p> <p>Hannaford – <u>any flavor</u></p> <p>IGA –</p> <p>Apple; Grape; White Grape; Tomato</p> <p>Langers –</p> <p>Apple; Apple Berry Cherry; Apple Kiwi Strawberry; Apple Orange Pineapple; Apple Peach Mango; Berry Blend; Concord Grape; Cranberry Plus; Cranberry Raspberry Plus; Pineapple</p> <p>Mott's –</p> <p>Apple; Apple Cherry; Apple Mango; Apple White Grape; Sensibles- Apple</p> <p>Ocean Spray - <u>any flavor</u></p> <p>Old Orchard –</p> <p>Apple; Apple Cranberry; Berry Blend; Cranberry Pomegranate; Grape; Orange; Peach Mango; White Grape</p>	<p>Apple; Orange; Pineapple; Orange Pineapple</p> <p>Mott's –</p> <p>Apple; Fruit Punch</p>
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	<p>O Organics – (New)</p> <p>Cranberry Mango; Grape</p> <p>Pics by Price Chopper –</p> <p>Apple; Berry; Grape; Grapefruit; Pineapple; Tomato; Vegetable; Vegetable Low Sodium; White Grape</p> <p>Signature Select –</p> <p>Apple; Cranberry Blend; Cranberry; Cranberry Grape; Cranberry-Raspberry; Grape; Grapefruit; Orange; Pineapple; Tomato; Vegetable; Vegetable Low Sodium (New); White Grapefruit; White Grape</p> <p>That’s Smart- (New)</p> <p>Grape</p> <p>V8–</p> <p>Original Vegetable; Low Sodium; Spicy Hot Vegetable</p> <p>Welch’s –</p> <p>Apple; Grape; Grape (calcium); 100% White Grape; 100% Red Grape; Orange; Pineapple (New); White Grape Peach; White Grape Cherry; Tropical Trio</p>	
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Restrictions	<p>Only juices listed are allowed- must be 100% unsweetened fruit juice</p> <p>Organic allowable in some brands</p>
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Infant Foods

Size	<p>Size varies by variety. See variety list below.</p>
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Brands	See brand details below.	
Restrictions	<p>See variety description for restrictions.</p> <p>No added sugars, starches, rice, or salt.</p> <p>No dinners.</p> <p>No pouches.</p>	
Varieties	<p><u>Infant Fruits & Vegetables</u></p> <p>Glass or plastic allowed</p> <p>Organic allowed</p> <p>Any variety fruit or vegetables</p> <p>Any variety mixed fruit and mixed vegetables</p> <p>Brands:</p> <p>Beechnut</p> <ul style="list-style-type: none"> - Single 4 oz Stage 1 and 2 <p>Beechnut Naturals</p> <ul style="list-style-type: none"> - Single 4 oz; Variety Packs - Stage 1 and 2 <p>Beechnut Organics</p> <ul style="list-style-type: none"> - Single 4 oz Stage 1 and 2 <p>Earth's Best Organic</p> <ul style="list-style-type: none"> - Single 4 oz Stage <u>2</u> only <p>Gerber</p> <ul style="list-style-type: none"> - Single 4 oz - 2 oz 2 packs Stage 1 - 4 oz 2 packs Stage 1 and 2 - Variety packs- Stage 1 and 2 <p>Gerber Organic</p> <ul style="list-style-type: none"> - Single 4 oz Stage 1 and 2 <p>Happy Baby</p> <ul style="list-style-type: none"> - Single 4 oz Stage 1 and 2 	<p><u>Infant Meats:</u></p> <p>2.5 oz jar</p> <p>Variety pack 12- 2.5 oz jars</p> <p>Stage 1 or 2nd Foods</p> <p>No added sugars, starches, rice, or salt.</p> <p>No dinners.</p> <p>No pouches.</p> <p>Brands:</p> <p>Beechnut</p> <p>Gerber</p> <p>Earth's Best</p> <p><u>Infant Cereal:</u></p> <p>8 ounce and 16-ounce box</p> <p>No added formula, fruit, or vegetables.</p> <p>Beechnut –</p> <p style="padding-left: 40px;">Oatmeal, Organic Oatmeal</p> <p>Earth's Best Organic –</p> <p style="padding-left: 40px;">Multigrain, Oatmeal</p>

	<p>Nature's Heart Organic</p> <ul style="list-style-type: none"> - Single 4 oz <p>Nature's Promise</p> <ul style="list-style-type: none"> - Single 4 oz Stage 2 <p>O Organics</p> <ul style="list-style-type: none"> - Single 4 oz - Single 4 oz Stage 2 <p>Parent's Choice</p> <ul style="list-style-type: none"> - Single 4 oz Stage 1 and 2 - 2 oz 2 packs Stage 1 - 4 oz 2 packs Stage 2 <p>Tippy Toes</p> <ul style="list-style-type: none"> - Single 4 oz - 4 oz 2 packs Stage 2 	<p>Gerber –</p> <p>Multigrain, Oatmeal, Organic Oatmeal, Organic Oatmeal Millet Quinoa; Organic Rice, Rice, Whole Wheat</p>
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Canned Fish

Size	Canned Chunk Light Tuna 5 oz can	Canned Salmon 5 oz, 6 oz, or 7.5 can	Canned Sardines 3.75 oz can
Restrictions	No albacore or white tuna No Pouches	No Pouches	
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

Infant Formula and Nutritionals

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

	<p>Contract Soy-Based Formula – Similac Isomil Soy</p> <ul style="list-style-type: none"> • 12.4 oz Powder • 13 oz Concentrate
	<p>Additional Abbott products that can be provided without medical documentation</p> <ul style="list-style-type: none"> • Similac Sensitive • Similac Total Comfort
	<p>Formulas WIC families are authorized to purchase if warranted by medical documentation:</p> <ul style="list-style-type: none"> • Similac Go & Grow (milk and sensitive) • Alimentum • EnfaCare Neuropro • Enfamil AR • Extensive HA • Neosure • Nutramigen • Nutramigen 2 Toddler • Boost; Boost Glucose Control; Boost Plus • Ensure; Ensure Clear; Ensure Plus • Parent’s Choice Hypoallergenic • Pediasure; Pediasure with Fiber; Pediasure Sidekicks • Pepticate – New! • Tippy Toes Hypoallergenic <p>Direct Ship medical formulas (family picks up at WIC office):</p> <ul style="list-style-type: none"> • Alfamino and Alfamino Jr. • Boost Breeze • Calcilo XD • Duocal • EleCare and EleCare Jr • Enfaport • Fortini • HCY 1 and HCY 2 • Hominex 2 • Human Milk Fortifier; Human Milk Fortifier Hydrolyzed Protein • Ketocal 3:1, 4:1 • Lipistart • MCT Oil • Neocate Infant and Neocate Jr • Neocate Splash • Neocate Syneo • Nutren 1.0, 1.5, 2.0, 1.0 w/Fiber • Nutren Jr and Nutren Jr w/Fiber • Pediasure 1.5, 1.5 w/Fiber, Enteral, Peptide 1.0,1.5 • Periflex Infant, Periflex LQ and Periflex Jr • Phenylade MTE

	<ul style="list-style-type: none">• Phenyl Free 1 and Phenyl Free 2• Peptamen Jr and Peptamin Jr w/Fiber• Portagen• Pregelstimil• PurAmino• Similac Special Care 20, 24 & 30• Similac PM 60/40• Tolerex• Xphe Maxamum
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