

VERMONT WIC FOODS and shopping guide

Effective October 2025 - September 2027





TABLE OF CONTENTS

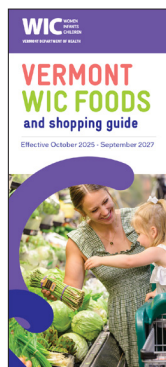
Eating well with WIC just got easier.

Let this guide help you shop with confidence—
every aisle, every visit, every month.

Use your Family Food Benefits list and this guide.

Check your Family Food Benefits list from your
appointment to see exactly what's approved for
you. Then use this brochure while you shop to
help find the sizes and package types on your list.

WIC Family Food Benefits		
Month	WIC Approved Foods	Amount
6/1/2025 - 5/31/2025	Cheese	1 Pound
	Tofu	2 Pound
	Eggs	4 Dozen
	Breakfast Cereal	108 Ounce
	Peas and Beans/Peas	4 Jar / Bag
	Canned Fish	30 Ounce
	Infant Cereal	16 Ounce
	Infant Fruits & Veggies	64 Ounce
	Infant Meals	40 Ounce
	Whole Grain Options	80 Ounce
	Fruits and Vegetables	115 Cash Value Benefit
	Lowfat/Skim Yogurt	32 Ounce
	1% or Skim Milk	13.25 Gallon
	Women's Juice 48 oz	3 Can / Bottle
5/1/2025 - 5/31/2025	Child's Juice 64 oz	4 Can / Bottle
	Cheese	1 Pound
	Tofu	2 Pound
	Eggs	4 Dozen
	Breakfast Cereal	108 Ounce
	Peas and Beans/Peas	4 Jar / Bag
	Canned Fish	30 Ounce
	Infant Cereal	16 Ounce
	Infant Fruits & Veggies	64 Ounce
	Infant Meals	40 Ounce
	Whole Grain Options	80 Ounce



Foods

Cheese	2
Eggs	3
Tofu	4
Cereal	6
Peanut Butter and Beans	11
Canned Fish	14
Infant Foods	15
Whole Grains	20
Fruits and Vegetables	30
Yogurt	32
Milk	34
Juice	38

Extra Shopping Help

Checking Your Balance	40
Reading Shelf Tags	42
Find the Right Sizes	43
When Your Card Doesn't Work	44
WICShopper App	45

**HELPFUL
TIP**

**Need more help while
you are shopping?**



1. Use the [WICShopper app](#)
2. Ask at the store customer service desk
3. Call your WIC office from the store

Cheese

✓ WIC-Approved

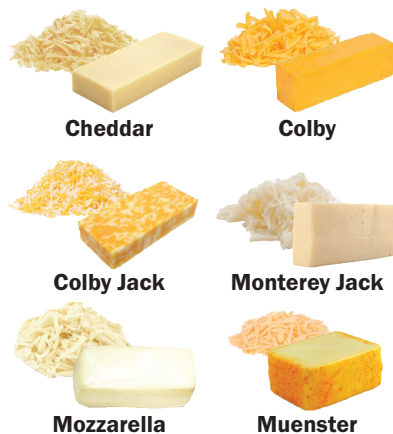
- 8 ounce and 16 ounce packages
- Blocks and shredded
- American slices
- Regular
- Low-fat

⊘ Do not buy

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

Blocks

8 ounce and 16 ounce



Slices

8 ounce and 16 ounce



Brands allowed



Eggs

✓ WIC-Approved

- Whole dozen
- Medium, large, extra large, jumbo
- Cage-free
- Organic
- Vegetarian-fed
- Enhanced or specialty (Omega-3)

Dozen, Any Size



Any Brand

🛒 Shopping tip

You can swap eggs for peanut butter, canned beans or dried beans.

Talk with your local WIC office to make a food package change



1 dozen eggs



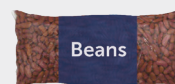
1 jar peanut butter
(16–18 ounce)

or



4 cans beans
(15–16 ounce each)

or



Dried beans, lentils, or peas
(1 lb or 16 ounce)

Tofu

✓ WIC-Approved

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

Shopping tip

You can get more tofu in place of milk. Call your local WIC office to find out more.

8 ounce, 14 ounce, and 16 ounce



Azumaya

- Firm
- Extra Firm



Franklin Farms Tofu

- Soft
- Medium Firm
- Firm
- Extra Firm



Heiwa Tofu



House Foods

- Medium Firm
- Firm
- Extra Firm
- Cubed Super Firm



Nasoya

- Firm
- Extra Firm
- Super Firm



O Organics

- Firm
- Extra Firm
- Cubed Extra Firm
- Sprouted Super Firm

Tofu

8 ounce, 14 ounce, and 16 ounce



Vermont Soy

- Firm



Nature's Promise

- Firm
- Extra Firm



Wildwood Organic

- Firm
- Extra Firm
- Super Firm



Woodstock Organic

- Firm

Shopping tip

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

For example:

1 lb



One 16 ounce

OR



Two 8 ounce

4 lbs



Four 16 ounce

OR



Four 14 ounce +
One 8 ounce

Hot Cereal



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

See each brand/product for sizes



- Best Yet**
- 🌾 Original Flavor Oatmeal - 11.8 ounce



- Cream of Rice**
- GF Gluten Free - 12 ounce
 - 14 ounce



Cream of Wheat

- 1 Minute - 28 ounce
- 2½ Minute - 12 ounce
- 28 ounce
- Instant Original - 12 ounce
- 18 ounce
- 🌾 Whole Grain - 12 ounce
- 18 ounce



- Food Club**
- 🌾 Original Instant Oatmeal - 11.8 ounce



- Great Value**
- 🌾 Original Instant Oatmeal - 11.8 ounce



- Hannaford**
- 🌾 Regular Instant Oatmeal - 11.8 ounce



- IGA**
- 🌾 Original Instant Oatmeal - 11.8 ounce

Hot Cereal

See each brand/product for sizes



- Maypo**
- 🌾 Maple Oatmeal - 14 ounce
 - 🌾 Vermont Style Oatmeal - 19 ounce



- Quaker**
- 🌾 Original Instant Oatmeal - 11.8 ounce
 - 23.7 ounce



- Signature Select**
- 🌾 Instant Oatmeal - 11.8 ounce

Shopping tip

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

$$\begin{array}{ccccccc}
 \text{Box} & + & \text{Box} & + & \text{Box} & = & \text{Total} \\
 18 \text{ ounce} & & 9 \text{ ounce} & & 9 \text{ ounce} & & 36 \text{ ounces}
 \end{array}$$

$$\begin{array}{ccccccc}
 \text{Box} & + & \text{Box} & + & \text{Box} & = & \text{Total} \\
 12 \text{ ounce} & & 12 \text{ ounce} & & 12 \text{ ounce} & & 36 \text{ ounces}
 \end{array}$$

$$\begin{array}{ccccccc}
 \text{Box} & + & \text{Box} & = & \text{Total} \\
 24 \text{ ounce} & & 11.8 \text{ ounce} & & 35.8 \text{ ounces}
 \end{array}$$

Cold Cereal

✓ WIC-Approved

- 8.9 ounce to 36 ounce packages
- 🌾 Whole grain
- Ⓜ Gluten-free

General Mills



Bluey



Cheerios

- 🌾 Ⓜ Original
- 🌾 Ⓜ Multi-Grain
- 🌾 Ⓜ Veggie Blends Apple Strawberry
- 🌾 Ⓜ Veggie Blends Blueberry Banana
- 🌾 Ⓜ Hearty Nut Medley



Chex

- Ⓜ Blueberry
- Ⓜ Rice
- Ⓜ Cinnamon
- 🌾 Wheat
- Ⓜ Corn



Fiber One

- 🌾 Honey Clusters



Kix

- 🌾 Plain

Grain Berry



Total

- 🌾 Original



Wheaties

- 🌾 Original
- 🌾 Protein Maple Almond
- 🌾 Protein Honey Pecan



Grain Berry

- 🌾 Multi-Bran Flakes

Kashi



Kashi

- 🌾 Honey Toasted
- 🌾 Blueberry Clusters
- 🌾 Cocoa Clusters



Kellogg's



Complete Bran

- 🌾 Wheat Flakes



Corn Flakes

- Original

Kellogg's



Crispix

- Original



Frosted Mini Wheats

- 🌾 Original
- 🌾 Blueberry Muffin
- 🌾 Pumpkin Spice
- 🌾 Bite Size Strawberry
- 🌾 Little Bites
- 🌾 Cocoa



Raisin Bran

- 🌾 Original



Rice Krispies

- Original



Special K

- Original
- 🌾 Cinnamon and Pecan
- 🌾 Protein Touch of Cinnamon



Post



Bran Flakes

- 🌾



Great Grains

- 🌾 Banana Nut Crunch
- 🌾 Cranberry Almond Crunch
- 🌾 Crunchy Pecan
- 🌾 Raisin Date Pecan
- 🌾 Red Berry Almond Crunch



Grape Nuts

- 🌾 Original
- 🌾 Flakes



Honey Bunches of Oats

- With Almonds
- Honey Roasted
- Vanilla Bunches
- Cinnamon Bunches



Raisin Bran

- 🌾 Original

Quaker



Life

- 🌾 Original
- 🌾 Mighty- Mixed Berry
- 🌾 Mighty- Very Vanilla



Oatmeal Squares

- 🌾 Hint of Brown Sugar
- 🌾 Honey Nut



Cold Cereal

✓ WIC-Approved

- 8.9 ounce to 36 ounce packages
- Whole grain
- GF Gluten-free

Any size from 8.9 to 36 ounce

Store Brands



Best Yet

- Bran Flakes
- Frosted Shredded Wheat
- Toasted Oats



Food Club

- Bran Flakes
- Frosted Shredded Wheat
- Oatmeal Squares
- Toasted Oats



Great Value

- Bran Flakes
- Frosted Shredded Wheat
- Toasted O's



Hannaford

- Bran Flakes
- Bite Sized Frosted Shredded Wheat
- Bite Sized Strawberry Shredded Wheat
- Frosted Shredded Wheat
- Tasteeos
- Wheat Flakes



Malt O Meal

- Frosted Mini Spooners



Pics by Price Chopper

- Bran Flakes
- Frosted Shredded Wheat
- Toasted Oats



Signature Select

- Bran Flakes
- Frosted Shredded Wheat
- Toasted Oats

Peanut Butter

✓ WIC-Approved

- 16 to 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 to 18 ounce jars



Any Store Brand



Smuckers



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

Shopping tip

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

A



One 16 to 18 ounce jar of peanut butter

— OR —

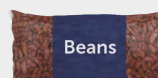
B



Four 15 to 16 ounce cans of canned beans

— OR —

C



One 16 ounce package of dry beans, lentils, peas

Canned Beans

✓ WIC-Approved

- 15 to 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 to 16 ounce cans



Any Brand

- Any type of beans, lentils or peas

Dried Beans, Lentils and Peas

✓ WIC-Approved

- 16 ounce 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 beans, lentils or peas

Nut and Seed Butters

⚠ ATTENTION

If you or anyone in your immediate household has a nut allergy, talk with your local WIC office to make a food package change to allow nut and seed butters.

✓ WIC-Approved

- 16 to 18 ounce jars
- Smooth/Creamy
- Chunky/Crunchy
- Plastic or glass jars
- Sunflower/Cashew/Almond

⊘ Do not buy

- Organic
- Flavored or mix-in ingredients

16 to 18 ounce jars



Barney
Butter



Crazy
Richard's



Justin's



Natural
MaraNatha



Octonuts



Open Nature
⊘ Do not buy
Creamy
cashew



Once Again



SunButter



Woodstock



Canned Fish

✓ WIC-Approved

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

✗ Do not buy

- Albacore tuna
- Chunk **white** tuna

Can sizes 2.5 to 20 ounces

Chunk Light Tuna



Any Brand

Sardines



Any Brand

Salmon



Any Brand

Infant Fruits and Vegetables

✓ WIC-Approved

- Any variety fruit or vegetable
- Any variety mixed fruits and mixed vegetables
- Organic allowed

✗ Do not buy

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



🛒 Shopping tip

Fruit and vegetable option:

Families with infants over 6 months can trade jarred baby food fruits and vegetables for \$11 (half) or \$22 (all) in fresh, frozen or canned fruits and vegetables.



If this option is not already on your Family Food Benefits list and you would like it, contact your local WIC office.

Infant Fruits and Vegetables

Single jars and multi-pack tubs



Beech-Nut

- Single 4 ounce
- Stage 1, Stage 2



Beech-Nut Naturals

- Single 4 ounce
- Variety packs
- Stage 1, Stage 2



Beech-Nut Organic

- Single 4 ounce
- Stage 1, Stage 2



Earth's Best Organic

- Single 4 ounce
- Stage 2 only



Gerber

- 2 ounce 2-pack
- 4 ounce 2-pack
- Single 4 ounce
- Variety packs
- Stage 1, Stage 2



Gerber Organic

- Single 4 ounce
- Stage 1, Stage 2



Happy Baby

- Single 4 ounce
- Stage 1, Stage 2



O Organics

- Single 4 ounce



Nature's Heart Organic

- Single 4 ounce
- Stage 1
- Stage 2 fruits only



Nature's Promise

- Single 4 ounce
- Stage 2



Parent's Choice

- Single 4 ounce
- 2 ounce 2-pack
- 4 ounce 2-pack
- Stage 1, Stage 2



Tippy Toes

- 4 ounce 2-pack
- Single 4 ounce
- Stage 2

Infant Fruits and Vegetables

Shopping tip

There is a limit of **50 WIC items in one transaction**. Separate WIC items into multiple transactions if the number of items is more than 50.

128 ounce benefit = 32 jars

Combine containers to add up to the number of ounces (oz) on your Family Food Benefits list.

One
4 ounce jar
= 4 ounces



= 1 jar



One
2 ounce, 2-pack
= 4 ounces



= 1 jar



One
4 ounce, 2-pack
= 8 ounces



= 2 jars



Infant Cereal

✓ WIC-Approved

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

⊘ Do not buy

- Added fruit, formula or vegetables



Earth's Best Organic

- Whole Grain Multigrain
- Whole Grain Oatmeal



Gerber

- Multigrain
- Oatmeal
- Organic Oatmeal
- Organic Oatmeal Millet Quinoa
- Organic Rice
- Rice
- Whole Wheat

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.

As your baby gets older, you may have to buy more formula.

WIC provides enough formula to meet most babies' needs. As your baby gets older, you may have to buy more formula.

For Babies That Are Fully Breastfed Only

🛒 Shopping tip

There is a limit of 50 WIC items in one transaction. Keep this in mind when buying infant foods.

40 ounce benefit = 16, 2.5 ounce jars

Infant Meats

✓ WIC-Approved

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

⊘ Do not buy

- Added sugar or salt
- Dinners

2.5 ounce jars



Beach Nut



Earth's Best Organics



Gerber

30 ounce pack (12, 2.5 ounce jars)



Beach Nut Variety Pack



Gerber Variety Pack

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

Other whole grain options available

Brown Rice

Wild Rice

Quinoa

Oatmeal

Corn Meal

Bread

✓ WIC-Approved

- 8 to 32 ounce Loaves, Rolls, Buns, Pita, Bagels, and English Muffins
- Whole Wheat
- Whole Grain



Arnold
Stone Ground
Wheat
16 ounce



Arnold
100% Whole Wheat
Bread
24 ounce



Arnold
Whole Wheat Bread
Small Slice
18 ounce



Baker's Choice
100% Whole Wheat
16 ounce



The Bread Shed
Whole Wheat
& Flax
16 ounce



Dave's Killer Bread
21 Whole Grains and
Seeds
27 ounce



Dave's Killer Bread
Good Seed
27 ounce



Dave's Killer Bread
White Bread
Done Right
24 ounce

Bread



Dave's Killer Bread
Powerseed
25 ounce



Dave's Killer Bread
100% Whole Wheat
25 ounce



Dave's Killer Bread
Thin Sliced
Powerseed
20.5 ounce



Dave's Killer Bread
Thin Sliced Good
Seed
20.5 ounce



Dave's Killer Bread
Thin Sliced 21 Whole
Grains and Seeds
20.5 ounce



Dave's Killer Bread
Sprouted Whole
Grains
20.5 ounce



Dave's Killer Bread
Breakfast Bread
Raisin' the Roof
16.75 ounce



Dave's Killer Bread
Thin Sliced White
Bread Done Right
20.5 ounce



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



Great Value
100% Whole Wheat
Round Top Bread
20 ounce



Hannaford
100% Whole Wheat
16 ounce



Hannaford
100% Whole Wheat
Sliced Bread
24 ounce



La Panciata
Whole Wheat
Honey & Oats
16 ounce



Nature's Own
100% Whole Wheat
Sugar-Free
16 ounce

Bread



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



Nature's Own
100% Whole Grain
Bread
20 ounce



Nature's Own
100% Whole Wheat
Bread
20 ounce



Open Nature
100% Whole Wheat
Bread
24 ounce



Open Nature
Grains and Seeds
Bread
24 ounce



Pepperidge Farm
Light Style Soft
Wheat
16 ounce



Pepperidge Farm
100% Whole
Wheat Very Thin
16 ounce



Pepperidge Farm
Swirl 100% Whole
Wheat Cinnamon
with Raisins
16 ounce



Pepperidge Farm
Thin Sliced Whole
Grain 100% Whole
Wheat Bread
14 ounce



Pepperidge Farm
Thin Sliced Whole
Grain 15 Grain Bread
14 ounce



Pepperidge Farm
Farmhouse 100%
Whole Wheat Bread
24 ounce



Pepperidge Farm
Thin Sliced Whole
Grain 15 Grain Bread
22 ounce



Pepperidge Farm
Whole Grain 15
Grain Bread
24 ounce



Pepperidge Farm
Whole Grain
Oatmeal Bread
24 ounce

Bread



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



Pepperidge Farm
Whole Grain
100% Whole Wheat
Bread
24 ounce



Pepperidge Farm
Whole Grain
Honey Whole
Wheat Bread
24 ounce



Signature Select
100% Whole Wheat
16 ounce



Signature Select
100% Whole Wheat
No Salt
16 ounce



Signature Select
100% Whole Wheat
Bread
24 ounce



Sara Lee
Classic 100% Whole
Wheat
16 ounce



Sara Lee
100% Whole Wheat
20 ounce



Wonder
100% Whole
Wheat
16 ounce

Bagels



Dave's Killer Bread
Plain Awesome
Bagels
16.75 ounce



Dave's Killer Bread
Cinnamon Raisin
Remix Bagels
16.75 ounce



Dave's Killer Bread
EPIC Everything
Bagels
16.75 ounce



Dave's Killer Bread
Boomin' Berry
Bagels
16.75 ounce



Thomas
100% Whole
Wheat Bagels
20 ounce

Pita



Joseph's
Whole Wheat Pita
11 ounce

Rolls, Buns and Thins



Arnold
100% Whole Wheat
Bread Hamburger
Buns
16 ounce



Arnold
100% Whole Wheat
Sandwich Thins
12 ounce



Dave's Killer Bread
21 Whole Grains
and Seeds
Sandwich Rolls
18 ounce



Dave's Killer Bread
Burger Buns
Done Right
17.6 ounce



Dave's Killer Bread
21 Whole Grains
and Seeds Burger
Buns
17.6 ounce



Dave's Killer Bread
Sandwich Rolls
Done Right
18 ounce



Nature's Own
100%
Whole Wheat
Hamburger
Buns
15 ounce



Signature Select
100% Whole Wheat
Sandwich Thins
12 ounce

English Muffins



Dave's Killer Bread
Rockin' Grains
English Muffins
13.2 ounce



Dave's Killer Bread
Killer Classic
English Muffins
13.2 ounce



Signature Select
100% Whole
Wheat English
Muffins
12 ounce



Thomas
100% Whole Wheat
English Muffins
12 ounce

✓ WIC-Approved

- 8 to 32 ounce packages
- Bags, boxes, and plastic jars
- Organic allowed
- Any brand
- Oatmeal - Instant, Quick, Rolled, Steel-cut, Old-fashioned
- Wild Rice
- Quinoa – Classic, Tri-Color
- Corn Meal

⊘ Do not buy

- Individual packets
- Bulk
- Added sugars, fats, oils, salt, or flavorings

Oatmeal

8 to 32 ounce packages

🛒 Shopping tip

Is oatmeal a cereal or a whole grain? It's both!

When shopping with WIC, remember to:

- **Use Cereal benefits** to buy instant oatmeal in single-serving packets
- **Use Whole Grain benefits** to buy other types of oats in boxes, bags or tubs



Corn Meal, Wild Rice and Quinoa

8 to 32 ounce packages



Brown Rice

8 to 32 ounce packages

Any brand

✓ WIC-Approved

- Regular
- Instant-cooking
- Quick-cooking
- Boil-in-bag
- Choose bags, boxes or plastic jars



🛒 Shopping tip

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

$$\begin{array}{ccc}
 \text{One 16 ounce loaf bread} & + & \text{One 16 ounce package tortillas} \\
 \text{16 oz} & & \text{16 oz} \\
 & & = 32 \text{ ounces}
 \end{array}$$

$$\begin{array}{ccc}
 \text{One 16 ounce package pasta} & + & \text{One 32 ounce package rice} \\
 \text{16 oz} & & \text{32 oz} \\
 & & = 48 \text{ ounces}
 \end{array}$$

Whole Wheat Pasta

✓ WIC-Approved

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

16 ounce (1 pound) packages



Barilla



Bella Terra



Bionaturae



DeLallo



Field Day



Full Circle



Food Club



Great Value



Hannaford



Luigi Vitelli



Mantova



Nature's Promise



O Organics



Racconto



Ronzoni



San Remo



Signature Select

Tortillas

✓ WIC-Approved

- 8 to 24 ounce packages
- 100% Whole Wheat
- Corn

8 to 24 ounce packages



Cedars

- Whole Wheat Wraps



Chi-Chi's

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



Food Club

- Corn, Taco Style
- Whole Wheat, Fajita Style



Hannaford

- White Corn
- Yellow Corn



Great Value

- Whole Wheat



IGA

- White Corn
- Whole Wheat, Taco Style



La Banderita

- White Corn, Yellow Corn
- Whole Wheat, Fajita
- Whole Wheat, Soft Taco
- Street Taco Corn



Mission

- Whole Wheat, Soft Taco
- Whole Wheat, Fajita
- Extra Thin Yellow Corn
- Street Tacos Yellow Corn Tortillas
- Yellow Corn Tortillas Super Size
- Carb Balance Whole Wheat Tortillas



Mayan Farm

- Whole Wheat Tortillas



Ortega

- Whole Wheat



Pic's Brand

- Corn, Taco Style
- Whole Wheat, Taco Style



Signature Select

- Whole Wheat
- White Corn Street Taco

Fruit and Vegetables

Benefit amounts:

Check your Family Food Benefits List or WIC Balance for Fruit and Vegetable benefit amounts

Fresh

✓ WIC-Approved

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

✗ Do not buy

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

Any size



Any brand

- Any fruit or vegetable

Shopping tip

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 or oils
- 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, cup, jar, pouch, etc.)
- Organic allowed

✗ Do not buy

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

Any size



Any brand

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

Yogurt

⚠ Choose what is approved for you.

- **Whole milk and low-fat yogurt** for children 12 to 24 months
- **Nonfat and low-fat yogurt** for women and children 2 to 5 years

✓ WIC-Approved

- 32 ounce tubs
- 8-packs and 16-packs of 2 ounce tubes
- Organic allowed
- Natural, plant-based sweeteners

✗ Do not buy

- Pouches
- Artificial sweeteners

32 ounce tubs



Best Yet
Any flavor



Brown Cow
Any flavor



Butterworks Farm
✗ Do not buy
Nonfat Vanilla, Whole Maple



Cabot
✗ Do not buy
Lowfat Vanilla
Bean, Greek
Style Triple
Cream Vanilla



Chobani
✗ Do not buy
Lowfat Greek
Honey Vanilla



Dannon
Any flavor
Oikos Greek
Any flavor
Light & Fit Greek
Plain only



Food Club
✗ Do not buy
Lowfat Vanilla,
Lowfat Peach,
Lowfat, Raspberry
Lowfat Strawberry



Full Circle
Greek
Non-fat
- Plain
- Vanilla



Great Value
✗ Do not buy
Whole Greek Vanilla,
Lowfat Strawberry
Banana, Lowfat Peach,
Lowfat Strawberry
Blended, or Lowfat Vanilla
Blended

Yogurt

🛒 Shopping tip

You can trade milk for more yogurt. Call your local WIC office to find out more.



Green Mountain Creamery
Any flavor



Hannaford
Any flavor



Lucerne
✗ Do not buy
Greek Nonfat
Strawberry,
Lowfat Strawberry,
Lowfat Vanilla,
Whole Vanilla



Nature's Promise
✗ Do not buy
Organic Lowfat
Vanilla



Pics by Price Chopper
Any flavor



Stonyfield Organic
- Smooth &
Creamy:
Any Flavor
- Greek:
0% Fat only



Two Good
Any flavor



Yoplait
Original:
Any flavor

8-packs and 16-packs of 2 ounce tubes



Stonyfield Organic
Any flavor



Yoplait
Go-Gurt Simply yogurt
tubes



Plant-Based Yogurt 24 ounce tubs



Silk
Dairy-Free Smooth
& Creamy Plain or
Vanilla (24 ounce)

Cow's Milk

⚠ Choose what is approved for you.

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

✓ WIC-Approved

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

⊘ Do not buy

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

Gallon, ½ gallon, quart



Any Brand

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

Organic brands allowed



Full
Circle



Horizon



Nature's
Promise



O Organics



Organic
Valley



Stonyfield
Organics

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 to 24 months
- **Low-fat (1%) and nonfat (skim) milk** for women and children 2 to 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 to 24 months

Quart



Meyenberg

- Low-fat (1%)

Powdered

12 ounce (makes 3 quarts)



Meyenberg

- Whole:
For children 12 to 24 months



Meyenberg

- Nonfat

Plant-Based Milks

✓ WIC-Approved

- Refrigerated and shelf-stable

✗ Do not buy

- Pouches
- Artificial sweeteners

Soymilk



**Silk
(Refrigerated)**
Original
- 32 ounce (1 quart)
- 64 ounce
(1/2 gallon)

**Silk
(Shelf Stable)**
Original
- 32 ounce (1 quart)



**Pacific
(Shelf Stable)**
Ultra Soy Original
- 32 ounce (1 quart)

Pea and Oatmilk Blend



Silk Kids
Original Oatmilk Blend
- 59 ounce

Pea



**Ripple
(Refrigerated)**
Kids Original or
Kids Unsweetened
Original
- 48 ounce



**Ripple
(Shelf stable)**
Unsweetened Original
or Original, Kids
Original and Kids
Unsweetened Original
- 32 ounce (1 quart)

Juice

✓ WIC-Approved

- Shelf-stable 100% Juice:
64 ounce bottles

! Take Note

- Organic allowable in
the O Organics brand

Shelf-stable 64 ounce bottles



Apple & Eve
• Any flavor
• No organic



Food Club
• Apple
• Cranberry
• Grape
• Grapefruit
• Orange
• Pineapple
• Vegetable
• Tomato
• White Grape



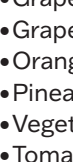
Hannaford
• Any flavor



Langers
• Apple
• Apple Berry
Cherry
• Apple Kiwi
Strawberry
• Apple Orange
Pineapple
• Apple Peach
Mango
• Berry Blend
• Concord
Grape
• Cranberry
Plus
• Cranberry
Raspberry
Plus
• Pineapple



Best Yet
• Apple
• Grape
• Grapefruit
• Orange
• Orange
Mango
• Orange
Pineapple
• Pineapple
• Tomato
• Vegetable
• White Grape



IGA
• Apple
• Grape
• Tomato
• White Grape



Great Value
• Apple
• Cranberry
Blend
• Cranberry
Grape
• Cranberry
Pomegranate
• Grape
• Mango
• Orange Blend
• Pear
• Pineapple
• Tomato
• Vegetable
• White Grape
• White Grape
Peach



Juicy Juice
• Any flavor



Mott's
• Apple
• Apple Cherry
• Apple Mango
• Apple White
Grape
• Sensibles
- Apple
• Fruit Punch
Peach



Campbell's
• Tomato
• Tomato
Low Sodium

Juice

Shelf-stable

64 ounce bottles



Pics by Price Chopper

- Apple
- Berry
- Grape
- Grapefruit
- Pineapple
- Tomato
- Vegetable
- Vegetable Low Sodium
- White Grape



Northland

- Any flavor



Ocean Spray

- Any flavor



O Organics

- Cranberry Mango
- Grape



Signature Select

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



Old Orchard

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



That's Smart

- Grape



V8 Vegetable

- Original Vegetable
- Spicy Hot Vegetable
- Low Sodium



Ruby Kist

- Apple
- Grape
- Orange
- Orange blend
- White grape



Welch's

- 100% White Grape
- 100% Red Grape
- Apple
- Grape
- Grape (calcium)
- Orange
- Pineapple
- Tropical Trio
- White Grape Peach
- White Grape Cherry

Do not buy
Light

Juice

Frozen Orange Juice

✓ WIC-Approved

- 16 ounce frozen concentrate



Any Store Brand

- Best Yet
- Food Club
- Hannaford
- Pics by Price Chopper
- Signature Select

Refrigerated Orange Juice

✓ WIC-Approved

- 46 to 64 ounce bottles
- Pulp/No Pulp
- Fortified with calcium and/or vitamin D

✗ Do not buy

- Juice blends
- Light

! Take Note

- Organic allowable in the O Organics brand

46 to 64 ounce bottles

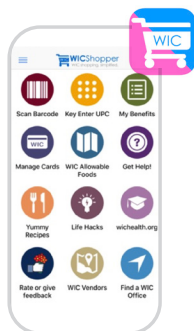


Approved Brands

- Florida's Natural
- Food Club
- O Organics
- Simply Orange
- Tropicana

Store Brand

- Best Yet
- Food Club
- Great Value
- Hannaford
- IGA
- Pics by Price Chopper
- Signature Select



Checking your balance

WICShopper app

Open the app to view your remaining benefits instantly.

WIC Card PIN Pad at Customer Service

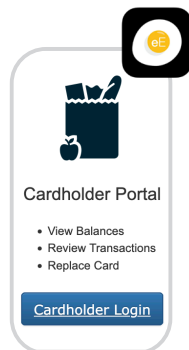
Check your balance before shopping. Just insert your card and follow the prompts.

Last Store Receipt

It prints automatically at the bottom.

ebtEDGE Cardholder Portal

Check your benefit balance and see recent transactions online or in the app.



Sample receipt

GROCERY STORE
123 Road
Waterbury, VT 05676

GROCERY

41199210 KLLGG MINI WHEATS 5.99

PRODUCE

41199210 2@ SIG SNACKING TOMATO 6.98

4550 BRUSSEL SPROUTS 5.85

81204900 3@ BLUEBERRIES PINT 11.97

BALANCE \$24.62

eWIC 18.63

Debit Purchase 7/29/2026 10:25

Card #: *****1354 AUTH: 0000512972

ENDING WIC Benefit Balance
Earliest WIC Benefit Expiration Date
7/31/2026 at Midnight

64 OZ LOWFAT/NONFAT YOGURT
48 OZ WHOLE GRAINS - ALL AUTH
89.02 CASH V FRUITS AND VEGETABLES
9 GALLON MILK - LOWFAT
1 POUND TOFU
3 DOZEN EGGS
93.2 OUNCE CEREAL-ALL AUTH
2 JAR/BA PB/BEANS & PEAS - ALL AUTH
3 POUND CHEESE

****End of WIC Benefit Balance****

****eWIC Benefit Redemption/Purchase****

64 OZ LOWFAT/NONFAT YOGURT
18.63 CASH V FRUITS AND VEGETABLES
1 BRUSSELS SPROUTS 5.65
1 SIG TOMATO 3.49
1 SIG TOMATO 3.49
1 BLUEBERRIES PINT 3.99
1 BLUEBERRIES PINT 3.99

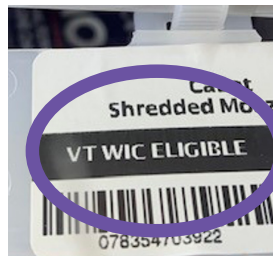
****End of WIC Benefit Redemption Purchase****

**HELPFUL
TIP**

WIC benefits don't carry over. Use them before they expire each month.

Look for Shelf Tags

Most stores place shelf tags to show which items are WIC-approved. Look for tags that say “WIC” or that have a “W” in a box. All stores don’t use the same tags.



HELPFUL TIP

Even if the shelf tag says “WIC”, double check that the item is on your Family Food Benefits list.



Find the Right Sizes

WIC-approved foods must match the exact sizes in your Family Food Benefits list. Choosing the correct size ensures your benefits work at checkout and helps you get the most from your monthly allowance.





If your card doesn't work

Don't panic. Try these steps.



1. Check your balance

Use your last store receipt, the [WICShopper app](#), or the PIN pad to see what foods you can still buy.

2. Make sure the item is approved

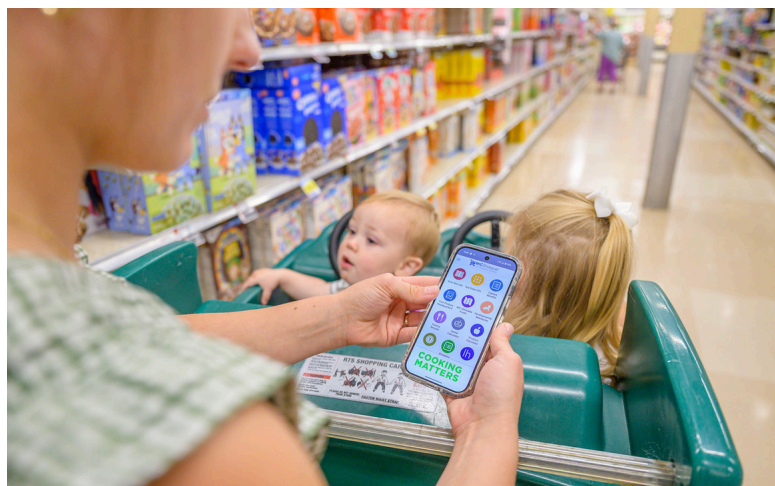
And that sizes match your Family Food Benefits list.

3. Ask the store's customer service desk

They may be able to help or tell you why the item didn't work.

4. Call your [WIC office](#) from the store

We can look up your account and help.



How to get started:

1. Download the [WICShopper app](#) from the App Store or Google Play.
2. Open the app and select Vermont.
3. Register your WIC card using the 16-digit card number on the front.

Need help? Ask your WIC nutritionist or visit HealthVermont.gov/WIC for instructions.

The WICShopper app

Shop smarter, faster, and more confidently with the [WICShopper app](#).



- ✓ Scan barcodes in the store to see if an item is WIC-approved.
- ✓ View your Family Food Benefits list and see what you have left to buy this month.
- ✓ Track when your benefits expire.
- ✓ Find WIC-authorized stores near you.

Vermont WIC Program local offices

Barre

802-479-4200

Bennington

802-447-3531

Brattleboro

802-257-2880

Burlington

802-863-7323

Middlebury

802-388-4644

Morrisville

802-888-7447

Newport

802-334-6707

Rutland

802-786-5811

Springfield

802-289-0600

St. Albans

802-524-7970

St. Johnsbury

802-748-5151

White River

Junction

802-295-8820



HealthVermont.gov/Local



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