

Vermont WIC Approved Products List
Effective October 1, 2019
[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 May be regular or low sodium. Organic allowed. 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 or artificial sweetener. ○ 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	16 oz only
Restrictions	Limited to brands listed. Must be 16 oz loaf.
Varieties	100% Whole Wheat and Whole Grain Bread

Brands	<p><u>These are the only breads allowed:</u></p> <p>Arnold Bread Stone Ground Wheat 16 oz Best Yet Bread 100% Whole Wheat 16 oz Bimbo 100% Whole Wheat Bread 16 oz Bread Shed Sunflower Flax Whole Wheat 16 oz Great Value 100% Whole Wheat 16 oz Hannaford Bread 100% Whole Wheat 16 oz IGA 100% Whole Wheat 16 oz La Panciata Bread Whole Wheat Honey & Oats 16 oz Nature's Own 100% Whole Wheat Sugar Free 16 oz (New)! 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 Signature Select 100% Whole Wheat Bread 16 oz Signature Select 100% Whole Wheat No Salt Bread 16 oz Wonder Bread 100% Whole Wheat 16 oz</p>
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Whole Grains - Pasta

Size	16 ounce box or bag
Varieties	Whole wheat and whole grain wheat pasta

	Organic allowed Any shape such as rotini, elbows, spaghetti, penne, rigatoni, linguini, capellini, farfalle, etc.
Restrictions	n/a
Brands	<p><u>These are the only brands allowed:</u></p> <p>Barilla Bella Terra Bionaturae Delallo Food Club (New)! Full Circle Great Value Hodgson Mill Luigi Vitelli Mantova O Organics Racconto Ronzoni San Remo (New)! Signature Select (New)!</p>
Whole Grains - Tortillas	
Size	16 oz only
Restrictions	Only 16 oz and brands listed below
Varieties	100% Whole Wheat; and Corn
Brands	<p>These are the only tortillas allowed, corn and whole wheat:</p> <p><u>Corn:</u> Chi-Chi'S White Corn, Taco Style 16 oz Food Club White Corn, Taco Style 16 oz (New)! IGA White Corn 16 oz La Banderita Corn 16 oz Mission Extra Thin Yellow 16 oz</p> <p><u>Whole Wheat:</u> Chi-Chi's Whole Wheat, Fajita Style 16 oz Food Club Whole Wheat, Fajita Style 16 oz (New)! 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 Select Whole Wheat 16 oz</p>

Whole Grains - Brown Rice	
Size	14 to 16 ounce, and 28 to 32 ounce package, box or bag
Varieties	May be instant-, quick-, or regular cooking and/or boil-in-bag Organic allowed.
Restrictions	No added fats, sugars, oils or salt.
Eggs	
Size	Medium and Large Whole dozen only
Varieties	White or brown
Restrictions	No organic No enhanced or specialty (Omega-3)
Brand	Any brand
Soy Milk Beverage	
Size Brands Varieties	<p><u>Only soymilk beverages allowed:</u></p> <p>Pacific Natural Foods 32 oz shelf stable</p> <ul style="list-style-type: none"> • Ultra Soy Original <p>8th Continent 64 oz refrigerated</p> <ul style="list-style-type: none"> • Original • Vanilla <p>Silk 32 oz (New)! and 64 oz refrigerated 32 oz Aseptic package New!</p> <ul style="list-style-type: none"> • Original
Restrictions	No Organic
Milk	
Size Varieties Brands	<p>Low-fat (1%), Nonfat (skim) & Whole Milk Quarts, Half Gallons, Gallons Any brand</p> <p>Lactose reduced and Lactose free milk (whole, 1% and skim): Quarts, Half Gallons, Gallons Any brand</p>

	<p>Shelf stable (UHT) milk: Quarts Any Brand</p> <p>Dry milk powder (non-fat only): 25.6 oz packages Any brand</p> <p>Goat's Milk Meyenberg Whole milk: Half gallon and quart fluid and 12 ounce powdered Meyenberg Low-fat milk: Quart fluid and 12 ounce powdered</p>	
Restrictions	<p>No organic, no flavored, no glass bottles No enhanced or specialty milks</p>	
Cheese		
Size	8 and 16 oz only (block and sliced American)	
Varieties	<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>	
Restrictions	<p>No string, No shredded, No imported, No deli, No organic, No individually wrapped, No specialty or special reserve</p>	
National Brands Allowed	<p>Cabot Cappiello Cracker Barrel Dragone Galbani</p>	<p>Heluva Good Kraft Maggio Polly O Sargento Sorrento</p>
Store Brands Allowed	<p>Best Yet Crystal Farms Food Club (New)! Great Value Hannaford</p>	<p>IGA Lucerne Pics by Price Chopper Shurfine</p>

Tofu	
Size	8 ounce, 14 ounce, and 16 ounce packages
Varieties	See specific brand varieties below
Restrictions	
Brands	<p><u>Only brands and varieties allowed:</u></p> <p>Azumaya Firm Azumaya Extra Firm Azumaya Silken</p> <p>House Foods Cubed, Super Firm (New)! House Foods Soft (New)! House Foods Medium Firm (New)! House Foods Firm (New)! House Foods Extra Firm (New)!</p> <p>Nasoya Soft Nasoya Firm Nasoya Silken Nasoya Extra Firm Nasoya Lite Firm Nasoya Lite Silken Nasoya Sprouted Super Firm Nasoya Cubed, Super Firm</p> <p>O Organics Firm O Organics Sprouted Super Firm O Organics Cubed, Extra Firm O Organics Extra Firm (New)!</p> <p>Vermont Soy Firm</p>
Size	Allowed: 32 oz tubs, 8 packs of 2 oz tubes, 16 pk of 2 oz tubes (New)!
Varieties	Plain and flavored allowed. Organic allowed.
Restrictions	No mix ins allowed (granola, candy, nuts, honey) No artificial sweeteners
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 Milk – any flavor ○ Nonfat – any flavor ○ Cabot – [All 32 oz tubs]

- “Cabot” Nonfat – any flavor
- “Cabot Greek” - Whole milk – plain
Low-fat – plain
- Chobani –
 - [32 oz tubs] “Greek”
 - Whole Milk – any flavor
 - Nonfat - any flavor
- Dannon – [All 32 oz tubs]
 - “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
- **Desi Natural Dahi – [32 oz tub] Whole and Lowfat (New)!**
- Green Mountain Creamery – [All 32 oz tubs]
 - “Greek” Full Fat – any flavor; Nonfat – any flavor
- Stonyfield Farms –
 - [32 oz tubs] “Smooth & Creamy” Whole Milk – any flavor; Low-fat – any flavor;
Fat Free – any flavor
 - [32 oz tubs] “Greek” Nonfat plain
 - [8 pack 2 oz tubes] Kids Whole or Low-fat – any flavor
 - **[16 pack 2 oz tubes] Kids – any flavor (New)!**
- Yoplait – [All 32 oz tubs]
 - “Original” - Nonfat – any flavor

Store Brands – [All 32 oz tubs]

- Best Yet-
 - Non Fat – any flavor
 - Low Fat – any flavor
- **Food Club- any flavor (New)!**
- Great Value – (all flavors except Nonfat Vanilla due to artificial sweetener)
 - Whole – any flavor
 - Non-fat – any flavor
 - Low Fat – any flavor
- Hannaford –
 - Lowfat – any flavor
 - Nonfat – any flavor
- Lucerne –
 - Non-Fat - any flavor
 - Lowfat – any flavor
 - Greek Non-Fat – any flavor
 - No Lucerne Greek Vanilla Light due to artificial sweetener
- Nature’s Place/Promise-
 - **“Greek”- Whole- plain or Nonfat Vanilla (New)!**
Whole milk plain; Lowfat Vanilla (New)!
- O Organics-
 - Any flavor
- Open Nature -
 - Any flavor
- Pics by Price Chopper –
 - Non-Fat - any flavor

	<ul style="list-style-type: none"> ○ Lowfat – any flavor ○ Greek Nonfat – any flavor ○ Shurfine – <ul style="list-style-type: none"> ○ Nonfat Plain – any flavor ○ Lowfat Plain – any flavor
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Legumes - Peanut Butter	
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Size	16 to 18 ounce jar (plastic or glass)
Varieties	Smooth and chunky
Restrictions	No low fat No low sodium No organic No specialty peanut butters No peanut butter <u>spreads</u> (such as Simply Jif, Reduced Fat Jif, Reduced Fat Skippy, Skippy Natural) No flavored or mixed-in ingredients
National Brands Allowed	Jif Peter Pan Skippy Smuckers Natural Teddies Natural Teddies Natural Unsalted
Store brands	Any store brand

Legumes - Canned Beans	
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Size	15 to 16 ounce can
Varieties	Any type of mature beans, peas or lentils. May be regular or low sodium. Organic allowed.
Restrictions	May not contain added sugars, fats, oils, vegetables, fruits or meat. No refried beans.
Brands	Any brand

Legumes - Dried Beans	
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Size	1 pound package
Varieties	Any type of mature dry beans, peas or lentils. Organic allowed.
Restrictions	No added sugars, no soup mix.

Brands	Any brand
Breakfast Cereal - Hot	
Size	See below
Varieties	Hot Oatmeal Hot Wheat Hot Rice Whole grain cereals in red or with # Gluten Free in blue or with * Non-whole grain in black
Restrictions	No added sugar or fruit.
Brands	<p>Brands/Products allowed:</p> <p>Cream of Rice – Original 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) 18 oz #</p> <p>Farina Hot Wheat Cereal 18 oz, 28 oz</p> <p>Food Club Creamy Wheat Farina 28 oz (New)!</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 #</p> <p>Store Brand Oatmeal:</p> <p>Best Yet Instant Oatmeal, Original Flavor 11.8 oz #</p> <p>Food Club Instant Oatmeal 11.8 oz # (New)!</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 #</p> <p>Signature Select Instant Oatmeal, Regular Flavor 11.8 oz #</p>
Breakfast Cereal - Cold	
Size	9 oz to 36 oz box sizes
Varieties	Whole grain cereals in red or with # Gluten Free in blue or with * Non-whole grain in black

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: www.fns.usda.gov/wic/wic-food-packages-regulatory-requirements-wic-eligible-foods</p>	
National Brands Allowed	<p>General Mills Cheerios # (gluten free)* Multi-Grain Cheerios # (gluten free)* Chex – Blueberry* Chex – Cinnamon* Chex – Corn * Chex - Rice * Chex – Wheat # Chex – Vanilla* Fiber One - Honey Clusters # Kix – Plain # Kix – Berry Berry # Kix – Honey # Total # Wheaties #</p> <p>Quaker Life # Oatmeal Squares: Hint of Brown Sugar # Oatmeal Squares: Hint of Cinnamon #</p> <p>Sunbelt Bakery Simple Granola Cereal #</p> <p>Malt O Meal Frosted Mini Spooners #</p>	<p>Kellogg's All Bran Complete Wheat Flakes # Corn Flakes Crispix Frosted Mini Wheats – Original and Little Bites # Frosted Mini-Wheats Touch of Fruit in the Middle, Raspberry # Rice Krispies (plain) Special K Original Special K Protein Honey Almond Ancient Grains # (New)! Special K Protein Original Multi Grain Touch of Cinnamon # (New)!</p> <p>Post Banana Nut Crunch # Grape Nuts # Grape Nut Flakes # Great Grains Crunchy Pecan # (New)! Honey Bunches of Oats: with Almonds Honey Bunches of Oats: with Cinnamon Bunches Honey Bunches of Oats: Honey Roasted Honey Bunches of Oats: Pecan & Maple Brown Sugar Honey Bunches of Oats: Vanilla Bunches # Honey Bunches of Oats: Whole Grain Honey Crunch # Honey Bunches of Oats: Whole Grain Almond Crunch #</p>
Store Brands Allowed	<p>Best Yet Bran Flakes # Crispy Rice Corn Flakes Honey Oats & Flakes Frosted Shredded Wheat # Frosted Shredded Wheat Strawberry # (New)! Toasted Oats #</p> <p>Food Club (All New)! Bran Flakes # Frosted Shredded Wheat # Frosted Shredded Wheat Strawberry # Oatmeal Squares # Toasted Oats #</p>	<p>Parade Corn Flakes Crisp Rice</p> <p>Pics by Price Chopper Bran Flakes # Corn Flakes Crispy Rice Toasted Oats # Toasted Rice Crisps Toasted Corn Crisps Frosted Shredded Wheat # Strawberry Frosted Shredded Wheat #</p> <p>Shurfine</p>

	<p> Corn Flakes Corn Squares Crisp Rice Honey Oats Clusters Honey Oats with Almonds Rice Squares Twin Grain Crisps </p> <p> Great Value Bran Flakes # Corn Flakes Corn Squares Frosted Shredded Wheat # Rice Crispers (New)! Rice Squares </p> <p> Hannaford 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 & More with Honey Oats & More with Almonds Easy Living Oat Squares # Toasted Rice Squares Toasted Corn squares Toasted Wheat # Tasteos </p> <p> IGA Bite Size Frosted Shredded Wheat # Bran Flakes # Corn Flakes Crispy Corn and Rice Crispy Rice Nutty Nuggets # Toasted Oats # </p>	<p> Bran Flakes # Bite Size Frosted Shredded Wheat # Corn Flakes Corn Squares Crisp Rice Oats & More with Honey Oats & More with Almonds Rice Squares Toasted Oats # Wheat Squares # </p> <p> Signature Select Bran Flakes # Corn Flakes Corn Pockets Crispy Rice Frosted Shredded Wheat # Live it Up! # Nutty Nuggets # Oats & More with Almonds Oats & More with Honey Rice Pockets Toasted Oats # </p>
Juice		

<p>Size Varieties Brands</p>	<p>Juice for Kids: <u>16 oz Frozen Orange Juice</u> Brands: Minute Maid and Any Store Brand Orange Juice (any style)</p> <p><u>64 oz Refrigerated Orange Juice</u> Brands Orange Juice: Hood Natalie’s Thomas Dairy and Any Store Brand</p> <p><u>64 oz Shelf stable bottle:</u> These brands only- <i>any flavor</i>: Apple and Eve (no organic) Juicy Juice Northland</p> <p>These brands, <i>flavor specific</i>: Best Yet – Apple; Grape; Grapefruit; Pineapple; White Grape</p> <p>Campbell’s – Tomato; Tomato Low Sodium</p> <p>Food Club- Apple; Cranberry; Grape; Grapefruit; Orange; Pineapple; Vegetable; Tomato; White Grape (All New)!</p> <p>Great Value – Apple; Cranberry Blend; Cranberry Grape (New)! Grape; Tomato; Vegetable; White Grape; White Grape Peach</p> <p>Hannaford – Apple; Berry; Cranberry Grape; Cranberry Raspberry; Grape; Vegetable; Vegetable Low Sodium (New)!; White Grape; White Grapefruit</p> <p>IGA – Apple; Grape; Grapefruit; White Grape</p> <p>Langers – Apple; Apple Orange Pineapple (New) Apple Peach Mango (New); Concord Grape (New); Cranberry Plus (New); Cranberry Raspberry Plus (New)</p> <p>Mott’s –</p>	<p>Juice for Women: <u>11.5 & 12 oz Frozen:</u> 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</p> <p>Any Store Brand Orange Juice (any style)</p> <p><u>48 oz shelf stable bottle:</u> These brands only– <i>any flavor</i>: Apple & Eve (<i>no organic</i>) Juicy Juice Northland</p> <p>These brands, <i>flavor specific</i>: Food Club (All New!)- Apple; Orange; Pineapple; Orange Pineapple</p> <p>Shurfine – Apple; Grape; Vegetable</p> <p>Welch’s– Concord Grape; White Grape (New!)</p>
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	<p>Apple; Apple Cherry; Apple Mango; Apple White Grape</p> <p>Old Orchard – Apple; Apple Cranberry; Berry Blend; Cranberry Pomegranate; Grape; Orange; Peach Mango; White Grape</p> <p>Pics by Price Chopper – Apple; Berry; Grape; Grapefruit; Pineapple; Tomato; Vegetable; Vegetable Low Sodium (New); White Grape; White Grape Peach</p> <p>Shurfine – Apple; Cranberry; Cranberry-Apple; Cranberry Pomegranate ; Cranberry- Raspberry; Grape; Grapefruit; Orange; Pineapple; Tomato; Vegetable; White Grape</p> <p>Signature Select – Apple; Cranberry Blend; Cranberry; Cranberry Grape; Cranberry- Raspberry; Grape; Grapefruit (New); Orange; Pineapple; Tomato; Vegetable; White Grapefruit; White Grape</p> <p>V8– Original Vegetable; Low Sodium (New!)Spicy Hot Vegetable</p> <p>Welch’s – Grape Juice (no light, no fiber) 100% White Grape Juice; 100% Red Grape Juice; White Grape Peach; Tropical Trio (New!); Super Berry (New!)</p>	
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Restrictions	Only juices listed are allowed No Organic
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Infant Foods	
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Size	Size varies by variety. See variety list below.
Brands	See brand details below.
Restrictions	See variety description for restrictions. No added sugars, starches, rice or salt. No dinners. No pouches.

Varieties	<p>Infant Fruits & Vegetables Glass or plastic allowed Organic allowed (New)!</p> <p>Any variety fruit or vegetables Any variety mixed fruit and mixed vegetables</p> <p>Brands: Beechnut Classics - Single 4 oz Stage 1 (New)! and 2 Beechnut Naturals - Single 4 oz Stage 1 (New)! and 2 Beechnut Organics (New)! - Single 4 oz Stage 1 and 2 Earth's Best Organic - Single 4 oz Stage 2 only Gerber - 2 oz 2 packs Stage 1 (New)! - 4 oz 2 packs Stage 1 (New)! and 2 - Variety packs- Stage 1 and 2 Gerber Organic - Single 4 oz Stage 1 (New)! and 2 Happy Baby - Single 4 oz Stage 1 (New)! and 2 Nature's Promise (New)! - Single 4 oz Stage 2 Once Upon a Farm (New)! - 2 pack 4 oz tubs Stage 1 and 2 - Refrigerated O Organics - Single 4 oz Stage 2 Parent's Choice (New)! - Single 4 oz Stage 1 and 2 Pic Select Fresh - 2 pack 4 oz Stage 2 Tippy Toes (New)! - Single 4 oz Stage 2</p>	<p>Infant Meats: 2.5 oz jar Stage 1 or 2nd Foods No added sugars, starches, rice or salt. No dinners. No pouches.</p> <p>Brands: Beechnut Classics Gerber O Organics Earth's Best</p> <p>Infant Cereal: 8 ounce and 16 ounce box No added formula, fruit, or vegetables.</p> <p>Beechnut – Multigrain, Oatmeal, Organic Oatmeal, Organic Multigrain, Rice</p> <p>Earth's Best Organic – Multigrain, Oatmeal, Rice</p> <p>Gerber – Multigrain, Oatmeal, Organic Oatmeal, Organic Oatmeal Millet Quinoa (New!); 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	
	Gerber currently holds the Vermont WIC formula contract. New!
	Contract Milk-Based formula – Gerber Good Start Gentle New! <ul style="list-style-type: none"> • 12.7 oz Powder • 12.1 oz Concentrate
	Contract Soy-Based Formula – Gerber Good Start Soy New! <ul style="list-style-type: none"> • 12.9 oz Powder • 12.1 oz Concentrate
	Gerber Good Start Soothe New! (no medical documentation required) <ul style="list-style-type: none"> • 12.4 oz Powder
	<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 • Nutramigen • Pregestimil • EnfaCare • Neosure • EleCare and EleCare Jr • Ensure; Ensure Clear; Ensure Plus • Pediasure; Pediasure with Fiber; Pediaure Sidekicks • Boost; Boost Plus; Boost Glucose Control <p>Direct Ship medical formulas (family picks up at WIC office):</p> <ul style="list-style-type: none"> • Boost Breeze • Duocal • Bright Beginnings Soy • Calcilo XD • HCY 1 and HCY 2 • Hominex • Human Milk Fortifier • Ketocal • MCT • Neocate and Neocate Jr • Nutren 1.0, 1.5, 2.0, 1.0 w/Fiber, 1.5 w/Fiber • Nutren Jr and Nutren Jr w/Fiber • Periflex Infant and Periflex Jr • Phenylade MTE • Peptamen Jr • Portagen • PurAmino • Similac Special Care 20 & 24 • Similac PM 60/40 • Tolerex • Xphe Maxamum