

**Vermont WIC Approved Products List**  
**Effective October 1, 2022**  
**[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 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.            All white potatoes allowed: fresh, frozen, and canned.</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>○ Any size allowed.</li> </ul> </li> <li>● Frozen fruits &amp; vegetables:               <ul style="list-style-type: none"> <li>○ Allowed – any brand and package type; any size; 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); 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.</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  Baker’s Choice 100% Whole Wheat 16 oz  Best Yet Bread 100% Whole Wheat 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 &amp; Oats 16 oz  Nature’s Own 100% Whole Wheat Sugar Free 16 oz  Nature’s Own 100% Whole Wheat with Honey 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  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>
<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>	<p><b><u>These are the only brands allowed:</u></b></p> <p>Barilla  Bella Terra  Bionaturae  Delallo  Food Club  Full Circle  Great Value  Hodgson Mill  Luigi Vitelli  Mantova  Nature’s Promise  O Organics  Pastaio  Racconto  Ronzoni  San Remo  Signature Select</p>
<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>	<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  Hannaford White Corn, Taco Style 16 oz  Hannaford Yellow Corn, Taco Style 16 oz  IGA White Corn 16 oz  La Banderita White Corn 16 oz  La Banderita Yellow Corn 16 oz  Mission Extra Thin Yellow 16 oz  Pics Corn Taco Style 16 oz (New)</p> <p><u>Whole Wheat:</u>  Chi-Chi's Whole Wheat, Fajita Style 16 oz  Food Club 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  La Banderita Whole Wheat, Soft Taco 16 oz  Mission Whole Wheat, Soft Taco 16 oz  Mission Whole Wheat, Fajita 16 oz  Ortega Whole Wheat 16 oz  Pics Whole Wheat Fajita Style 16 oz (New)</p>

	Signature Select Whole Wheat 16 oz Tia Rosa Whole Wheat 16 oz
<b>Whole Grains - Brown Rice</b>	
<b>Size</b>	14 to 16 ounces, 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>Whole Grains- Oatmeal</b>	
<b>Size</b>	16 oz and 32 oz packages
<b>Varieties</b>	May be instant, quick, rolled, steel cut, or old-fashioned oats Organic allowed.
<b>Restrictions</b>	No individual packets, bulk or added sugar, fat, oil, salt, or flavoring Limited to brands listed.
<b>Brands</b>	<b>Only Brands and Varieties allowed:</b>  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
<b>Eggs</b>	
<b>Size</b>	Medium, Large, Extra Large, and Jumbo Whole dozen only Organic Allowed (New)
<b>Varieties</b>	White or brown
<b>Restrictions</b>	Must have a valid UPC
<b>Brand</b>	Any brand
<b>Soymilk Beverage</b>	
<b>Size Brands Varieties</b>	<b>Only soymilk beverages allowed:</b>  Pacific Natural Foods 32 oz shelf stable <ul style="list-style-type: none"> <li>• Ultra-Soy Original</li> </ul> Silk 32 oz and 64 oz refrigerated <ul style="list-style-type: none"> <li>• Original</li> </ul> 32 oz Aseptic package

	<ul style="list-style-type: none"> <li>Original</li> </ul>	
<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, <b>Organic Allowed (New)</b></p> <p><b>Lactose reduced and Lactose free milk (whole, 1% and skim):</b>  Quarts, Half Gallons, Gallons  Any brand, <b>Organic Allowed (New)</b></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 ounces powdered  Meyenberg Low-fat milk:  Quart fluid and 12 ounces powdered</p>	
<b>Restrictions</b>	No flavored, no glass bottles No enhanced or specialty milks	
<b>Cheese</b>		
<b>Size</b>	8 and 16 oz only (block, shredded and sliced American)	
<b>Varieties</b>	American slices, <u>not</u> individually wrapped Cheddar – sharp, mild Colby Colby-Jack Monterey Jack Mozzarella Muenster  <i>Regular and Low-fat versions of all above allow</i>	
<b>Restrictions</b>	No string, No imported, No deli, No organic, No individually wrapped, No specialty or special reserve	
<b>National Brands Allowed</b>	Cabot Cappiello Cracker Barrel Dragone Galbani	Heluva Good Kraft Maggio Polly O Sargento

		Sorrento
<b>Store Brands Allowed</b>	Best Yet Crystal Farms Food Club Great Value Hannaford	IGA Lucerne Pics by Price Chopper
<b>Tofu</b>		
<b>Size</b>	8-ounce, 14 ounces, and 16-ounce packages	
<b>Varieties</b>	See specific brand varieties below Organic Allowed	
<b>Restrictions</b>		
<b>Brands</b>	<p><b><u>Only brands and varieties allowed:</u></b></p> <p>Azumaya Firm Azumaya Extra Firm Azumaya Silken</p> <p>Franklin Farms Soft Franklin Farms Medium Firm Franklin Farms Firm Franklin Farms Extra Firm Franklin Farms Organic- Pressed Firm (New) Franklin Farms Organic- Medium Firm (New) Franklin Farms Organic- Silken (New)</p> <p>Heiwa Tofu Firm</p> <p>House Foods Cubed, Super Firm House Foods Soft House Foods Medium Firm House Foods Firm House Foods Extra Firm</p> <p>Nasoya Firm Nasoya Silken Nasoya Extra Firm Nasoya Super Firm</p> <p>Nature's Promise Organic Firm Nature's Promise Organic Extra Firm</p> <p>O Organics Firm O Organics Sprouted Super Firm O Organics Cubed, Extra Firm</p>	

	O Organics      Extra Firm O Organics      Silken  Vermont Soy      Firm
<b>Yogurt</b>	
<b>Size</b>	Allowed: 32 oz tubs, 8 packs of 2 oz tubes, 16 pk of 2 oz tubes
<b>Varieties</b>	Plain and flavored allowed. Organic allowed.
<b>Restrictions</b>	No mix ins allowed (granola, candy, nuts, honey) No artificial sweeteners
<b>Brands</b>	<p><b><u>Brands:</u></b></p> <ul style="list-style-type: none"> <li>○ Butterworks Farm – [All 32 oz tubs]           <ul style="list-style-type: none"> <li>○ Whole and Nonfat – any flavor</li> </ul> </li> <li>○ Cabot – [All 32 oz tubs]           <ul style="list-style-type: none"> <li>○ Nonfat Plain</li> <li>○ Greek- Whole and Low-fat- any flavor</li> </ul> </li> <li>○ Chobani – [32 oz tubs]           <ul style="list-style-type: none"> <li>○ Greek -Whole and Low-fat- 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> <li>○ “Activia”- Low fat Vanilla (New)</li> <li>○ “Light and Fit”- Greek Plain (New)</li> </ul> </li> <li>○ Desi Natural Dahi – [32 oz tub] Whole and Low-fat</li>   <li>○ Green Mountain Creamery – [All 32 oz tubs]</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 plain, vanilla</li> <li>○ [8 pack 2 oz tubes] Kids Whole or Low-fat – any flavor</li> <li>○ [16 pack 2 oz tubes] Kids – any flavor</li> </ul> </li>   <li>○ Two Good- [All 32 oz tubs]           <ul style="list-style-type: none"> <li>○ Greek Lowfat- 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>   <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>○ Food Club- any flavor</li> <li>○ Full Circle- Organic Greek Nonfat Plain and Vanilla</li> <li>○ Great Value – (all flavors except Nonfat Vanilla due to artificial sweetener)</li> </ul> </ul>

	<ul style="list-style-type: none"> <li>○ Whole – any flavor</li> <li>○ Non-fat – any flavor</li> <li>○ Low Fat – any flavor</li> <li>○ Hannaford – <ul style="list-style-type: none"> <li>○ Greek or Regular</li> <li>○ Non-fat, low-fat, or whole- any flavor</li> </ul> </li> <li>○ Lucerne – <ul style="list-style-type: none"> <li>○ Non-Fat - any flavor</li> <li>○ Low-fat – any flavor</li> <li>○ Greek Non-Fat – any flavor</li> <li>○ No Lucerne Greek Vanilla Light due to artificial sweetener</li> </ul> </li> <li>○ Nature’s Promise- <ul style="list-style-type: none"> <li>○ Greek- Whole-plain or Nonfat Vanilla</li> <li>○ Whole Milk Plain; Low-fat Vanilla</li> </ul> </li> <li>○ O Organics- <ul style="list-style-type: none"> <li>○ Any flavor</li> </ul> </li> <li>○ Open Nature - <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> <li>○ Low-fat – any flavor</li> <li>○ Greek Nonfat – any flavor</li> <li>○ Greek- Whole-plain or Nonfat Vanilla</li> </ul> </li> </ul>
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**Legumes -  
Peanut Butter**

<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

**Legumes -  
Canned Beans**

<b>Size</b>	15 to 16 ounce can
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<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>	<b>Brands/Products allowed:</b> Cream of Rice – Original 14 oz * Cream of Wheat – Original Flavor (1 and 2 ½ minute) 12 oz, 28 oz Cream of Wheat - Whole Grain (2 ½ minute) 18 oz # Cream of Wheat- Whole Grain Instant 12.7 oz # (New) Farina Hot Wheat Cereal 18 oz, 28 oz Food Club Creamy Wheat Farina 28 oz Hannaford Creamy Wheat 28 oz Malt O Meal Original Hot Wheat Cereal 36 oz Maypo Vermont Style Maple Oatmeal 19 oz # Maypo Instant Maple Oatmeal 14 oz # Quaker Instant Oatmeal Original Packets 11.8 oz; 23.7 oz #  <b>Store Brand Oatmeal:</b> Best Yet Instant Oatmeal, Original Flavor 11.8 oz # Food Club Instant Oatmeal 11.8 oz # Great Value Original Instant Oatmeal 11.8 oz #

	<p>Hannaford Instant Oatmeal, Regular 11.8 oz #  IGA Instant Oatmeal, Original Flavor 11.8 oz #  Pics by Price Chopper Instant Oatmeal, Original Flavor 11.8 oz #  Signature Select Instant Oatmeal, Regular Flavor 11.8 oz #</p>	
<b>Breakfast Cereal - Cold</b>		
<b>Size</b>	8.9 oz to 36 oz box sizes	
<b>Varieties</b>	<p>Whole grain cereals in red or with #  Gluten Free in blue or with *  Non-whole grain in black</p>	
<b>Restrictions</b>	<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:  <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></p>	
<b>National Brands Allowed</b>	<p><b>General Mills</b>  Cheerios # (gluten free) *  Multi-Grain Cheerios # (gluten free) *  Multi-Grain Cheerios Strawberry # *  Chex – Blueberry*  Chex – Cinnamon*  Chex – Corn *  Chex - Rice *  Chex – Wheat #  Fiber One - Honey Clusters #  Kix – Plain #  Kix – Berry Berry  Kix – Honey #  Total #  Wheaties #</p> <p><b>Quaker</b>  Life #  Life Vanilla #  Oatmeal Squares: Hint of Brown Sugar #  Oatmeal Squares: Hint of Cinnamon #  Oatmeal Squares: Honey Nut #</p> <p><b>Malt O Meal</b>  Frosted Mini Spooners #</p> <p><b>Silver Palace (New)</b>  Grain Berry Multi-Bran Flakes #</p>	<p><b>Kellogg's</b>  All Bran Complete Wheat Flakes #  Corn Flakes  Corn Flakes Cinnamon  Crispix  Frosted Mini Wheats – Original and Little Bites #  Frosted Mini Wheats-Little Bites Chocolate #  Frosted Mini Wheats Cinnamon Roll #  Frosted Mini Wheats Pumpkin Spice #  Frosted Mini-Wheats Filled Mixed Berry #  Frosted Mini Wheat Blueberry #  Frosted Mini Wheats Strawberry #  Kashi- Organic Honey Toasted #  Kashi- Organic Warm Cinnamon #  Rice Krispies (plain)  Special K Original  Special K Banana #  Special K Protein Honey Almond Ancient Grains #  Special K Protein Original Multi Grain Touch of Cinnamon #</p> <p><b>Post</b>  Banana Nut Crunch #  Grape Nuts #  Grape Nut Flakes #  Great Grains Crunchy Pecan #  Honey Bunches of Oats: with Almonds  Honey Bunches of Oats: Cinnamon (New)  Honey Bunches of Oats: Honey Roasted  Honey Bunches of Oats: Pecan &amp; Maple Brown Sugar</p>

<p><b>Store Brands Allowed</b></p>	<p><b><u>Best Yet</u></b>  Bran Flakes #  Crispy Rice  Corn Flakes  Honey Oats &amp; Flakes  Frosted Shredded Wheat #  Frosted Shredded Wheat Strawberry #  Toasted Oats #</p> <p><b><u>Food Club</u></b>  Bran Flakes #  Frosted Shredded Wheat #  Frosted Shredded Wheat Strawberry #  Oatmeal Squares #  Toasted Oats #  Corn Flakes  Corn Squares  Crisp Rice  Honey Oats Clusters  Honey Oats with Almonds  Rice Squares  Twin Grain Crisps  Wheat Squares #</p> <p><b><u>Great Value</u></b>  Bran Flakes #  Corn Flakes  Corn Squares  Frosted Shredded Wheat #  Rice Crispers  Rice Squares</p> <p><b><u>Hannaford</u></b>  Bite Size Frosted Shredded Wheat #  Bran Flakes #  Corn Flakes  Crispy Rice  Crispy Hexagons  Frosted Shredded Wheat #  Frosted Strawberry Shredded Wheat #  Multigrain Tasteros #  Nutty Nuggets #  Oats &amp; More with Honey  Oats &amp; More with Almonds  Easy Living Oat Squares #  Toasted Rice Squares  Toasted Corn squares  Toasted Wheat #  Tasteros</p>	<p><b><u>IGA</u></b>  Bite Size Shredded Wheat #  Bite Size Frosted Shredded Wheat #  Bran Flakes #  Corn Flakes  Crispy Rice  Toasted Oats #</p> <p><b><u>Parade</u></b>  Corn Flakes  Crisp Rice</p> <p><b><u>Pics by Price Chopper</u></b>  Bran Flakes #  Corn Flakes  Crispy Rice  Honey Oats and Flakes with Almonds (New)  Toasted Oats #  Toasted Rice Crisps  Toasted Corn Crisps  Frosted Shredded Wheat #  Strawberry Frosted Shredded Wheat #</p> <p><b><u>Signature Select</u></b>  Bran Flakes #  Corn Flakes  Corn Pockets  Crispy Rice  Frosted Shredded Wheat #  Oats &amp; More with Almonds  Oats &amp; More with Honey  Rice Pockets  Toasted Oats #</p> <p><b><u>That's Smart (New)</u></b>  Crisp Rice</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  
and  
Any Store Brand

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

These brands only- any flavor (no organic):  
Apple and Eve  
Juicy Juice  
Northland

These brands, flavor specific:  
Best Yet –  
Apple; Grape; Grapefruit; Pineapple;  
White Grape  
Campbell's –  
Tomato; Tomato Low Sodium  
Food Club-  
Apple; Cranberry; Grape; Grapefruit;  
Orange; Pineapple; Vegetable; Tomato;  
White Grape  
Great Value –  
Apple; Cranberry Blend; Cranberry  
Grape, **Cranberry Pomegranate (New)**;  
Grape; **Mango (New)**; **Pear (New)**;  
**Pineapple (New)**; Tomato; Vegetable;  
White Grape; White Grape Peach  
Hannaford –  
Apple; Berry; **Cherry (New)**; **Cranberry (New)**;  
**Cranberry Grape**; **Cranberry Raspberry**;  
Grape; **Pineapple (New)**;  
**Tomato (New)**; Vegetable; **Vegetable Hot and Spicy (New)**;  
Vegetable Low Sodium; White Grape; White Grapefruit  
IGA –  
Apple; Grape; White Grape; Tomato  
Langers –  
Apple; Apple Berry Cherry; Apple Kiwi  
Strawberry; Apple Orange Pineapple;  
Apple Peach Mango; Berry Blend;  
Concord Grape; Cranberry Plus;  
Cranberry Raspberry Plus; Pineapple

### Juice for Women:

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

**Cascadian Farms- orange juice (Organic) NEW!**  
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

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

These brands only– any flavor (no organic):  
Apple & Eve  
Juicy Juice  
Northland

These brands, flavor specific:

Food Club –  
Apple; Orange; Pineapple; Orange  
Pineapple  
Welch's–  
Concord Grape; White Grape

	<p>Mott's – Apple; Apple Cherry; Apple Mango; Apple White Grape; Sensibles- Apple</p> <p>Ocean Spray- Apple; Concord Grape; Cranberry; Cranberry Blackberry; Cranberry Cherry; Cranberry Concord Grape; Cranberry Elderberry (New); Cranberry Mango; Cranberry Pineapple; Cranberry Pomegranate; Cranberry Raspberry; Cranberry Watermelon</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; White Grape</p> <p>Signature Select – 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) Grape</p> <p>V8– Original Vegetable; Low Sodium; Spicy Hot Vegetable</p> <p>Welch's – Grape Juice (no light); Grape Juice with Fiber (New); 100% White Grape Juice; 100% Red Grape Juice; Orange Pineapple Apple (New); White Grape Peach; White Grape Cherry; Tropical Trio</p>	
<b>Restrictions</b>	Only juices listed are allowed- must be 100% unsweetened fruit juice	
<b>Infant Foods</b>		
<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>  Glass or plastic allowed  Organic allowed</p> <p>Any variety fruit or vegetables  Any variety mixed fruit and mixed vegetables</p> <p><b>Brands:</b>  Beechnut  - Single 4 oz Stage 1 and 2  Beechnut Naturals  - Single 4 oz; Variety Packs  - Stage 1 and 2  Beechnut Organics  - Single 4 oz Stage 1 and 2  Earth's Best Organic  - Single 4 oz Stage <u>2</u> only  Gerber  - Single 4 oz  - 2 oz 2 packs Stage 1  - 4 oz 2 packs Stage 1 and 2  - Variety packs- Stage 1 and 2  Gerber Organic  - Single 4 oz Stage 1 and 2  Happy Baby  - Single 4 oz Stage 1 and 2  Nature's Heart Organic  - Single 4 oz  Nature's Promise  - Single 4 oz Stage 2  <b>O Organics (New)</b>  - <b>Single 4 oz Stage 2</b>  Parent's Choice  - Single 4 oz Stage 1 and 2  - 2 oz 2 packs Stage 1  - 4 oz 2 packs Stage 2  Tippy Toes  - 4 oz 2 packs Stage 2</p>	<p><b><u>Infant Meats:</u></b>  2.5 oz jar  Variety pack 12- 2.5 oz jars  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  Gerber  Earth's Best</p> <p><b><u>Infant Cereal:</u></b>  8 ounce and 16-ounce box  No added formula, fruit, or vegetables.  <b>Beechnut –</b>  <b>Golden Corn (New),</b> Oatmeal, Organic Oatmeal  <b>Earth's Best Organic –</b>  Multigrain, Oatmeal  <b>Gerber –</b>  Multigrain, Oatmeal, Organic Oatmeal, Organic Oatmeal Millet Quinoa; Organic Rice, Rice, Whole Wheat</p>
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**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.

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

	<ul style="list-style-type: none"><li>• Nutren Jr and Nutren Jr w/Fiber</li><li>• Pediasure 1.5, 1.5 w/Fiber, Enteral, Peptide 1.0,1.5</li><li>• Periflex Infant, Periflex LQ and Periflex Jr</li><li>• Phenylade MTE</li><li>• Phenyl Free 1 and Phenyl Free 2</li><li>• PKU 2 and PKU 3</li><li>• Peptamen Jr and Peptamin Jr w/Fiber</li><li>• Portagen</li><li>• Pregestimil</li><li>• PurAmino</li><li>• Similac Special Care 20, 24 &amp; 30</li><li>• Similac PM 60/40</li><li>• Tolerex</li><li>• Xphe Maxamum</li></ul>
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