VERMONT WIC FOODS
Effective October 2021 - September 2023
The full range of WIC’s nutrition resources and benefits are available starting in pregnancy and continuing until your child’s 5th birthday.

When you choose WIC for your family, you’ll get the support you need to give your child the best possible start in life. Kids who stick with WIC until age 5 grow healthy, happy, and smart.

Learn more at healthvermont.gov/wic
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WIC Program Participant Responsibilities:

1. To avoid loss of WIC benefits, I must attend all WIC appointments.

2. If I cannot make a WIC appointment, I will call in advance to reschedule. If I miss a recertification or nutrition education class, WIC benefits may be reduced.

3. I will notify WIC staff when I change my address or move to a different city or state so my WIC can be transferred to a different district or state.

4. WIC foods are for the participating family member. I will not sell or give my WIC benefits to anyone else and will contact WIC if I need to change my food benefits.

5. All formula/medical food exchanges must take place at the WIC Office. Any unused infant formula must always be returned to the WIC Office.

6. I will keep my WIC card in a safe place, and I will not give my personal identification number to anyone except someone who will make WIC purchases as my additional head of household or proxy.

7. If my Vermont WIC card is lost or stolen, I will report this to the WIC Office immediately. I understand that it is possible the current month’s benefits will not be replaced.

8. I understand that WIC benefits are to be purchased only at WIC authorized stores within the month designated and consumed by the participant for whom they were issued, and that unused benefits do not carry over to future months.

9. I am responsible for training my additional head of household or proxy to use the card at the store.

10. I am responsible to ensure that my alternate shopper adheres to these same responsibilities.

Disqualification, suspension, prosecution, and cash recovery may occur for:

A. Misuse of WIC benefits such as exchanging/selling or intending to sell the Vermont WIC card or food items purchased with WIC benefits verbally, in print, online, or by any other method for cash, credit, or non-food items;

B. Purchasing/receiving foods not on the WIC Approved Foods List;

C. Physical abuse, threat of physical abuse, or verbal abuse to WIC or grocery store staff.
Using the Food Guide

This food guide lists all of the Vermont WIC-Approved foods. Look for this information in each color-coded section:

**Food category**

⚠️ Choose what is approved for you.
Some of the WIC-approved foods may not be on your Family Food Benefits list. Look for orange boxes like these to help select the right products.

✅ WIC-Approved
- These green boxes list sizes, varieties and packages that are allowed.

⚠️ Do not buy
- These yellow boxes list products, varieties, and ingredients that are not allowed.

Size and packaging allowed

Brands Allowed
- This section shows sizes, packaging, brands and flavors allowed.

🛒 Shopping tips
Look for the shopping cart in color-coded boxes like this. These tips will help you purchase all your WIC foods each month.

Product weights and sizes are sometimes shown in different units, or abbreviated in this booklet and on food packaging.

<table>
<thead>
<tr>
<th>Unit Abbreviations:</th>
<th>Unit Equivalents:</th>
</tr>
</thead>
<tbody>
<tr>
<td>oz = ounces</td>
<td>½ pound = 8 ounces</td>
</tr>
<tr>
<td>lb = pound</td>
<td>1 pound = 16 ounces</td>
</tr>
<tr>
<td>gal = gallon</td>
<td>1 quart = 32 ounces</td>
</tr>
<tr>
<td></td>
<td>½ gallon = 2 quarts (64 ounces)</td>
</tr>
<tr>
<td></td>
<td>1 gallon = 2 half-gallons</td>
</tr>
</tbody>
</table>
Fruits and Vegetables

Benefit amounts:

- **Women:** $11 per month
- **Children:** $9 per month for each child
- **Infants 9-12 months:** $4 per month for each infant (fresh fruits & vegetables only)
- **Fully-breastfeeding infants 9-12 months:** $8 per month each infant (fresh fruits & vegetables only)

Fresh

✅ **WIC-Approved**
- Any size
- Whole, cut, bagged or packaged
- Organic allowed

🚫 **Do not buy**
- Added sugars, fats and oils
- Salad bar items
- Dried fruits or vegetables
- Edible blossoms
- Salad kits or party trays with added food items (dip, dressing, nuts, etc.)
- Fruit baskets
- Herbs or spices

Any size

Any brand
- Any fruit or vegetable

Shopping tip

The availability of fresh produce varies by season. If a fresh produce item does not scan properly at checkout, let the store know so it can be added to their database.
Fruits and Vegetables

**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 plain fruit or vegetable, or plain mixtures

- **Any brand**
  - Any plain fruit or vegetable, or plain mixtures

**Canned**

- **WIC-Approved**
  - Any size
  - Any container (can, jar, cup, pouch, etc.)
  - Organic allowed

- **Do not buy**
  - Fruit cocktails in syrup
  - Added sugars, fats or oils
  - Pickled vegetables
  - Creamed vegetables
  - Salsa
  - Sauce (pizza, spaghetti or tomato)
  - Stewed tomatoes or tomato paste
  - Guacamole

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

- **Any brand**
  - Any plain fruit or vegetable, or plain mixtures
**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
- **Brown Rice**
- **Oatmeal**

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**Bread**

**Choose only 16 oz (1 lb) loaves of bread.**

Many bread loaves are larger than 16 ounces (1 pound). They are not WIC-approved. Check the weight carefully.

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**WIC-Approved**

- 16 ounce (1 pound) loaves
- Whole Wheat
- Whole Grain

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**16 ounce (1 pound) loaves**

- **Arnold**
  - Stone Ground Wheat

- **Baker’s Choice**
  - 100% Whole Wheat

- **Best Yet**
  - 100% Whole Wheat

- **The Bread Shed**
  - Sunflower Flax Whole Wheat

- **Great Value**
  - 100% Whole Wheat

- **Hannaford**
  - 100% Whole Wheat

- **IGA**
  - 100% Whole Wheat

- **La Panciata**
  - Whole Wheat Honey & Oats

- **Nature’s Own**
  - 100% Whole Wheat Sugar-Free
  - 100% Whole Wheat with Honey
Whole Grains

Bread (continued)

16 ounce (1 pound) loaves

Pepperidge Farm
- 100% Whole Wheat Stone Ground
- 100% Whole Wheat Very Thin
- Light Style 100% Whole Wheat
- Light Style Soft Wheat
- Whole Grain Seeded Rye
- Swirl 100% Whole Wheat Cinnamon with Raisins

Pics by Price Chopper
- 100% Whole Wheat

Signature Select
- 100% Whole Wheat
- 100% Whole Wheat No Salt

Sara Lee
- Classic 100% Whole Wheat

Wonder
- 100% Whole Wheat
Whole Wheat Pasta

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

16 ounce (1 pound) packages

- Barilla
- Bella Terra
- Bionaturae
- Delallo
- Full Circle
- Food Club
- Great Value
- Hodgson Mill
- Luigi Vitelli
- Mantova
- Nature's Promise
- O Organics
- Racconto
- Ronzoni
- San Remo
- Signature Select
Tortillas

✅ WIC-Approved
- 16 ounce (1 pound) packages
- 100% Whole Wheat
- Corn

🔍 Shopping tip
Looking for tortillas? Try the bread aisle, the cooler section, or with the taco supplies.

16 ounce (1 pound) packages

Chi-Chi’s
- White Corn, Taco Style
- Whole Wheat, Fajita Style

Food Club
- Corn, Taco Style
- Whole Wheat, Fajita Style

Great Value
- Whole Wheat

Hannaford
- Whole Wheat, Fajita Style
- White Corn
- Yellow Corn

IGA
- White Corn
- Whole Wheat, Taco Style

La Banderita
- White Corn, Yellow Corn
- Whole Wheat, Fajita Style
- Whole Wheat, Soft Taco

Mission
- Whole Wheat, Soft Taco
- Whole Wheat, Fajita Style
- Extra Thin Yellow Corn

Ortega
- Whole Wheat

Signature Select
- Whole Wheat

Tia Rosa
- Whole Wheat
Brown Rice

✅ WIC-Approved
- 14–16 ounce packages
- 28–32 ounce packages
- Bags, boxes, and plastic jars
- Organic allowed

⚠️ Do not buy
- Added sugars, fats, oils, salt or flavorings

14–16 ounce
Any Brand
- Regular
- Instant-cooking
- Quick-cooking
- Boil-in-bag

28–32 ounce
Any Brand
- Regular
- Instant-cooking
- Quick-cooking
- Boil-in-bag

Shopping tip
You can choose a mix of bread, pasta, tortillas, rice and oatmeal to add up to the total number of ounces of Bread-Whole Grains-Pasta on your Family Food Benefits list. Here are two examples:

One 16 ounce loaf bread + One 16 ounce package tortillas = 32 ounces

One 16 ounce package pasta + One 32 ounce package rice = 48 ounces
Oatmeal

✅ WIC-Approved
• 16 ounce and 32 ounce packages
• Instant, Quick, Rolled, Steel-cut, Old-fashioned
• Organic allowed

⚠️ Do not buy
• Individual packets
• Bulk
• Added sugars, fats, oils, salt or flavorings

### 16 ounce packages

**Bob’s Red Mill**
- Instant Rolled Oats
- Organic Old Fashioned Rolled Oats

**McCann’s Imported Irish Oatmeal**
- Quick & Easy Steel Cut Oats

**Mom’s Best Cereal**
- Quick Cooking Rolled Oats

### 32 ounce packages

**Bob’s Red Mill**
- Gluten-free
- Extra thick

**Bob’s Red Mill**
- Quick-cooking
- Old-fashioned
- Organic

**McCann’s Imported Irish Oatmeal**
- Quick Cooking Rolled Oats

**Mom’s Best Cereal**
- Quick Oats

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.
Eggs

✅ WIC-Approved
- Whole dozen
- Brown and white
- Medium, large, extra large, jumbo
- Cage-free
- Vegetarian-fed
- Enhanced or specialty (Omega-3)

🚫 Do not buy
- Organic

Dozen, Any Size

Any Brand

Soymilk Beverage

✅ WIC-Approved
- Refrigerated: 32 ounce (1 quart), 64 ounce (½ gallon)
- Shelf-stable: 32 ounce (1 quart)

🚫 Do not buy
- Organic

Refrigerated

32 ounce (1 qt)

Silk
- Original

64 ounce (½ gal)

Silk
- Original

Shelf-stable

32 ounce (1 qt)

Pacific
- Ultra Soy Original

Silk
- Original
Cow’s Milk

⚠ Choose what is approved for you.
- **Whole milk** for children 12-24 months
- **Low-fat (1%) and nonfat (skim) milk** for women and children 2-5 years

✅ **WIC-Approved**
- Fluid: Gallon, ½ gallon, and quart
- Shelf-stable: Quart
- Nonfat dry milk powder: 25.6 ounce

🚫 **Do not buy**
- Enhanced or specialty
- Reduced-fat (2%)
- Organic
- Flavored
- Glass bottles

Fluid

Gallon, ½ gallon, quart

**Any Brand**
- Whole: For children 12–24 months
- Low-fat (1%) or nonfat (skim)
- Lactose-free

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 12–24 months
• Low-fat (1%) and nonfat (skim) milk for women and children 2-5 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 12–24 months

Quart

Meyenberg
• Low-fat (1%)

Powdered

12 ounce (makes 3 quarts)

Meyenberg
• Whole:
  For children 12–24 months

Meyenberg
• Nonfat
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
- Cheddar
- Colby
- Colby Jack
- Monterey Jack
- Mozzarella
- Muenster

Slices
8 ounce and 16 ounce
- Yellow American
- White American

Brands allowed
- Best Yet
- Cabot
- Cappiello
- Cracker Barrel
- Crystal Farms
- Dragone
- Galbani
- Food Club
- Great Value
- Hannaford
- Heluva Good!
- IGA
- Kraft
- Lucerne
- Maggio
- Polly-O
- Sargento
- Sorrento
- Pics by Price Chopper
Tofu

✅ WIC-Approved
- 8 ounce, 14 ounce, and 16 ounce packages
- Organic allowed

8 ounce, 14 ounce, and 16 ounce

Azumaya
- Silken
- Firm
- Extra Firm

Franklin Farms Tofu
- Soft
- Medium Firm
- Firm
- Extra Firm

Heiwa Tofu

House Foods
- Soft
- Medium Firm
- Firm
- Extra Firm
- Cubed
- Super Firm

Nasoya
- Silken
- Firm
- Extra Firm

O Organics
- Silken
- Firm
- Extra Firm

Vermont Soy
- Firm
Tofu (continued)

8 ounce, 14 ounce, and 16 ounce

Nature’s Promise
• Firm
• Extra 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 (16 oz)
One 16 oz OR Two 8 oz

4 lbs (64 oz)
Four 16 oz OR Four 14 oz + One 8 oz
Yogurt

⚠️ Choose what is approved for you.
• Whole milk yogurt for children 12-24 months
• Low-fat and nonfat yogurt for women and children 2-5 years

✅ WIC-Approved
• 32 ounce tubs
• 8-packs and 16-packs of 2 ounce tubes
• Organic allowed

🚫 Do not buy
• Pouches
• Artificial sweeteners

32 ounce tubs

Best Yet
• Any flavor

Butterworks Farm
• Any flavor

Cabot
• Any flavor

Chobani
• Any flavor

Dannon
• Any flavor
• Oikos Greek: Any flavor

Desi Natural Dahi

Food Club
• Any flavor

Full Circle Organic
• Greek Nonfat
  - Plain
  - Vanilla

Great Value
• Any flavor

Green Mountain Creamery
• Any flavor

🚫 Do not buy
• Nonfat Vanilla
Yogurt (continued)

32 ounce tubs

- **Hannaford**
  - Any flavor

- **Lucerne**
  - Any flavor

- **Nature’s Promise**
  - Any flavor

  - **Do not buy**
    - Light Vanilla

- **O Organics**
  - Any flavor

- **Open Nature**
  - Any flavor

- **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
Shopping tip

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

A. One 16–18 oz jar of peanut butter

OR

B. Four 15–16 oz cans of canned beans

OR

C. One 16 oz package of dry beans, lentils, peas

**Peanut Butter**

- **WIC-Approved**
  - 16–18 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

### 16–18 ounce jars

- **Any Store Brand**
- **Smuckers**
- **Teddie**
- **Jif**
- **Peter Pan**
- **Skippy**

- **Do not buy**
  - Simply Jif
  - Natural Jif
  - Reduced Fat Jif
  - Natural Peter Pan
  - Reduced Fat Peter Pan
  - Skippy Natural
  - Reduced Fat Skippy
B Canned Beans

WIC-Approved
- 15–16 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 – 16 ounce cans

Any Brand
- Any type of mature beans, lentils or peas

C Dried Beans, Lentils, and Peas

WIC-Approved
- 1 pound 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 mature beans, lentils or peas
Hot Cereal

✅ WIC-Approved
- Various sizes
- Whole grain
- Gluten-free

See each brand/product for sizes

**Best Yet**
- Original Flavor Oatmeal - 11.8 oz
- Gluten Free - 14 oz

**Cream of Rice**
- Original Flavor - 11.8 oz
- Gluten Free - 14 oz

**Cream of Wheat**
- 1 Minute - 28 oz
- 2½ Minute - 12 oz
- 2½ Minute - 28 oz
- Whole Grain - 18 oz

**Farina**
- Original Hot Wheat Cereal - 18 oz
- 28 oz

**Food Club**
- Creamy Wheat Farina - 28 oz
- Instant Oatmeal Regular - 11.8 oz

**Great Value**
- Original Flavor Oatmeal - 11.8 oz

**Hannaford**
- Regular Flavor Oatmeal - 11.8 oz
- Creamy Wheat - 28 oz

**IGA**
- Original Flavor Oatmeal - 11.8 oz

**Malt O Meal**
- Original Hot Wheat Cereal - 36 oz
Hot Cereal (continued)

See each brand/product for sizes

**Maypo**
- Maple Oatmeal - 14 oz
- Vermont Style Oatmeal - 19 oz

**Pics by Price Chopper**
- Original Flavor Oatmeal - 11.8 oz

**Quaker**
- Original Instant Oatmeal Packets - 11.8 oz - 23.7 oz

**Signature Select**
- Original Flavor Oatmeal - 11.8 oz

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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:

1. 18 oz + 9 oz + 9 oz = 36 oz
2. 12 oz + 12 oz + 12 oz = 36 oz
3. 24 oz + 11.8 oz = 35.8 oz
Cold Cereal

**WIC-Approved**
- 9 ounce–36 ounce packages
  - Whole grain
  - Gluten-free

Any size from 9 ounce – 36 ounce

### General Mills

- **Cheerios**
  - Multi-Grain
  - Multi-Grain Strawberry
  - Original

- **Chex**
  - Blueberry
  - Cinnamon
  - Rice
  - Corn

- **Fiber One**
  - Honey Clusters
  - Honey
  - Berry Berry
  - Plain

- **Kix**
  - Honey
  - Berry Berry

- **Total**

- **Wheaties**

- **Sesame Street**
  - Berry
  - Cinnamon

### Kashi

- Organic Honey Toasted
- Organic Warm Cinnamon

### Kellogg’s

- **All Bran**
  - Complete Wheat Flakes

- **Corn Flakes**
  - Original
  - Cinnamon

- **Crispix**
  - Original

- **Rice Krispies**
  - Original
Any size from 9 ounce – 36 ounce

**Kellogg’s**

**Special K**
- Original
- Protein Original Multi-Grain Touch of Cinnamon
- Protein Honey Almond Ancient Grains

**Frosted Mini Wheats**
- Original
- Blueberry
- Cinnamon Roll
- Filled Mixed Berry
- Pumpkin Spice
- Little Bites
- Little Bites Chocolate
- Strawberry

**Post**

**Great Grains**
- Banana Nut Crunch
- Crunchy Pecan

**Grape Nuts**
- Flakes
- Original

**Honey Bunches of Oats**
- With Almonds
- Honey Roasted
- Pecan & Maple Brown Sugar
- Vanilla Bunches
- Honey Crunch

**Quaker**

**Life**
- Original
- Vanilla

**Oatmeal Squares**
- Hint of Brown Sugar
- Hint of Cinnamon
- Honey Nut
## Cold Cereal (continued)

### WIC-Approved
- 9 ounce–36 ounce packages
- Whole grain
- Gluten-free

### Any size from 9 ounce – 36 ounce

#### Store Brands

##### Best Yet
- Bran Flakes
- Frosted Shredded Wheat Strawberry
- Toasted Oats
- Corn Flakes
- Crispy Rice
- Honey Oats & Flakes

##### Food Club
- Bran Flakes
- Frosted Shredded Wheat Strawberry
- Oatmeal Squares
- Toasted Oats
- Wheat Squares
- Corn Flakes
- Corn Squares
- Crisp Rice
- Honey Oats Clusters
- Honey Oats w/ Almonds
- Rice Squares
- Twin Grain Crisps

##### Great Value
- Bran Flakes
- Frosted Shredded Wheat
- Corn Flakes
- Corn Squares
- Rice Crispers
- Rice Squares

##### Hannaford
- Bran Flakes
- Bite Size Frosted Shredded Wheat
- Easy Living Oat Squares
- Frosted Shredded Wheat
- Multigrain Tasteeos
- Nutty Nuggets
- Toasted Wheat
- Wheat Flakes
- Corn Flakes
- Crispy Rice
- Crispy Hexagons
- Oats & More w/ Almonds
- Oats & More w/ Honey
- Tasteeos
- Toasted Corn Squares
- Toasted Rice Squares
Cold Cereal (continued)

Any size from 9 ounce – 36 ounce

Store Brands

IGA
- Bite Size Frosted Shredded Wheat
- Bran Flakes
- Toasted Oats

Malt O Meal
- Frosted Mini Spooners

Parade
- Corn Flakes
- Crisp Rice

Pics by Price Chopper
- Bran Flakes
- Frosted Shredded Wheat
- Toasted Oats
- Strawberry Frosted Shredded Wheat

Signature Select
- Bran Flakes
- Frosted Shredded Wheat
- Live it Up!
- Nutty Nuggets
- Toasted Oats
- Corn Flakes
- Corn Pockets
- Crispy Rice
- Oats & More w/ Almonds
- Oats & More w/ Honey
- Rice Pockets
Child’s Juice

WIC-Approved
- Shelf-stable 100% Juice: 64 ounce bottles

Do not buy
- Organic

Shelf-stable
64 ounce bottles

Apple & Eve
- Any flavor

Best Yet
- Apple
- Grape
- Grapefruit
- Pineapple
- White Grape

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

Hannaford
- Apple
- Berry
- Cranberry
- Cranberry Grape
- Grape
- Vegetable
- Vegetable Low Sodium
- White Grape
- White Grapefruit

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

Campbell’s
- Tomato
- Tomato Low Sodium

Great Value
- Apple
- Cranberry Blend
- Cranberry Grape
- Grape
- Tomato
- Vegetable
- White Grape
- White Grape Peach

IGA
- Apple
- Grape
- Tomato
- White Grape

Juicy Juice
- Any flavor
Child’s Juice (continued)

Shelf-stable

64 ounce bottles

Mott’s
- Apple
- Apple Cherry
- Apple Mango
- Apple White Grape
- Sensibles - Apple

Northland
- Any flavor

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

Ocean Spray
- Apple
- Concord Grape
- Cranberry
- Cranberry Blackberry
- Cranberry Cherry
- Cranberry Concord Grape
- Cranberry Mango
- Cranberry Pineapple
- Cranberry Pomegranate
- Cranberry Raspberry
- Cranberry Watermelon

V8 Vegetable
- Original Vegetable
- Spicy Hot Vegetable
- Low Sodium

Pics by Price Chopper
- Apple
- Berry
- Grape
- Grapefruit
- Pineapple
- Tomato
- Vegetable
- Vegetable Low Sodium
- White Grape

Welch’s
- 100% White Grape
- 100% Red Grape
- Grape
- Super Berry
- Tropical Trio
- White Grape Peach
- White Grape Cherry

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

Do not buy
- Light
- Fiber added
Child’s Juice (continued)

✅ WIC-Approved

- Orange juice:
  - 16 ounce frozen concentrate
  - 64 ounce refrigerated containers

Frozen Orange Juice

16 ounce cans

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

Minute Maid
- Original

Refrigerated Orange Juice

64 ounce bottles

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

Hood

Natalie’s
Women’s Juice

✓ WIC-Approved
  • Frozen concentrate: 11.5–12 ounce containers
  • Shelf-stable 100% Juice: 48 ounce bottles

Do not buy
  • Organic

Frozen
11.5–12 ounce cans

Orange Juice
Any Store Brand
  • Best Yet
  • Great Value
  • Food Club
  • Hannaford
  • Pics by Price Chopper
  • Signature Select

Apple Juice / Grape Juice
Any Store Brand
  • Best Yet
  • Great Value
  • Food Club
  • Hannaford
  • Pics by Price Chopper
  • Signature Select

Dole
• 100% juice
  - Any flavor

Seneca
• 100% Apple Juice

Minute Maid
• Orange
  - Any style
  • Grapefruit

Old Orchard
• Green peel strip
  - Any flavor
Women’s Juice (continued)

Shelf-stable

48 ounce bottles

- **Apple & Eve**
  - Any flavor

- **Juicy Juice**
  - Any flavor

- **Food Club**
  - Apple
  - Orange
  - Pineapple
  - Orange Pineapple

- **Northland**
  - Any flavor

- **Welch’s**
  - Concord Grape
  - White Grape
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

Fresh fruit and vegetable option:
At 9 months of age, half of the jarred infant food benefit can be replaced with fresh fruits and vegetables:
- $4 for partially breastfeeding or fully formula feeding infants
- $8 for fully breastfeeding infants

If this option is not already on your Family Food Benefits list and you would like it, contact your local WIC office.
Contact info at healthvermont.gov/local.
Infant Foods

Infant Fruits and Vegetables (continued)

Single jars and multi-pack tubs

Beech-Nut
- Single 4 oz
- Stage 1, Stage 2

Beech-Nut Naturals
- Single 4 oz
- Variety packs
- Stage 1, Stage 2

Beech-Nut Organic
- Single 4 oz
- Stage 1, Stage 2

Earth’s Best Organic
- Single 4 oz
- Stage 2 only

Gerber
- 2 oz 2-pack
- 4 oz 2-pack
- Single 4 oz
- Variety packs
- Stage 1, Stage 2

Gerber Organic
- Single 4 oz
- Stage 1, Stage 2

Happy Baby
- Single 4 oz
- Stage 1, Stage 2

Nature’s Heart Organic
- Single 4 oz
- Stage 1
- Stage 2 fruits only

Nature’s Promise
- Single 4 oz
- Stage 2

Parent’s Choice
- Single 4 oz
- 2 oz 2-pack
- 4 oz 2-pack
- Stage 1, Stage 2

Tippy Toes
- 4 oz 2-pack
- Stage 2
**Infant Fruits and Vegetables (continued)**

**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

256 ounce benefit = 64 jars

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

<table>
<thead>
<tr>
<th>One 4 oz jar = 4 ounces</th>
<th>One 2 oz 2-pack = 4 ounces</th>
<th>One 4 oz 2-pack = 8 ounces</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 oz</td>
<td>2 oz</td>
<td>4 oz</td>
</tr>
<tr>
<td>= 1 jar</td>
<td>= 1 jar</td>
<td>= 2 jars</td>
</tr>
</tbody>
</table>
Infant Cereal

**WIC-Approved**
- 8 ounce and 16 ounce packages
- Single and multigrain
- Organic allowed

**Do not buy**
- Added fruit, formula or vegetables

8 ounce and 16 ounce packages

- **Beech-Nut**
  - Multigrain
  - Oatmeal
  - Organic Oatmeal

- **Earth’s Best Organic**
  - Whole Grain Multigrain
  - Whole Grain Oatmeal
  - Whole Grain Rice

- **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 for help making a change. Contact info at healthvermont.gov/local.

As your baby gets older:

- WIC provides enough formula to meet most babies’ needs. As babies get older and drink more, you may have to buy more formula.
For Fully Breastfeeding Moms and Babies Only

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

77.5 ounce benefit = (31) 2.5 ounce jars

Infant Meats

WIC-Approved
- 2.5 ounce jars
- Stage 1 or 2nd Foods
- Any variety

Do not buy
- Added sugar or salt
- Dinners

2.5 ounce jars
- Beech-Nut
- Earth’s Best Organic
- Gerber

30 ounce pack (12-2.5 oz jars)
- Beech Nut
- Gerber
  - Variety Pack

Canned Fish

WIC-Approved
- Sizes and varieties shown
- Packed in water or oil
- Sardines may include bones and skin

Do not buy
- Albacore tuna
- Chunk white tuna
- Pouches

Combine cans up to 30 ounces

Chunk Light Tuna
- Any Brand
  - 5 ounce

Sardines
- Any Brand
  - 3.75 ounce

Salmon
- Any Brand
  - 5 ounce, 6 ounce and 7.5 ounce

Shopping tip
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1. mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410;
2. fax: (202) 690-7442; or
3. email: program.intake@usda.gov.

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