VERMONT WIC FOODS

Effective October 2019 – September 2021
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
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:

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.

Unit Abbreviations:

<table>
<thead>
<tr>
<th>Unit Abbreviation</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 each child
- **Infants 9-12 months:** $4 per month 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.

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

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**Bread (continued)**

**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
- **Best Yet**
  - 100% Whole Wheat
- **Bimbo**
  - 100% Whole Wheat
- **Pepperidge Farm**
  - 100% Whole Wheat Very Thin
  - Light Style 100% Whole Wheat
- **The Bread Shed**
  - Sunflower Flax Whole Wheat
- **Great Value**
  - 100% Whole Wheat
- **Hannaford**
  - 100% Whole Wheat
- **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
- **IGA**
  - 100% Whole Wheat
- **La Panciata**
  - Whole Wheat Honey & Oats
- **Nature’s Own**
  - 100% Whole Wheat Sugar-Free
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

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

IGA
- White Corn
- Whole Wheat, Taco Style

La Banderita
- Corn
- Whole Wheat, Fajita
- Whole Wheat, Soft Taco

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

Ortega
- Whole Wheat

Shurfine
- Whole Wheat, Fajita Style

Signature Select
- 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 or salt

#### 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 and rice 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**

### Eggs

- **WIC-Approved**
  - Whole dozen
  - Medium and large
  - Brown and white

- **Do not buy**
  - Enhanced or specialty (Omega-3)
  - Organic

#### Dozen, Medium and Large
- 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
  - 8th Continent
    - Original
  - Pacific
    - Ultra Soy Original

#### Shelf-stable
- **32 ounce (1 qt)**
  - 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

<table>
<thead>
<tr>
<th>Fluid</th>
<th>Gallon, ½ gallon, quart</th>
</tr>
</thead>
<tbody>
<tr>
<td>Any Brand</td>
<td></td>
</tr>
</tbody>
</table>
  - Whole: For children 12–24 months  
  - Low-fat (1%) or nonfat (skim)  
  - Lactose-free |

<table>
<thead>
<tr>
<th>Nonfat dry milk powder</th>
<th>25.6 ounce (makes 2 gallons)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Any Brand</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Powdered</th>
</tr>
</thead>
<tbody>
<tr>
<td>12 ounce (makes 3 quarts)</td>
</tr>
</tbody>
</table>
| Meyenberg  
  - Whole: For children 12–24 months |
| Meyenberg  
  - Low-fat (1%) |
| Meyenberg  
  - Nonfat |

### 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

<table>
<thead>
<tr>
<th>Fluid</th>
</tr>
</thead>
<tbody>
<tr>
<td>½ gallon, quart</td>
</tr>
</tbody>
</table>
| Meyenberg  
  - Whole: For children 12–24 months |
| Meyenberg  
  - Low-fat (1%) |

<table>
<thead>
<tr>
<th>Quart</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meyenberg</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Powdered</th>
</tr>
</thead>
<tbody>
<tr>
<td>12 ounce</td>
</tr>
</tbody>
</table>
| Meyenberg  
  - Whole: For children 12–24 months |
| Meyenberg  
  - Nonfat |
## Cheese

### WIC-Approved
- 8 ounce and 16 ounce packages
- Regular
- Low-fat
- Blocks
- American slices

### Do not buy
- Imported or deli
- Individually wrapped slices
- Organic
- Flavored
- String or shredded
- 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
- Sargento
- Shurfine
- 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 Extra Firm
  - Firm
- O Organics
  - Cubed Extra Firm
  - Extra Firm
  - Sprouted Super Firm
- House Foods
  - Soft
  - Medium Firm
  - Extra Firm
- Nasoya
  - Silken
  - Extra Firm Cubed Super Firm
  - Firm
- Vermont Soy
  - Light Silken
  - 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
  - Two 8 oz

- **4 lbs (64 oz)**
  - Four 16 oz
  - 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

<table>
<thead>
<tr>
<th>Brand</th>
<th>Flavor Options</th>
</tr>
</thead>
<tbody>
<tr>
<td>Best Yet</td>
<td>Any flavor</td>
</tr>
<tr>
<td>Butterworks Farm</td>
<td>Any flavor</td>
</tr>
<tr>
<td>Cabot</td>
<td>Any flavor</td>
</tr>
<tr>
<td></td>
<td>Cabot Greek: Plain</td>
</tr>
<tr>
<td>Chobani</td>
<td>Any flavor</td>
</tr>
<tr>
<td></td>
<td>Oikos Greek: Any flavor</td>
</tr>
<tr>
<td>Dannon</td>
<td>Any flavor</td>
</tr>
<tr>
<td>Desi Natural Dahi</td>
<td>Any flavor</td>
</tr>
<tr>
<td>Food Club</td>
<td>Any flavor</td>
</tr>
<tr>
<td>Great Value</td>
<td>Any flavor</td>
</tr>
<tr>
<td>Green Mountain Creamery</td>
<td>Any flavor</td>
</tr>
<tr>
<td>Shurfine</td>
<td>Any flavor</td>
</tr>
<tr>
<td>Stonyfield Organic</td>
<td>Any flavor</td>
</tr>
<tr>
<td></td>
<td>Smooth &amp; Creamy: Any flavor</td>
</tr>
<tr>
<td></td>
<td>Greek: 0% Fat Only</td>
</tr>
<tr>
<td>Yoplait</td>
<td>Original: Any flavor</td>
</tr>
</tbody>
</table>

### 8-packs and 16-packs of 2 ounce tubes

- **Stonyfield Organic**
  - Any flavor

![Images of yogurt containers and tubs]
**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

## 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

- Canned Black Beans
- Canned Chickpeas
- Canned Black Eyed Peas
- Canned Kidney Beans

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

- Beans
- Lentils
- Peas

Any Brand
- Any type of mature beans, lentils or 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
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
- Cream of Wheat
  - 1 Minute
    - 28 oz
  - 2½ Minute
    - 12 oz
    - 28 oz
- Whole Grain
  - 18 oz

Cream of Wheat
- 1 Minute
  - 28 oz
- 2½ Minute
  - 12 oz
  - 28 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

Quaker Shurfine Signature Select
- Original Instant Oatmeal Packets
  - 11.8 oz

Shurfine
- Regular Flavor Oatmeal
  - 11.8 oz

Signature Select
- Original Flavor Oatmeal
  - 11.8 oz

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

O Organics
- Original Flavor Oatmeal
  - 11.8 oz

Pics by Price Chopper
- Original Flavor Oatmeal
  - 11.8 oz

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
  - Original

- **Chex**
  - Blueberry
  - Cinnamon
  - Vanilla
  - Corn
  - Rice
  - Wheat

- **Fiber One**
  - Honey Clusters

- **Kix**
  - Honey
  - Berry Berry
  - Plain

- **Total**

- **Wheaties**

**Kellogg’s**

- **All Bran**
  - Complete Wheat Flakes

- **Corn Flakes**
  - Original

- **CrispIX**
  - Original

- **Rice Krispies**
  - Original

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

- **Frosted Mini Wheats**
  - Touch of Fruit, Raspberry
  - Little Bites
  - Original

Cold Cereal (continued)

Any size from 9 ounce – 36 ounce

**Post**

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

- **Grape Nuts**
  - Flakes

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

- **Vanilla Bunches**
  - Honey Crunch
  - Almond Crunch

**Quaker**

- **Life**
  - Original

- **Oatmeal Squares**
  - Hint of Brown Sugar
  - Hint of Cinnamon

**Sunbelt Bakery**

- **Simple Granola**
  - Original
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
- Frosted Shredded Wheat Strawberry
- Toasted Oats

Food Club
- Bran Flakes
- Frosted Shredded Wheat
- Frosted Shredded Wheat Strawberry
- Oatmeal Squares
- Toasted Oats

Great Value
- Bran Flakes
- Frosted Shredded Wheat

Hannaford
- Bran Flakes
- Bite Size Frosted Shredded Wheat
- Bite Size Strawberry Frosted Shredded Wheat
- Easy Living Oat Squares
- Frosted Shredded Wheat
- Multigrain Tasteeos
- Nutty Nuggets
- Toasted Wheat
- Wheat Flakes

IGA
- Bite Size Frosted Shredded Wheat
- Bran Flakes
- Nutty Nuggets
- 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

Shurfine
- Bite Size Frosted Shredded Wheat
- Bran Flakes
- Toasted Oats
- Wheat Squares

Signature Select
- Bran Flakes
- Frosted Shredded Wheat
- Live it Up!
- Nutty Nuggets
- Toasted Oats

WIC-Approved
- 9 ounce–36 ounce packages
- Whole grain
- Gluten-free
# Child’s Juice

**WIC-Approved**
- Shelf-stable 100% Juice: 64 ounce bottles
- Orange juice: 16 ounce frozen concentrate 64 ounce refrigerated containers

**Do not buy**
- Organic

## Shelf-stable

### 64 ounce bottles

<table>
<thead>
<tr>
<th>Brand</th>
<th>Flavors</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apple &amp; Eve</td>
<td>Any flavor</td>
</tr>
<tr>
<td>Food Club</td>
<td>Apple, Cranberry, Grape, Grapefruit, Orange, Pineapple, Vegetable, Tomato, White Grape</td>
</tr>
<tr>
<td>Hannaford</td>
<td>Apple, Berry, Cranberry Grape, Cranberry Raspberry, Grape, Vegetable, Low Sodium, White Grape</td>
</tr>
<tr>
<td>Juicy Juice</td>
<td>Any flavor</td>
</tr>
<tr>
<td>Best Yet</td>
<td>Apple, Grape, Grapefruit, Pineapple, White Grape</td>
</tr>
<tr>
<td>Great Value</td>
<td>Apple, Cranberry Blend, Cranberry Grape, Grape, Tomato, Vegetable, White Grape, White Grape</td>
</tr>
<tr>
<td>IGA</td>
<td>Apple, Grape, Grapefruit, Peach Mango</td>
</tr>
<tr>
<td>Campbell’s</td>
<td>Tomato, Tomato, Low Sodium</td>
</tr>
<tr>
<td>Mott’s</td>
<td>Apple, Apple Cherry, Apple Mango, Apple White Grape</td>
</tr>
<tr>
<td>Pics by Price Chopper</td>
<td>Apple, Berry, Grape, Grapefruit, Pineapple, Tomato, Vegetable, White Grape Peach</td>
</tr>
<tr>
<td>Signature Select</td>
<td>Apple, Cranberry Blend, Cranberry Grape, Cranberry Raspberry, Grape, Grapefruit, Orange, Pineapple, Tomato, Vegetable, White Grape</td>
</tr>
<tr>
<td>Welch’s</td>
<td>100% White Grape, 100% Red Grape, Grape, Super Berry, Tropical Trio, White Grape Peach</td>
</tr>
<tr>
<td>Northland</td>
<td>Any flavor</td>
</tr>
<tr>
<td>Langers</td>
<td>Apple, Apple Orange Pineapple, Apple Peach Mango</td>
</tr>
<tr>
<td>Shurfine</td>
<td>Apple, Cranberry, Cranberry Apple, Cranberry Raspberry, Grape, Grapefruit, Orange, Pineapple, Tomato, Vegetable, White Grape</td>
</tr>
<tr>
<td>Old Orchard</td>
<td>Apple, Cranberry, Berry Blend, Cranberry Pomegranate, Grape, Orange, Peach Mango, White Grape</td>
</tr>
<tr>
<td>V8 Vegetable</td>
<td>Original Vegetable, Spicy Hot Vegetable, Low Sodium</td>
</tr>
</tbody>
</table>
Child’s Juice (continued)

Frozen Orange Juice

16 ounce cans

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

Minute Maid
- Original
- Original with Calcium

Refrigerated Orange Juice

64 ounce bottles

- Any Store Brand
- Hood
- Natalie’s
- Thomas Dairy

Any flavor

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
- Shurfine
- Signature Select

Dole
- 100% juice
  - Any flavor

Old Orchard
- Green peel strip
  - Any flavor

Minute Maid
- Orange
  - Any style
  - Grapefruit

Welch’s
- Yellow peel strip
  - Any flavor

Shelf-stable

48 ounce bottles

Apple & Eve
- Any flavor

Juicy Juice
- Any flavor

Shurfine
- Apple
- Grape
- Vegetable

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

### 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

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.

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

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</th>
<th>One 2 oz 2-pack</th>
<th>One 4 oz 2-pack</th>
</tr>
</thead>
<tbody>
<tr>
<td>= 4 ounces</td>
<td>= 4 ounces</td>
<td>= 8 ounces</td>
</tr>
<tr>
<td>2 oz</td>
<td>4 oz</td>
<td>4 oz</td>
</tr>
</tbody>
</table>

### Single jars and multi-pack tubs

- **Beech-Nut Classics**
  - Single 4 oz
  - Stage 1 and Stage 2

- **Beech-Nut Naturals**
  - Single 4 oz
  - Stage 1 and Stage 2

- **Beech-Nut Organic**
  - Single 4 oz
  - Stage 1 and Stage 2

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

- **Gerber**
  - 2 oz 2 pack
  - 4 oz 2 pack
  - Variety packs
  - Stage 1 and Stage 2

- **Gerber Organic**
  - Single 4 oz
  - Stage 1 and Stage 2

- **Happy Baby**
  - Single 4 oz
  - Stage 1 and Stage 2

- **Nature’s Promise**
  - Single 4 oz
  - Stage 2

- **Once Upon a Farm**
  - 4 oz 2-pack
  - Stage 1 and Stage 2

### Tip
- Refrigerated

**Parent’s Choice**
- Single 4 oz
- Stage 1 and Stage 2

**Pic Select Fresh**
- 4 oz 2-pack

**Tippy Toes**
- Single 4 oz
- Stage 2
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 Multigrain
  - Organic Oatmeal
  - Rice

- 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 Classics
- Earth’s Best Organic
- Gerber

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
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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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