

PEANUT BUTTER

AMOUNT: Number of jars listed on WIC check

SIZE: Jars up to 18-oz

BRAND: Any brand



Do NOT Buy

- Added flavoring, honey or jelly
- Squeeze tubes
- Reduced-fat
- Spreads
- Organic
- Other nut butters (including almond or cashew butter)

OK To Buy

- Crunchy, extra crunchy, creamy or smooth
- Whipped
- All natural
- Regular, low-salt or reduced salt
- Honey roasted
- Regular, low-sugar or reduced sugar

CANNED FISH

AMOUNT: Number of ounces (oz) listed on WIC check

SIZE: Any size; any combination of canned tuna, salmon, and/or sardines up to the amount listed

BRAND: Any brand

✓ Chunk Light Tuna, Pink Salmon, Sardines

Do NOT Buy

- Packed in pouches
- Albacore, Chunk White or Solid White tuna
- Blueback, Sockeye, Red King, or Coho salmon
- Organic

OK To Buy



- Packed in water or oil
- Added flavoring (including hot sauce, mustard, or tomato sauce)

BABY FOOD-FRUITS AND VEGETABLES

AMOUNT: Number of jars listed on WIC check

SIZE: Jars up to 4-oz

BRAND: Any brand

OK To Buy

- Mixed fruits and/or vegetables
- Glass or plastic jars
- Multi-packs (for example: 2-pack = 2 jars)



Do NOT Buy

- Organic
- Added DHA and/or ARA
- Added meat, rice, pasta, or noodles
- Graduates
- Dinners
- Desserts or custard
- 3rd Foods
- Added sugars, starches, or salt
- Jars larger than 4-oz

BABY FOOD-MEATS

AMOUNT: Number of jars listed on WIC check

SIZE: Jars up to 2.5-oz

BRAND: Any brand

OK To Buy

- With broth and/or gravy
- Glass or plastic jars
- Multi-packs (for example: 2-pack = 2 jars)



Do NOT Buy

- Organic
- Added DHA and/or ARA
- Added rice, pasta, noodles, Fruits or vegetables
- Graduates
- Dinners
- 3rd foods
- Added sugars or salt
- Jars larger than 2.5-oz

Breastfeeding is the Best Feeding

INFANT CEREAL

AMOUNT: Number of boxes listed on WIC check

SIZE: 8-oz box

BRAND: Beechnut, Gerber, Nature's Goodness

OK To Buy

- Rice
- Oatmeal
- Barley
- Whole Wheat
- Mixed



Do NOT Buy

- Organic
- Added fruit or formula
- In jars or cans
- Added DHA and/or ARA

FRESH BANANAS

AMOUNT: Number of pounds (lb) listed on WIC check

SIZE: Up to amount listed

BRAND: Any brand

✓ Fresh bananas, any variety

OK To Buy

- Organic



INFANT FORMULA

AMOUNT: Number of cans listed on WIC check

No Substitutions: Your WIC check lists the size, brand and form (powder, concentrate or ready-to-use) of iron-fortified formula that you must buy.

Do NOT Buy

- Organic
- Low-iron formula



SHOPPING TIP: Understanding Sizes

- * Ounces and Pounds *
- 8 ounces (oz) = ½ pound (lb)
- 12 ounces (oz) = ¾ pound (lb)
- 16 ounces (oz) = 1 pound (lb)
- 24 ounces (oz) = 1 ½ pounds (lb)
- 32 ounces (oz) = 2 pounds (lb)

Colorado WIC Program



Allowable Foods List

As of June 2009

Contact your local WIC Program with questions



FRUITS AND VEGETABLES

AMOUNT: Dollar amount listed on WIC check
SIZE: Any size; any combination of fresh and/or frozen up to the dollar amount listed
BRAND: Any brand



Do NOT Buy

- Potatoes (sweet potatoes and yams allowed)
- French fries, hash browns, tater tots
- Items from deli or salad bar
- Party trays
- Fruit baskets, decorative fruit or vegetables
- Dried fruit or vegetables
- Nuts (including peanuts, fruit/nut mixtures)
- Herbs, spices
- Added sauce, meat, pasta, rice or noodles
- Added syrup, sweetener, flavoring, fat or oil
- Added dressing, croutons or cheese (such as salad kits)
- Fruits or vegetables in cans or jars (metal or glass)
- Jams, jellies or preserves

FRESH AND FROZEN

- Any variety except potatoes (sweet potatoes and yams allowed)
- Plastic containers including bags, boxes, or tubs
- Salad and/or mixed greens (with fruits and vegetables only)

OK To Buy

- Whole, cut or sliced
- Organic
- Bulk
- Mixed fruits and/or vegetables



SHOPPING TIP: Buying Fresh Fruits & Vegetables

This chart shows some examples of the cost for fresh fruits and vegetables priced by the pound.

Price per Pound (lb)	\$0.59	\$0.79	\$0.99	\$1.29	\$1.49	\$1.79	\$1.99	\$2.49	\$2.99	\$3.49	\$3.99
1 lb	\$0.59	\$0.79	\$0.99	\$1.29	\$1.49	\$1.79	\$1.99	\$2.49	\$2.99	\$3.49	\$3.99
1 1/2 lbs	\$0.89	\$1.19	\$1.49	\$1.94	\$2.24	\$2.69	\$2.99	\$3.74	\$4.49	\$5.24	\$5.99
2 lbs	\$1.18	\$1.58	\$1.98	\$2.58	\$2.98	\$3.58	\$3.98	\$4.98	\$5.98	\$6.98	\$7.98
2 1/2 lbs	\$1.48	\$1.98	\$2.48	\$3.23	\$3.73	\$4.48	\$4.98	\$6.23	\$7.48	\$8.73	\$9.98
3 lbs	\$1.77	\$2.37	\$2.97	\$3.87	\$4.47	\$5.37	\$5.97	\$7.47	\$8.97		
3 1/2 lbs	\$2.07	\$2.77	\$3.47	\$4.52	\$5.22	\$6.27	\$6.97	\$8.72			
4 lbs	\$2.36	\$3.16	\$3.96	\$5.16	\$5.96	\$7.16	\$7.96	\$9.96			
4 1/2 lbs	\$2.66	\$3.56	\$4.46	\$5.81	\$6.71	\$8.06	\$8.96				
5 lbs	\$2.95	\$3.95	\$4.95	\$6.45	\$7.45	\$8.95	\$9.95				



Remember: Your fruit and vegetable purchase must be less than or equal to the dollar amount listed on your fruit and vegetable check. For example: \$6.00, \$8.00, \$10.00

100% JUICE 64-OZ CONTAINERS

AMOUNT: Number of containers listed on WIC check
SIZE: Any combination of bottles and/or cartons up to the amount listed
Brand: Specific items listed below

Do NOT Buy

- Added calcium or flavoring
- Less than 100% juice
- Cocktail juices
- Glass bottles
- Organic
- Juice blends
- Granny Smith apple juice

64-OZ REFRIGERATED CARTONS (PAPER OR PLASTIC)

ORANGE



Store Brand Only

GRAPEFRUIT



Store Brand Only (white, pink or red)

64-OZ SHELF-STABLE BOTTLES (PLASTIC)

ORANGE



Store Brand Only

GRAPE



Welch's Grape & White Grape

APPLE



Old Orchard

TOMATO



Campbell's (Regular & Low Sodium)

GRAPEFRUIT



Store Brand Only (white, pink or red)



Old Orchard Grape & White Grape



TreeTop

VEGETABLE



V8 (Regular & Low Sodium)



Seneca

DRY BEANS, PEAS AND LENTILS

AMOUNT: Number of pounds (lb) listed on WIC check
SIZE: One pound (16-oz) or two pound (32-oz) bags up to the amount listed
BRAND: Any brand

Do NOT Buy

- Added flavoring
- Soup or soup mix
- Organic

✓ Any type, unflavored



CANNED BEANS

AMOUNT: Number of cans listed on WIC check
SIZE: Cans up to 16-oz
BRAND: Any brand

Do NOT Buy

- Baked beans, refried beans or chili beans
- Added flavoring, fat, oil, or meat
- Soup or soup mix
- Organic

- Black Beans
- Black-Eyed Peas
- Butter Beans
- Garbanzo Beans (chickpeas)
- Great Northern Beans
- Kidney Beans
- Lima Beans
- Navy Beans
- Pinto Beans
- Red Beans



100% JUICE 12-oz FROZEN AND/OR 46-oz METAL CANS

AMOUNT: Number of cans listed on WIC check
SIZE: Any combination of frozen and/or metal cans up to the amount listed
BRAND: Specific items listed below
 Purchase ONLY if specified on WIC check: 5.5 to 6-oz: orange, grapefruit, orange-grapefruit (Any brand) single serving cans 100% juice

12-oz FROZEN CANS

ORANGE



Store Brand Only

GRAPEFRUIT



Store Brand Only
(white, pink or red)

GRAPE



Seneca

APPLE



Seneca

PINEAPPLE



Dole



Old Orchard Grape and White Grape



Old Orchard



Old Orchard



Old Orchard Grape and White Grape



TreeTop

PINEAPPLE ORANGE



Dole



Welch's Grape and White Grape (Yellow Lid & Peel Strip)



Welch's Grape and White Grape (Yellow Lid & Peel Strip)



Old Orchard

Do NOT Buy

- Added calcium or flavoring
- Less than 100% juice
- Cocktail juices
- Glass bottles
- Organic
- Juice blends
- Granny Smith apple juice

46-oz METAL CANS

ORANGE



Store Brand Only

GRAPEFRUIT



Store Brand Only
(white, pink or red)

APPLE



Seneca

TOMATO



Campbell's
(Regular & Low Sodium)

VEGETABLE



TreeTop



V8
(Regular & Low Sodium)

Do NOT Buy

- Brown
- Organic or Free Range
- Extra Large
- Specialty eggs (including pasteurized or fortified/enriched with Vitamin E, DHA or Omega 3)

EGGS

AMOUNT: Number of cartons listed on WIC check
SIZE: Up to the amount listed
BRAND: Store brand if available. National brands must be provided if store brands are not available.

- Large, medium or small
- Grade A or AA white eggs



MILK

AMOUNT: Number of gallon, half-gallon or quart cartons listed on WIC check
SIZE: Up to the carton size listed
BRAND: Store brand if available. National brands of milk must be provided if store brands are not available.
Fat Content (See WIC check): Skim (fat-free), Lowfat (1%), Reduced Fat (2%), Whole

Purchase ONLY if specified on WIC check: Meyenberg Goat Milk, powdered milk (any brand), evaporated milk (any brand), UHT Long Life milk (any brand), soy beverage (see soy beverage section), or Lactaid/Dairy Ease

Do NOT Buy

- Added calcium or flavoring
- Nut or rice "milk" beverage
- Organic
- Raw milk



OK To Buy

- Plastic or paper cartons
- Buttermilk
- Acidophilus

CHEESE

AMOUNT: Number of pounds (lb) listed on WIC check
SIZE: Up to the amount listed
BRAND: Store brand only
 Purchase ONLY if specified on WIC check: 8-oz package cheese (any brand)

- Cheddar
- Colby
- Colby-Jack
- Longhorn
- Marble
- Monterey Jack
- Mozzarella
- Muenster
- Swiss
- American (white, yellow, sliced)



Do NOT Buy

- Cheese food, product or spread
- Organic
- Sliced (except American)
- Packages smaller than 12-oz
- String or shredded
- Individually wrapped
- Flavored, imported or deli cheese

TOFU

AMOUNT: Number of pounds (lb) listed on WIC check
SIZE: As listed on specific items pictured
BRAND: House Foods, Denver Tofu

Fresh, refrigerated, water-packed



Do NOT Buy

- Organic
- Added salt, flavoring, fat or oil
- Packages smaller than 12 ounces or larger than 16 ounces

SOY BEVERAGE

AMOUNT: Number of quarts (qt) listed on WIC check
SIZE: Quart (32-oz)
BRAND: Pacific Natural Foods Ultra Soy



Shelf-stable; all natural, non-dairy beverage; plain and vanilla

Pacific Natural Foods Ultra SOY

BREAKFAST CEREAL

AMOUNT: Number of ounces (oz) listed on WIC check

SIZE: Any combination of cold or hot cereal up to the amount listed

BRAND: Specific items listed below

Do NOT Buy

- Single-serving packets
- Organic

COLD



All-Bran Complete Wheat Flakes*



Corn Flakes



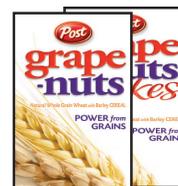
Crispix



Product 19



Special K



Grape-nuts* & Grape-nuts Flakes*



Honey Bunches of Oats with Almonds & Honey Roasted



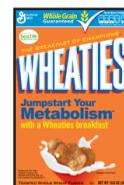
Banana Nut Crunch*



Bran Flakes*



Whole Grain Total*



Wheaties*



Kix (Regular)



Wheat Chex*, Corn, Rice, & Multi-Bran

HOT



Cream Of Wheat Whole Grain* & Cream Of Wheat Original (unflavored)



Malt-O-Meal (unflavored)



Maypo (maple flavored)



Cheerios* & Multi Grain Cheerios*



Life (regular)*



Oatmeal Squares with Brown Sugar* & with Cinnamon*



Frosted Shredded Wheat (regular sized or bite sized) boxes: Great Value*, IGA*, Kroger*, Our Family*, Safeway*, Shurfine*, Western Family*



Crisp/Crispy/Crispie Rice boxes: Flavorite, Great Value, IGA, Malt-O-Meal, Our Family, Ralston Foods, Shurfine, Western Family



SHOPPING TIP: Ways to Buy up to 36 Ounces of Cereal

12 oz Cereal																			
12 oz Cereal		9 oz Cereal		18 oz Cereal	9 oz		24 oz Cereal	12 oz		14 oz Cereal	22 oz Cereal	14 oz		17.9 oz Cereal	18 oz Cereal	17.9 oz			
12 oz Cereal	12 oz	9 oz Cereal		9 oz		12 oz Cereal		+24 oz				+22 oz				+18 oz			
	36 oz			36 oz				36 oz				36 oz				35.9 oz			

WHOLE GRAINS

AMOUNT: Number of ounces (oz) listed on WIC check

SIZE: Any combination of bread, rice, and/or tortillas up to the amount listed for whole grains

100% WHOLE GRAIN BREAD



SIZE: As listed on specific items listed below

BRAND: Oroweat, Pepperidge Farm, Wonder, Sara Lee, Country Hearth

Do NOT Buy

- Deli
- Store Bakery
- Organic

OROWEAT

- 100% Whole Wheat Bread
- Country 100% Whole Wheat Bread
- Natural Honey 100% Whole Grain Bread
- 100% Whole Wheat Buns
- 100% Whole Wheat Hot Dog Buns

PEPPERIDGE FARMS

- Very Thin Sliced Soft 100% Whole Wheat Bread
- Stone Ground 100% Whole Wheat Bread
- Soft 100% Whole Wheat Hoagie Rolls
- 100% Whole Wheat Hamburger Buns

WONDER

- 100% Stoneground Whole Wheat Bread
- Soft 100% Whole Wheat Bread
- 100% Whole Grain Bread

SARA LEE

- Soft & Smooth 100% Whole Wheat Bread
- Delightful 100% Whole Wheat with Honey Bread
- Hearty and Delicious Oat with 100% Whole Grain Bread

COUNTRY HEARTH

- Stone Ground 100% Whole Wheat Bread

BROWN RICE

SIZE: Any size up to the amount listed on WIC check

BRAND: Any brand

OK To Buy

- Long, medium, or short grain
- Natural



Brown rice in bags

Do NOT Buy

- Boxed
- Organic
- Added sugar, salt, flavoring, fat or oil

CORN TORTILLAS

SIZE: Any size up to the amount listed on WIC check

BRAND: Any brand

OK To Buy

- White corn
- Yellow corn



Soft corn tortillas

Do NOT Buy

- Flour tortillas
- Taco or tostada shells
- Flavored
- Tortilla chips
- Added modified food starch
- Organic