100% JUICE - 64 OZ PLASTIC BOTTLE GF, V

FOR CHILDREN

CHOOSE FROM THESE BRANDS & FLAVORS

Juicy Juice: All flavors Old Orchard: All flavors of 100% Juice

Motts: Apple, Apple Cherry, Apple White Grape, Apple Mango Motts Sensibles: Apple, Apple Cranberry, Apple Raspberry, Apple Pineapple

Campbell's: Tomato, any variety V8: 100% Vegetable, any variety

Tree Top: Apple Libby's: Pineapple

That's Smart: Grape Freedom's Choice: Apple

Welch's: Grape, Grape with fiber, White Grape, Red Grape, White Grape Peach, Super Berry, White Grape Cherry, Black Cherry Grape

Always Save: Apple, Grape

Best Choice: Apple, Apple Cider, Berry, Cherry, Cranberry, Grape, Grapefruit, Pineapple, Punch, Cran-Grape, White Grape, Tomato, Vegetable

Fareway: Apple, Grape, Vegetable

Great Value: Apple, Grape, White Grape, White Grape Peach, Cranberry Blend, Tomato, Vegetable, Cranberry Grape

Hy-Vee: Apple, Grape, White Grape, Cranberry, Cranberry Apple, Cranberry Raspberry, Pineapple, Grapefruit, Vegetable, Tomato

Hy-Vee Just Juice: All Flavors

IGA: Apple, Grape, White Grape, Tomato, Pineapple

Kroger: Apple, Grape, White Grape, White Grape Peach, Cranberry, Grapefruit, Pineapple, Tomato, Vegetable, Low Sodium Vegetable, Spicy Vegetable

Market Pantry: Apple, White Grape, Cranberry, Grape, Orange

Our Family: Apple, Grape, White Grape, Grapefruit, Cranberry, Cranberry Raspberry, Cranberry Grape, Pineapple, Orange, Tomato, Vegetable

Food Club: Apple, Grape, White Grape, Tomato, Pineapple, Spicy Vegetable, Orange

Signature Select/Signature Kitchens: Apple, Apple Cider, Grape, White Grape, Cranberry, Cranberry,

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

Do Not Buy: Juice with added sugar, juice drinks or juice cocktails. Juice from refrigerated section.

Food Club: Apple, Grape Essentially Everyday: Apple Our Family: Apple Great Value: Apple, Grape Great Value: Apple, Grape or the items may be put back. Do Not Buy: Bags of salads with added dressing/topping; salad bar items; party trays, fruit baskets	100% JUICE – 11.5-12 OZ FROZEN GF, V		FRUITS & VEGETABLES GF, V			
CHOOSE ANY BRAND 100% Orange Juice 100% Grapefruit Juice Any variety of fresh fruit or vegetables; whole, pre-cut or packaged Any variety of frozen fruits or vegetables Any variety of frozen fruits or vegetables Salad or mixed greens in a bag or plastic container without dressing If your fruit and vegetables cost more than the amount of your food benefits, you may pay the extra amount using cash, SNAP, credit or debit or the items may be put back. Our Family: Apple Great Value: Apple, Grape ORGANIC Any variety of fresh fruit or vegetables; whole, pre-cut or packaged Any variety of frozen fruits or vegetables Salad or mixed greens in a bag or plastic container without dressing If your fruit and vegetables cost more than the amount of your food benefits, you may pay the extra amount using cash, SNAP, credit or debit or the items may be put back. Do Not Buy: Bags of salads with added dressing/topping; salad bar items; party trays, fruit baskets	FOR WOMEN		DOLLAR VALUE LISTED ON YOUR FOOD BENEFITS			
Any variety of fresh fruit or vegetables; whole, pre-cut or packaged CHOOSE FROM THESE BRANDS & FLAVORS Always Save: Apple Hy-Vee: Apple Market Pantry: Apple, Grape Food Club: Apple, Grape Cur Family: Apple Great Value: Apple, Grape 100% Grapefruit Juice Any variety of fresh fruit or vegetables; whole, pre-cut or packaged Any variety of frozen fruits or vegetables Salad or mixed greens in a bag or plastic container without dressing If your fruit and vegetables cost more than the amount of your food benefits, you may pay the extra amount using cash, SNAP, credit or debit or the items may be put back. Do Not Buy: Bags of salads with added dressing/topping; salad bar items; party trays, fruit baskets	CHOOSE ANY BRAND		OKAY TO BUY:			
CHOOSE FROM THESE BRANDS & FLAVORS Always Save: Apple Best Choice: Apple Hy-Vee: Apple Market Pantry: Apple, Grape Food Club: Apple, Grape Cur Family: Apple Great Value: Apple, Grape Any variety of fresh fruit or vegetables; whole, pre-cut or packaged Any variety of fresh fruit or vegetables; whole, pre-cut or packaged Any variety of fresh fruit or vegetables; whole, pre-cut or packaged Any variety of fresh fruit or vegetables Salad or mixed greens in a bag or plastic container without dressing If your fruit and vegetables cost more than the amount of your food benefits, you may pay the extra amount using cash, SNAP, credit or debit or the items may be put back. Do Not Buy: Bags of salads with added dressing/topping; salad bar items; party trays, fruit baskets			ORGANIC			
Always Save: Apple Hy-Vee: Apple Market Pantry: Apple, Grape Food Club: Apple, Grape Our Family: Apple Great Value: Apple, Grape Best Choice: Apple Market Pantry: Apple, Grape Essentially Everyday: Apple Great Value: Apple, Grape Salad or mixed greens in a bag or plastic container without dressing If your fruit and vegetables cost more than the amount of your food benefits, you may pay the extra amount using cash, SNAP, credit or debi or the items may be put back. Do Not Buy: Bags of salads with added dressing/topping; salad bar items; party trays, fruit baskets	100% Orange Juice	100% Grapefruit Juice	Any variety of f	resh fruit or vegetab	oles; whole, pre-cut	or packaged
Hy-Vee: Apple Market Pantry: Apple, Grape Food Club: Apple, Grape Essentially Everyday: Apple Our Family: Apple Great Value: Apple, Grape Great Value: Apple, Grape Best Choice: Apple If your fruit and vegetables cost more than the amount of your food benefits, you may pay the extra amount using cash, SNAP, credit or debi or the items may be put back. Do Not Buy: Bags of salads with added dressing/topping; salad bar items; party trays, fruit baskets	CHOOSE FROM THESE BRANDS & FLAVORS		Any variety of frozen fruits or vegetables			
Food Club: Apple Grape Essentially Everyday: Apple or the items may be put back. Our Family: Apple Great Value: Apple, Grape Bags of salads with added dressing/topping; salad bar items; party trays, fruit baskets	Always Save: Apple	Best Choice: Apple	Salad or mixed	Salad or mixed greens in a bag or plastic container without dressing		
Food Club: Apple, Grape Essentially Everyday: Apple Our Family: Apple Great Value: Apple, Grape Great Value: Apple, Grape or the items may be put back. Do Not Buy: Bags of salads with added dressing/topping; salad bar items; party trays, fruit baskets	Hy-Vee: Apple	Market Pantry: Apple, Grape	11 '	If your fruit and vegetables cost more than the amount of your food benefits, you may pay the extra amount using cash, SNAP, credit or debit,		
Our Family: Apple Great Value: Apple, Grape Bags of salads with added dressing/topping; salad bar items; party trays, fruit baskets	Food Club: Apple, Grape	Essentially Everyday: Apple		or the items may be put back.		
	Our Family: Apple	Great Value: Apple, Grape	Bags of salads v	Bags of salads with added dressing/topping; salad bar items; party trays,		
Freedom's Choice: Apple Dole: Pineapple Orange Added dips, sauces, herbs or spices	Freedom's Choice: Apple	Dole: Pineapple Orange		ucas harbs or spices		
Kroger: Apple, Grape, Pineapple, Pineapple-Orange Fresh salsa or guacamole	Kroger: Apple, Grape, Pineapple, Pineapple-Orange					
Old Orchard: Any Flavor with Green Lid Nuts; dried fruit; dried vegetables; decorative fruit or vegetables	Old Orchard: Any Flavor with Green Lid		Nuts; dried fruit; dried vegetables; decorative fruit or vegetables			
Spices or Herbs such as:			Spices or Herbs such as:			
Signature Select/Signature Kitchens: Apple Chives Cilantro Basil Savory	Signature Select/Signature Kitchens: Apple		Chives	Cilantro	Basil	Savory
Welch's: Grape, White Grape Peach, White Grape Raspberry Dill MInt Oregano Parsley Sage Thyme			11		· ·	
Do Not Buy, Juico Drinks, Cocktails or Light Juicos	Do Not Buy: Juice Drinks, Cocktails or Light Juices		11 '	o o	•	07/2022



NEBRASKA WIC PROGRAM

APPROVED FOOD LIST

Effective July 11, 2022

No organic unless noted



DEPT. OF HEALTH AND HUMAN SERVICES

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MILK — GALLONS OR HALF GALLONS GF

TYPE OF MILK LISTED ON YOUR FOOD BENEFITS CHOOSE ANY BRAND

For Children age 2-5 & Women

1% Lowfat or Nonfat Skim Milk

For Children 12-23 months

Whole Milk 2% Reduced Fat Milk*

*1 year old with medical condition as determined by child's doctor

Do Not Buy: Organic; Chocolate or Other Flavors; Almond, Cashew, Coconut, Oat or Rice Milk

SPECIALIZED MILK

TYPE OF MILK LISTED ON YOUR FOOD BENEFITS CHOOSE ANY BRAND

Lactose Free Milk – Half Gallon (64 ounces)

Evaporated Milk - 12 oz can

Dry Milk – 25.6 oz box or bag (Makes 8 quarts)

SOY BEVERAGE — HALF GALLONS GF, V

CHOOSE FROM THESE BRANDS ONLY:

8th Continent Soy Milk: Original or Vanilla

Silk Soy Milk: Original Only – Refrigerated or 64 oz Shelf Stable

EGGS—ONE DOZEN GF

Medium or Large White Eggs

CHOOSE ANY BRAND

Do Not Buy: Organic; Brown Eggs; Cage Free or Free Range; Specialty Eggs such as DHA or Omega 3

CHEESE—16 OZ PACKAGE GF

Block or Sliced:

May choose any combination of the choices listed below (i.e. Cheddar Jack)

CHOOSE STORE BRAND ONLY

Cheddar Colby Jack Colby Provolone

Monterey Jack Mozzarella Swiss Marble

American Pasteurized Process

Shredded Cheese CHOOSE FROM THESE BRANDS ONLY

Best Choice Freedom's Choice Food Club Kroger
Lucerne Our Family Fareway Good & Gather
Great Value Hy-Vee Market Pantry

Mozzarella String Cheese CHOOSE FROM THESE BRANDS ONLY

Best Choice Food Club Lucerne Our Family
Hy-Vee

Low Moisture Mozzarella Ball: Low Fat and Whole Milk

CHOOSE FROM THIS BRAND ONLY

Lucerne

Do Not Buy: cubes or individually wrapped <u>slices</u>. Cheese food products (like Velveeta), cheese spreads, imitation cheese, added ingredients or flavor added (like Pepper Jack), organic, imported, service deli cheese, or fresh mozzarella



Strawberry

This institution is an equal opportunity provider.

GF = Gluten Free **V** = Vegetarian
See page 2 for a note on Gluten Free and Vegetarian WIC foods.

YOGURT 32 OUNCE CONTAINER GF					
For Children 1 year of age	WHOLE MILK YOGU				
CHOOSE FROM THESE BRANDS:					
Chobani Greek: Plain	Lucerne: Plain, Strawberry, Vani				
Dannon: Plain, Vanilla, Strawberry	Open Nature: Greek Plain				
Kroger: Plain, Vanilla, Greek Plain, Greek Vanilla	Good & Gather: Greek Plain, Gree Vanilla Honey				
Mountain High: Plain, Vanilla,	Simply Balanced: Greek Plain,				

Fareway: Greek Honey Salted Caramel

For Children ages 2-5 & Women LOWFAT OR NONFAT YOGURT

Greek Vanilla Honev

Dannon Oikos: Greek Plain

CHOOSE FROM THESE BRANDS:

Food Club: Greek Vanilla

Oikos Greek: Plain, Vanilla Oikos Pro: Plain

Oikos: Honey Sweetened Plain,
Maple Sweetened Plain
Strawberry
Maple Sweetened Plain

Chobani Greek: Plain, Vanilla, Strawberry, Peach, Blueberry

Dannon:Vanilla, Strawberry,Light & Fit: Strawberry, Vanilla,Strawberry Banana, Plain,Greek Plain, Greek Vanilla

Mountain High: Plain, Vanilla Fareway: Greek Plain, Greek Vanilla

Best Choice: Vanilla, Strawberry, Greek Plain, Greek Vanilla, Plain Strawberry, Strawberry-Banana

Kroger: Plain, Vanilla, Strawberry, Greek Plain, Greek Vanilla **Kroger Carbmaster:** Strawberry, Peach, Vanilla

Our Family: Vanilla, Strawberry, Peach, Blueberry, Plain, Greek Plain, Greek Vanilla

n, Greek Honey, Strawberry, Greek Plain,
Greek Vanilla,
ek Plain, Open Nature Greek: Plain, Vanilla,

Simply Balanced: Greek Plain, Open Natur Greek Vanilla Strawberry

Good and Gather: Greek Plain, Greek Vanilla Food Club: Vanilla, Strawberry, Greek Plain, Greek Vanilla, Plain

Lucerne: Plain, Vanilla, Peach, Greek

Market Pantry: Plain, Vanilla Too Good: Plain, Vanilla

Yoplait: Harvest Peach, Blueberry, Vanilla, Plain, Strawberry-Banana, Strawberry, Greek Plain, Greek Vanilla

Do Not Buy: any other brand or size of yogurt, drinkable yogurt or yogurt

with mix-in ingredients such as granola, candy or nuts

HEALTHY FOOD HEALTHY KID HAPPY FAMILY

GLUTEN FREE AND VEGETARIAN WIC FOODS

Many WIC foods are naturally gluten free and/or vegetarian but they may not be labeled that way. It is important to read the ingredient label. If you need help, ask your WIC nutritionist, call the company that manufactured the food, or visit their website.

If you think you might have celiac disease or gluten sensitivity, talk to your doctor about testing before you eliminate glutencontaining foods from your meal plan. This is the only way to make sure you get an accurate medical diagnosis and protect your long-term health.

BREAKFAST CEREALS—12 TO 36 OUNCE PACKAGE V

COLD CEREAL

CHOOSE FROM THESE BRANDS

GREAT VALUE: Frosted Shredded Wheat*, Bran Flakes*, O's*, Multigrain O's*, Corn Squares_{GF}, Corn Flakes, Rice Squares_{GF}, Crispy Rice, Crunchy Honey Oats, Wheat Squares*

HY-VEE: Wheat Squares*, Frosted Shredded Wheat Plain*, Blueberry* or Strawberry*, Bran Flakes*, Tasteeos*, Multigrain Tasteeos*, Simple Living Oat Squares*, Nutty Nuggets*, Corn Squares, Corn Flakes, Crispy Hexagons, Rice Squares, Crispy Rice, Oats & More Almonds, Oats & More Honey, Essentially You, Toasted Corn_{GF}, Toasted Rice_{GF}, Balanced Living Multigrain, Fiber

KROGER: Frosted Shredded Wheat Plain*, Blueberry* or Strawberry*, Bran Flakes*, Toasted Oats*, Multigrain Toasted Oats*, Oat Squares*, Living Well*, Nutty Nuggets*, Corn Flakes, Rice Bitz_{GF}, Crispy Rice, Honey Crisp Medley Almonds, Multigrain Honey Crisp Medley

OUR FAMILY: Wheat Biscuits*, Frosted Shredded Wheat Plain* or Strawberry*, Bran Flakes*, Multigrain Toasted Oats*, 4 Corner Crunch*, Nutty Nuggets*, Toasted Oats*, Corn Biscuits, Corn Flakes, Crunchy Corn & Rice, Crispy Rice, Honey Oats & Flakes Almonds, Oats & More with Honey, Crispy Hexagons, Rice Biscuits_{GF}, Essentially You

GRAIN BERRY: Toasted Oats, Apple Cinnamon Toasted Oats, Cinnamon Frosted Shredded Wheat GENERAL MILLS: Kix*. Berry Berry Kix*. Honey Kix*, Whole Grain Total*, Wheaties*, Fiber One Honey Clusters*, Wheat Chex*, Blueberry Chex_{GF}, Cinnamon Chex_{GF}, Corn Chex_{GF}, Vanilla Chex_{GF}, Rice Chex_{GF}, Cheerios_{GF}*, Multigrain Cheerios*_{GF}, Multigrain Strawberry Cheerios_{GF}

MALT O MEAL: Frosted Mini Spooners*, Strawberry Mini Spooners*, Crispy Rice

POST: Grape Nuts*, Grape Nuts Flakes*, Great Grains Banana Nut Crunch*, Great Grains Crunchy Pecan,* Honey Bunches of Oats: Whole Grain Honey Crunch*, Whole Grain Almond Crunch*, Vanilla Bunches*, Honey Roasted, Pecan & Maple Brown Sugar, Cinnamon Bunches, with Almonds

FOOD CLUB: Toasted Oats*, Wheat Squares*, Frosted Shredded Wheat*, Strawberry FSW*, Bran Flakes*, Corn Squares_{GF}, Corn Flakes, Rice Squares_{GE} Crisp Rice, Honey & Oats with Clusters, Honey & Oats with Almonds, Oat Squares*, Shredded Wheat*

BEST CHOICE: Wheat Crisps*, Wheat Flakes*, Bite Size Frosted Shredded Wheat Plain*, Maple Brown Sugar*or Strawberry*, Bran Flakes*, Happy O's*, Multigrain Happy O's*, Corn Crisps, Corn Flakes, Crispy Corn & Rice, Rice Crisps, Crisp Rice, Honey Oat Clusters Almonds

FAREWAY: Wheat Squares*. Frosted Shredded Wheat*, Bran Flakes*, Tasteeos*, Multigrain Tasteeos*, Oat Squares*, Corn Squares, Corn Flakes, Crispy Hexagons, Rice Squares, Crispy Rice

* WHOLE GRAIN

IGA: Bran Flakes*, Tasteeos*, Corn Flakes, Rice Squares, Crispy Rice, Frosted Shredded Wheat, Shredded Wheat

MARKET PANTRY: Corn Flakes, Toasted Rice, Oat Squares, Toasted Oats

THAT'S SMART: Bran Flakes, Toasted Oats, Crisp Rice, Corn Flakes

KELLOGG'S: Special K Protein Honey Almond Ancient Grains*, Special K Protein Multigrain Cinnamon*, Special K Original, Rice Krispies, Corn Flakes, Crispix, Frosted Mini Wheats*. Frosted Mini Wheats Little Bites*, Frosted Mini Wheats Touch of Fruit Raspberry*, Frosted Mini Wheats Bite Size (FMWBS) Blueberry*, FMWBS Strawberry*, FMWBS Cinnamon Roll*, FMWBS Pumpkin Spice*, FMWBS Filled Mixed Berry*, All Bran Complete Wheat Bran Flakes*

SUNBELT BAKERY: Simple Granola*

ALWAYS SAVE: Toasted Oats*, Crisp Rice, Corn Flakes. Frosted Shredded Wheat*

QUAKER: Life Original*, Oatmeal Squares Brown Sugar*, Oatmeal Squares Cinnamon*

SIGNATURE SELECT/SIGNATURE KITCHENS: Bran Flakes*, Toasted Oats*, Nutty Nuggets*, Corn Pockets, Corn Flakes, Rice Pockets, Crispy Rice, Oats & More Almonds, Frosted Shredded Wheat, Shredded Wheat, Live It Up, Oats & More Honey

HOT CEREAL

INSTANT OATMEAL ORIGINAL PLAIN* 11-12 oz box of individual packets only

Quaker Hy-Vee Kroger **Best Choice Our Family Food Club Signature Kitchens** IGA

CREAM OF WHEAT: Instant, 1 minute, 2 ½ minute, 10 minutes or Whole Grain Instant*

QUAKER: Instant Grits COCO WHEATS: Original

PEANUT BUTTER & BEANS GF, V

PEANUT BUTTER 16-18 OZ JAR **CANNED BEANS 15-16 OZ CAN**

CHOOSE STORE BRAND ONLY

Okay to buy: creamy, chunky, crunchy or smooth Salted or unsalted; low-sugar or reduced sugar

Do Not Buy: peanut butter spread, natural or allnatural, reduced fat, organic. Added ingredients such as honey, jelly, or chocolate.

CHOOSE ANY BRAND *can buy 4 cans

Any single variety, regular or low salt Black beans Black eye peas Butter beans

Chickpeas Garbanzos Kidney bean Navy Beans **Red Beans** Pinto Beans Cannellini Pink beans Mayacoba **Great Northern Beans**

Do Not Buy: refried beans, baked beans or chili

DRIED BEANS 16 OZ BAG

CHOOSE ANY BRAND

Any single variety of dry peas, beans or lentils

Do Not Buy: mixed beans, soup mixes, beans with added seasonings or flavors.

WHOLE GRAIN CHOICES

100% WHOLE WHEAT BREAD

12-14 oz Buns: 20 oz: Wonder Sara Lee Kroger Pepperidge Farm Kroger Orowheat: Wide Pan Private Selection: Sugar Free Hot Nature's **Market Mill** Dog Buns Own Private Select: Sugar Free Extra

Large Sandwich Roll

Our Family Sara Lee Kroger 22 oz: Village Nature's Pepperidge Farm: Thin Sliced Wonder Hearth Own Whole Grain 100% WW **Fareway** IGA **Best Choice** 24 oz: Family Signature Kroger: Farmhouse 100% WW Hy-Vee Kitchens Choice Pepperidge Farm: 100% Stone Private Selection: Sugar Free 100% WW Wide Pan, 100% WW Ground, Very Thin, Light Style or

Wide Pan Farmhouse Pepperidge Farm Swirl: 100% WW Our Family: WW Country Style Cinnamon Raisin

Orowheat: 100% Whole Wheat Ham-Pepperidge Farm: Whole Grain burger Buns, 100% Whole Wheat Hot 100% WW Dog Buns

CHOOSE FROM THESE BRANDS

16 oz:

Do Not Buy: any other size, brand or type of bread

SOFT CORN TORTILLAS 16 OZGE CHOOSE FROM THESE BRANDS

White or Yellow Corn

Chi-Chi's Mission Hy-Vee IGA Signature Select Mama Best Our Lupes Choice Family Kroger Guerrero Fareway Frescados La Banderita

Do Not Buy: Tostadas or Taco Shells

WHOLE WHEAT TORTILLAS 16 OZ

CHOOSE FROM THESE BRANDS Can be any style such as Fajita, Soft Taco, etc

Frescado's Food Club Our Family Chi-Chi's Kroger Ortega Mission Hy-Vee Fareway Great Best Mama Value Choice Lupe's

La Banderita **Market Pantry Signature Kitchens**

Signature Select Do Not Buy: White Flour Tortillas

SOFT CORNGE AND WHOLE WHEAT TORTILLAS 8 OZ

CHOOSE FROM THESE BRANDS

La Favorita Mission La Burrita

Bueno WHOLE WHEAT PASTA 16 OZ

Mi MaMa's

CHOOSE FROM THESE BRANDS

All shapes allowed 100% Whole Wheat

Candy's

Barilla Fareway Kroger

Ronzoni Racconto Our Family

Hodgson Good & **Food Club** Gather Mill

Great Value Signature Select

Do Not Buy: Gluten Free or made from rice, corn, or vegetables, added sugars, fats, oils or salt

BROWN RICE 16 OZ GF, V

CHOOSE ANY BRAND

Regular Cooking - 16 oz pkg

Instant or Quick Cooking – 14 to 16 oz pkg

Bag or Box

Do Not Buy: white, or wild rice, added seasonings

WHOLE WHEAT BREAD & WHOLE GRAINS UPDATE

More sizes available!

Whole Grain Choices are measured in ounces. Be sure to keep track of your purchases so that you redeem all of your benefits!

WICShopper has a calculator to help you keep track of your benefits! Download the WICShopper App from the App Store or Google Play.



BABY FOOD FRUITS & VEGETABLES GF, V 4 OZ JARS OR TWO-PACKS OF 4 OZ CONTAINERS

CHOOSE FROM THESE BRANDS:

Beech-Nut Naturals Gerber

Any plain fruits or vegetables Single flavor or mixed varieties

Do Not Buy: desserts or dinners; rice, pouches or squeezes; added cereal, noodles or meat; added sugars or DHA

Beech-Nut Classics Tippy Toes







INFANT FORMULA

Only the brand, size, type and number of cans as listed on your food benefits.

No substitutions at store. Call the WIC office if baby needs a different formula

INFANT MEATS

For fully breastfed babies

CHOOSE FROM THESE BRANDS: 2.5 oz jars

Single meat with broth or gravy

Beech-Nut Gerber **Tippy Toes**

Do Not Buy: meat sticks, dinners or graduates; added DHA; added sugar salt, rice, fruit or vegetables

CHOOSE FROM THESE BRANDS:

Beech-Nut Gerber

Oatmeal Multigrain

Whole Wheat Barley

Do Not Buy: Rice cereal, added fruit. yogurt, milk, formula; DHA/ARA, jars pouches

CANNED TUNA & SALMON GF

For fully breastfeeding women

CHOOSE ANY BRAND

Chunk Light Tuna or Pink Salmon 5 oz can or larger

Do Not Buy: Albacore, Chunk White, Solid White Tuna; pouches; added flavor or seasoning