

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 Raspberry, Cranberry Grape, Grapefruit, White Grapefruit, Orange, Pineapple, Tomato, Vegetable, Low Sodium Vegetable	
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.	

100% JUICE – 11.5-12 OZ FROZEN GF, V	FRUITS & VEGETABLES GF, V		
FOR WOMEN	DOLLAR VALUE LISTED ON YOUR FOOD BENEFITS		
CHOOSE ANY BRAND	OKAY TO BUY:		
	ORGANIC		
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		
CHOOSE FROM THESE BRANDS & FLAVORS	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.		
Always Save: Apple	Do Not Buy: Bags of salads with added dressing/topping; salad bar items; party trays, fruit baskets		
Hy-Vee: Apple	Added dips, sauces, herbs or spices		
Food Club: Apple, Grape	Fresh salsa or guacamole		
Our Family: Apple	Nuts; dried fruit; dried vegetables; decorative fruit or vegetables		
Freedom’s Choice: Apple	Spices or Herbs such as:		
Dole: Pineapple Orange	Chives	Cilantro	Basil Savory
Kroger: Apple, Grape, Pineapple, Pineapple-Orange	Dill	MInt	Oregano
	Parsley	Sage	Thyme
Old Orchard: Any Flavor with Green Lid	Tarragon	Rosemary	Sorrel
Signature Select/Signature Kitchens: Apple	07/2022		
Welch’s: Grape, White Grape, White Grape Peach, White Grape Raspberry			
Do Not Buy: Juice Drinks, Cocktails or Light Juices			



NEBRASKA WIC PROGRAM

APPROVED FOOD LIST

Effective July 11, 2022

No organic unless noted



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 slices. 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

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 YOGURT

CHOOSE FROM THESE BRANDS:

Chobani Greek: Plain

Lucerne: Plain, Strawberry, Vanilla

Dannon: Plain, Vanilla, Strawberry

Open Nature: Greek Plain

Kroger: Plain, Vanilla, Greek Plain, Greek Vanilla

Good & Gather: Greek Plain, Greek Vanilla Honey

Mountain High: Plain, Vanilla, Strawberry

Simply Balanced: Greek Plain, Greek Vanilla Honey

Food Club: Greek Vanilla

Dannon Oikos: Greek Plain

Fareway: Greek Honey Salted Caramel

For Children ages 2-5 & Women

LOWFAT OR NONFAT YOGURT

CHOOSE FROM THESE BRANDS:

Oikos Greek: Plain, Vanilla

Oikos Pro: Plain

Oikos: Honey Sweetened Plain, Maple Sweetened Plain

Oikos Triple Zero: Vanilla, Strawberry

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

Dannon: Vanilla, Strawberry, Strawberry Banana, Plain,

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

Mountain High: Plain, Vanilla

Fareway: Greek Plain, Greek Vanilla

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

Great Value: Plain, Vanilla, Peach, Strawberry, Strawberry-Banana

Kroger: Plain, Vanilla, Strawberry, Greek Plain, Greek Vanilla

Kroger Carbmater: Strawberry, Peach, Vanilla

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

Lucerne: Plain, Vanilla, Peach, Greek Honey, Strawberry, Greek Plain, Greek Vanilla,

Simply Balanced: Greek Plain, Greek Vanilla

Open Nature Greek: Plain, Vanilla, Strawberry

Good and Gather: Greek Plain, Greek Vanilla

Food Club: Vanilla, Strawberry, Greek Plain, Greek Vanilla, Plain

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

