WIC Frozen Fruit Juice

12 oz can only

If frozen juice is stated on FI, choose from the following:

Any Brand: Regular, Country Style or Calcium Fortified

Dole

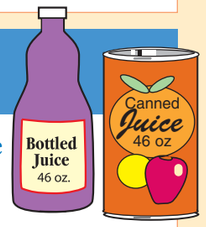
Lucky Leaf, Seneca

Any Brand

NOT ALLOWED: blended, sweetened, added sugar, fruit drinks, punch, reduced acid, or organic

Infants under 1 year of age should never be given juice with added calcium.

WIC Juices



100% Single Fruit Flavored Juice

If 46 oz can or plastic bottle is stated on FI, choose from the following:

Del Monte, Dole

Lucky Leaf, Seneca, White House

Any Brand

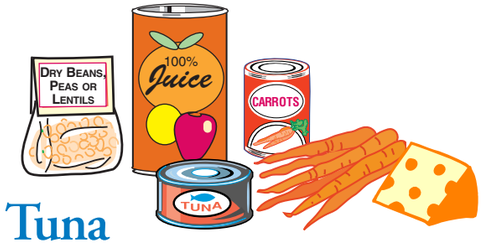
NOT ALLOWED: blended, sweetened or added sugar, fruit drinks, reduced acid, refrigerated, vegetable, or organic,

Any Brand

Only allowed when specified on FI. Campbell's Regular or Low Sodium.

Breast Fed is Best Fed!

A breastfeeding mom gets extra juice, cheese and beans, plus tuna and carrots if her infant receives no formula from WIC.



Tuna

6 to 6.5 oz can only
chunk light, water or oil packed (any brand)

NOT ALLOWED: chunk white, solid white, solid light, fillet, low sodium, dietetic, vacuum packed pouches or fancy albacore

Carrots

1 lb bag only
fresh (whole, unpeeled) or 14–20 oz can, sliced (any brand)

NOT ALLOWED: baby, julienne or organic

VDH VIRGINIA DEPARTMENT OF HEALTH
Protecting You and Your Environment

www.vdh.virginia.gov

This institution is an equal opportunity provider.
How can WIC serve you better? Call 1-877- TELLWIC.

Virginia WIC Program

APPROVED FOOD LIST

EFFECTIVE JANUARY 1, 2007

Participants Guide to Shopping for WIC Foods:

If you do not need all the food items, notify your clinic before being issued your next FI's.

1. You need: your WIC ID Folder, this Food List, and WIC Food Instruments (FI). Make sure you have the right FI for today's date.
2. Use this WIC Approved Food List to select the right foods. Buy store brand foods for certain food types, i.e. cold cereal, frozen juice, cheese, etc.
3. You should buy all the foods listed on the FI.
4. Milk–you must buy the type of milk stated on the FI.
5. Cereal–you must buy within the ounces stated on the FI, never more.
6. At checkout separate your WIC foods from other foods and by each FI you are using.
7. Give the cashier your FI and show your WIC ID folder.
8. Give the cashier your store customer discount card if you have one, and any coupons you are using.
9. The cashier will ring up your WIC items by FI and enter the total.
10. Be sure the total is correct, then sign the FI. Only persons who have signed the ID Folder at the WIC office are allowed to sign FI's.
11. Remember to get your receipt and WIC ID Folder.

Use your store customer discount card & coupons to reduce the cost of WIC foods.

Print Date 9/06 FDLST–07

Virginia WIC Program Food List

Effective January 1, 2007 – Only the foods listed are approved.

Milk

Buy the least expensive brand on the shelf.

Gallons only unless another size is stated on the FI

- ♥ Fat Free, Skim or Non-fat Milk
- ♥ Low Fat: 1/2%, 1%
- Reduced Fat: 2%
- Whole Milk/Vitamin D
- Other Milk Products as stated on the FI:
  Lactose Free or Lactose Reduced
  (♥fat free, ♥1/2%, ♥1%, 2%, whole)
- ♥ Non-fat Dry
- Evaporated (♥skim, 2%, whole)
- UHT

♥ **Be good to your heart. Adults and children 2 and over should drink fat free or low fat milk.**

NOT ALLOWED: flavored, soy, sweetened condensed, goat, buttermilk, deluxe skim, organic, or soy added

Cheese

16 oz (1 lb) package only
prepackaged, block or sliced:

American
Cheddar
Monterey Jack
Mozzarella (whole or part skim)
Swiss

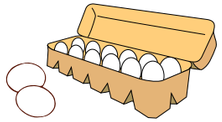
If Reduced Fat Cheese is stated on FI, allow only the following cheese:

16 oz Kraft Deli Deluxe 2% Milk American

NOT ALLOWED: individually wrapped, cheese food, cheese product, cheese spread, flavored, smoked, string, imitation, shredded, imported, deli, mixed, blended, cubed, or random weight

Eggs

One dozen carton only
large, grade A, white only



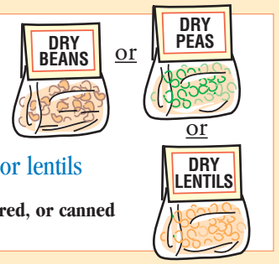
NOT ALLOWED: specialty eggs, egg substitutes, organic, or brown

Peanut Butter

18 oz jar only
creamy, chunky, crunchy, extra crunchy

NOT ALLOWED: peanut butter blends, peanut spreads, whipped, natural, low or reduced fat, low sodium, low sugar, honey roasted or fortified/added vitamins

Beans, Peas or Lentils



1 lb bag only dry beans, peas or lentils

NOT ALLOWED: frozen, fresh, flavored, or canned

Formula for Infants

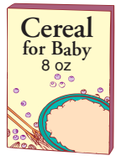
You must buy the brand, size, type and quantity specified on the food instrument.

NOT ALLOWED: substitutions or the purchase of less than the amount stated on the food instrument

Cereal for Infants

8 oz box only:
Rice, Oatmeal or Barley

Brand if specified on FI



NOT ALLOWED: mixed, organic or cereal with fruit, formula, or yogurt

WIC Approved Cereals for Adults & Children

If your store brand is not shown, ask management for assistance.
All cereals will not be available in all stores.

Cold Cereals–12 Oz Package or Larger

Bran Flakes
Corn Biscuits
Corn Flakes
Crispy Hexagons
Crisp Rice
Crispy Rice
Crunchy Nuggets
Essential Choice
Essentially You
Frosted Mini Spooners
Frosted Shredded Wheat
Frosted Bite Size Shredded Wheat
Honey Oat Medley
Krunch Nutties
Multi-Grain Flakes
Natures Grain
Nutty Nuggets
Oats & More with Honey
Rice Biscuits
Scooters
Square Shaped Corn Biscuit
Square Shaped Rice Biscuit
Square Shaped Wheat Biscuit
Tasteeos
Toasted Corn
Toasted Oats
Toasted Rice
Toasted Wheat
Twin Grain Crisps
Wheat N Crunchie
Whole Grain 100

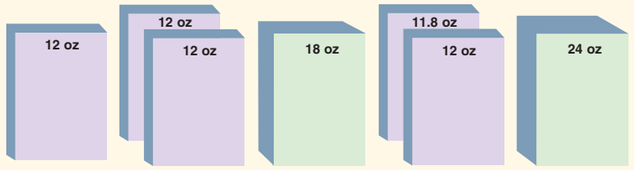
Hot Cereals–11.8 Oz Package or Larger

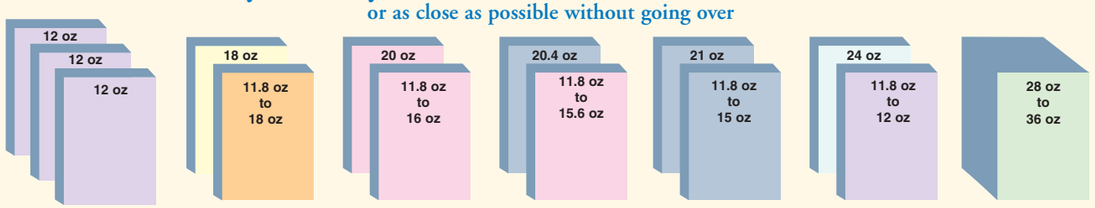
Farina–Creamy or Quick–store brand
Instant Oatmeal–Regular Flavor–store brand

Only These National Brands Are Allowed:
Nabisco Cream of Wheat–Original Flavor–Quick, Instant, Instant Packets
Quaker–Instant Grits, All Flavors

Ways to buy 12 to 24 oz of cold and hot cereal

or as close as possible without going over



Ways to buy 25 to 36 oz of cold and hot cereal

or as close as possible without going over