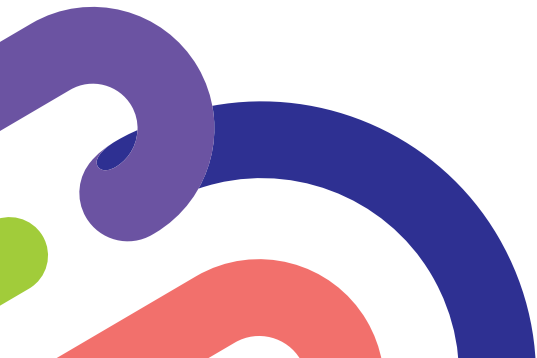




WASHINGTON SHOPPING GUIDE

EFFECTIVE OCTOBER 2023



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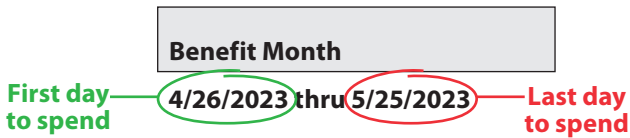
PLAN AHEAD BEFORE YOU SHOP

Check to see what foods are available on your WIC benefits. Here are two ways you can do this:

- Call the number on the back of your WIC Card.
- Use the WICShopper app. Register your WIC Card, and see current benefits under **My Benefits**.

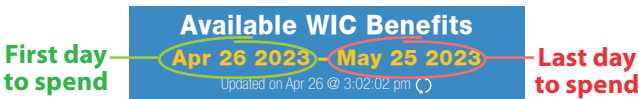
Make sure benefits are active on the day you plan to shop:

- Check the printed WIC shopping list from your WIC clinic.



OR

- Use the WICShopper app, register your WIC Card, and view My Benefits.



Make a shopping list and check to see what items are WIC allowed:

- This WIC Shopping Guide will help show what to “Buy” or “Don’t Buy.”
- The WICShopper app will let you search for specific food items.

For example, if you have cheese listed in My Benefits:

- » Click on the cheese and search the cheese you want to buy to see if it’s an allowed WIC item.
- » You’ll see cheese from the brand that you can buy with your WIC benefits.

Find a Store:

- Use the WICShopper app to find a WIC store near you.
- Look for stores that have a “WIC Accepted Here” sign in the window.

Be aware of any grocery store bag fees:

- Bags are only covered by the store if you are using your WIC card to purchase items.

Otherwise

- You will need to pay your own grocery bag fees, if applicable.

Or

- Bring your own reusable bags

SHOPPING TIPS

USE YOUR WIC TOOLS WHILE YOU SHOP

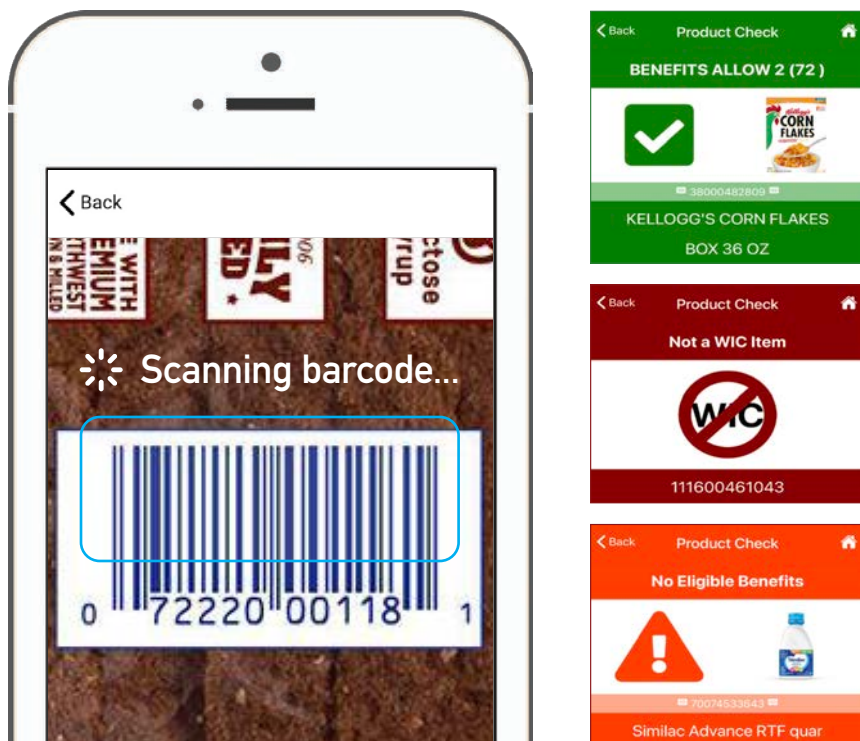
The WIC Shopping Guide

- Use this guide until you're familiar with WIC allowed items.
- If you have a smartphone, a digital version of the Shopping Guide is located in the WICShopper app under "WIC Allowable Foods" and on our WIC webpage at doh.wa.gov/WIC/WICFoods.

The WICShopper App

Confirm if an item is WIC allowed:

- Scan the barcode with your smart phone or enter in the 12 digit UPC.
- The app will show you if an item is **WIC Allowed** or **Not a WIC Item**.
- If the app shows **No Eligible Benefits**, then you either don't have enough benefits or the right benefits to get that item.



Important! The app can't recognize most fresh fruits and vegetables even if they have a barcode. Those items will scan as "Not a WIC Item" even though most fresh produce is WIC allowed. Check page 16 in the guide to see what you need to know.

WHAT TO KNOW WHEN SHOPPING

Only buy the WIC foods you want:

- You don't have to buy all of your WIC foods at one time.
- You can shop as often as needed within your first and last day to spend.
- You don't have to get any WIC benefits you don't want.

When a store doesn't carry a specific WIC approved food item you want:

- Stores aren't required to carry all WIC approved foods.
- You can ask the store if they're able to order an item.
- Look for the item at a different store.

Try to use benefits before your Last Day to Spend:

- That gives WIC staff enough time to help fix any issues.

You can receive in-store or food company coupons, such as:

- Buy one, get one free
- Food company coupon's (e.g., Darigold)
- Store loyalty card benefits
- Store specials

You can use these specials for non-WIC foods. For example, if Kellogg's has a deal to buy one cereal and get one free, you can use WIC benefits to buy Rice Krispies and then get another cereal free that may or may not be WIC allowed.

UNDERSTANDING FOOD PACKAGE SIZES

WIC has specific food package sizes because WIC wants to make sure that you get all your food benefits. For example, WIC allows gallons, half gallon and quarts. At first glance, this may seem easy to understand. That is until you realize some milk brands aren't using the WIC approved sizes. A half gallon of milk must have 64 oz in it to be WIC allowed. Yet some brands only contain 54 oz of milk.

The WICShopper app can quickly check if an item is allowed.

The table below shows standard package sizes for WIC.

STANDARD FOOD PACKAGE SIZES AND ABBREVIATIONS

Liquid Food Package	Ounces (oz)	Liter (L) or Milliliter (ml)
1 Quart	32 oz	946 ml
Half (1/2) Gallon	64 oz	1.89 L
1 Gallon	128 oz	3.78 L
Solid Food Package	Ounces (oz)	Grams (g)
Half (1/2) Pound	8 oz	226 g
1 Pound (lb)	16 oz	453 g
2 Pounds (lbs)	32 oz	907 g

SHOPPING TIPS

AT STORE CHECKOUT

Separate WIC foods from other items you're buying:

- This helps in case a food item isn't covered by WIC as expected. You'll be able to find the item quicker.
- Place your more expensive food items up front on the conveyor belt. That way if you only have enough benefits to cover one of the items, WIC will pay for the more expensive item.
- There's a 50 item limit when using your WIC card. If you plan to buy a lot of foods at one time, have the cashier split the items into separate purchases.

Swipe your WIC Card and enter your PIN:

- If a food item isn't covered by WIC as expected, you don't have to buy it.
- You can choose to pay for any food item not covered by WIC (using SNAP, cash, debit, credit) or put it back.

WIC RECEIPTS

```
8 oz      Whole grains
1.75 CTR  Beans, dry or canned
39.5 OZ   Cereal - hot / cold
0 CTR     Peanut butter / beans
30 OZ     Fish - canned
```

** End of Beginning Benefit Balance **

```
*****
* eWIC Benefit Redemption/Purchase *
*****
```

```
0.25 CTR  Beans, dry or canned
1 S&W RED KIDNEY BNS      1.39

17 OZ     Fish - canned
1 CHKN OF SEA TUNA        2.99
1 OPN NAT CHUNK           1.99
```

```
** End of Benefit Redemption/Purchase **
*****
```

+++ Remaining eWIC Benefits +++

```
8 oz      Whole grains
1.5 CTR   Beans, dry or canned
39.5 OZ   Cereal - hot / cold
0 CTR     Peanut butter / beans
13 OZ     Fish - canned
```

Benefits Expire MIDNIGHT on 5/25/2023

This section lists the foods available to you before you shopped. Some foods are listed in ounces, some are called containers, and fruits and vegetables are in dollar amounts.

This section lists the foods you just bought.

This section lists your remaining balance. These are the WIC foods you have through your last day to spend date.

This shows the last day you can buy the rest of your WIC foods for this month. Your **next** WIC benefits are available to use at 12:01 a.m. on the next day.

Keep copies of your receipts.

If you have questions, receipts can help staff figure out what happened.

Take a picture of receipts and save them in your phone or keep receipts in the WIC ID and Card folder.

Important! WIC Card balance receipts printed at the store **don't show all the types of allowed items.** For example, if the balance receipt shows "Milk - 1% Nonfat and Soy," it means you can get the following:

- All WIC allowed low fat (1%) and nonfat (0%, skim, fat free) milk or soy beverage options listed in this WIC Shopping Guide. This includes:

Cow milk – nonfat/fat free (0%) and low fat (1%)

- Fluid
- Evaporated/canned
- Lactose free
- Kefir
- Dry/powder
- Acidophilus
- Buttermilk

Goat milk – Low Fat

- Fluid

Soy beverage

Below is an example of what's seen on a WIC shopping list from the clinic compared to what is seen on the WIC Card balance receipt at the store.

WIC Clinic Shopping List:

Benefit Month	Serial Number	Quantity	UOM	Description
4/26/2023 thru 5/25/2023	998833	\$11.00	\$\$\$	Fruit and Vegetables – Cash Value Voucher
	998833	16	Ounce	Whole Wheat Bread or Whole Grains
	998833	2	Dozen	Eggs – all WIC
	998833	2	CTNR	Peanut Butter/Beans All WIC
	998833	6	Gallon	Milk or Soy(1% & Nonfat) All WIC – Cow,Goat,Soy

Store Receipt:

WIC EBT Benefit Balance Receipt

Date: 5/4/2023 Time: 05:27PM

11.00 \$\$\$ Fruit & Veg - WIC

16 OZ WW Bread/Whl Grn - WIC

2 DOZ Eggs Dozen - WIC

2 CTR PB/Beans - WIC

6 GAL Milk – 1% Nonfat Soy

These Benefits expire
at MIDNIGHT on 5/25/2023

*** End of benefit balance receipt ***

SHOPPING TIPS

WHEN ITEMS AREN'T COVERED BY WIC AS EXPECTED

If you have questions on why a food item wasn't covered by WIC benefits:

- Take a photo of the item or keep copies of all receipts if purchased.
- Review “Buy” and “Don't Buy” in the Shopping Guide to see why it may not be WIC allowed.
- If fresh fruits and veggies aren't covered, let WIC know. Stores must assign a WIC code to each item even if it has a barcode on it. Without the WIC code your card won't recognize the item at checkout.
- Check with your WIC clinic or submit a request to the state WIC office by:
 - » Using “I couldn't buy this” in the WICShopper app.
 - » Email us at wawicfoods@doh.wa.gov. We'll need to know the following:
 - » Store name and location.
 - » The date you tried to buy the item.
 - » WIC card number.
 - » Item description—Receipts, or clear photos, or as much detail as possible. If details are provided instead of receipts or photos, we are looking for the following:
 - ▶ food type (milk, cereal, etc.)
 - ▶ brand name/type
 - ▶ package size
 - ▶ 12-digit UPC (barcode number)

For Example: Oatmeal, Bob's Old Fashioned Rolled Oats, 32 oz size, UPC 039978021540

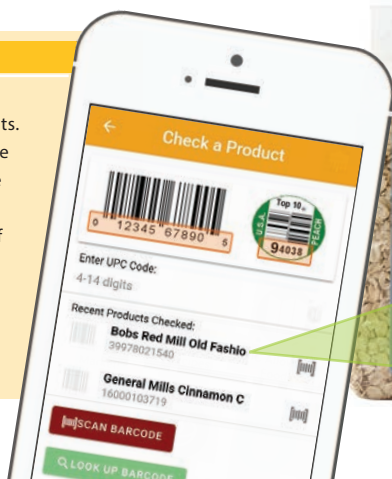
Depending on the store, you also may be able to find the item online and send us a link.

NOTE

WIC regularly updates foods you can buy with your benefits. Always scan the product to be sure it is WIC approved. Make sure to scan the barcode on the product and not the shelf barcode. This will make sure the app provides accurate information.



Key Enter UPC



BABY CEREAL

BUY

Must Be

8 oz or 16 oz

Dry

These brands:

Beech-Nut

Earth's Best

Gerber

These types:

Barley

Multigrain

Oatmeal

Whole grain

Organic

Non-organic

Natural



DON'T BUY

With added:

Flavors, fruit, or formula

Prebiotics, probiotics, or DHA

Cans, jars, or pouches

Rice cereal

Single-serve or individual packets

BABY FOOD – FRUITS AND VEGETABLES

BUY

Must Be

Stage 1 or 2

Plain fruit and vegetable only

Sizes:

4 oz glass jars/plastic containers

2 oz plastic containers in double packs (4 oz total)

4 oz plastic containers in double packs (8 oz total)

multi-pack boxes

These brands:

Beech-Nut

Earth's Best Organic

Gerber

Happy Baby Organic

O Organics

Tippy Toes

Wild Harvest Organic

You Can Choose

Any combination of fruits and vegetables, organic, non-organic

DON'T BUY

With added:

Cereal/grains - granola, oats, rice, or noodles

Spices e.g. cinnamon

Meats

Flavors or sugars

Pouches

Stage 3

SHOPPING TIP

When buying baby food fruits and vegetables, a 2-pack is counted as 2 containers.



BABY FOOD – MEATS



FULLY BREASTFEEDING BABIES ONLY

BUY

Must Be

- Single meat only
- Stage 1 or 2
- 2.5 oz glass jars

These brands:

- Beech-Nut
- Gerber
- O Organics
- Tippy Toes
- Wild Harvest

You Can Choose

- Organic
- Non-organic
- With broth or gravy

DON'T BUY

With added:

- Flavors, sugars, or spices
- Cereals, grains, or noodles
- Fruits or vegetables
- Meat sticks
- Dinners
- Stage 3

FORMULA

Buy only the brand, type, container size, and amount of formula listed in your WIC Benefits. For information about WIC Approved Formulas, visit www.doh.wa.gov/WICFoods/InfantFormula, or call 1-800-841-1410.



Look for this symbol throughout

the guide. The symbol shows which WIC foods are increased for those mostly breastfeeding. If fully breastfeeding, you will also get fish and your infant will get baby food meats.

Breastfeeding provides moms and babies with lifelong health benefits.





BUY

Must Be

- 15 oz to 16 oz cans
- Plain beans or low fat plain refried beans

You Can Choose

- Any brand
- Low or reduced sodium
- Individual cans or a 4-pack
- Non organic or organic



DON'T BUY

With added:

- Flavors or meats
- Honey, syrups, molasses, sugar, or other sweeteners
- Baked beans
- Bean salad
- Bean sprouts
- Chili beans
- Green or wax beans
- Mixed beans
- Bean soups
- Peas
- Pouches

SHOPPING FOR BEANS OR PEANUT BUTTER

You can choose canned beans, dried beans, or peanut butter with your WIC benefits.

Choose the right size! 1 CTR of peanut butter/dry or canned beans =



OR



OR



16 oz

16 oz

15–16 oz cans

Buying Canned Beans If you choose to buy canned beans, 1 container (CTR) on shopping list = 4 cans of beans. You must buy all four cans of beans to make sure you get all of your WIC benefits.

- One can** of beans = **.25** CTR
- Two cans** of beans = **.50** CTR
- Three cans** of beans = **.75** CTR
- Four cans** of beans = **1.0** CTR



BEANS/PEAS/LENTILS – DRIED

BUY

Must Be

16 oz bag

You Can Choose

Any brand

Any variety

Non organic or organic



DON'T BUY

With added flavors or spices

Boxes

Barley

Bean and rice mix

Bulk (sold by weight)

Chia seeds

Coffee beans

Dried refried beans

Farro

Frozen

Green beans

Heirloom

Quinoa

Sprouted or germinated

Soup or soup mix

SHOPPING FOR BEANS OR PEANUT BUTTER

If you choose dry beans, 1 container (CTR) = a 16 oz bag of dried beans. See page 9 for more information.

BUY

Must Be

9, 11, 11.8, 12, 12.7, 14, 14.3, 14.5, 15, 15.2, 15.5, 16, 18, 20, 20.5, 21, 21.5, 21.7, 22, 24, or 36 oz

Only these brands and types:

W = whole grain cereals

Essential Everyday

Corn Flakes
Crispy Rice
Crunchy Corn Squares
Crunchy Oat Square
Crunchy Rice Squares
Crunchy Wheat Squares (**W**)
Oats More w/ Honey
Tasteos (**W**)

Food Club

Corn Flakes
Corn Squares
Crisp Rice
Frosted Shredded Wheat, Bite Size, or Strawberry (all **W**)
Honey & Oats with Almonds
Honey & Oats with Oat Clusters
Rice Squares
Toasted Oats (**W**)
Twin Grain Crisps
Wheat Squares (**W**)

General Mills

Cheerios: Plain (**W**), Multigrain (**W**)
Chex (all **W**): Blueberry, Cinnamon, Corn, Rice, or Wheat
Kix: Berry Berry, Honey (**W**), or (Plain) (**W**)
Whole Grain Total (**W**)

Great Value

Corn Squares
Rice Squares

Kelloggs

All-Bran Complete Wheat Bran Flakes (**W**)
Corn Flakes
Crispix
Frosted Little Bites or Mini Wheats Original (**W**)
Frosted Mini Wheats BS Blueberry, or Strawberry

Rice Krispies (Plain)
Special K Protein Original (**W**) or Honey Almond Ancient Grain (**W**)

Kroger

Bran Flakes (**W**)
Corn Flakes
Crispy Rice
Honey Crisp Medley w/ Almonds
Oat Squares (**W**)
Rice Bitz
Toasted Oats (**W**)

Malt-O-Meal

Frosted Mini Spooners (**W**)

Market Pantry

Toasted Rice

Post

Grape Nuts Flakes (**W**) or Original (**W**)
Great Grains Banana Nut Crunch (**W**)
Honey Bunches of Oats Almonds (**W**) or Honey Roasted (**W**)

Quaker

Oatmeal Squares Brown Sugar, Cinnamon, Golden Maple, or Honey Nut (all **W**)

Signature Select

Corn Flakes
Corn Pockets
Crispy Rice
Oats More w/ Almonds or Honey
Rice Pockets
Toasted Oats (**W**)

DON'T BUY

Bags or Cylinders

SHOPPING TIP

See “Tips for Buying WIC Breakfast Cereal” to help find cereal and package sizes that work best for your family. See page 12 for some examples.

BREAKFAST CEREAL - HOT

BUY

Must Be

9, 11, 11.8, 12, 12.7, 14, 14.3, 14.5, 15, 15.2, 15.5, 16, 18, 20, 20.5, 21, 21.5, 21.7, 22, 24, or 36 oz

Only these brands and types:

W = whole grain cereals

Oatmeal

Essential Everyday Oatmeal Instant Original 12 packets (**W**)

Food Club Oatmeal Instant Original 12 packets (**W**)

Great Value Instant Oatmeal Regular 12 packets (**W**)

IGA Oatmeal Instant Original 12 packets (**W**)

Kroger Oatmeal Instant Original 12 packets (**W**)

Signature Select Oatmeal Instant Original 12 packets (**W**)

Rice

Cream of Rice

Cream of Rice Instant

Wheat

Cream of Wheat (Instant or 2½ minute)

Cream of Wheat Whole Grain (Instant or 2½ minute) (**W**)

Malt O Meal Original



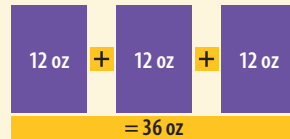
DON'T BUY

Bags

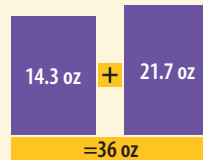
Cylinders

SHOPPING TIP

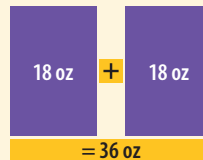
See handout in WICShopper app or online titled, "Tips for Buying WIC Breakfast Cereal". It can help you find cereal and package sizes that work best for your family.



OR



OR



Other 36 oz combinations:

9 + 9 + 9 + 9	14.5 + 21.5
11 + 11 + 14	15 + 21
11 + 9 + 16	15.5 + 20.5
11.8 + 9 + 15.2	16 + 20
12.7 + 9 + 14.3	24 + 12
14 + 22	36

BUY

Must Be

Made from pasteurized cow milk

Made in USA

Sizes:

8 oz

16 oz (1 lb)

32 oz (2 lbs)

These types:

Cheddar (mild, medium, sharp, extra sharp, yellow, or white)

Colby

Colby Jack

Colby Monterey Jack

Monterey Jack

Mozzarella

Munster

Provolone

Swiss

You Can Choose

Any brand

These types:

Block or bar of cheese

Shredded and grated cheese

String or cheese sticks

Kosher or non-Kosher

DON'T BUY

With added flavors, herbs, nuts, seeds, spices, or vegetables

Single serving sticks or packets

Cheese made from raw milk

Cotija

Cracker cut

Cream cheese

Deli cheese

Cubed or sliced

Fresh mozzarella

Goat or sheep cheese

Imported

Lactose free

Organic

Parmesan

Pepper Jack

Processed pasteurized American

Queso fresco

Ricotta

Unpasteurized

Vintage cheese



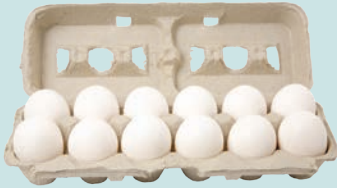


BUY

Must Be

12-count carton (1 dozen)

Shelled eggs from a chicken



You Can Choose

Any brand

Any size: small, medium, large, extra-large, or jumbo

White or brown eggs

Cage free

Organic or Non-Organic

Omega 3

DON'T BUY

Bulk

DHA

Dried or powdered

Duck eggs

Egg substitute products

Fertile

Free-range or pasture-raised

Hard-boiled eggs

Liquid eggs

Low or reduced cholesterol

Pasteurized

Reduced saturated fat



BUY

Must Be

Canned:

Tuna in water

5 oz, 6 oz

Pink salmon

5 oz, 6 oz, 7.5 oz, and 14.75 oz*

Sardines in water

3.75 oz or 4.25 oz

Pouches:

All allowed types of fish above
in 2.5 oz or 5 oz sizes

You Can Choose

Forms of Tuna: Solid, Chunk,

Color of Tuna: White, light

Any brand

With added flavors

Albacore tuna

Boneless

Can, foil bags, or pouches

Low sodium

No added salt

Skinless

SkipJack

Wild caught

Yellowfin



***Note:** If you choose the 14.75 oz salmon you will have 1 oz of benefits that you won't be able to use.

DON'T BUY

With added foods

Brisling sardines

Dried

Fillet

Fresh

Frozen

Glass

Jack Mackerel

Organic

Red salmon

Smoked

Snack packs

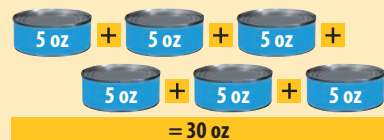
Tongol tuna

SHOPPING TIPS

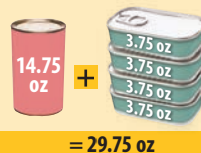
Visit the DOH *Healthy Fish Guide* at doh.wa.gov/community-and-environment/food/fish/healthy-fish-guide to help make healthy choices when shopping for fish.

You can choose a combination of chunk light tuna, pink salmon, or sardines up to the amount of ounces (oz) listed in your WIC Benefits.

Examples:



OR



FRUITS / VEGETABLES – FRESH

BUY

You Can Choose

Any brand or type

Cut or whole

Fresh fruits and vegetables in bags, clam shells, cups, plastic bowls, or tubs

Fresh fruits and vegetables in foam trays wrapped in plastic

Non organic or organic

SHOPPING TIP

You can buy a combination of canned, fresh, **and** frozen fruits and vegetables. Remember, if you choose more foods than are listed in your WIC Benefits, you can pay the extra or choose not to buy it.

DON'T BUY

With added:

Dips, dressings, fats, oils, or sauces

Flavors, foods, herbs, nuts, or spices

Dried fruits or vegetables

Edible blossoms of flowers

Fruit baskets

Party trays or platters with or without dips

Salad bar items

Sugar cane

Herbs, or spices such as:

Aloe vera, anise, banana leaves, basil, bay leaves, caraway, chervil, chives, cilantro, corn husk, dill, fenugreek, lemongrass, lime leaves, marjoram, mint, oregano, parsley, rosemary, sage, savory, tarragon, thyme, vanilla beans, or wheatgrass

Ornamental or decorative items such as:

Dried chili peppers, garlic on a string, gourds, carved or painted pumpkins



FRUITS / VEGETABLES – FROZEN

BUY

You Can Choose

Any size bag, box, or steamer pouch

Any brand

Non organic or organic

Frozen beans are OK (such as: black-eyed peas, edamame, garbanzo, and lima beans)

DON'T BUY

With added:

Fats, oils, salts, seasonings, spices, sugars or sauces

Meats, noodles, nuts, pasta, rice, or grains

Battered or breaded

Creamed

Deli items

Dried fruits, vegetables, or fruit leather

French fries

Hash browns

Mashed potatoes, Potatoes O'Brien, Tater Tots®

SHOPPING TIP

You can buy a combination of canned, fresh, **and** frozen fruits and vegetables. Remember, if you choose more foods than are listed in your WIC Benefits, you can pay the extra or choose not to buy it.



FRUITS- CANNED

BUY

You Can Choose

- Any brand or type
- Any size can, glass or plastic container
- Applesauce: may contain cinnamon
- First ingredient listed is a fruit
- Non organic or organic

DON'T BUY

- With added:
 - Sugars, fats, oils or salt
- Canned fruit in heavy or "light"/"lite" syrup, lightly sweetened juice or sweetened nectar
- Fruit roll-ups
- Fruit-nut mixtures
- Home canned and home preserved jams, jellies, fruit syrups or fruit spreads
- Pie filling
- Pouches

SHOPPING TIP

You can buy a combination of canned, fresh, **and** frozen fruits and vegetables. Remember, if you choose more foods than are listed in your WIC Benefits, you can pay the extra or choose not to buy it.



VEGETABLES - CANNED

BUY

You Can Choose

- Any brand or type
- Any size can, glass or plastic container
- Canned tomatoes: crushed, diced, sliced, purees, sauced, stewed, or paste
- Canned mixed vegetables containing beans
- First ingredient listed is a vegetable
- Sweet Potatoes
- May contain spices
- Non organic or organic

DON'T BUY

- With added:
 - Sugars, fats, or oils
 - Creamed or with sauce
 - Home canned and home preserved
 - Ketchup
 - Olives
 - Pickled vegetables
- Vegetables with added:
 - meats, noodles, rice, nuts, pasta, or grains

SHOPPING TIP

You can buy a combination of canned, fresh, **and** frozen fruits and vegetables. Remember, if you choose more foods than are listed in your WIC Benefits, you can pay the extra or choose not to buy it.





BUY

Must Be

- 46 oz cans or plastic bottles
- Non-refrigerated only
- Only these brands and types

Tomato

- Campbell's
- Food Club
- Haggen
- Kroger
- That's Smart!

Vegetable

- Campbell's V8 Essential Antioxidants
- Campbell's V8 Hint of Black Pepper
- Campbell's V8 Hint of Lime
- Campbell's V8 Low Sodium
- Campbell's V8 Original
- Campbell's V8 Spicy Hot
- Campbell's V8 Spicy Hot Low Sodium
- Food Club
- Haggen
- Kroger



DON'T BUY

- Cartons or glass bottles
- Cider
- Cocktail
- Juice drink
- Organic
- Punch
- Refrigerated
- Unfiltered

JUICE - ADULT PARTICIPANTS ONLY - TOMATO/VEGETABLE (46 OZ)

ADULT PARTICIPANTS ONLY FROZEN (11.5 OR 12 OZ)

JUICE



BUY

Must Be

11.5 or 12 oz frozen
Only these brands and types

Apple

Essential Everyday
Food Club
Freedom's Choice
Great Value
IGA
Kroger
Langers
Old Orchard
Signature Select
Tree Top
WinCo

Grape or White Grape

Essential Everyday
Food Club
Great Value
Old Orchard
Welch's

Grapefruit

Any brand 100% grapefruit

Orange

Any brand 100% orange

Mixed Fruit

Dole

Orange Peach Mango
Pineapple Orange
Pineapple Orange Banana

Old Orchard

Apple Cherry
Apple Cranberry
Apple Kiwi Strawberry
Apple Passion Mango
Apple Raspberry
Apple Strawberry Banana

BUY

Berry Blend
Blueberry Pomegranate
Cherry Pomegranate
Cranberry Blend
Cranberry Pomegranate
Cranberry Raspberry
Pineapple Orange
Pineapple Orange Banana

Welch's

White Grape Peach
White Grape Raspberry

Pineapple

Dole
Old Orchard



DON'T BUY

Cider
Cocktail
Juice drink
Lemon
Lemonade
Lime
Limeade
Organic
Punch not 100% Juice
Refrigerated
Unfiltered

JUICE - ADULT PARTICIPANTS ONLY - FROZEN (11.5 OR 12 OZ)

JUICE CHILDREN ONLY FRUIT – MIXED OR BLENDS (64 OZ)

BUY

Must Be

- 64 oz plastic bottles
- Non-refrigerated only
- Only these brands and types

Essential Everyday

- Berry
- Cherry
- Cranberry
- Cranberry Raspberry
- Grape Blend
- 100% Juice Punch

Food Club

- Cranberry Raspberry

Great Value

- Cranberry Blend
- Cranberry Grape
- Cranberry Pomegranate
- White Grape and Peach

Haggen

- Cranberry
- Cranberry Raspberry

Juicy Juice

- Apple Raspberry
- Berry
- Cherry
- Cranberry Apple
- Fruit Punch
- Kiwi Strawberry
- Mango
- Orange Tangerine
- Passion Dragonfruit
- Peach Apple
- Strawberry Banana
- Strawberry Watermelon
- Tropical

Kroger

- Cranberry
- White Grape Peach

BUY

Langers

- Apple Berry Cherry
- Apple Cranberry
- Apple Grape
- Apple Kiwi Strawberry
- Apple Orange Pineapple
- Apple Peach Mango
- Cranberry Grape Plus
- Cranberry Plus
- Cranberry Raspberry Plus

Ocean Spray

- Cranberry Blackberry
- Cranberry Cherry
- Cranberry Concord Grape
- Cranberry Mango
- Cranberry Pineapple
- Cranberry Pomegranate
- Cranberry Raspberry
- Cranberry Watermelon
- Cranberry Elderberry

Old Orchard

- Acai Pomegranate
- Apple Cranberry
- Berry Blend
- Black Cherry Cranberry
- Blueberry Pomegranate
- Cherry Pomegranate
- Cranberry Pomegranate
- Immune Health Citrus
- Immune Health Superfruit
- Immune Health Tropical Fruit
- Kiwi Strawberry
- Mango Tangerine
- Orange Tangerine
- Peach Mango
- Red Raspberry
- Strawberry Watermelon
- Wild Cherry

CHILDREN ONLY JUICE

FRUIT – MIXED OR BLENDS (64 OZ)

BUY

Signature Select

- Cranberry
- Cranberry Grape
- Cranberry Raspberry

Tree Top

- Apple Berry
- Apple Cranberry
- Apple Grape
- Orange Passionfruit
- Pineapple Orange

Welch's

- White Grape Cherry
- White Grape Peach
- Orange Pineapple Apple



DON'T BUY

- Cartons or glass bottles
- Cider
- Cocktail
- Frozen
- Juice Drink
- Lemon
- Lemonade
- Lime
- Limeade
- Organic
- Punch not 100% Juice
- Refrigerated
- Unfiltered

JUICE – CHILDREN ONLY – FRUIT – MIXED OR BLENDS (64 OZ)

JUICE CHILDREN ONLY SINGLE FRUIT (64 OZ)

BUY

Must Be

- 64 oz plastic bottles
- Non-refrigerated only
- Only these brands and types

Apple

- Best Yet
- Essential Everyday
- Food Club
- Freedom's Choice
- Great Value
- Haggen
- IGA
- Juicy Juice
- Kroger
- Langers
- Market Pantry
- Mott's
- Ocean Spray
- Old Orchard
- Signature Select
- Tree Top
- WinCo

Grape, Red Grape, or White Grape

- Essential Everyday
- Food Club
- Freedom's Choice
- Great Value
- Haggen
- IGA
- Juicy Juice
- Kroger
- Langers
- Market Pantry
- Ocean Spray
- Old Orchard
- Signature Select
- That's Smart!
- Welch's
- Winco

BUY

Pineapple

- Essential Everyday
- Food Club
- Great Value
- Kroger
- Langers
- Libby's
- Old Orchard
- Signature Select

Orange Juice

Must Be

- 100% orange juice
- Shelf stable/Not refrigerated
- Any brand

Some examples:

- Essential Everyday
- Food Club
- Golden Crown
- Juicy Juice
- Langers
- Old Orchard
- Signature Select
- Tropicana



DON'T BUY

See page 21.

CHILDREN ONLY JUICE VEGETABLE JUICE (64OZ)

BUY

Must Be

- 64 oz plastic bottles
- Non-refrigerated only
- Only these brands and types

Campbell's

- Tomato Juice
- Low Sodium Tomato Juice

Campbell's V8

- Original 100% Vegetable Juice
- Low Sodium
- 100% Vegetable Juice Spicy Hot
- 100% Vegetable Juice

Food Club

- Tomato Juice
- Vegetable Juice
- Spicy Vegetable Juice

Signature Select

- Low Sodium 100% Vegetable Juice
- Vegetable Juice
- Tomato Juice

WinCo

- Low Sodium 100% Vegetable Juice
- 100% Vegetable Juice



JUICE - CHILDREN ONLY - VEGETABLE JUICE (64OZ)



MILK – COW MILK

LIQUID

BUY

Must Be

- Only the milk fat type (nonfat: 0%, low fat: 1%, reduced fat: 2%, whole) listed on your WIC benefits
- Gallon, half-gallon, or quart size containers
- Plastic or paper containers
- Cow milk
- Homogenized
- Pasteurized
- Refrigerated
- Unflavored



BUY

You Can Choose

- Any combination of gallons, half-gallons, and quarts up to the total amount of milk listed in your WIC benefits
- Acidophilus
- Any brand
- Buttermilk
- Calcium-fortified
- Kefir
- Kosher
- Lactobacillus
- Lactose free
- Probiotics
- Skim milk with added thickeners (Creamy Fat Free, Skim Supreme)

MILK – COW MILK

SHOPPING TIP

Some milks aren't allowed since they come in the wrong container type or size. For example, fairlife® and a2 Milk® are not the right size (59oz). Also, milk in glass containers aren't allowed (see page 26).

For one gallon, you can combine two half-gallons or four quarts.



1.0 GAL = 1 gallon
or 128 oz



0.5 GAL = 1 half gallon
or 64 oz



0.25 GAL = 1 quart
or 32 oz



EVAPORATED

BUY

Must Be

Only the milk fat type (nonfat: 0%, low fat: 1%, reduced fat: 2%, whole) listed on your WIC benefits

12 oz can

Cow milk

Homogenized

Pasteurized

Unflavored

BUY

You Can Choose

Any brand

Calcium-fortified

Kosher

SHOPPING TIPS

Most products won't say "Whole Milk" on the label when it is a whole milk product. Buy 5 cans for each gallon of milk to receive your full WIC benefits.



5 cans evaporated milk
= 1 gallon



MILK – COW MILK

DRY

BUY

Must Be

- Only the milk fat type (nonfat: 0%, low fat: 1%, reduced fat: 2%, whole) listed on your WIC benefits
- Mixes to 1 quart of milk or more
- Cow milk
- Homogenized
- Pasteurized
- Unflavored

You Can Choose

- Boxes, cylinders, plastic bags, or pouches
- Any brand
- Calcium-fortified
- Kosher



SHOPPING TIP

The amount listed on your WIC benefits equals the amount of dry milk after mixing with water. See table below for help converting dry milk to quarts.

Dry Cow Milk Reconstitution

Milk Fat	Size Printed on Container	Water Added Makes
Nonfat	9.6 oz	3 Quarts
Nonfat	9.64 oz	3 Quarts
Nonfat	25.6 oz	8 Quarts
Nonfat	32 oz	10 Quarts
Nonfat	64 oz	20 Quarts
Whole	12.6 oz	3 Quarts
Whole	28.1 oz	7 Quarts
Whole	56.3 oz	13 Quarts

DON'T BUY FOR ALL TYPES OF COW MILK

- Added flavors, foods, or spices
- Almond, coconut, hemp, rice, or other grain or nut beverages
- Bulk powdered milk
- Chocolate milk
- Filled milk
- Glass bottles
- Half and half
- Low-carb dairy beverage
- Non homogenized
- Omega 3
- Organic
- Other animal milk, such as goat or sheep

- Pints, half-pints, or smaller size
- Raw milk
- Single-serve or individual packets
- Sweetened condensed milk
- UHT containers
- Unpasteurized milk
- Whipping cream

SHOPPING TIP

See page 27 for goat milk information and 30 for soy beverage information.



BUY

Must Be

Meyenberg brand only

Only the milk fat type listed in your WIC benefits (low fat or whole)

Homogenized

Pasteurized

Refrigerated

Unflavored



whole milk benefits



low fat/nonfat milk benefits

Only **Dry** goat milk when whole fat milk is listed in your WIC benefits



whole milk benefits



whole milk benefits

Dry Goat Milk Reconstitution

Container Size	Water added makes
1 can	3 quarts of milk
2 cans	6 quarts of milk
3 cans	9 quarts of milk
4 cans	12 quarts of milk
12 oz pouch	3 quarts of milk
A box of 12 4-oz pouches	4 quarts of milk

BUY

Only **Evaporated** goat milk when whole fat milk is listed in your WIC benefits



whole milk benefits

5 cans evaporated milk = 1 gallon

DON'T BUY

Other goat milk brands

SHOPPING TIPS

Most participants have low fat/nonfat milk benefits. In this case, you can only get fluid goat milk and it isn't always available at stores.

2 quarts = 1 half gallon

2 half gallons = 1 gallon

4 quarts = 1 gallon

MILK – YOGURT

BUY

Must Be

Only the milk fat type (nonfat: 0%, low fat: 1%, whole) listed on your WIC benefits

1 quart (32 ounces)

Plastic container

Cow milk

Homogenized

Pasteurized

Less than 40 grams of sugar per 8 oz

These brands only

Activia

Best Yet

Brown Cow

Chobani

Dannon

Darigold

Essential Everyday

Food Club

Fred Meyer

Great Value

Green Valley creamery

Kroger

LaLa

Lucerne

Market Pantry

Mountain High

Nancy's

Oikos

Open Nature

Tillamook

WinCo

Yami

Yoplait

Zoi

BUY

You Can Choose

Plain or fruit flavored (only if less than 40 grams of sugar per 8 oz serving and no artificial sweeteners) (See Don't Buy.)

Stevia is ok

Greek (not organic)



DON'T BUY

Artificial sweeteners: aspartame, saccharin, or sucralose (Splenda™)
2% cow milk yogurt

With added:

Flavors, grains, granola, or nuts

Candy, honey, spices, or added protein

Custards or whips

Drinkable or squeezable

Frozen yogurt

Light

Organic

Raw milk

Single-serve or multi-packs

Yogurt kits



BUY

Must Be

16 oz jar

You Can Choose

Any brand

Creamy or smooth

Chunky or extra chunky

Crunchy or extra crunchy

Low sodium

Natural peanut butter

No stir or stir

Regular or organic

Salted or unsalted



DON'T BUY

Bulk (sold by weight)

Freshly ground or grind-it-yourself

Low carb peanut butter spread

Low glycemic

Other nuts or seed butters (e.g. almond, cashew, sesame)

Omega 3

Powdered

Roasted honey nut

Single-serve

Spreads

“Squeeze It” tubes

Valencia

With added:

Flavors, foods, or spices

Flax or safflower oil

Chocolate

Honey

Jelly

Marshmallows

SHOPPING FOR BEANS OR PEANUT BUTTER

You can choose canned beans, dried beans, or peanut butter with your WIC benefits.

Choose the right size! 1 CTR of peanut butter/dry or canned beans =



16 oz

OR



16 oz

OR



15–16 oz cans

Buying Peanut Butter If you choose peanut butter, 1 container listed on the WIC benefits = 16 oz jar peanut butter.



SOY BEVERAGE

BUY

Must Be These Brands and Types:

Brand	Sizes	Type	Refrigerated or Not
-------	-------	------	---------------------

8th Continent	half gallon or gallon	Original or Vanilla	Refrigerated
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Pacific Ultra	32 oz (quart)	Original	Non-refrigerated only
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Silk	32 oz (quart), half gallon, or twin pack (2 half-gallon)	Original	Refrigerated OR Non-refrigerated only
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West Soy Organic Plus	32 oz (quart)	Plain or Vanilla	Non-refrigerated only
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DON'T BUY

- Other non-dairy beverages like almond, coconut, hemp, or rice milk
- Blends or creamers
- 8th Continent Complete
- 8th Continent Light
- Pacific organic Unsweetened
- Pacific Select
- Silk Vanilla/Very Vanilla/Chocolate

- Silk DHA Omega-3
- Silk Light Original/Vanilla/Chocolate
- Silk Organic Original/Vanilla
- WestSoy

SHOPPING TIP

- 2 qts = 1 half gallon
- 4 qts = 1 gallon
- 2 half gallons = 1 gallon

BUY

Must Be

- 8 oz or 16 oz containers only
- Calcium-set
- Refrigerated

These brands and types:

- Azumaya
(Extra Firm, Firm, Silken)
- Franklin Farms
(Extra Firm, Firm, Medium Firm, Soft)
- House Foods
(Extra Firm, Medium, Firm, Organic Super Firm Cubed)
- Nasoya Organic
(Silken, Sprouted Super Firm)
- Nasoya Organic Sprouted Super Firm
- O Organic
(Silken, Sprouted Extra Firm)
- Simple Truth Organic (Silken Soft)

You Can Choose

- Whole, cubed, or sliced
- Non organic or organic



DON'T BUY

- With added flavors, foods, or spices
- Baked
- Dessert tofu
- Fried
- Non refrigerated



WHOLE GRAIN CHOICES

You Can Choose

- Brown Rice
- Oatmeal
- Soft Tortillas
- Whole Wheat Pasta
- Whole Wheat Bread
- Whole Wheat Hamburger and Hot Dog Buns

Below, you will see allowed food package sizes for each benefit package. Pages 33 to 35 will explain what's allowed for each whole grain option.

To make sure you use all of your whole grain benefits, see the whole grain options below.

16 OZ MONTHLY BENEFIT

CHOOSE ONLY ONE

14 oz

Brown Rice, instant

16 oz

Brown Rice

Oatmeal

Soft Tortillas

Whole Wheat Pasta

Whole Wheat Bread

Whole Wheat Hamburger Buns

Whole Wheat Hot Dog Buns

32 OZ OR MORE MONTHLY BENEFIT

CHOOSE

32 oz

Brown Rice, instant

Brown Rice

Oatmeal

OR

CHOOSE A COMBINATION OF

14 oz

Brown Rice, instant

16 oz

Brown Rice

Oatmeal

Soft Tortillas

Whole Wheat Pasta

Whole Wheat Bread

Whole Wheat Hamburger Buns

Whole Wheat Hot Dog Buns

18 oz*

Oatmeal

* 18 oz oatmeal can **only** be combined with 14 oz instant brown rice to equal 32 oz:

$$14 \text{ oz} + 18 \text{ oz} = 32 \text{ oz}$$





BROWN RICE

BUY

Must Be

16 oz of brown rice

Or

14 oz instant brown rice only

Or

If benefits issued is more than 16 oz, you can also choose a 32 oz size

You Can Choose

Any brand

Bags or boxes

Gluten free

Instant or regular

Non-organic or organic

Types: Extra-long, long, medium, or short grain



DON'T BUY

With added flavors, foods, or spices

Basmati

Black

Bulk (sold by weight)

Boil-in-Bag

Chia seeds

Farro

Grits

Individual serving size packets

Jasmine

Mahogany

Mixed rice

Quinoa

Red

Sprouted or germinated

White

Wild

OATMEAL

BUY

Must Be

16 oz size only

Or

If benefits issued is more than 16 oz, you can also choose an 18 oz or 32 oz size.

You Can Choose

Any brand

Bags, boxes, or cardboard cylinders

Gluten free

Instant or quick

Non-organic or organic

Old-fashioned, regular, or steel cut



DON'T BUY

With added flavors, foods, or spices

Boxes with individual packets

Bulk (sold by weight)

Granola

Grits

Individual serving size packets

Metal cylinders

Quinoa

SHOPPING TIP

Ounces (oz) on the package will be subtracted from your benefit total. To make sure you get all of your whole grain options, please see the whole grain table on page 32.

Note: If you have 16 oz monthly benefits and choose the 14 oz instant brown rice, you will have 2 oz of benefits that you will be unable to use.



SOFT TORTILLAS

BUY

Must Be

16 oz only

Only these brands:

Celia's

Essential Everyday

Don Pancho

Great Value

Guerrero

Kroger

La Banderita

La Burrita

Market Pantry

MiCasa

Mission

Ortega

Signature Select

You Can Choose

Corn or corn masa soft tortillas

Whole wheat soft tortillas

Low sodium

Non organic or organic



DON'T BUY

With added flavors, foods, or spices

96% whole wheat

Chips, taco salad bowls, taco shells, tostada, or any other hard tortillas

Low carb or carb balance

Mixed-grain tortillas, such as corn and wheat together

Red corn

Reduced fat, or fat-free tortillas

Sprouted or germinated

Store-made

Tortillas with "light" or "lite" on the label

Wraps

SHOPPING TIP

Ounces (oz) on the package will be subtracted from your benefit total. To make sure you get all of your whole grain options, please see the whole grain table on page 32.



WHOLE WHEAT PASTA

BUY

Must Be

16 oz only

Only these brands:

Barilla

Bella Terra

DeLallo Organic

Delverde Organic

Essential Everyday

Food Club

Full Circle Organic

Garofalo

Gia Russa

Good and Gather

Great Value

Hodgson Mill

Kroger

Natural Directions Organic

O Organics

Racconto

Ronzoni Healthy Harvest

Signature Select

Simple Truth Organic

Simply Balanced Organic

WinCo

You Can Choose

Bags or boxes

Any type

Non organic or organic

Whole wheat or whole durum wheat



BUY

Here are some examples of types:

Angel hair

Penne

Bows

Rigate

Egg noodles

Rotini

Elbow

Shell

Fettuccine

Spaghetti

Fusilli

Spirals

Lasagna

Vermicelli

Linguine

Ziti

Macaroni

DON'T BUY

With added flavors, foods, or seasonings

51% whole grain or whole wheat

Buckwheat

Bulk (sold by weight)

Fresh

Gluten free

Mixed grain

Multi-colored

No boil, no drain

Refrigerated

Rice pasta

Semolina

Sprouted or germinated

Vegetable

SHOPPING TIP

Ounces (oz) on the package will be subtracted from your benefit total. To make sure you get all of your whole grain options, please see the whole grain table on page 32.



WHOLE GRAIN CHOICES

WHOLE WHEAT BREAD

BUY

Must Be

- 16 oz size only
- 100% whole wheat on the label

Or

Whole grain, if the first ingredient on the ingredient list is “whole” grain.

You Can Choose

- Any brand
- Loaf and sliced
- Low sodium
- Non organic or organic
- Sugar free

Here are some examples:

- Best Yet
- Bimbo
- Franz
- Fred Meyer
- Kroger
- Oroweat
- Sara Lee
- Sterns



DON'T BUY

- With added flavors, foods, or spices
- Artisan or gourmet (bread baked in small batches)
- Breads not wrapped in plastic
- Breads with “light” or “lite” on the label
- Bagels
- Cracked wheat
- English muffins
- Extra fiber
- French
- Frozen or refrigerated dough
- Gluten free
- Multigrain
- Sourdough
- Sprouted or germinated
- Store-made
- Uncooked bread mixes
- Unsliced

SHOPPING TIP

Here is a sample of what the ingredient list will look like for whole grain bread. The first ingredient is a “whole” grain.

INGREDIENTS: WHOLE WHEAT FLOUR, WATER, YEAST, BROWN SUGAR, VITAL



INGREDIENTS: WHOLE WHEAT FLOUR, WATER, YEAST, BROWN SUGAR, VITAL WHEAT GLUTEN, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SALT, DOUGH CONDITIONERS (SODIUM STEAROYL LACTYLATE, CALCIUM STEAROYL LACTYLATE, MONO- AND DIGLYCERIDES, CALCIUM PEROXIDE, CALCIUM IODATE, DATEM, ENZYMES, ASCORBIC ACID), SOYBEAN OIL, VINEGAR, CULTURED WHEAT FLOUR, MONOCALCIUM PHOSPHATE, CITRIC ACID, SODIUM CITRATE, SOY LECITHIN, NATAMYCIN (TO RETARD SPOilage), CONTAINS WHEAT AND SOY.

SHOPPING TIP

Ounces (oz) on the package will be subtracted from your benefit total. To make sure you get all of your whole grain options, please see the whole grain table on page 32.



WHOLE WHEAT HAMBURGER AND HOT DOG BUNS

BUY

Must Be

16 oz size only

100% whole wheat on the label

Or

Whole grain, if the first ingredient on the ingredient list is “whole” grain.

You Can Choose

Any brand

Non organic or organic

Topped with seeds

Here are some examples:

Franz

Great Value

Open Nature

Oroweat

Signature Select

Simple Truth Organic

WinCo

DON'T BUY

With added flavors or spices

Artisan or gourmet buns (baked in small batches)

Buns not wrapped in plastic

Buns with “light” or “lite” on the label

Bagels

English muffins

Extra fiber

Dinner, French, or hoagie buns or rolls

Frozen or refrigerated dough

Gluten free

Multigrain

Sourdough

Sprouted or germinated

Store-made



SHOPPING TIPS

See page 37 for a sample of what the ingredient list will look like for whole grain buns.

Ounces (oz) on the package will be subtracted from your benefit total. To make sure you get all of your whole grain options, please see the whole grain table on page 32.



WASHINGTON STATE DEPARTMENT OF HEALTH
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