SOUTH DAKOTA WIC PROGRAM

This institution is an equal opportunity provider.

SOUTH DAKOTA DEPARTMENT OF HEALTH
DOH.SD.GOV

WIC is supported by the United States Department of Agriculture – Food Nutrition Services.
Federal funds finance 100% of the program.

APPROVED FOOD GUIDE

SOUTH DAKOTA WIC PROGRAM

For the most up-to-date version visit
www.sd.gov/wic > Shopping > Approved Foods

UPDATED: 12/2025

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WIC food benefits are prescribed for the individual, to promote and support the nutritional wellbeing of the participant and to help meet the recommended intake of important nutrients or foods. The food provided by the Program is supplemental, i.e., it is not intended to provide all of the participant's daily food requirements.

INFANT CEREAL 8 OR 16 OZ CONTAINER

ALLOWED

- Dry Infant cereal
- Multi Grain, Oatmeal, Rice, Whole Wheat, Barley

NOT ALLOWED

- Added DHA, Fruit, Formula, Milk
- Cans, Jars, or Single Serving Packets
- Organic



GERBER

INFANT VEGETABLES & FRUITS

ALLOWED

- Beech Nut - 4 oz Single Jars - Stage 2 only
- Gerber - 4oz Plastic 2 Packs - 2nd Foods only
- Added DHA/ARA
- Any Variety of Plain Vegetables or Fruits
- Combinations of:
  - Plain Vegetables
  - Plain Fruits
  - Plain Vegetables & Fruits
- Mixed Vegetables or Fruits



BEECH NUT



GERBER 2 PACKS

Helpful Hint

4 oz jar = 1 container

Plastic 2 pack (8oz total) = 2 containers

NOT ALLOWED

- Added Cheese, Meat, Noodles, Pasta, Rice, Infant Cereal
- Added Salt, Starches, Sugars, Sweeteners
- Dinners, Desserts, Cobblers
- Graduates
- Organic

INFANT FORMULA

Only WIC-approved formula as printed on your benefit balance.

No substitutions or exchanges are allowed at the store.

FISH

HELPFUL HINT!
FOUR 3.75 OZ CANS = 15 OZ

ALLOWED





ALL VARIETIES
- Any Brand
- Regular or reduced/low-sodium
- Packed in water or oil

TUNA
- Chunk Light Tuna
- 5 oz cans
- 2.5 oz, 2.6 oz*, or 3 oz pouches/foil packs
- Added seasoning, sauces, or flavors

**Will not be able to use all of benefits if 2.6 oz pouch is chosen*

SALMON
- Pink Salmon
- 5 oz cans
- 2.5 oz, 3 oz, or 5 oz pouches/foil packs

SARDINES
- 3.75 oz cans only
- Added seasonings, flavors, or sauces

NOT ALLOWED
- Albacore, Chunk White, or Solid White Tuna
- Sockeye Salmon
- Salmon with added flavors, sauces, or seasonings
- Fresh, Frozen, or Smoked fish
- Organic

INFANT FOODS

INFANT MEATS 2.5 OZ JARS ONLY

Only exclusively breastfeeding infants receive infant meats

ALLOWED
- Any Plain Meat
- Broth or Gravy



BEECH NUT



GERBER

NOT ALLOWED
- Added Noodles, Pasta, Rice
- Added Salt, Sugars
- Dinners or Graduates
- Organic

RESPONSIBILITIES AS A PARTICIPANT OF THE WIC PROGRAM ARE:

- **Be Kind and Respectful:** Always treat WIC staff, store employees, and other WIC families with respect.
- **Use the Food Correctly:** The WIC foods you receive must only be used by the family member who is eligible for the WIC Program.
- **Keep Your Appointments:** Make sure you attend all appointments and contact your case manager if you need to reschedule.
- **Keep Track of Your Card:** If you lose the card many times, you will need extra training. If someone uses your card without your permission, those benefits will not be replaced.
- **Report Changes:** Tell the WIC clinic right away if your income, address, phone number, or the number of people in your family changes.
- **Do NOT Sell or Trade Benefits:** You must not sell, return, or trade your WIC benefits or WIC card for cash or other items.

BEFORE YOU SHOP

KNOW YOUR PIN

You will need to enter your 4-digit PIN at the register to redeem your benefits.

- Call **1-877-231-9314** to set up or reset your PIN.

Don't give your PIN to anyone that you do not want to use your card. If someone knows your PIN and uses your card to get your food benefits without your permission, those benefits will not be replaced.

FIND A WIC-APPROVED STORE

You can only use your WIC card at approved South Dakota stores

- Look for a South Dakota WIC Program sticker in the window of the store.
- Find a store in the list of stores provided at your WIC visit.
- Use the SD WIC app or check online at www.sd.gov/wic.

SOUTH DAKOTA WIC nutrition & more
SPECIAL SUPPLEMENTAL NUTRITION PROGRAM FOR WOMEN, INFANTS AND CHILDREN.
For more information about the WIC program, contact www.sdwic.org
SOUTH DAKOTA DEPARTMENT OF HEALTH
AUTHORIZED
SOUTH DAKOTA WIC RETAILER
This institution is an equal opportunity provider.

DOWNLOAD THE SD WIC APP

The free South Dakota WIC app lets you:

- Review your food benefits
- Scan products to see if they are WIC-approved
- Find WIC-approved stores

SHOPPING TIPS

WHAT TO BUY

- Buy only what you need.
- You do not have to buy all your foods at one time. Unused benefits stay on your card until they expire.
- Find WIC-approved foods by using this guide, the SD WIC app, or visit www.sd.gov/wic.

Check Your Benefits Balance
Here are some ways to check:

- Use the SD WIC app
- Visit the MyWIC portal
- Call 1-877-231-9314
- Check your last receipt
- Ask for a balance inquiry at the store
- Contact your WIC office

AT THE CHECKOUT

1. Apply any coupons, loyalty cards, or discounts you have.
2. Use your WIC card first before other payment methods.
3. Slide your card or hand it to the cashier, enter your PIN, and press enter.
4. Approved food items will be removed from your benefits balance.
5. Pay for any non-WIC items with another payment method.

Keep your receipt - it shows what was bought with WIC, what benefits remain, and when they expire.

Reading Your Receipt

STORE RECEIPT	PACKAGE SIZE
MILK	
1.00 gal	1 gallon
.50 gal	½ gallon
.25 gal	1 quart
CHEESE	
1.00 lb	1 pound or 16 oz
WHOLE GRAINS	
1.5 lb	1.5 lb or 24 oz
JUICE	
1.00 cont	64 oz juice
CEREAL	
36 oz	36 oz
DRY BEANS/CANNED BEANS/ PEANUT BUTTER	
1 cont	One 16 oz bag, or Four 15-16 oz cans, or One 16-18 oz Peanut Butter
.75 cont	3 cans
.50 cont	2 cans
.25 cont	1 can
EGGS	
1 doz	1 dozen
FISH	
15.0 oz	Three 5 oz cans or Four 3.75 oz cans

COMMON QUESTIONS

What if I enter the wrong PIN?
Call 1-877-231-9314 to reset your PIN.

DO NOT try to guess your PIN. If the correct PIN is not entered on the 4th try, your PIN will be locked. You will have to wait until after midnight for your account to unlock to try again.

What if an item isn't paid for with WIC?

- Check your benefit balance to make sure you are issued benefits for the item and that you have enough benefits to cover the item.
- Make sure the item fits within WIC's nutrition and size requirements.
- To report an issue you are having with shopping, contact your local WIC office.

PEANUT BUTTER 16-18 OZ JAR

ALLOWED

ANY BRAND

- Crunchy or Creamy
- Regular or Reduced Fat
- Salted or Unsalted
- If it includes oil as an ingredient, must be hydrogenated vegetable oil

ALLOWED NATURAL PRODUCTS



CRAZY RICHARD'S

- 100% Peanuts Creamy All-Natural Peanut Butter
- 100% Peanuts Chunky All-Natural Peanut Butter



BEST CHOICE

- Natural Peanut Butter – Creamy



SMUCKER'S NATURAL

- Natural Creamy Peanut Butter
- Natural Chunky Peanut Butter



OUR FAMILY

- Creamy Natural Peanut Butter No Stir

NOT ALLOWED

- Added Jelly, Honey, or Flavoring
- Marshmallow
- Omega-3
- Organic
- Other Nut Butters
- Squeeze Tubes
- Ingredients including: Palm oil and Peanut oil

TOFU 16 OZ (1 LB) PACKAGES

ALLOWED

- Medium, Firm, Extra-Firm, or Super-Firm

AZUMAYA



HOUSE FOODS



NOT ALLOWED

- Silken
- Organic
- Flavors or seasonings
- Added fat, sugar, oil, or sodium

EGGS & PLANT PROTEIN

EGGS
6 OR 12 COUNT



ALLOWED

ANY BRAND

- Fresh
- Medium, Large, Extra Large, Jumbo
- White or Brown
- Whole

NOT ALLOWED

- Cage-Free
- Liquid Whole Eggs
- Low Cholesterol Eggs
- Omega-3 Eggs
- Organic
- Specialty Eggs



BEANS, PEAS, LENTILS
CANS 15-16 OZ, DRY 16 OZ BAG ONLY

ALLOWED

Any Brand, Any Single Variety, Regular, Low Sodium, No Sodium

- Black Beans
- Black Eyed Peas
- Cow peas
- Crowder Peas
- Garbanzo Beans (Chickpea)
- Great Northern Beans
- Kidney Beans (Red or White)
- Lentils
- Lima Beans
- Mung Beans
- Navy Beans
- Pinto Beans
- Red Beans
- Split or Whole Peas (Dry Only)
- Soy Beans

NOT ALLOWED

- Added Fats, Flavors, Meats, Oils or Sugars
- Added Fruits and/or Vegetables
- Soup Mixes
- Baked Beans or Pork & Beans
- Chili Beans, Green Beans, Yellow Beans, Refried Beans, Wax Beans, Snap Beans
- Organic
- Seasonings or Other Ingredients
- Sweet Peas, Green Peas

Helpful Hint

4 cans of beans = 1 bag of dried beans
= 1 jar of peanut butter



VEGETABLES & FRUITS

USE YOUR CASH VALUE BENEFIT



FRESH

ALLOWED

- Any Brand
- Any Package Size or Type (Bag, Box)
- Any Variety or Mixture of Plain Vegetables or Fruits
- Cooking Pumpkins
- Cut or Whole
- Organic
- Salad Mixtures without Dressing
- Shredded Lettuce
- Garlic, Ginger, Onions
- Fresh Herbs (cut at the stem or with the root)

NOT ALLOWED

- Added Creams, Dips, Sauces
- Added Croutons, Dried Fruit, Nuts
- Decorative Pumpkins
- Deli Items
- Dried Vegetables & Fruits
- Dried Legumes, Peas
- Fruit & Nut Mixtures
- Dried or Potted Herbs/Spices
- Party Trays
- Pickled Items
- Salad Mixtures with Dressing
- Salad Bar Items

FROZEN

ALLOWED

- Any Brand
- Any Package Size or Type (Bag, Box)
- Any Variety or Mixture of Plain Vegetables or Fruits
- Organic
- Garlic, Ginger and Onions



NOT ALLOWED

- Artificial Sweeteners (Like Splenda)
- Ingredients Other Than Plain Vegetables & Fruits
- Frozen Vegetables – No Added Butter, Sauces, Sugars, Fats, Oils, Salts
- Frozen Fruits – No Added Sugars, Fats, Oils, Salts

BUYING FRESH VEGETABLES & FRUITS WHEN SOLD BY THE POUND

1. Select a vegetable or fruit that is priced by the pound.
2. Place the item on the grocery scale for an estimated weight.
3. Round the weight up to the nearest pound or half-pound.
4. Estimate the cost of the item using the FRESH PRODUCE CHART.

EXAMPLE: BANANAS

PRICE = **$0.59 / LB** WEIGHT = **1 3/4 LBS**

1. Round the weight up to 2 lb; Find 2 lb on the top of the chart
2. Find the price per pound (0.59) on the left side of the chart
3. Follow the 0.59 row across to the right and the 2 lb column down until they meet
4. The weight (2lb) and the price (0.59) meet at the $1.18 on the chart

2 POUNDS AT $0.59/LB = $1.18



64 OZ PLASTIC CONTAINER 100% FRUIT JUICE

ALLOWED

OLD ORCHARD



- Acai Pomegranate
- Apple
- Apple Cranberry
- Berry Blend
- Black Cherry Cranberry
- Grape
- Blueberry Pomegranate
- Cherry Pomegranate
- Cranberry Pomegranate
- Kiwi Strawberry
- Orange Tangerine
- Peach Mango
- Pineapple
- Red Raspberry
- Strawberry Watermelon
- White Grape

JUICY JUICE



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

ANY BRAND

- Grapefruit
- Orange
- With or Without Added Calcium
- Any Pulp Content

NOT ALLOWED

- Artificial Sweeteners
- Beverages that are not 100% fruit juice such as V8 Fusion, V8 Splash, Hawaiian Punch, or Hi-C
- Diet Juices
- Fruit Juice Blends
- Juice Cocktail
- Glass Bottles
- Organic
- Refrigerated Juices
- Any vegetable juice, tomato juice or V8

HOT CEREAL

11.8 – 36 OZ

*WHOLE GRAIN
‡ GLUTEN FREE

ESSENTIAL EVERYDAY



Instant Oatmeal Regular*

GREAT VALUE



Original Instant Oatmeal*

OUR FAMILY



Instant Oatmeal Regular*

MALT-O-MEAL



Original



Chocolate



Co Co Wheats

QUAKER



Instant Oatmeal – Original 24-pack*

CREAM OF WHEAT INSTANT, 1 MIN., 2 1/2 MIN.



Original



Whole Grain*

SIGNATURE SELECT



Original Instant Oatmeal*

Note for All Oatmeal

Instant oatmeal packets found here. For canisters of quick or rolled/old fashioned oats, look in the Whole Grains section on page 14.

VEGETABLES & FRUITS

FRESH PRODUCE CHART

PRICE PER POUND	1 lb	1.5 lb	2 lb	2.5 lb	3 lb	3.5 lb	4 lb
0.49	0.49	0.74	0.98	1.23	1.47	1.72	1.96
0.59	0.59	0.89	1.18	1.48	1.77	2.07	2.36
0.69	0.69	1.04	1.38	1.73	2.07	2.42	2.76
0.79	0.79	1.19	1.58	1.98	2.37	2.77	3.16
0.89	0.89	1.34	1.78	2.23	2.67	3.12	3.56
0.99	0.99	1.49	1.98	2.48	2.97	3.47	3.96
1.09	1.09	1.64	2.18	2.73	3.27	3.82	4.36
1.19	1.19	1.79	2.38	2.98	3.57	4.17	4.76
1.29	1.29	1.94	2.58	3.23	3.87	4.52	
1.39	1.39	2.09	2.78	3.48	4.17	4.87	
1.49	1.49	2.24	2.98	3.73	4.47		
1.59	1.59	2.39	3.18	3.98	4.77		
1.69	1.69	2.54	3.38	4.23			
1.79	1.79	2.69	3.58	4.48			
1.89	1.89	2.84	3.78	4.73			
1.99	1.99	2.99	3.98	4.98			
2.09	2.09	3.14	4.18				
2.19	2.19	3.29	4.38				
2.29	2.29	3.44	4.58				
2.39	2.39	3.59	4.78				
2.49	2.49	3.74	4.98				

HELPFUL HINT!
16 OZ = 1 POUND
8 OZ = 1/2 POUND

CANNED VEGETABLES & FRUITS

USE YOUR CASH VALUE BENEFIT

ALLOWED CANNED VEGETABLES

- See List of Accepted Brands of Canned Vegetables on page 9.
- Any Variety Without Added Sugars, Fats, or Oils
- Low, Reduced and Regular Sodium
- Added Herbs and Seasonings
- Mixed Vegetables, except those with Lima Beans
- The Vegetable Must be Listed as the First Ingredient
  Exception: tomato products with "water" as the first ingredient (like tomato puree)

NOT ALLOWED CANNED VEGETABLES

- Home, Canned, or Preserved
- Added Pastas, Rice or Other Grains
- Added Fats or Oils
- Added Sugar – unless in limited amounts for preservation (2-3 grams per serving)
- Added Non-Nutritive, Artificial Sweeteners
- Vegetable Salads (like three-bean salad)
- Seasonings, spices, herbs sold as a sole ingredient
- Mixed Vegetables that include Lima Beans
- Pickled Vegetables (pickles, olives, sauerkraut, banana peppers, etc.)
- Creamed Vegetables (like creamed corn, creamed spinach)
- Pasta Sauces
- Ketchup
- Salsa
- Individual Cups
- No Jars

ALLOWED CANNED FRUITS

- See List of Accepted Brands of Canned Fruit on page 9.
- Any Variety Including Applesauce
- Packed/stored in 100% Juice or Water without Added Sugars, Fats, Oils or Salt
- Fruit Must be Listed as the First Ingredient
- Applesauce in Plastic Jars or Individual Cups

NOT ALLOWED CANNED FRUITS

- Home, Canned, or Preserved
- Added Sugar or Other Forms of Sugar (like high fructose corn syrup)
- Added Non-Nutritive, Artificial Sweeteners
- Individual Pouches
- Canned Juice
- Individual Fruit Cups, except applesauce

12-36 OZ

*WHOLE GRAIN
‡ GLUTEN FREE

MALT-O-MEAL



- Crispy Rice
- Frosted Mini Spooners*
- Strawberry Cream Mini Spooners*
- Raisin Bran*

SIGNATURE SELECT



Bran Flakes*



Corn Flakes

OUR FAMILY



Toasted Oats*



Corn Flakes



Crispy Rice

POST



Bran Flakes*



Grape-Nuts Flakes*



Grape-Nuts Original*



Honey Bunches of Oats Honey Roasted



Honey Bunches of Oats Vanilla



Honey Bunches of Oats with Almonds



- Great Grains Banana Nut Crunch*
- Great Grains Red Berry Almond Crunch*
- Great Grains Crunchy Pecan*
- Great Grains Raisin Date Pecan*
- Great Grains Cranberry Almond Crunch*

COLD CEREAL

12-36 OZ

*WHOLE GRAIN
‡ GLUTEN FREE

HY-VEE



Bran Flakes*



Corn Flakes



Crispy Rice



Toasted Oats*



Frosted Shredded Wheat Original*



Frosted Shredded Wheat Maple & Brown Sugar*



Frosted Shredded Wheat Blueberry*



Frosted Shredded Wheat Strawberry*

KELLOGG'S



Corn Flakes



Rice Krispies



Raisin Bran*



Special K Original



- Frosted Mini Wheats*
- Frosted Mini Wheats Little Bites*
- Frosted Mini Wheats Cocoa*
- Frosted Mini Wheats Strawberry*
- Frosted Mini Wheats Blueberry Muffin*
- Frosted Mini Wheats Pumpkin Pie Spice*

VEGETABLES & FRUITS

CANNED VEGETABLES & FRUITS

ACCEPTED BRANDS

ACCEPTED BRANDS OF CANNED VEGETABLE & FRUIT

- Allen's
- Always Save
- Asian Gourmet
- Best Choice
- Bruce's
- Butter Kernel
- Clearly Organic
- Contadina
- Corner Store
- Dei Fratelli
- Del Monte
- Dole
- Essential Everyday
- Fareway
- Field Day
- Food Club
- Freedoms Choice
- Freshlike
- Full Circle Market
- Great Value
- Green Giant
- Hunt's
- Hy-Vee
- Kuner's
- Le Sueur
- Libby's
- Mott's
- Muir Glen
- Musselman's
- O Organics
- Old El Paso
- Oregon Fruits
- Ortega
- Our Family
- Progresso
- Red Gold
- Rotel
- S&W
- Signature Selects
- That's Smart
- Valutime
- Wild Harvest
- World Class Trading Co





BREAD 12, 16, 20, OR 24 OZ PACKAGES



BEST CHOICE
- 100% Whole Wheat



COUNTRY HEARTH
- 100% Whole Wheat



FAREWAY
- 100% Whole Wheat



FOOD CLUB
- 100% Whole Wheat



GREAT VALUE
- 100% Whole Wheat



HY-VEE
- 100% Whole Wheat



SIGNATURE SELECT
- 100% Whole Wheat



THAT'S SMART
- 100% Whole Wheat

Helpful Hint
16 OZ = 1 LB
24 OZ = 1.5 LB
48 OZ = 3 LB

12-36 OZ

*WHOLE GRAIN
‡ GLUTEN FREE

GENERAL MILLS



Cheerios‡*



Multi Grain Cheerios‡*



Cheerios Hearty Nut Medley*



Cheerios Veggie Blends Apple Strawberry‡*



Cheerios Veggie Blends Blueberry Banana‡*



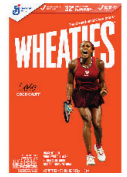
KiX‡*



Bluey*



Total Whole Grain*



Wheaties*



Rice Chex‡*
Corn Chex‡*
Wheat Chex*
Chex Strawberry Vanilla‡*
Chex Cinnamon‡*
Chex Blueberry‡*

QUAKER



Mighty Life Cereal - Mixed Berry*



Mighty Life Cereal - Very Vanilla*



Life Multigrain Cereal – Original*



Oatmeal Squares - Brown Sugar*



Oatmeal Squares - Honey Nut*

COLD CEREAL

12-36 OZ

*WHOLE GRAIN
‡ GLUTEN FREE

ALWAYS SAVE



Frosted Shredded Wheat*



Crisp Rice



Corn Flakes



Toasted Oats*

BEST CHOICE



Bran Flakes*



Happy O's*



Corn Flakes



Frosted Shredded Wheat*



Honey Oat Clusters

ESSENTIAL EVERYDAY



Bran Flakes*



Frosted Shredded Wheat*



Toasted Oats*



Honey & Oat Clusters

GREAT VALUE



Bran Flakes*



Bite-Size Frosted Shredded Wheat*



Frosted Strawberry Shredded Wheat*



O's*

WHOLE GRAINS

BREAD 12, 16, 20, OR 24 OZ PACKAGES



BROWNBERRY/OROWEAT

- 100% Whole Wheat
- 100% Whole Wheat Sandwich Buns
- 100% Whole Wheat Hot Dog Bu/ns



SARA LEE

- Classic 100% Whole Wheat
- Delightful 100% Multi-Grain
- Delightful 100% Honey Wheat



PEPPERIDGE FARM

- 100% Whole Wheat
- Whole Grain 15 Grain
- Whole Grain Honey Wheat
- Whole Grain Oatmeal



OUR FAMILY

- 100% Whole Wheat



VILLAGE HEARTH

- 100% Whole Wheat



WONDER

- 100% Whole Wheat

NOT ALLOWED

- Deli or Bakery Bread
- Frozen Bread Dough
- Organic
- Rolls, Bagels, English Muffins, Pita Bread

PASTA - WHOLE GRAIN OR WHOLE WHEAT

1 LB (16 OZ) PACKAGES ONLY

ALLOWED



BARILLA

- Penne
- Spaghetti
- Thin Spaghetti
- Angel Hair
- Linguine
- Rotini
- Elbow
- Shells



ESSENTIAL EVERYDAY

- Elbow Macaroni
- Penne Rigate
- Rotini
- Spaghetti
- Thin Spaghetti



GREAT VALUE

- Elbows
- Linguine
- Penne
- Spaghetti



GOOD AND GATHER

- Spaghetti
- Rotini



HY-VEE

- Angel Hair
- Penne
- Rotini
- Spaghetti



RONZONI

- Penne
- Spaghetti
- Thin Spaghetti
- Rotini
- Linguine

NOT ALLOWED

- Added Sugar, Fats, Oils or Salts
- Organic

YOGURT

32 OZ (2 LB) CONTAINERS ONLY

ALLOWED

DANNON



Nonfat Plain | Low Fat Plain | Low Fat Vanilla | Whole Milk Plain | Whole Milk Vanilla

YOPLAIT



Low Fat Original Strawberry | Low Fat Original Vanilla | Low Fat Original Blueberry | Low Fat Original Harvest Peach | Low Fat Original Strawberry Banana

NOT ALLOWED

- Individual Servings
- Drinkable or Frozen Yogurt
- Yogurts with mix-in ingredients such as granola, candy pieces, honey, nuts, and similar ingredients



CHEESE
8 OR 16 OZ (0.5 OR 1 LB)

ALLOWED

- American
- Cheddar (All Varieties)
- Cheddar-Jack
- Colby
- Colby-Jack
- Monterey Jack
- Mozzarella
- Reduced Fat



BLOCK CHEESE

- Any Brand

SHREDDED CHEESE



BEST CHOICE



CRYSTAL FARMS



ESSENTIAL EVERYDAY



FAREWAY



GREAT VALUE



KRAFT



OUR FAMILY



NOT ALLOWED

- Cubed, crumbles, or shapes
- Variety wheels or packs
- Cheese with additional ingredients such as pimentos, jalapeno peppers, caraway seeds, meat, etc.
- Cheese curds or raw milk cheese
- Added Bits or Deli Cheese
- Cheese and Cracker Packs
- Cheese Food or Products (Velveeta)
- Cheese Products in Cans, Bottles, Jars
- Cottage Cheese
- Cream Cheese or Cheese Spread
- Organic
- String, Sliced, Smoked
- Random Weight

TORTILLAS
16 OZ PACKAGES

ALLOWED

BEST CHOICE



100% Whole Wheat

CHI-CHI'S



Whole Wheat & White Corn

DON PANCHO



Whole Wheat

GREAT VALUE



Whole Wheat

HY-VEE



Whole Wheat & White Corn

LA BANDERITA



Whole Wheat & White Corn

MISSION



Yellow Corn - Extra Thin

Whole Wheat

NOT ALLOWED

- Hard Shell Tortillas or Taco Shells
- Organic

BROWN RICE 12-64 OZ (0.75-4 LBS)
BUY IN 0.25 LB SIZES (LIKE 0.75 LB, 1 LB, 1.25 LB, 1.5 LB, ETC.)

ALLOWED

- Any Brand
- Instant, Regular, or Quick Cooking
- Long or Medium Grain



NOT ALLOWED

- Added Fat, Flavor, Oil, Salt, Sugar
- Individual Packets
- Mixes or Wild Rice
- Organic

CORN MASA FLOUR/MASA HARINA

ONLY THESE BRANDS AND SIZES ARE ALLOWED

ALLOWED

MASECA

- Instant Corn Masa Flour 4 lbs
- Nixta Masa 4 lbs
- Tamal 4 lbs
- Amarillo (Yellow) 2 lbs
- Azul (Blue) 2 lbs
- Antojitos 2 lbs



MASA BROSA

- Harina de Maiz (Instant Corn Masa) 4 lbs
- Harina de Maiz para Tamales (Instant Corn Masa for Tamales) 4 lbs
- Harina de Maiz Azul (Instant Blue Corn Masa) 2 lbs



NOT ALLOWED

- Organic
- Non-whole grain corn products

OATS 16 OZ ONLY

ALLOWED

MOM'S BEST

- Quick Oats
- Old Fashioned Oats



NOT ALLOWED

- Organic

Note for All Oats

Use your whole grain benefits to buy canisters of quick or rolled/old-fashioned oats. For instant oatmeal in single-serving packets, use your cereal benefits. Check out the options available under ***Hot Cereal*** on Page 22.

MILK GALLON, HALF GALLON, QUART

ALLOWED

MILK TYPE WILL BE LISTED ON WIC BENEFITS BALANCE

- Any Brand
- Low Fat (1%, Fat Free , Skim)
- Reduced Fat (2%)
- Whole
- Buttermilk — Liquid Only
- Dry/Powdered — 26.5 oz
- Evaporated — 12 oz Cans Only (Fat Free, Low Fat, Whole)
- Lactose Reduced, Lactose Free - 1/2 Gallon Only, (Low Fat, Reduced Fat, Whole)



NOT ALLOWED

- Added Calcium, Protein, or Other Nutrients (Other Than Vitamin A & D)
- Added Sugar or Flavorings
- Glass Bottles
- Individual Packets
- Organic Milk, Rice Milk, Almond Milk
- Sweetened Condensed Milk

Note for All Milk

Can purchase 1/2 gallon if list states two quarts

Can purchase two 1/2 gallons if list states 1 gallon

Can purchase 1 gallon if list states two 1/2 gallons

SOY BEVERAGE HALF GALLON



8th Continent Original



Silk Original

NOT ALLOWED

- Added Flavoring
- "Light"