

Food Package Reference Sheet

MILK

CAN BUY

Any brand, one (1) gallon size, pasteurized or ultra-pasteurized, plain fluid cow's milk:
Lower fat milks-Nonfat (fat free, skim), 1% Lowfat (light), 2% Reduced fat



Allowed if printed on the check:

- Whole milk
- Lactose free cow's milk
- Half gallons and quarts

Can choose instead of Fluid Milk (will not be printed on the check):

- Evaporated milk (fat level as printed on the check)
 - Can buy 5 (12oz) cans with the 1 gallon milk check
 - Can buy 8 (12 oz) cans with the 1 ½ gallon milk check
- Powdered nonfat or lowfat dry milk
 - Can buy 2 (9.6 oz.) boxes with the 1 ½ gallon lower fat milk check only
 - Can buy 1 (25.6 oz) box with your 2 gallon lower fat milk check only

CANNOT BUY:

Any other type, flavor, or size of milk, raw (unpasteurized) milk, non-dairy substitutes, sweetened condensed milk, buttermilk, acidophilus, goat's milk, organic milk, calcium-fortified milk, glass bottles, milk in pints, Ultra Heat Treated (UHT) shelf-stable milk, or soy milk

CHEESE

CAN BUY

Any brand, 1 pound (16 oz) package; made in the USA, regular, low sodium, low fat, reduced fat or nonfat block or round:

- Cheddar cheese (orange or white, mild, medium, sharp, longhorn)
- Jack cheese
- Mozzarella cheese
- Colby cheese
- Marbled or blends of authorized cheeses, such as Colby-Jack or Cheddarella
- Mozzarella string cheese (individually wrapped sticks in a 16 oz package)



CANNOT BUY

Any other variety, size, or texture of cheese, diced, grated, sliced, crumbled, or shredded cheese; cheese purchased from or sliced at the deli, cheese with added ingredients, such as hot peppers, or spices, organic cheese, processed American cheese

EGGS

CAN BUY

Any brand, dozen size carton:

- White chicken eggs
- Large only



CANNOT BUY:

Any other size, type, or color of egg; powdered or liquid eggs; specialty eggs, such as cage free, stress free, organic, vitamin-enriched, pastured, low cholesterol eggs, or Egghland's Best

SOY

CAN BUY

- Pacific Ultra Soy Plain; shelf-stable, quart size
- 8th Continent Soymilk Original; refrigerated, half-gallon size



CANNOT BUY

- Any other brand, type, size, or flavor of soy
- 8th Continent light or fat free soymilk

Food Package Reference Sheet

TOFU

CAN BUY

Brand and texture in 14 oz – 16 oz package, plain, listed below:

- **Azumaya**-Firm, Extra Firm, Lite Extra Firm, or Silken
- **Frieda's**- Soft, Firm
- **House**- Premium Soft Silken, Premium Medium Firm- (regular), Premium Firm, Premium Extra Firm, Organic (Soft, Medium Firm, or Firm) 14 oz – 16 oz
- **Nasoya**- Lite (Firm or Silken), Organic (Soft, Firm, or Silken)
- **O Organics**- Organic Firm
- **Soy Boy**- Organic (Firm or Extra Firm)
- **Tofu Shop**- Organic Calcium (Regular or Soft)
- **Vitasoy SanSui**- Regular or Firm
- **West Soy**- Natural Fat Reduced Firm, Organic (Soft, Firm, or Extra Firm)
- **Wild Wood**- SprouTofu Silken



CANNOT BUY

Any other brand, size, or texture of tofu. Tofu with added fats, sugars, oils, sodium, flavoring, or seasoning cubed, dried, baked, or fried tofu. Tofu in bulk, not pre-packaged

WHOLE GRAINS

CAN BUY

Any brand, 16 oz package:

Whole Wheat Bread:

- Loaves, buns, and rolls that have “100% Whole Wheat” on the **front label**
- In store bakery is allowed, if labeled appropriately

Tortillas:

- Soft corn tortillas, white or yellow
- Whole Wheat tortillas that have “Whole Wheat” or “100% Whole Wheat” on the **front label**
- In store bakery is allowed if labeled appropriately

Any brand, 16 oz package or bulk, plain:

- **Brown Rice**- Short, medium, long grain, regular, quick, instant, Basmati Brown & Jasmine Brown
- **Whole Grain Barley**- Organic is allowed
- **Oatmeal or Oats**- Old fashioned, rolled, cut, or steel cut, instant, quick, Crystal Wedding
- **Bulgur**- Organic is allowed



16 oz

CANNOT BUY

Any other type, size, or variety of whole grains, breads or tortillas not labeled as listed above; whole grains with added ingredients such as fruit, nuts, or spices; light or lite bread, refrigerated or frozen bread, dough, mixes, tortillas, or rice, ready-to-serve rice, brown rice mixed with any other type of rice; individual or flavored oatmeal packets; pearly barley, organic bread, tortillas, oatmeal, or brown rice

PEANUT BUTTER

CAN BUY

Any brand in 16 oz – 18 oz container, plain, regular, low sodium, or low sugar:

- Any texture, such as creamy, crunchy, or super chunky
- Old fashioned or natural is allowed



16 oz- 18 oz

CANNOT BUY

Any other size, type, or flavor of peanut butter; honey nut roasted peanut butter, “Grind your own” peanut butter; peanut butter spread, low fat or reduced fat peanut butter; peanut butter with added jams, jellies, chocolate, or honey; peanut butter with added supplements, such as omega-3 fatty acids, organic peanut butter

Food Package Reference Sheet

COLD BREAKFAST CEREAL

CAN BUY

12 oz – 36 oz box or bag of cold cereal listed below:

- **General Mills:** Cheerios, Multi-Grain Cheerios, Kix, Honey Kix
- **Kellogg's:** Corn Flakes, Frosted Mini-Wheats (Big Bite & Bite Size) Unfrosted Mini-Wheats (Big Bite & Bite Size)
- **Post:** Honey Bunches of Oats-Honey Roasted, Honey Bunches of Oats-Vanilla Bunches, Premium Bran Flakes
- **Quaker:** Life, Crunchy Corn Bran, Oatmeal Squares-Hint of Brown Sugar Oatmeal Squares- Cinnamon
- **Crisp(y) Rice:** Store brands only. Please refer to April 5, 2010 Shopping Guide.



CANNOT BUY

Any other brand, type, size, or flavor of cold breakfast cereal

HOT BREAKFAST CEREAL

CAN BUY

Instant Oatmeal or Instant Oats

Brand in 11.8 oz or 12 oz individual serving packet, regular or original flavor, listed below:

Albertsons, Best Yet, First Street, Flavorite, Hy-TOP, IGA, Kroger, Parade, Raley's Fine Foods, Ralph's, Ralston, Red & White, Safeway, Special Value, Springfield, Stater Bros., Sunny Select, Western Family

Cream of Wheat- 14 oz – 28 oz box

- Whole Grain
- 1 minute
- 2-1/2 minute
- 10 minute



Malt-O-Meal, Hot Wheat Cereal- 18 oz-36 oz boxes, original

CANNOT BUY

Any other brand, type, size, or flavor of hot breakfast cereal, individual serving packets, except for store brand Instant Oatmeal; grits, hot breakfast cereal with added fruit, nuts, or sugar

Helpful Hints to buy 36 oz of cereal:

$$12 \text{ oz} + 12 \text{ oz} + 12 \text{ oz} = 36 \text{ oz}$$

$$18 \text{ oz} + 18 \text{ oz} = 36 \text{ oz}$$

$$24 \text{ oz} + 12 \text{ oz} = 36 \text{ oz}$$

$$21 \text{ oz} + 15 \text{ oz} = 36 \text{ oz}$$

Food Package Reference Sheet

DRY BEANS, PEAS or LENTILS

CAN BUY

Any brand or variety, package or bulk, organic is allowed

Varieties such as: Black, Navy, Garbanzo (Chickpeas), Pink, Great Northern, Pinto, Kidney, Red Beans, Lima, Black-eyed peas, Split Peas, and Lentils



16 oz

CANNOT BUY

- Canned or frozen beans, peas, or lentils
- Beans soup mixes with flavoring packets or spices

CANNED MATURE BEANS

CAN BUY

Any brand, type, or variety in 15 oz – 16 oz can, if printed on the check.
 Plain, regular, or low sodium, such as:

Black, Navy, Garbanzo (Chickpeas), Pink, Great Northern, Pinto, Kidney, Red Beans, Lima, Black-eyed peas

CANNOT BUY

- Dry or frozen beans, peas, or lentils
- Canned green peas, green beans, or wax beans
- Canned baked, refried, Cajun, Bar-B-Que, or Ranch style beans
- Canned organic beans

CANNED FISH

CAN BUY

Any brand, regular or low sodium:

Chunk, Light Tuna

- 5 oz or 6 oz cans
- Packed in water
- Plain

Pink Salmon

- 5 oz, 6 oz, or 14.75 oz can
- Packed in water
- Plain
- Skin and bones allowed

Sardines

- 15 oz can
- Packed in water, mustard, or tomato sauce
- Skin and bones allowed

CANNOT BUY

- Any other flavor, variety, size, or type of fish
- Solid white or Albacore tuna
- Prime fillet fish
- Specialty Salmon, such as Smoked, Wild Sockeye, Blue Back Salmon, or Red Salmon
- Fish packed in oil
- Sardines packed in any other sauce, such as chili or hot sauce
- Tuna or Salmon kits
- Fish packed in pouches or plastic containers

Food Package Reference Sheet

INFANT FRUITS and VEGETABLES

CAN BUY

Any brand 3.5 oz or 4 oz single or multi-pack containers:

- Plain fruits, plain vegetables, or combinations of two or more plain fruits and vegetables
- Organic is allowed

CANNOT BUY

- Any other size of infant fruits and vegetables
- Infant desserts
- Infant juice
- Infant dinners
- Infant fruits and vegetables mixed with cereal, meat, pasta, or rice
- Infant fruits and vegetables with added sugar, salt, spices, starch, fiber, or DHA
- Graduates or toddler infant food

FRESH BANANAS

CAN BUY

Fresh yellow bananas:

- 2 or 4 bananas as printed on the check
- Organic is allowed

CANNOT BUY

Any other type of banana, such as plantains, red, mini or fingerling

INFANT MEATS

CAN BUY

Any brand, 2.5 oz single or multi-pack containers, if printed on the check:

- Added broth or gravy is allowed
- Organic is allowed

CANNOT BUY

- Any other size infant meats
- Infant meats mixed with vegetables, fruits, cereal, pasta, or rice
- Infant meats with added sugar, salt, spices, fiber, or DHA
- Infant dinners
- Graduates or toddler infant food

INFANT FORMULA

CAN BUY

Must buy brand, type, size, and the number of cans printed on the check:

Enfamil ProSobee- 13 fl. oz liquid concentrate or 12.9 oz powder

Enfamil Gentlease- 12 oz powder only

Enfamil A.R - 12.9 oz powder only

Enfamil Premium Infant- 13 fl. oz liquid concentrate or 12.5 oz powder



** Other formula is allowed **ONLY** if printed on check, such as Nutramigen LIPIL, Similac Neosure, Enfamil Enfacare LIPIL, Alimentum, Pediasure-vanilla flavor only.

CANNOT BUY

- Any other brand, type, or size of infant formula not printed on check
- Low iron or no iron formula

INFANT CEREAL

CAN BUY

Brand and type in 8 oz or 16 oz containers, as listed:

- Beech Nut, Earth's Best Organic, Gerber, O For Baby Organics
- Refer to April 5, 2010 WAFL Shopping Guide for type

CANNOT BUY

- Infant cereal with added ingredients, such as formula, milk, fruit, sugar, sweeteners or DHA



Food Package Reference Sheet

CONCENTRATE JUICE

CAN BUY

Any brand 11.5 oz, 12 oz, or 16 oz container; pasteurized, frozen or non-frozen concentrate juice that has “100% Juice” on the **front label**:

- Orange
- White Grapefruit

Added Calcium and Vitamin D is allowed

Any brand, 11.5 oz, 12 oz, or 16 oz container; pasteurized, frozen or non-frozen concentrate juice that has “100% juice” **and** “120% Vitamin C” (or more) on the **front label**:

- Apple
- Cranberry
- Grape (Red, Purple, or White)
- Grapefruit (Ruby Red or Pink)
- Pineapple
- Juice Blends (Juice that is named as one or more authorized flavors on the **front label**, such as Cranberry-Grape, Apple-Grape, or Cran-Apple

Added Calcium and Vitamin D is allowed

CANNOT BUY

Any other favor, type or size of juice. Juice not labeled as listed above, refrigerated juice, juice with added supplements, such as caffeine, carnitine, chromium, DHA, Echinacea, ginkgo biloba, ginseng, guarana, St. John’s Wort, taurine, wheatgrass, organic juice.

BOTTLED JUICE

CAN BUY

Any brand, 64 oz bottles; pasteurized, ready to drink juice that has “100% Juice” on the **front label**:

- Orange
- White Grapefruit



Added Calcium and Vitamin D is allowed

Any brand, 64 oz bottles; pasteurized, ready to drink juice that has “100% Juice” and “120% Vitamin C” (or more) on the **front label**:

- Apple
- Cranberry
- Grape (Red, Purple, or White)
- Grapefruit (Ruby Red or Pink)
- Pineapple
- Tomato (Regular, low sodium, or spicy)
- Vegetables- regular, low sodium or spicy
- Juice Blends- Juice that is named as one or more authorized flavors on the front label, such as Cranberry-Grape, Apple-Grape, or Cran-Apple

CANNOT BUY:

Any other flavor, type or size of juice; juice not labeled as listed above, refrigerated juice, juice with added supplements such as: caffeine, carnitine, chromium, DHA, Echinacea, ginkgo biloba, ginseng, guarana, St. John’s Wort, taurine, wheatgrass, organic juice.



Food Package Reference Sheet

CANNED FRUITS and VEGETABLES

CAN BUY:

Canned Fruits

Any brand, size and type of container:

- Any variety of canned fruits, packed in water or juice without added sugar
- Natural or unsweetened applesauce is allowed
- Organic is allowed

CANNOT BUY:

Fruit packed in syrup, such as heavy, light, or extra light; fruit cocktail, cranberry sauce, or pie filling; fruit with added sugar, salt, fats, oils, or artificial sweeteners, such as Splenda or NutraSweet

CAN BUY:

Canned Vegetables

Any brand, size and type of container of canned vegetable
Regular or low sodium:

- Any variety of canned vegetables
- Sweet potatoes or yams, without added sugar, or syrup are allowed
- Tomatoes or tomato products are allowed, such as plain, whole, crushed, diced, paste, or purees
- Organic is allowed

CANNOT BUY:

- Canned mature beans, such as black eyed peas, kidney beans, or pinto beans
- Any potatoes other than sweet potatoes or yams
- Vegetables with added fats or oils
- Vegetable mixtures with potatoes
- Pickled, creamed, or sauced vegetables
- Tomato products with added sugars, fats, or oils
- Soups, ketchup, relishes, olives, salsa, stewed tomatoes or tomato sauce (tomato, pizza, spaghetti)

FROZEN FRUITS and VEGETABLES

CAN BUY:

Frozen Fruits

Any brand, size, and type of container:

- Any variety of frozen fruit without added sugar
- Organic is allowed

CANNOT BUY:

Fruits with added sugar, added ingredients, or artificial sweeteners, such as Splenda or NutraSweet

CAN BUY:

Frozen Vegetables

Any brand, size, and type of container, regular or low sodium:

- Any variety of frozen vegetables
- Sweet potatoes or yams without added sugar or syrup are allowed
- Frozen beans of any kind are allowed, such as green beans, wax beans, black-eyed peas, black beans, or pinto beans
- Organic is allowed

CANNOT BUY:

- Any potatoes other than sweet potatoes or yams
- Breaded or flavored vegetables
- French fries, tater tots, hash browns, or mashed potatoes
- Vegetables with sauce, such as cheese, butter, or teriyaki sauce
- Vegetables with added sugar, oil, fat, pasta, rice, or any other ingredient

Food Package Reference Sheet

FRESH FRUITS and VEGETABLES

CAN BUY:

Fresh Fruits and Vegetables

Any brand, type or combination

- Any variety of whole or cut fruits and vegetables
- Sweet potatoes and yams are the only potatoes allowed
- Bagged fruits and vegetables
- Bagged salad mixtures
- Organic is allowed
- Garlic, onion, ginger, jalapenos, peppers, chilies

CANNOT BUY:

- Any potatoes other than sweet potatoes or yams
- Any food or product from the salad bar or deli, party trays, fruit baskets, decorative vegetables and fruits, such as chilies or garlic on a string or painted pumpkins
- Nuts or fruit-nut mixtures
- Edible blossoms, such as squash blossoms
- Bagged salad, vegetable, or fruit kits with added ingredients, such as dressing, croutons, cheese, dips, or sauces
- Dried fruits and vegetables

