

CAN BUY

TOFU

Specific brand and texture in 14-16 oz. package, plain

- **AZUMAYA**- Firm, Extra Firm, Lite Extra Firm, or Silken
- **FRIEDA'S**- Soft or Firm
- **HOUSE**- Premium Soft Silken, Premium Medium Firm (Regular), Premium Firm, Premium Extra Firm, Organic (Soft, Medium Firm, or Firm)
- **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
- **WILD WOOD**- Organic SprouTofu (Silken, Lite Medium, Firm, Extra Firm, Extra Firm 2 pack)
- **WO CHONG**- organic (firm or soft), silken, soft, firm, or extra firm

EGGS

Any brand, 1 dozen size carton

- White chicken eggs
- Large only

CHEESE

Any brand, 1 Pound (16 oz.) package

Must be made in the USA. Regular, low sodium, low fat, reduced fat, or nonfat

Block or Round:

- Colby cheese
- Cheddar cheese
- Jack cheese
- Mozzarella cheese
- Marbled or blends of authorized cheeses
- Mozzarella string cheese- individually wrapped sticks in a 16 oz. package

SOY

Brand, type, and size listed below:

PACIFIC ULTRA SOY, plain

- Shelf-stable
- Quart size

8TH CONTINENT SOYMILK, original

- Refrigerated
- Half-gallon size



CANNOT BUY

TOFU

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

CHEESE

- 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

EGGS

- 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 Eggland's Best

SOY

- Any other brand, type, size, or flavor of soy
- 8TH Continent Light or Fat Free soymilk

Developed by California WIC Statewide Training & Resource Branch. **For Reference only.**

Please refer to WIC Authorized Food List Shopping Guide July 5, 2011.

More information about the WIC Program is available on the internet at: www.wicworks.ca.gov or www.cdph.ca.gov/programs/wicworks

7/2011

CAN BUY

WHOLE GRAINS

Any brand, 16 oz. package

- **Whole Wheat Bread**- Loaves, buns, and rolls that have “100% Whole Wheat” on the **front label**.
(Store bakery bread is allowed, if labeled appropriately)
- **Tortillas**- Soft corn, yellow or white, and whole wheat tortillas that have “Whole Wheat” or “100% Whole Wheat” on the **front label**.
(Store bakery bread is allowed, if labeled appropriately)

Any brand, 16 oz. package or bulk, plain:

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

MILK

Any brand, one (1) gallon size, plain fluid cow’s milk, Pasteurized or ultra pasteurized

Lower fat milks:

- Nonfat (fat free, skim)
- 1% Lowfat (light)
- 2% Reduced fat

The following are allowed if printed on the check:

- **Whole milk**
- **Lactose free milk**
- Half gallons and quarts

WIC shoppers can choose the following instead of fluid milk. Fat level as printed on check:

- Evaporated milk
- Powdered nonfat or lowfat dry milk

Refer to July 5, 2011 WAFL Shopping Guide for specifics on quantity.

CANNED FISH

Any brand, regular or low sodium:

Chunk light tuna

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

Sardines

- Packed in water, mustard, or tomato sauce
- 15 oz. can

Pink Salmon

- Packed in water, Plain
- 5 oz., 6 oz., or 14.75 oz. cans



WHOLE GRAINS

- Any other type, size, or variety of whole grains
- Breads or tortillas not labeled as specified
- Whole grains with added ingredients, such as fruits, 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
- Pearled barley
- Organic bread, tortillas, oatmeal, or brown rice
- Frozen oats
- Cannot mix and match bulk brown rice, oatmeal, oats, whole grain barley, and bulgur

CANNOT BUY

MILK

- Any other type, flavor, or size of milk
- Flavored milk such as chocolate
- Non-dairy substitutes
- Calcium fortified milk
- Acidophilus milk
- Buttermilk
- Goat's milk or soy milk
- Raw (unpasteurized) milk
- Sweetened condensed or filled milk
- Ultra Heat Treated (UHT) shelf-stable milk
- Organic milk
- In pint size or glass bottles

CANNED FISH

- Any other flavor, variety, size or type of fish
- Solid white or albacore tuna, or 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 sauce or hot sauce
- Tuna or salmon kits
- Fish packed in pouches or plastic containers

Developed by California WIC Statewide Training & Resource Branch. **For Reference only.**

Please refer to WIC Authorized Food List Shopping Guide July 5, 2011

More information about the WIC Program is available on the internet at: www.wicworks.ca.gov or www.cdph.ca.gov/programs/wicworks

7/2011



BOTTLED JUICE and CONCENTRATE JUICE

Any brand, authorized flavors. Pasteurized juice that has “100% Juice” and “120% Vitamin C” (or more) on the **front label**. Added Calcium and Vitamin D is allowed:

- 64 oz. bottled (ready to drink) containers or
- 11.5 oz., 12 oz., or 16 oz. concentrate (frozen or non-frozen) containers

Apple

Cranberry

Grape

- Red, Purple, or White

Grapefruit

- Ruby Red, Pink or White*

Orange*

Pineapple

Prune

Tomato

- Regular, low sodium, or spicy

Vegetable

- Regular, low sodium, or spicy

Juice Blends

- Juice that is named as two or more authorized flavors on the front label, such as Cranberry-Grape, Apple-Grape, or Cran-Apple

*Orange juice and White Grapefruit juice are not required to have “120% Vitamin C” on the front label

CAN BUY

INFANT FRUITS and VEGETABLES

Any brand, 3.5 oz. or 4 oz. container:

- Organic is allowed
- Plain fruits
- Plain vegetables
- Any combination of two or more plain fruits and plain vegetables
- Multi-packs are allowed

FRESH BANANAS

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

INFANT MEATS

Any brand, 2.5 oz. container, if printed on the check:

- Added broth or gravy is allowed
- Organic is allowed
- Multi-packs are allowed



CANNOT BUY

BOTTLED JUICE and CONCENTRATE JUICE

- Juice not labeled as specified in the July 5, 2011 WIC Authorized Food List Shopping Guide
- Refrigerated juice
- Any other flavor, type, or size of juice
- Juice with added ingredients or supplements such as caffeine, carnitine, chromium, DHA, Echinacea, ginkgo biloba, ginseng, guarana, St. John's Wort, taurine, or wheatgrass
- Organic Juice
- Diet, light, or lite juice

INFANT FRUITS & VEGETABLES

- Any other size of infant fruits and vegetables
- Infant fruits and vegetables mixed with cereal, meat, pasta, or rice
- Infant fruits and vegetables with added DHA, sugars, salt, fiber, spices, or starch
- Graduates or toddler infant food
- Infant desserts, puddings, smoothies, juices, dinners
- Cannot mix and match 3.5 oz. with 4 oz. containers

FRESH BANANAS

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

INFANT MEATS

- Any other size infant meats not specified
- Infant dinners or Infant meats mixed with veggies, fruits, cereal, pasta, or rice
- Graduates or toddler infant food
- Infant meats with added sugars, salt, fiber, spices, or DHA

Developed by California WIC Statewide Training & Resource Branch. **For Reference only.**

Please refer to WIC Authorized Food List Shopping Guide July 5, 2011.

More information about the WIC Program is available on the internet at: www.wicworks.ca.gov or www.cdph.ca.gov/programs/wicworks

7/2011



CAN BUY

CANNED VEGETABLES

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

Any brand, size, and type of container of canned vegetables; 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

FROZEN FRUITS

Any brand, size, and type of container

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

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

DRIED FRUITS

Any brand, size, and type of container or bulk, if printed on the check

- Any variety of dried fruits without added fats, sugars, or oils, such as raisins, prunes, and/or dried plums, figs, dates, and apricots
- Freeze dried is allowed
- Pitted or with pits are allowed
- Organic is allowed

FRESH FRUITS & VEGETABLES

Any brand, type, or combination of:

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

Developed by California WIC Statewide Training & Resource Branch. **For Reference only.**

Please refer to WIC Authorized Food List Shopping Guide July 5, 2011

More information about the WIC Program is available on the internet at: www.wicworks.ca.gov or www.cdph.ca.gov/programs/wicworks

7/2011



CANNOT BUY

CANNED FRUITS

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

FROZEN FRUITS

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

DRIED FRUITS

- Dried fruits with added fats, sugars, oils, artificial or natural flavors, including essences
- Dried or freeze dried vegetables
- Trail mix

CANNED VEGETABLES

- 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 sauces (tomato, pizza, spaghetti)
- Canned mature beans, such as black-eyed peas, kidney beans, or pinto beans

FROZEN VEGETABLES

- 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

FRESH FRUITS & VEGETABLES

- Any potatoes other than sweet potatoes or yams
- Any food or products 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, vegetables, or fruit kits with added ingredients, such as dressing, croutons, cheese, dips, or sauces
- Dried vegetables
- Herbs, spices, such as parsley, basil, cilantro and mint

Developed by California WIC Statewide Training & Resource Branch. **For Reference only.**

Please refer to WIC Authorized Food List Shopping Guide July 5, 2011.

More information about the WIC Program is available on the internet at: www.wicworks.ca.gov or www.cdph.ca.gov/programs/wicworks

7/2011



CAN BUY

BREAKFAST CEREAL

COLD

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

General Mills:

- Cheerios
- Multi-Grain Cheerios
- Kix and Honey Kix
- Total Whole Grain

Kellogg's:

- Corn Flakes
- Frosted Mini Wheats (Bite Size and Little Bites)
- Special K

Post:

- Honey Bunches of Oats-Honey Roasted
- Premium Bran Flakes
- Grape Nuts

Quaker:

- Life
- Crunchy Corn Bran
- Oatmeal Squares-Hint of Brown Sugar
- Oatmeal Squared-Cinnamon

Mill Select

- Puffed Wheat with Honey
- Toasted Corn Flakes
- Oat Bran Flakes

Malt-O-Meal

- Honey and Oat Blenders

Crisp(y) Rice – store brand only, refer to **July 5, 2011** WAFL Shopping Guide for name of brand.

HOT

11.8 oz. – 36 oz. of box or bag of cereal listed below:

Instant Oatmeal or Instant Oats- 11.8 oz. or 12 oz. individual serving packets

- Old Fashioned, classic, regular, or original flavor, refer to **July 5, 2010** WAFL Shopping Guide for name of brand.

B & G Foods

Cream of Wheat- Whole Grain

Malt-O-Meal

- Hot Wheat Cereal- Original

CANNOT BUY

BREAKFAST CEREAL

- Any other brand, type, size, or flavor of cold and hot breakfast cereal
- Grits
- Hot breakfast cereal with added fruit, nuts, or sugar

Developed by California WIC Statewide Training & Resource Branch. **For Reference only.**

Please refer to WIC Authorized Food List Shopping Guide July 5, 2011.

More information about the WIC Program is available on the internet at: www.wicworks.ca.gov or www.cdph.ca.gov/programs/wicworks

7/2011



PEANUT BUTTER

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

CANNED MATURE BEANS

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

Varieties such as:

- Black
- Black-eyed Peas
- Garbanzo (chickpeas)
- Great Northern
- Kidney
- Lima
- Navy
- Pink
- Pinto
- Red Beans

CAN BUY

DRY PEAS, BEANS, OR LENTILS

- Any brand or variety, 16 oz. package or bulk
- Organic is allowed

INFANT FORMULA

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

INFANT CEREAL

Brand and type in 8 oz. or 16 oz. container, as listed below:

- **Beech Nut Homestyle** – Multigrain, Oatmeal, Rice
- **Earth's Best Organic** – Whole Grain Rice, Whole Grain Multi-Grain, Whole Grain Oatmeal
- **Gerber** – Barley, Mixed, Oatmeal and Organic Oatmeal, Rice and Organic Brown Rice, Whole Wheat
- **O For Baby Organics** – Organic Rice

Developed by California WIC Statewide Training & Resource Branch. **For Reference only.**

Please refer to WIC Authorized Food List Shopping Guide July 5, 2011.

More information about the WIC Program is available on the internet at: www.wicworks.ca.gov or www.cdph.ca.gov/programs/wicworks

7/2011



CANNOT BUY

DRY BEANS, PEAS, OR LENTILS

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

CANNED MATURE BEANS

- 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

INFANT FORMULA

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

PEANUT BUTTER

- Any other size, type, or flavor of peanut butter
- Honey nut roasted peanut butter
- "Grind your Own" peanut butter
- Peanut butter spread
- Lowfat 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

INFANT CEREAL

- Infant cereal with added ingredients, such as formula, milk, fruits, sugars, sweeteners, or DHA