



FOOD LIST

GROWING HEALTHY FUTURES

A guide to the Oregon WIC
approved foods

LARGE PRINT



**EFFECTIVE FEBRUARY 1, 2021
REVISED SEPTEMBER 1, 2022**

HOW CAN THE WICSHOPPER APP HELP WITH SHOPPING?

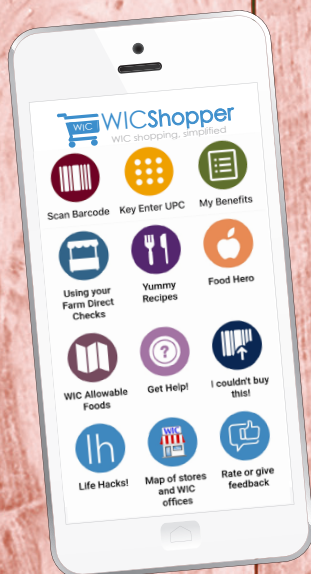
Use the WICShopper App to:

- View your current benefits.
- Scan barcodes to find WIC foods.
- Use the Food List in the app to help find the allowed brands and sizes.
- Find stores that take WIC.
- Look up recipe ideas.



Download the WICShopper App and register your eWIC card today!

*available for iPhone and Android.



SHOPPING TIP

Connection issues in the store?

Try opening the App before you enter the store.

Approved Food List

Use this food list to choose the allowed brands, types and sizes of foods in your food package.

Check the food list to answer these questions:

- **What brands can I buy of this food?**
- **Which package sizes are allowed?**
- **Which flavors can I choose?**

Fruit & Vegetables	4-6
Whole Grains	7-12
Milk	13-15
Soy beverage	16-17
Goat milk	18
Cheese	19
Yogurt	20-25
Tofu	26-27
Eggs	27
Peanut butter	28
Dry peas, beans, and lentils	29
Canned beans	29
Canned fish	30-31
Cold cereal	32-40
Hot cereal	41-42
Bottled juices	43-46
Frozen juices	47-48
Baby food	49-53

Fruit and vegetables

Fresh Fruit and Vegetables

BUY

- Whole, pre-cut, shredded, or packaged
- Salad and greens in a bag
- Organic is OK

DON'T BUY

- No salad bar items, deli items, or party trays
- No added dressing or dip
- No added nuts, dried fruit, croutons
- No herbs or spices (like cilantro or parsley)
- No plants



SHOPPING TIP

Try the fruit and vegetable calculator in “My Benefits” section of the WICShopper app. You can calculate the cost of fresh fruit and vegetables quickly and easily!

A screenshot of a mobile application interface titled "Add Item to Picker". The item selected is "Apples". The "Weight of items" is set to 2.5 lb, with a slider and minus/plus buttons. The "Price per pound" is set to \$1.5, also with a slider and minus/plus buttons. The "Total" is calculated as \$3.75. At the bottom, there are two buttons: "+ ADD" in green and "X CANCEL" in red. The top status bar shows 46% battery and 12:36 PM.

Weight of items:	2.5 lb
Price per pound:	\$1.5
Total:	\$3.75

Fruit and vegetables

Frozen Fruit and Vegetables

BUY

- Whole, cut, or mixed
- Frozen beans are OK (like lima beans, edamame, and black-eyed peas)
- Organic is OK

DON'T BUY

- No added sugar, fats, or oils
- No added sauce or creamed vegetables
- No added rice, pasta, meat, nuts, or noodles
- No french fries, hash browns, potatoes O'Brien, or tater tots
- No breaded or battered vegetables



Fruit and vegetables

Canned fruit

BUY

- Fruit packed in water or juice without added sugars
- Any type of container, including plastic multi-packs
- Natural or unsweetened applesauce OK
- Organic is OK



DON'T BUY

- No added syrup, such as heavy, light or extra light
- No artificial sweeteners or no-calorie sweeteners
- No fruit cocktail or mixed fruit with cherries

Canned vegetables

BUY

- Vegetables without added fats or oils
- Tomatos OK (like whole, strained, crushed, diced, paste or purees)



DON'T BUY

- No mixtures with mature beans, such as kidney or black beans
- No pickled, creamed or sauced canned vegetables
- No salsa, stewed tomatoes or tomato sauces

Whole grains Whole wheat bread

Shopping for whole grains

Enjoy a variety of whole grains! WIC offers:

- 100% whole wheat bread
- Soft corn tortillas
- Whole wheat tortillas
- Whole wheat pasta
- Oats
- Brown rice
- Bulgur

- The total amount of grains you can buy is shown on your benefit list.
- If you have enough whole grain benefits, you can buy more than one type of grain at a time. For example, if your benefit list says you have 32 oz. of whole grains, you could buy:



16 oz. AND 16 oz.



100% whole wheat bread

BUY 16 oz. to 32 oz.

- Loaf of bread, any brand
- Must say “100% whole wheat” on the label

DON'T BUY

- No light or “lite” bread
- No organic

Whole grains Corn tortillas

Corn tortillas

BUY

- Soft white or yellow corn tortillas only
- Choose from these brands only:



8 oz. or
larger

Calidad

Casa Rosa

Don Pancho

Essential Everyday

Food Club

Guerrero

Herdez

IGA

Kroger

La Banderita

La Burrita

Las 4 Hermanas

Mission

Reser's Baja Café

Signature Select

Tortilla Land

DON'T BUY

- No fried tortillas or tortilla chips
- No organic or bulk

Whole grains Whole wheat tortillas

Whole wheat tortillas

BUY

- 100% whole wheat tortillas only
- Choose from these brands only:



Don Pancho

Essential Everyday

Guerrero

IGA

Kroger

La Banderita

Market Pantry

Mission

Ortega

Signature Select

DON'T BUY

- No fried tortillas or tortilla chips
- No white flour tortillas
- No organic or bulk

Whole grains Whole wheat pasta

Whole wheat pasta

BUY

- Any shape of whole grain or whole wheat pasta
- Choose from these brands only:

16 oz.
only



Barilla
Essential Everyday
Food Club
Great Value

Kroger
Ronzoni
Signature Select
WinCo Foods

DON'T BUY

- No organic or bulk

Whole grains

Oats

Oats

BUY

- Any brand
- Quick, rolled, and old-fashioned oats are OK
- Gluten-free oats are OK
- Organic OK



DON'T BUY

- No instant (when buying as a whole grain)
- No bulk
- No steel-cut, Irish, or Scottish oats
- No added sugar, fat, oil, or salt

SHOPPING

With WIC benefits, is oatmeal a cereal or a whole grain?

- Oats in a box, bag, or tub are a whole grain benefit
- Instant oatmeal in single-serving packets are a cereal benefit

Whole grains

Brown rice, Bulgur

Brown rice



16 oz.
or larger

BUY

- Any brand
- Instant, “minute”, or boil in bag rice are OK
- Brown jasmine and brown basmati rice are OK
- Organic OK



14-16 oz.
(instant rice
only)

DON'T BUY

- No white, wild, milled or sprouted rice
- No added seasonings, sugar, fat, oil, or salt
- No bulk

Bulgur

BUY

- Any brand
- Organic OK

DON'T BUY

- No added seasonings, sugar, fat, oil or salt
- No bulk



Milk

Shopping for milk

All WIC milk is pasteurized and has Vitamin D added.

BUY

- Any brand
- Skim Delux, Ultra, Creamy, Royale, Supreme, etc. are OK

DON'T BUY

- No rice milk, almond milk, buttermilk, flavored milk, raw milk, or A2 milk
- No organic
- No added Omega-3 or Vitamin E
- No specialty items like glass bottles

Buy the type of milk listed on your benefit list:

- 1% Lowfat or Fat Free Milk - for adults and children 2 years and older (Fat free and skim milk are the same)
- Whole milk for children 1 year of age

Milk

Shopping for milk

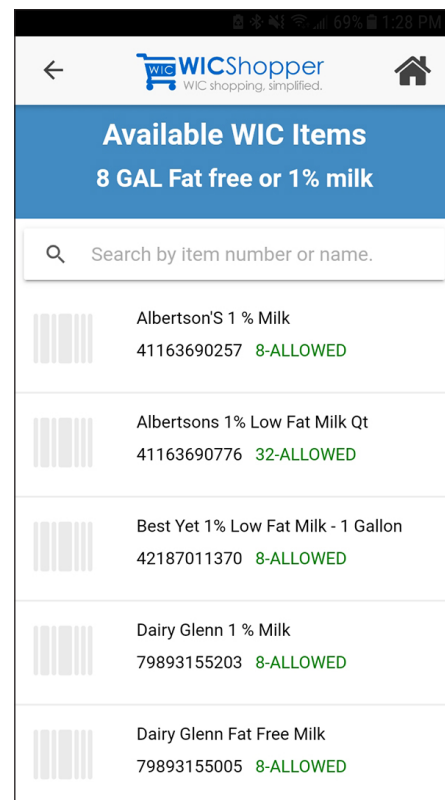
Talk with your WIC clinic to get the following types of milk. Any brand OK.

- Acidophilus milk
- Lactose-free milk
- Dry non-fat milk (25.6 oz. size)
- Evaporated milk (12 oz. can)



SHOPPING TIP

Use the app to see what type of milk is on your benefits list. Scan the barcode to see if it's allowed.



Milk

Examples of ways you can combine milk container sizes

1.0 GAL =



0.75 GAL =



and



0.5 GAL =



0.25 GAL =



Soy beverage

Soy beverage

BUY

- Choose from these brands and products only:

Refrigerated



8th Continent
original or vanilla
64 oz.



Silk
original
32 oz., 64 oz. or 128 oz.

Soy beverage, continued

Soy beverage

BUY

- Choose from these brands and products only:

On the shelf



Pacific Ultra Soy
original
32 oz.



Silk
original
32 oz.



West Life Organic Soymilk
Calcium & Vitamin D
plain or vanilla
32 oz. or 64 oz.

32 oz. = quart
64 oz. = half gallon

Goat milk

Goat milk

BUY

- Buy the type of goat milk shown on your benefit list
- Only Meyenberg Goat Milk is allowed



Whole
goat milk
32 oz. or
64 oz.



Lowfat
goat milk
32 oz.



Whole
evaporated goat milk
12 oz. can



Whole
powdered goat milk
12 oz. can
12 oz. pouch

Cheese

Cheese

BUY

- 1 or 2 pound packages only, made in U.S.A.
- Any brand of Cheddar (mild or medium), Colby, Colby-Jack, Cheddar-Jack, Monterey Jack, or Mozzarella
- 16 oz. (1 lb.) Mozzarella String Cheese is OK



DON'T BUY

- No sharp, extra sharp, or white cheddar
- No sliced, deli, or shredded cheese
- No organic, soy, goat, or raw cheese
- No cheese foods or spreads (like Velveeta)
- No smoked or flavored cheese with items added like jalapeño peppers or caraway seeds
- No fresh Mozzarella (packed in water)

Yogurt

BUY

- 32 oz. (or 2 lb.) containers only
- Buy the type of yogurt listed on your benefit list (whole, lowfat or nonfat)
- Choose from the brands and flavors listed

DON'T BUY

- No organic
- No “light” yogurts
- No yogurts with artificial sweeteners, like aspartame or sucralose

Whole Milk Yogurt (children 1 year of age)

Chobani
Greek

- Whole, plain



- Whole, plain
- Whole, vanilla



- Whole, plain
- Greek, whole, plain

Yogurt

Whole Milk Yogurt, continued (children 1 year of age)

 <ul style="list-style-type: none"> • Greek, whole, vanilla 	 <ul style="list-style-type: none"> • Greek, whole, plain • Greek, whole, vanilla honey 	 <ul style="list-style-type: none"> • Whole, plain • Whole, vanilla • Whole, strawberry
 <ul style="list-style-type: none"> • Whole, plain • Whole, vanilla • Whole, strawberry 	 <ul style="list-style-type: none"> • Whole, honey 	 <ul style="list-style-type: none"> • Greek, whole, plain
 <ul style="list-style-type: none"> • Whole, plain 	<p>1 CTR (container) = 32 oz. (2 lb.)</p> 	

Yogurt

Lowfat or Nonfat Yogurt (adults and children over 2 years of age)



- Nonfat, plain
- Nonfat, vanilla
- Lowfat, plain
- Lowfat, vanilla

Chobani[®] Greek

- Nonfat, plain
- Nonfat, vanilla
- Nonfat, strawberry
- Lowfat, plain



- Nonfat, plain
- Lowfat, plain
- Lowfat, vanilla



- Fat free, plain
- Lowfat, plain
- Lowfat, vanilla
- Lowfat, strawberry
- Lowfat, blueberry
- Greek, nonfat, plain
- Greek, nonfat, vanilla

Yogurt

Lowfat or Nonfat Yogurt (adults and children over 2 years of age)



- Lowfat, plain
- Lowfat, vanilla
- Lowfat, strawberry
- Lowfat, peach
- Lowfat, raspberry
- Greek, nonfat, plain



- Greek, nonfat, plain
- Greek, nonfat, vanilla



- Nonfat, plain
- Lowfat, vanilla
- Lowfat, strawberry
- Lowfat, strawberry-banana
- Lowfat, peach



- Lowfat, strawberry
- Lowfat, raspberry
- Lowfat, peach
- Greek, nonfat, plain
- Greek, nonfat, vanilla

Yogurt

Lowfat or Nonfat Yogurt, continued (adults and children over 2 years of age)



- Nonfat, plain
- Lowfat, plain
- Lowfat, strawberry
- Lowfat, peach
- Greek, nonfat, plain
- Greek, nonfat, vanilla



- Fat free, plain
- Fat free, vanilla
- Lowfat, plain
- Lowfat, vanilla



- Nonfat, plain
- Nonfat, vanilla
- Lowfat, plain



- Greek, nonfat, plain
- Greek, nonfat, vanilla
- Greek, nonfat, strawberry

Yogurt

Lowfat or Nonfat Yogurt, continued
(adults and children over 2 years of age)



- Lowfat, vanilla
- Lowfat, strawberry
- Lowfat, peach



- Nonfat, plain
- Lowfat, vanilla
- Lowfat, strawberry
- Lowfat, peach



- Lowfat, vanilla
- Lowfat, strawberry
- Lowfat, strawberry-banana
- Lowfat, peach
- Lowfat, blueberry

Tofu

Tofu

BUY

- 16 oz. (1 lb.) containers only
- Water packed
- Choose from these refrigerated brands and products only:

DON'T BUY

- No containers smaller than 16 oz.



Azumaya Tofu
Firm,
Extra Firm,
or Silken



House Foods
(no organic)
Firm,
Medium Firm,
or Extra Firm

Tofu, Eggs

Tofu, continued



Franklin Farms
Soft,
Medium,
Firm,
or Extra Firm



NaSoya
Organic Silken



Eggs

BUY

- Packages of one dozen only
- Any brand of white, large chicken eggs
- Cage-free eggs OK

DON'T BUY

- No brown eggs
- No specialty eggs (like Eggland's Best, higher Omega-3, or Vitamin E, free-range or pasture-raised)
- No organic

Peanut butter

Peanut butter

BUY

- 16 to 18 oz. containers only
- Any brand
- Organic OK

1 CTR =
16-18 oz.



DON'T BUY

- No peanut “spread” or honey roasted
- No low-fat or reduced-fat peanut butter
- No added jelly, marshmallows, chocolate, or honey
- No Omega-3
- No bulk, or grind your own

Dry peas, beans, lentils

Canned beans

Dry peas, beans, lentils

BUY

- 16 to 32 oz. bags only
- Any brand and type
- Organic OK

DON'T BUY

- No added seasonings
- No bulk



1 CTR =
16 oz.

Canned beans

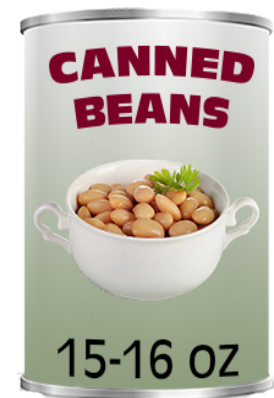
BUY

- 15 to 16 oz. cans only
- Any brand and type of beans
- Low sodium beans are OK
- Organic OK

DON'T BUY

- No refried beans, baked beans, or green beans
- No added oils, seasonings, or flavorings

1 CTR =
4 cans



Canned fish (for parents who are fully breastfeeding)

BUY

- Any brand of chunk light tuna or pink salmon packed in water
- Chicken of the Sea or Bumble Bee sardines in water only

DON'T BUY

- No flavored or seasoned tuna, salmon, or sardines
- No albacore, yellowfin, or tongol tuna
- No red, sockeye, blueback, or Atlantic salmon
- No fillets
- No fish packed in oil
- No pouches or single serving packages
- No specialty fish, like pole-caught tuna



VectorStock

5 oz. can or
larger



Pink salmon
5 oz. can or
larger

Canned fish, continued (for parents who are fully breastfeeding)



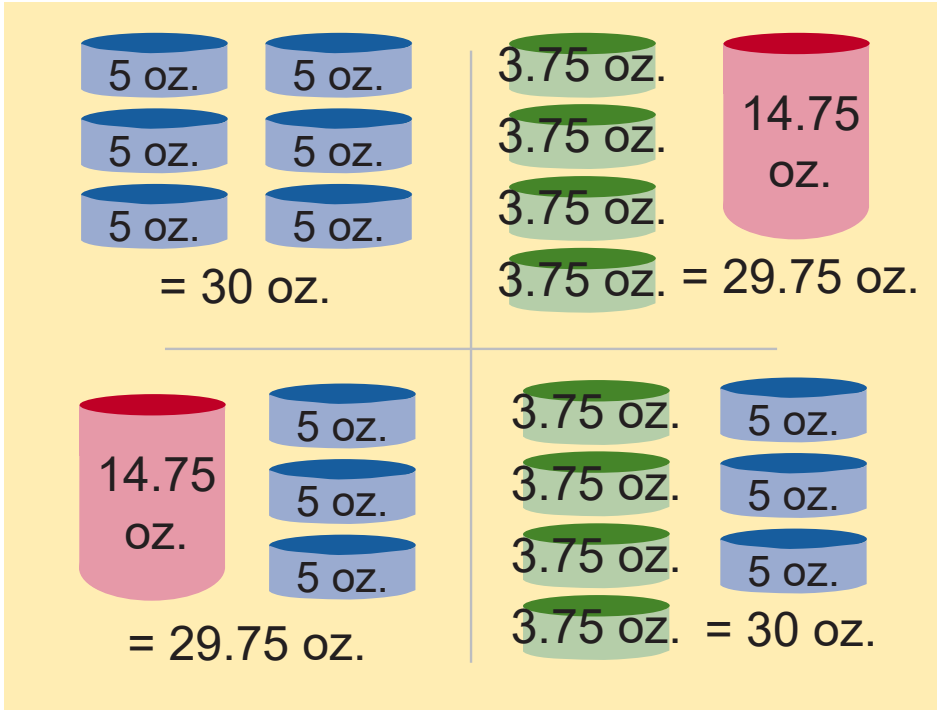
Bumble Bee



Chicken of the Sea

Sardines
3.75 oz. can

Examples of ways you can combine fish can sizes



Cold cereal

Shopping for cereal

Look for these symbols in this food list to pick a cereal that has extra folic acid, is made with whole grains, or is gluten-free.

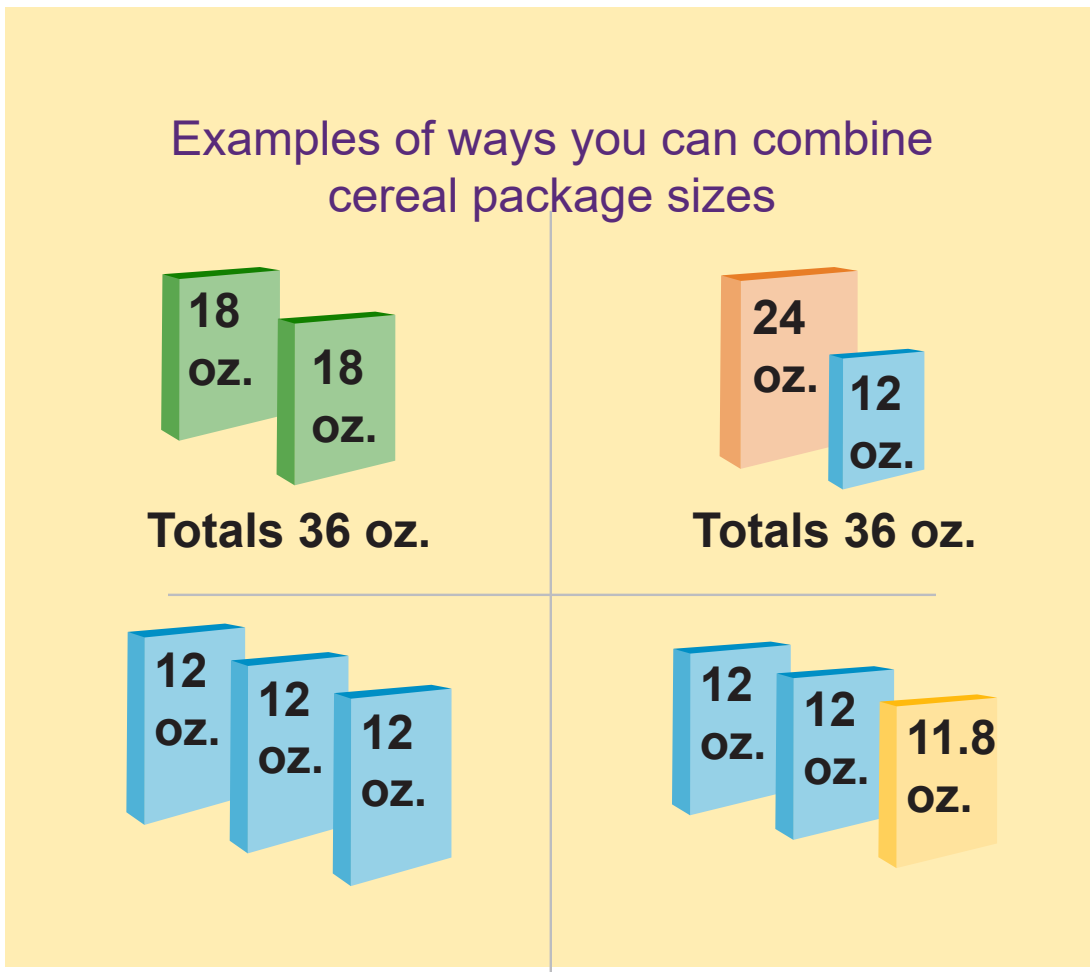
- F** 100% Daily Value (DV) for folate
- G** Company states cereal is gluten free
- W** Made with whole grains and is a good source of fiber

The smallest cereal size you can buy is 9.8 oz. (for hot cereal) or 12 oz. (for cold cereal). If you have less than 9.8 oz. left in your cereal benefit this month, you won't be able to spend it.

Cold cereal

Shopping for cereal

The best way to make sure you get all your cereal is to buy either 12 oz., 18 oz., 24 oz. or 36 oz. size boxes.



Cold cereal

BUY 12 oz. to 36 oz. size

Kellogg's



F

W

All-Bran Complete
Wheat Flakes



Corn Flakes
(original)



F

Special K
(original)



W

Frosted Mini
Wheats (original)

Cold cereal

Kellogg's, continued



Strawberry
Frosted Mini Wheats



Rice Krispies
(original)

General Mills



Rice Chex



Corn Chex

Cold cereal

General Mills, continued



G

Blueberry
Chex



G

Cinnamon
Chex



G

W

Cheerios
(Plain)



F

G

W

Multi Grain Cheerios
(original)

Cold cereal

General Mills, continued



W

Kix (original)



W

Berry Berry Kix



W

Honey Kix

Cold cereal

Malt-O-Meal (box or bag)



Frosted Mini Spooners
(original)

Post



Grape Nuts



Great Grains
Banana Nut Crunch

Cold cereal

Post, continued



W

Great Grains
Crunchy Pecan



F

Honey Bunches of
Oats
Honey Roasted



F

W

Honey Bunches of
Oats
Vanilla Bunches



F

Honey Bunches of
Oats
Almond

Cold cereal

Post, continued



F

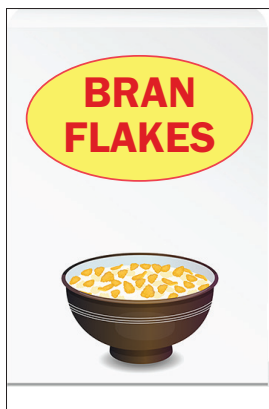


SHOPPING TIP

The best way to make sure you get all your cereal is to buy either 12 oz., 18 oz., 24 oz., or 36 oz. size boxes.

Honey Bunches of Oats Pecan & Maple Brown Sugar

Bran Flakes - store brand



Best Yet, Food Club, Great Value, IGA, Signature Select

F

W

Essential Everyday

W

Hot cereal

BUY 9.8 oz. - 36 oz. size



Cream of Wheat Plain
1 Minute **No Instant**



Cream of Wheat Plain
2 1/2 Minute **No Instant**



Cream of Wheat Whole
Grain 2 1/2 Minute
No Instant



Cream of Rice Plain
No Instant

Hot cereal, continued

BUY 9.8 oz. - 36 oz. size



Malt-O-Meal Original



Quaker Instant Grits Original
(Single serving packets)



Quaker Instant Oatmeal
(Single serving packets)



Plain Instant
Oatmeal, single
serving packets

Best Bet, Food Club, Great Value, Kroger, Shurfine, Signature Select, WinCo Foods

Bottled Juice

BUY 100% JUICE

- 64 oz. plastic bottles only
- Added fiber, vitamins, and minerals are OK
- Choose from the brands and flavors below only:

DON'T BUY

- No juice cocktails, juice drinks, or 'light' juices
- No organic
- No apple cider
- No refrigerated



Tree Top
Any flavor (except 3 Apple
Blend or Honey Crisp)



Juicy Juice
Any flavor

Bottled Juice, continued



Campbell's
Tomato
(regular and low sodium)



Langer's
Any flavor, 100% juice
No cocktails



Ocean Spray
Any flavor, 100% juice
no sugar added
No cocktails



Orange
Any brand



Grapefruit
Any brand

Bottled Juice, continued



Apple

Best Yet, Essential
Everyday, Food Club,
Great Value, IGA, Kroger,
Market Pantry, Signature
Select, Western Family,
WinCo Foods



Cranberry, cran-grape and
cran-raspberry

(No cocktails)

Best Yet, Food Club,
Great Value, Kroger,
Market Pantry, Signature
Select, Western Family

Bottled Juice, continued



Grape
(purple or white)

Best Yet, Essential
Everyday, Food Club,
Great Value, IGA, Kroger,
Market Pantry, Signature
Select, Western Family,
WinCo Foods



Vegetable

Best Yet, Essential
Everyday, Food Club,
Great Value, Kroger,
Signature Select, WinCo
Foods

Frozen juice

BUY 100% JUICE

- 11.5-12 oz. containers only
- Added fiber, vitamins, and minerals are OK
- Choose from the brands and flavors below only:

DON'T BUY

- No juice cocktails, juice drinks, or 'light' juices
- No organic
- No apple cider
- No refrigerated



Dole
Any flavor or blend

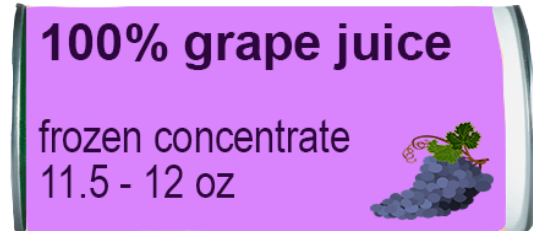


Old Orchard
Any flavor or blend
with a green lid

Frozen juice

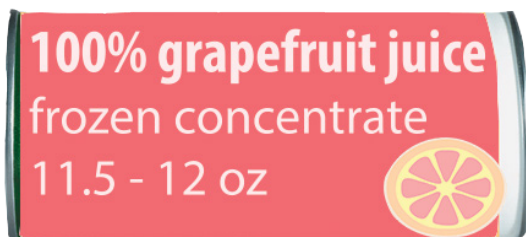


Tree Top
Apple

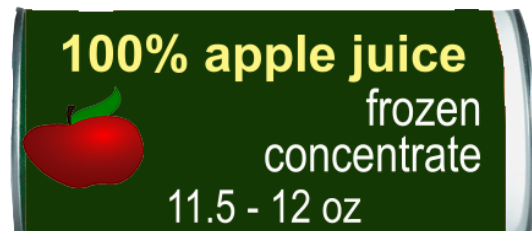


Grape

Best Yet,
Food Club,
Great Value,
WinCo Foods

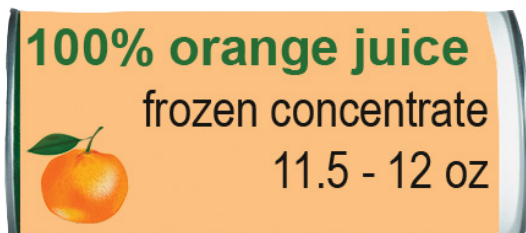


Grapefruit
Any brand



Apple

Best Yet, Essential
Everyday, Food Club,
Great Value, Kroger,
Signature Select,
WinCo Foods



Orange
Any brand

Baby food

Shopping for baby food

Did you know?

By the time they are 9 months old, most babies can eat soft fruits and chopped cooked vegetables that they can pick up with their fingers.

Did you know that WIC can replace some of your baby's jarred infant foods with a fruit and veggie benefit starting at 9 months? Talk to your WIC clinic for more information.

If your benefit list says **256 oz.** you can buy:

64 4 oz. jars **OR** **32** 2-packs of 4oz.

If your benefit list says **128 oz.** you can buy:

32 4 oz. jars **OR** **16** 2-packs of 4oz.

If your benefit list says **64 oz.** you can buy:

16 4 oz. jars **OR** **8** 2-packs of 4oz.



Baby food fruit and vegetables

BUY

- 4 oz. size baby food fruits and vegetables
- Glass or plastic containers are OK
- Plain or mixed baby food fruits and vegetables
- Can buy single containers, 2-packs, or both
- Choose from these brands only:

DON'T BUY

- No “dinners,” desserts, smoothies, or “casseroles”
- No added cereal, yogurt, meat, rice, noodles, or grains
- No added sugars or starches
- No toddler food or “Graduates”
- No added DHA
- No pouches
- No powdered baby food



Beech-Nut

Baby food fruit and vegetables, continued



Gerber



Earth's Best
Organic



Happy Baby
Organics



Wild Harvest
Organic

Baby food Meat

Baby food meat (for babies who don't get formula from WIC)

BUY

- 2.5 oz. size only for baby food meat
- Glass or plastic containers

DON'T BUY

- No added fruit, vegetables, noodles, or grains
- No toddler food or "Graduates"
- No added DHA



Beech-Nut



Gerber



Earth's Best Organic

Baby food

Baby cereal

BUY

- 8 oz. size or larger
- Choose from these brands and grains only:

DON'T BUY

- No Rice Cereal
- No added formula, milk, yogurt or fruit
- No added DHA
- No jars, cans, or single serving packets



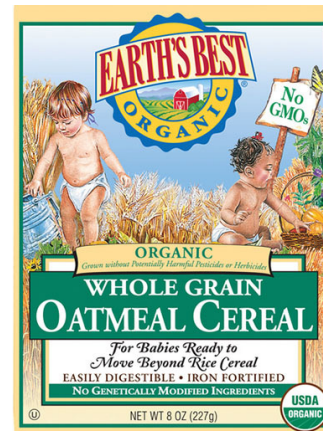
Gerber
(organic OK)

- Multi-Grain
- Oatmeal
- Whole wheat



Beech-Nut
(organic OK)

- Multi-Grain
- Oatmeal



Earth's Best Organic

- Mixed-Grain
- Oatmeal

For more information on WIC or to locate a WIC clinic near you, call 211 or visit our website:

www.healthoregon.org/wic



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- (1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov

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