



STORE NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

WIC FOOD	BRAND/TYPE	Minimum Quantity	Size	# of Varieties
<p>Vegetables</p> <p><i>Can only be purchased with WIC checks which state the Maximum Dollar amount</i></p>	<p><b>Fresh vegetables</b> Any variety of fresh, whole or cut</p> <p><b>Not allowed</b></p> <ul style="list-style-type: none"> <li>• white potatoes (<i>orange yams and sweet potatoes are allowed</i>)</li> <li>• Added sugars, fats, or oils</li> </ul>	⇒	<p>Must maintain \$18 worth in stock and price must be clearly marked</p>	2
	<p><b>Frozen vegetables</b> Any variety May be regular or low sodium</p> <p><b>Not allowed:</b></p> <ul style="list-style-type: none"> <li>• White potatoes (<i>orange yams and sweet potatoes are allowed</i>)</li> <li>• Added sugars, fats, sauces or oils.</li> </ul>	⇒	<p>Must maintain \$18 worth in stock and price must be clearly marked</p>	2
<p>Infant Foods</p>	<p>Stage 2, strained Any variety</p> <p><b>Not allowed</b></p> <ul style="list-style-type: none"> <li>• Added sugars, starches, or salt (i.e., sodium)</li> </ul>			
	<p><b>Fruits</b> Single ingredient fruit</p>	128 jars	4 ounce jars	2
	<p><b>Vegetables</b> Combinations allowed if single ingredients (e.g., peas and carrots)</p>	128 jars	4 ounce jars	2

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Infant Foods	<p><b>Meat &amp; Poultry</b> Stage 1 or Stage 2, pureed</p> <p>Meat &amp; Poultry must be the single major ingredient, with added broth or gravy.</p> <p>Not allowed</p> <ul style="list-style-type: none"> <li>• Food combinations (e.g., meat and vegetables)</li> <li>• Dinners (e.g., spaghetti and meatballs)</li> <li>• Added sugars or salt (i.e., sodium)</li> </ul>	62 jars	2.5 ounce jars	2
Bread	<p><b>Love's brand only</b> 100% Whole Wheat type only</p>	5	1 pound loaf	N/A
Tortillas	<p>Soft, corn (white or yellow) Any brand</p>	4	Up to 16 ounce	N/A
<p><b>Recommended item - not mandatory</b> <i>Brown Rice</i></p>	<p><b>Recommended item - not mandatory</b> <i>Instant, quick or regular cooking time, short or long grain</i> Any brand</p>		<i>1 pound</i>	<i>N/A</i>
Tofu	<p><b>These brands only: Aloha, House, Kanai, Mori-Nu</b></p> <p>Not allowed – Soft, organic, added fats, sugars, oils or sodium</p>	2	Up to 16 ounce	N/A
Soy Milk	<p>8<sup>th</sup> Continent brand – Original and Pacific Ultra Soy Plain or Vanilla</p>	4	½ Gallon Quart	N/A

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Milk (Fluid)	Refrigerated pasteurized or recombined <b>Whole</b> <i>And</i> <b>Fat-free (skim)</b> <b>1% (lowfat)</b> <b>2% (reduced fat)</b>	6	Gallon containers	N/A
		18	Gallon containers	
Evaporated Milk	Any brand whole, 2% (reduced fat), 1% (low fat), or fat free (skim).	6	12 ounce cans	N/A
Cheese	Any brand – Plain, domestic, pasteurized block, ball; reduced or fat free Mild, medium, sharp, extra sharp  <b>Cheddar</b> <b>Colby</b> <b>Monterey Jack</b> <b>Mozzarella</b>	6 LBS.	Any combination of 3 types in  <b>1 LB BLOCK OR BALL ONLY</b>	3 types
Juice	<b>Frozen Orange Concentrate –</b> Any brand	<b>6</b>	<b>16 ounce cans</b>	<b>1 type</b>
	<b>Frozen Concentrate</b> These varieties and brands only  <b>Apple</b> – Tree Top (green label), Seneca (red label), Best Yet  <b>Grape</b> – Welch's – white /purple (with yellow lid)  <b>Pineapple</b> – Dole	<b>26*</b> <b>Can be all frozen, all non-frozen concentrate or combination</b>	<b>10 to 12 ounce cans</b> <b>Can be all frozen, all non-frozen concentrate or combination</b>	<b>2 types</b>
	<b>Non-frozen Concentrate</b>  <b>Apple</b> – Juicy Juice  <b>Berry</b> – Juicy Juice  <b>Punch</b> – Juicy Juice		<b>11.5 ounce cans</b>	

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<b>Juice (64 oz. Juicy Juice only) and Canned Beans</b>	<b><i>Not required to stock.</i></b> <i>Only issued for WIC participants with storage challenges.</i>  <i>Please allow transaction according to description on the WIC check.</i>	←	←	←
Pink Salmon	Any brand – pink (No organic, red, smoked, boneless, pouches or snack pack)	12	7.5 ounce cans	N/A
Mackerel	Any brand. May be packed in any sauce. May be regular or lower in sodium content	3	15 ounce	N/A
Sardines	Any brand. May be packed in any sauce. May be regular or lower in sodium content	12	3.75 ounce	N/A
Tuna	Any brand. Chunk light, water packed, dolphin safe	12	5 ounce cans	N/A
Beans, Peas or Lentils	Any brand – dried beans, peas, or lentils	4 LBS	Any combination 8 - 16 ounce package	2 types

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Peanut Butter	Any brand – Plain Smooth Chunky Crunchy Extra Crunchy Natural  Not allowed <ul style="list-style-type: none"> <li>• Organic</li> <li>• Peanut spread</li> <li>• Added jam, jelly, honey, chocolate or flavors</li> <li>• Squeeze tubes</li> </ul>	4	16 to 18 ounces	2 types
Cereals	<b>COLD - Brand Specific</b> <b>Required to stock at least 1 of these whole grain cereals:</b> <b>Best Yet</b> - Corn Flakes, Crispy Rice, Toasted Oats <b>General Mills</b> - Total (Regular Flavor) <b>Malt-O-Meals</b> – Crispy Rice, Corn Flakes, Honey Oat Blenders, Frosted Mini-Spooners (plain only), Scooters (plain only) <b>Quaker Oats</b> - Life (plain only) <b>Safeway</b> - Crispy Rice, Corn Flakes, Toasted Oats  <b>Additionally allowed cereals:</b>  <b>General Mills</b> Kix  <b>HOT - Brand Specific</b>  <b>Quaker Oats</b> - Instant Oatmeal (Regular flavor - Individual packets) <b>Malt-O-Meal</b> - Any cooking time except instant, plain only) <b>Best Yet</b> - Instant Oatmeal	15	Boxes (11 –36 ounces)	5 types

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Infant Cereal	Gerber brand only – Barley, mixed, oatmeal or rice. Must be plain.	6	8 ounce boxes	N/A
Infant Formula	Similac Advance Early Shield Powder	27	12.4 ounce cans	N/A
	Concentrate	---and--- 31	----- 13 ounce cans	
	Similac Sensitive Isomil Soy Powder	9	12.4 ounce cans	N/A
	Concentrate	---and--- N/A <sup>1</sup>	----- 13 ounce cans	

<sup>1</sup> Vendors are not required to stock the formula. However, Vendors must procure the formula within seven (7) calendar days of request from the WIC