

Hawaii WIC Program

Food List

Effective October 2009

Brands, types, or sizes are subject to change.



For information on Oahu call 586-8080

On neighbor islands call toll free 1-888-820-6425

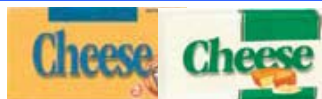
<http://hawaii.gov/health/family-child-health/wic/>

This institution is an equal opportunity provider.



Hawaii State Department of Health
WIC Services Branch

Cheese



1 pound (16 ounces) block or ball only, made in U.S.A.

- Any brand of Cheddar, Colby, Mozzarella, or Monterey Jack
- Regular, reduced or fat-free

Not allowed

- ✗ No shredded, sliced, cube, string, or deli
- ✗ No cheese with peppers, herbs, or flavors
- ✗ No organic

Soy Products

(available as a milk substitute only/children needing these foods must have medical documentation)

Soy Beverage

Pacific Ultra Soy
(plain or vanilla flavors
in quarts only)



8th Continent
(original in half gallons only)



Not allowed

- ✗ No other flavors
- ✗ No DHA/ARA
- ✗ No organic

Tofu



1 pound (16 ounces) block or less in medium firm, firm, or extra firm

- Aloha, House, Kanai, or Mori-Nu

Not allowed

- ✗ No soft
- ✗ No flavored or with seasonings
- ✗ No organic

Milk



Buy the type and container size listed on the check

- Least expensive brand
- Fat-free (skim), low-fat (1%), or reduced-fat (2%)
- The following are allowed only when listed on the check
 - Whole milk
 - Acidophilus or lactose free milk
 - Any brand dry (powdered) milk
 - Any brand evaporated milk

Not allowed

- ✗ No rice milk, buttermilk, or flavored milk
- ✗ No organic

Peanut Butter



16 to 18 ounces only

- Any brand, plain, smooth, chunky, crunchy, extra crunchy, natural

Not allowed

- ✗ No spreads or reduced-fat
- ✗ No added jam, jelly, honey, chocolate, or flavors
- ✗ No organic

Beans, Peas, and Lentils



- Any brand and type, dry only
- Mix or single type
- 8 ounce or larger to equal up to 16 ounces

Not allowed

- ✗ No added grains, spices, flavors, or seasoning packets
- ✗ No organic

Eggs



Packages of one dozen medium or large only

- White, grade A chicken eggs only

Not allowed

- ✗ No brown, fertilized, free range, pasteurized, or omega
- ✗ No organic

Whole Grains

100% Whole Wheat Bread

1 pound (16 ounces) loaf

- Love's brand only

Not allowed

- ✗ No organic



Brown Rice



1 pound (16 ounces) bag

- Short or long grain, instant, quick, or regular cooking time
- Best Yet, Safeway, Springfield, or Western Family brands only

Not allowed

- ✗ No ready to serve or boil-in-a bag
- ✗ No organic

Corn Tortillas

16 ounces or less

- Yellow or white corn
- Arturos, Big Island, Don Pancho, La Burrita, Mission, Resers, or Sinaloa brands only

Not allowed

- ✗ No fried, flavored, or seasoned
- ✗ No organic



Fruits and Vegetables

Fresh

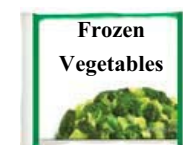


- Whole, pre-cut, shredded, or packaged
- Yams and sweet potatoes
- Salad and greens in a bag

Not allowed

- ✗ No salad bar items
- ✗ No party trays
- ✗ No decorative or ornamental
- ✗ Not in baked goods
- ✗ No roll-ups or fruit leather
- ✗ No added flavor, dressing, or dip
- ✗ No added nuts, dried fruit, croutons, etc.
- ✗ No dried or powdered fruits or vegetables
- ✗ No canned or jarred fruits or vegetables
- ✗ No herbs or spices (like basil, chinese parsley)
- ✗ No other potatoes (like white, red, russet, or gold)

Frozen



Any brand and variety of frozen fruits and vegetables

- Whole, cut, or mixed

Not allowed

- ✗ No fruit with added sugar
- ✗ No added sauce or creamed vegetables
- ✗ No added rice, pasta, meat, white potatoes, or noodles
- ✗ No french fries, hash browns, or tater tots
- ✗ No breaded or battered vegetables

Cereal

Cold Cereal

*Whole grain cereals

Quaker Life



General Mills Kix



General Mills Total*



Best Yet Crispy Rice



Malt-O-Meal Crispy Rice



Safeway Crispy Rice



Best Yet Toasted Oats*



Malt-O-Meal Scooters*



Safeway Toasted Oats*



Best Yet Corn Flakes



Safeway Corn Flakes



Malt-O-Meal Honey & Oat Blenders



Malt-O-Meal Frosted Mini Spooners*



Hot Cereals

Best Yet Instant Oatmeal* (plain)



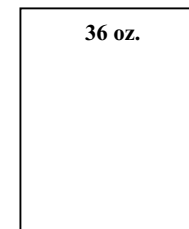
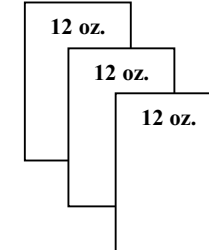
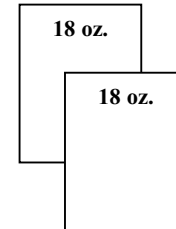
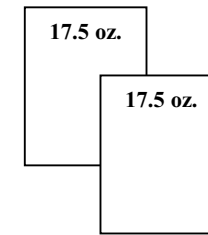
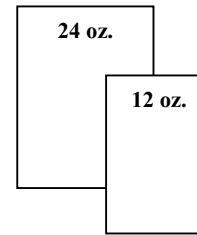
Quaker Instant Oatmeal* (original)



Malt-O-Meal Hot Wheat Cereal* (original)



Ways to Buy 36 ounces
(or as close as possible without going over)
11 ounces or larger to add up to 36 ounces



Juice

100% juice, with no sugar added, with at least 120% Daily Value (DV) for vitamin C

- Flavors allowed shown below
- Brands allowed shown below
- Frozen and non-frozen juice concentrate types shown below
- The following are allowed only when listed on the check:
 - 16 ounce frozen juice concentrate

Not allowed

- ✗ No blends, juice beverage, drinks, cocktail punch, or nectars
- ✗ No added zinc or other nutrients
- ✗ No organic

Frozen Concentrate in 10 to 16 ounces:

Apple

Best Yet Seneca (red label) Treetop (green label)



Grape

Welch's White
(yellow pull-strip)

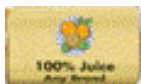


Welch's Purple
(yellow pull-strip)



Orange

Any brand



Pineapple

Dole



Non-frozen concentrate in 11.5 ounces:

(Juicy Juice brand only in the flavors below)

Berry



Punch



Apple



For Infants 6 months old and older

Infant Cereal

Beech-Nut



Gerber



Nature's Goodness



- **8 ounce size container**

Not allowed

- ✗ No DHA/ARA, prebiotic, or probiotic
- ✗ No added formula, milk, fruit, or yogurt
- ✗ No jars, cans, or single serving packets
- ✗ No organic

Baby Fruits and Vegetables

Beech-Nut



Gerber



Nature's Goodness



- **4 ounce jars only for fruits and vegetables**

Not allowed

- ✗ No DHA/ARA, prebiotic, or probiotic
- ✗ No "dinners," desserts, yogurts, soups, stews, or pastas
- ✗ No added sugars, cereal or starches (like whole wheat flour, oat flour)
- ✗ No organic

For Exclusively Breastfed Infants 6 months old and older

Baby Meats

Beech-Nut



Gerber



Nature's Goodness



- **2.5 ounce jar only for meat**
- **May contain broth or gravy**

Not allowed

- ✗ No DHA/ARA
- ✗ No "dinners," soups or stews
- ✗ No added rice, noodles, or other pastas
- ✗ No organic

For Exclusively Breastfeeding Women

Canned Fish

- Any brand of the types of canned fish listed below
- Sizes for each type of fish as listed below



Pink salmon in its own juice

- 7.5 ounce can only

Not allowed

- × No flavored
- × No red, sockeye, or blueback
- × No boneless or skinless
- × No pouches or snack packs
- × No organic

Mackerel in any sauce

- 15 ounce can only

Not allowed

- × No organic



Sardines in any sauce

3.75 ounce can only

Not allowed

- × No organic

Chunk light tuna in water

- 5 ounce can only

Not allowed

- × No albacore or fancy white tuna
- × No pouches or snack packs
- × No organic

