

## For Breastfeeding Women Only



### Pink Salmon

Canned pink salmon as printed on WIC check.

Size: **6 to 7.5 ounce can OR**  
**14.75 ounce can**

Cannot buy red, boneless, smoked, or in pouches.

- OR -

### Tuna



Water packed, dolphin safe chunk light tuna as printed on WIC check.

Size: **5 to 6 ounce can**

Cannot buy Albacore or white tuna.



### Carrots

Fresh package or loose whole carrots without tops in quantity printed on WIC check.

Size: **1 or 2 pounds**

Cannot buy fresh cut or baby carrots.

## For Infants



### Infant Formula

Iron fortified formula as printed on WIC checks.

Cannot buy low iron formula.

### Infant Cereal

#### Gerber Brand Only

Barley, Mixed, Oatmeal, or Rice.

Size: **8 or 16 ounce box**



Cannot buy high protein cereals or cereals with yogurt, fruit, or infant formula.

-Organic Foods Not Allowed-

Types, sizes, and brands are subject to change.



Linda Lingle, Governor

Chiyome Leinaala Fukino, M.D., Director of Health

Hawaii State Department of Health  
WIC Services Branch

This institution is an equal opportunity provider.

# Hawaii WIC Program Food List



### Milk

**Only least expensive fluid** pasteurized: whole, reduced (2%), lowfat (1%), or fat free (skim or nonfat) in **gallon** size containers or as printed on WIC checks.

May be calcium plus or extra rich.

Any **evaporated** milk in a **12 ounce** can.

Any **powdered** milk up to the quantities specified.

**Recombined** pasteurized milk may be substituted for fluid milk.

Must be domestic.

Cannot buy any goat, rice, soy, or flavored milk.

#### When Printed on WIC Checks

**Acidophilus, Lactose-Free, or Lactose-**

**Reduced:** whole, 2%, 1%, or fat free in ½ gallon container only.

May be calcium fortified.

-Organic Foods Not Allowed-

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www.hawaiiwic.com

For Information on Oahu Call 586-8080

On Neighbor Islands Call Toll Free 1-888-820-6425

## Peanut Butter

Plain, smooth, chunky, crunchy, extra crunchy, natural.



Size: **8 ounce jar or larger to equal up to 18 ounces**

Cannot buy “peanut butter spread,” or with added jam, jelly, honey, chocolate or flavors, or in squeeze tubes.

## Beans, Peas, and Lentils

Dried beans, peas, and lentils.



Size: **8 ounce package or larger to equal up to 16 ounces**

Cannot buy cooked, canned, or frozen beans, peas, or lentils, or mixed beans with flavor packet, grains, or spices.

## Juice



**All Juice Must Be:** 100% juice, with no sugar added, with at least 120% Daily Value (DV) for vitamin C.

**Frozen Concentrate in 10 oz.-12 oz. Cans**  
**These Brands Only**

Apple – Best Yet, Minute Maid with Calcium  
Orange – Minute Maid (Original, Pulp Free, Low Acid or Original with Calcium)  
Pineapple – Dole  
Purple Grape – Welch’s (yellow pull strip)  
White Grape – Welch’s (yellow pull strip)

Cannot buy non-frozen concentrate and any juice with added zinc or other nutrients.

## Cereal



**Kix**  
**Life**

**Product 19**  
**Special K**

**Crunchy Corn Bran**  
**Bran Flakes – (Post)**

**Cream of Wheat, Regular Flavor Only, Instant,**  
1 minute, 2 ½ minute, or 10 minute (Nabisco)

**Chex - Corn, Rice, Wheat, Multi Bran**

**Corn Flakes – Best Yet, Kellogg’s,**  
General Mills (Country Corn Flakes),  
Western Family

**Crispy Rice – Best Yet, Ralston, Safeway,**  
Springfield, Western Family

**Frosted Mini-Wheats Bite-Sized – (Kellogg’s)**  
**Honey Bunches of Oats Honey Roasted – (Post)**

**Instant Oatmeal, Regular Flavor Only,** box of individual packets (Quaker)

**Toasted Oats – Best Yet, Safeway, Springfield,**  
General Mills (Cheerios, Multi Grain Cheerios), Western Family

**Total – Whole Grain**

Size: **9 ounce box or larger to equal up to 36 ounces**

Cannot buy more than 36 ounces of cereal.

## Cheese

Cheddar, Colby, Mozzarella, Swiss, or Monterey Jack.



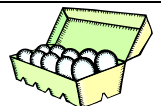
Mild, medium, sharp, extra sharp, reduced or fat free. Must be domestic in block or ball.

Size: **1 pound (16 ounces) only**

Cannot buy shredded, sliced, cube, string, imported, deli cheeses, or cheese with peppers, herbs, or flavors.

## Eggs

White, Grade A Chicken Eggs.



Size: **One dozen medium or large**

Cannot buy brown, fertile, or pasteurized eggs.