

Effective October **2016**

# Utah WIC Program



## Authorized WIC Foods



Healthy Children, Healthy Families

## Using your WIC Checks



1. Take your WIC ID Packet with your checks to any WIC approved store.

2. Use the checks for the current month based on the "First Date to Use" and "Last Date to Use."

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First Date to Use: 1/1/2016  
Last Date to Use: 1/31/2016

3. Separate your WIC items, by check, from your other purchases.

4. If you cannot find an item, speak with customer service or a grocery clerk.

5. At the cash register, give your WIC check(s) and WIC ID Packet to the cashier.

6. The cashier will write in the correct purchase price.

7. Sign within the box using black ink. Your signature must match the signature on your WIC ID Packet.

- ▶ You may not return your WIC foods to the store for cash, credit or other items.
- ▶ Please treat store staff with respect and courtesy.
- ▶ If you have problems at the grocery store, speak with the store manager to resolve the problem. If the manager is unable to resolve the problem, call your WIC clinic or the State WIC Program at **1-877-WIC-KIDS**. Make sure to keep track of the store name, date/time, names of people involved, and save your receipt.



## Never sell, trade, or give away WIC foods; this is considered fraud.

It is not required to purchase all items on your checks. Speak to the WIC staff if you do not use or need all the foods listed on your checks. If you suspect any fraud, please report it to your local WIC clinic.

**\*Store Brands/Private Labels:** A store brand (also called a private label) must be purchased when indicated in the Utah Authorized WIC Foods booklet. Some examples of store brands/private labels include: Western Family, Kroger, Great Value, Signature Kitchens, Signature Farms, Lucerne, Harmons, Market Pantry, WinCo, (Malt-O-Meal cereals are authorized under this definition). Other store brands/private labels may be available. If a store carries more than one store brand/private label then either product may be purchased regardless of price. If the store does not carry a store brand/private label for the WIC food item, then the cheapest brand can be purchased.

When certain brands are specified in the Authorized WIC Foods booklet, only those brands listed may be purchased.

**Organic:** Organic food items are not allowed except for fresh fruits and vegetables.

**Special Food Letter:** Foods not listed in this booklet may only be purchased if your WIC clinic gives you a "Special Food Letter." The letter must be printed on local or State Health Department letterhead.



## Infant Cereal

**Buy:** Dry, 8 oz box

Gerber, Beechnut, Parent's Choice

- Oatmeal
- Rice
- Mixed Grain/Multigrain
- Barley
- Whole Wheat



**Do Not Buy:** With added formula, fruit, yogurt, probiotics or DHA/ARA; Beechnut Good Morning, organic

## Baby Food

**Buy:** Single fruit, single vegetable, mixed fruits, mixed vegetables, or fruits mixed with vegetables.

4 oz jar, Stage 2 and 2 ½ Textures are allowed

- Beechnut Classics, Beechnut Naturals, Yummy Naturals, Tippy Toes



**2-packs count as 2 jars**

4 oz 2-packs

- Gerber



**Do Not Buy:** Medleys, dinners, delights, custards, cobblers, desserts, organic or added: DHA/ARA, cereal, pasta, rice, meat, sugar, salt

## Baby Food Meat

**Baby food meats are an extra benefit for fully-breastfed infants.**

**Buy:** "Single meat" variety with added broth or gravy

- 2.5 oz jar
- Gerber, Beechnut Classics, Yummy Naturals, Tippy Toes



**Do Not Buy:** Meat sticks, dinners, organic or added: DHA/ARA, pasta, rice, vegetables, sugar, salt

## Infant Formula

**Buy:** Size and description as printed on check

## Milk

### Buy: \*Store brand/private label

- Pasteurized. Size, description, and fat content as printed on check.
- Lactose-free milk only if printed on check



**Do Not Buy:** Flavored, Skim Royale/Delight, unpasteurized, raw

## Cheese

### Buy: \*Store brand/private label

- Block, mozzarella string, domestic. May combine different sizes to equal amount printed on check. Package or individual (1 oz) mozzarella string cheese equaling 16 oz are authorized.
- Cheddar (*mild, medium, or sharp*)
- Colby/Colby Jack
- Longhorn/Longhorn Colby
- Monterey Jack
- Mozzarella
- Swiss



**Do Not Buy:** Deli, sliced, shredded, reduced-fat, cheese food/spread/product, name brand string cheese.

## Eggs

### Buy: \*Store brand/private label

- Large or medium, white

**Do Not Buy:** Brown, cage-free, omega-3



## Yogurt

**Buy:** 32 oz containers or smaller containers in combinations that equal 32 oz.

- Any flavor
- Fat content as printed on check
- Added fruit is allowed








**Do Not Buy:** Yogurts sold with accompanying mix-in ingredients such as granola, candy pieces, honey, nuts and similar ingredients, drinkable yogurts, yogurts in tubes

### Reduced Fat/Lowfat/Non-Fat Yogurts

- |   |                       |   |
|---|-----------------------|---|
|    | • Market Pantry       | • Activia          |
|    | • Lucerne             | • Activia   |
|   | • Regular             | • Activia Light   |
|   | • Greek               |   |
|    | • Open Nature Greek   | • Yoplait          |
|    | • Great Value         | • Original  |
|    | • Kroger              | • Light   |
|    | • Western Family/     | • Thick & Creamy  |
|    | Shurfine              | • Light Thick & Creamy  |
|   | • Regular             | • Greek   |
|   | • Greek (Nonfat/Lite) | • Greek 100 Calories  |
|  | • Dannon              | • Greek Blended   |
|   | • Regular             | • Trix/ Kids Character  |
|   | • Light & Fit         | • Lactose Free  |
|   | • Light & Fit Greek   | • Mountain High  |
|  | • Oikos               | • Brown Cow      |
|   | • Oikos 0%            | • Smooth & Creamy   |
|   | • Oikos Triple Zero   |   |

**Whole Fat Yogurts** only available in 32 oz containers

- |   |                                |
|---|--------------------------------|
|  | • Dannon                       |
|  | • Mountain High Original Style |
|  | • Oikos 4% Greek               |
|  | • Brown Cow                    |
|  | • Kroger                       |



# Juice

**Buy:** \*Store brand/private label

- Unsweetened, 100% juice; single flavor only
- Size as printed on check
- Regular flavor or low sodium for tomato/vegetable juice

**Do Not Buy:** Refrigerated juices (except orange juice), cocktails, blends, nectars, ciders, 59 oz container

**Calcium-fortified juice and cranberry juice require a Special Food Letter.**

- Children:** 64 oz container
- 64 oz refrigerated container for orange juice is allowed



Apple | Grape or White Grape | Tomato | Orange



Apple | Grape or White Grape | Pineapple  
Grapefruit | Orange | Vegetable



Apple | Grape or White Grape | Pineapple | Grapefruit  
Tomato or Vegetable | Orange



Apple | Grape or White Grape | Tomato  
or Vegetable | Orange | Prune



Apple | Grape or White Grape | Orange | Tomato or  
Vegetable | Pineapple | White Grapefruit



Apple | Grape or White Grape | Vegetable

**Women:** 12 oz Frozen Juice



**Signature Kitchens:**  
Apple | Grape | Orange



**Great Value:** Apple | Orange  
Grape



**Kroger:** Grape | Grapefruit  
Pineapple | Orange | Apple



**Western Family:** Apple | Grape  
Orange | Grapefruit



**WinCo:** Apple | Orange



**Market Pantry:** Apple | Orange  
Grape

## Fruits & Vegetables



**Buy:** Dollar amount as listed on cash value voucher

- Whole, pre-cut or packaged fresh fruits & vegetables
- All types of potatoes are allowed
- Fresh salsa without added sugar or oil is allowed
- Organic allowed

**Do Not Buy:** Frozen, canned, dried, roasted, decorative, packages/party trays with dips, dressings, added nuts or noodles, salad bars, herbs and spices (see below), salsa with sugar or oil, pasteurized salsa

**The following herbs and spices are not allowed:**

Aloe vera, anise, basil, bay leaves, caraway, chervil, chives, cilantro, dill, fenugreek, horseradish, lemon grass, marjoram, mint, oregano, parsley, rosemary, sage, savory, tarragon, thyme, vanilla bean



If the total purchase price of fruits and vegetables is above the maximum amount listed on your check, you can pay the difference.

Do not sign your check until the cashier has written in the total purchase price. This should not be more than the amount listed on your check.



## Beans & Lentils



**Buy:** \*Store brand/private label

- 1 lb (16 oz) dry package
- Low sodium allowed
- 15-16 oz can
- Black, Black-eyed Peas, Butter Beans, Fat Free Refried Beans, Garbanzo (chickpeas), Great Northern, Kidney, Lentils, Lima, Navy, Pinto, Red, Split Peas, White

**Do Not Buy:** Added vegetables or fruits, added sugar, fats or oils, flavored, bean soup mix, mayocoba, mixed beans, chili, baked beans, beans with meat, canned green peas, snap beans, green beans, wax beans, any other variety of refried beans

## Peanut Butter

**Buy:** \*Store brand/private label

- 16-18 oz creamy, crunchy, extra crunchy, reduced fat or natural

**Do Not Buy:** Added honey/jelly, marshmallows, chocolate, or other similar ingredients, peanut butter spreads/reduced fat spreads



## Canned Fish



*Canned fish is an extra benefit for mothers who are fully breastfeeding.*

**Buy:** \*Store brand/private label

- 5 oz chunk light tuna, pink salmon, or jack mackerel
- Water or oil packed

**Do Not Buy:** Solid white or chunk white albacore tuna; red, blueback, atlantic, or sockeye salmon; low sodium; gourmet; flavored/seasoned; pouches

# Cereal

**Buy:** \*Store brand/private label, (12 oz sizes or larger for cold cereal). Boxes or bags in combinations equal to or less than amount printed on check. **May buy hot cereal as part of combination.**

**Do Not Buy:** Cold cereal box sizes smaller than 12 oz, added fruit, or low sugar

These store brand/private label cereals meet the Federal WIC guidelines for iron and sugar content.



**Signature Kitchens:** Bran Flakes | Toasted Oats | Frosted Shredded Wheat (bite-size) | Corn Flakes | Crispy Rice | Rice Pockets | Honey Oats & Flakes (Original or Almonds)



**WinCo:** Toasted Oats | Corn Flakes | Frosted Shredded Wheat (bite-size) | Crispy Rice | Bran Flakes



**Great Value:** Crunchy Honey Oats | Frosted Shredded Wheat | Bran Flakes | Corn Flakes | Crisp Rice | Crunchy Nuggets | Toasted Corn | Toasted Rice | Toasted Wheat | Toasted Oat | Crunchy Oat Squares



**Western Family:** Corn Flakes | Frosted Shredded Wheat (bite-size) | Corn Squares | Rice Squares | Crisp Rice | Wheat Squares | Toasted Oats | Wheat Bran | Oats & More (Original or Almonds) | Nutty Nuggets

## Hot Cereal (Regular flavor only unless specified)



**Kroger:** Rice Bitz | Oat Squares | Corn Flakes | Frosted Shredded Wheat (bite-size; Original, Blueberry or Strawberry) | Nutty Nuggets | Bran Flakes | Honey Crisp Medley (Original or Almonds) | Living Well | Crispy Rice | Multi-Grain Toasted Oats



**Western Family:** Creamy Wheat Farina | Instant Oatmeal (packets only)



**WinCo:** Instant Oatmeal (packets only)



**Kroger:** Instant Oatmeal (packets only) | Instant Grits Original



**Signature Kitchen's:** Instant Oatmeal (packets only)



**Great Value:** Instant Oatmeal (packets only)



**Market Pantry:** Frosted Shredded Wheat (bite-size; Original or Strawberry) | Toasted Oats | Honey & Oat Mixers (Original or Almonds) | Toasted Rice



**Cream of Wheat:** Cream of Wheat Instant Whole Grain | Whole Grain Cream of Wheat | Cream of Wheat Instant | Cream of Wheat 1 Minute | Cream of Wheat 2 1/2 Minutes | Cream of Rice (Regular or Instant)



**Malt-O-Meal:** (Bags or Boxes)  
Oat Blenders with Honey (Original or Almonds)  
Frosted Mini Spooners (Original, Blueberry or Strawberry Cream) | Crispy Rice



**Malt-O-Meal:** Original Hot Wheat | Chocolate Hot Wheat



## Whole Grain Options

# Whole Wheat Bread

**Buy:** 100% Whole Wheat Bread, 16 oz



**Dunford Bakers:** Wheat Bread, Multigrain Bread



**Smith's:** 100% Whole Wheat Round Top Bread



**Sara Lee:** Classic 100% Whole Wheat



**Franz:** 100% Whole Wheat



**Wonder:** 100% Whole Wheat



**Bimbo:** 100% Whole Wheat



**Nature's Own:** 100% Whole Wheat with Honey



**Great Grains:** 100% Whole Wheat Bread

**Do Not Buy:** Buns, rolls, bagels, white bread

# Brown Rice

**Buy:** \*Store brand/private label

- 14 oz (Instant only)
- 16 oz (Regular, quick-cooking)

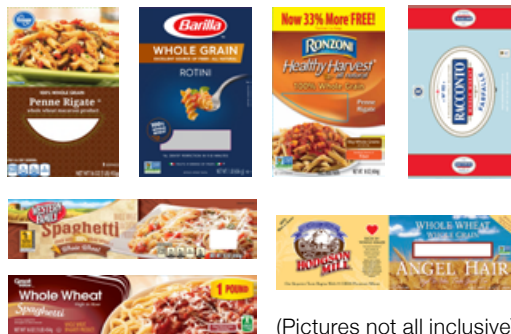
**Do Not Buy:** Boil-in-bag, ready-to-serve, added flavors/seasonings



# Whole Wheat Pasta

**Buy:** 100% Whole Wheat Pasta, 16 oz

- Whole wheat flour and/or whole durum wheat flour must be the only flour ingredients listed



(Pictures not all inclusive)



**Kroger**



**Western Family**



**Great Value**



**Hodgson Mills**



**Barilla**



**Ronzoni**



**Racconto**



**Do Not Buy:** Pasta made with white flour or a mix of different types of flour or with added sugars, fats, oils, or salt (sodium)

# Tortillas

**Buy:** Whole Wheat or Corn Tortillas, 16 oz

**Great Value:**  
Whole Wheat



**Kroger:**  
Whole Wheat



**La Burrita:**  
Yellow Corn



**MiCasa:**  
Whole Wheat



**La Victoria:**  
Whole Wheat



**Ortega:**  
Whole Wheat



**La Banderita:**  
Whole Wheat  
or Corn



**Herdez:**  
Fajita Whole Wheat  
White Corn



**Don Pancho:**  
Whole Wheat  
or White Corn



**Do Not Buy:** White flour tortillas, hard shells, wraps, uncooked

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1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;
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- (3) **email:** [program.intake@usda.gov](mailto:program.intake@usda.gov).

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## Breastfeeding | A Gift for Life:

- ✓ Doctor Recommended
- ✓ Perfect Nutrition
- ✓ Less Infections
- ✓ Reduces Childhood Obesity

For help with breastfeeding call your WIC clinic.

