

100% JUICE ONLY

64 oz. NON-REFRIGERATED & REFRIGERATED CONTAINERS • FOR CHILDREN ONLY

ANY BRANDOrange (regular, w/calcium, w/pulp, etc.)
Grapefruit**BEST YET**Apple Cranberry Pineapple
Cranberry Grape Purple Grape Vegetable
White Grape**DIANE'S GARDEN**

Vegetable (from concentrate)

ESSENTIAL EVERYDAY (Acme)Apple (w/calcium & vitamin D) Apple
Cranberry Grape Pineapple
Tomato Tomato (low sodium)
Vegetable Vegetable (low sodium)**GREAT VALUE (Walmart)**Apple Grape Tomato
White Grape Vegetable**HANNAFORD BROTHERS CO.**

Apple Grape

HARVEST HILL

Juicy Juice (Any flavor)

HY-TOPApple Cranberry Grape
Grape Tomato
Vegetable**IGA**

Apple Grape

KEY FOODApple Apple Cranberry
Cranberry Pineapple
Grape Cranberry White Grape**KRASDALE**

Apple Grape

MARKET PANTRY (Target)

Apple Grape Tomato

MY ESSENTIALS

Apple Grape

NATURE'S OWN

Apple Grape

PARADE

Apple Grape

RED & WHITEApple Cranberry
Cranberry-Apple Cranberry-Grape
Grape**SHOPRITE**Apple Cranberry
White Grape Vegetable (low sodium)**SIGNATURE KITCHENS (Acme)**Apple Cranberry Cranberry Plus
Grape Pineapple Tomato
Vegetable White Grape**STOP & SHOP**Apple Apple (w/ 20% calcium)
Cranberry (3 juice blend) Grape
Tomato Vegetable**TIPTON GROVE**Apple (from concentrate)
Grape (from concentrate)**WEGMANS**

Apple

Apple (from concentrate w/20% calcium)

Cranberry (from concentrate; 3 juice blend)

Cranberry-Apple (from concentrate w/juice blend)

Cranberry-Concord Grape (from concentrate w/juice blend)

Cranberry-Raspberry (from concentrate; 4 juice blend)

Grape (from concentrate w/10% calcium & 10% fiber)

Grape (from concentrate)

WEIS

Apple (calcium fortified)

Cranberry Blend

Cranberry-Apple Blend

Cranberry-Grape Blend

Cranberry-Raspberry Blend

Purple Grape

Tomato

Vegetable

White Grape

100% JUICE ONLY11.5-12 oz. FROZEN CONCENTRATE CONTAINERS
(FOR WOMEN ONLY)**ANY BRAND**Orange (regular, w/calcium, w/pulp, etc.)
Grapefruit**BEST YET**

Apple

SIGNATURE KITCHENS (Acme)

Apple

ESSENTIAL EVERYDAY (Acme)

Apple Grape

GREAT VALUE (Walmart)

Apple Grape

HANNAFORD BROTHERS CO.

Apple (from concentrate)

MARKET PANTRY (Target)

Apple Grape

MY ESSENTIALS

Apple (from concentrate)

PARADE

Apple

SHOPRITE

Apple

STOP & SHOP

Apple Grape

TIPTON GROVE

Apple

WEGMANS

Apple Apple (w/calcium)

WEIS

Apple

100% JUICE ONLY11.5 oz. CAN ONLY • FOR WOMEN ONLY
SHELF-STABLE POURABLE CONCENTRATE**WELCH'S 100% JUICE POURABLE CONCENTRATE**

Apple Grape

NOT ALLOWED FOR ALL SIZE JUICES

Juices not listed above; products that are not 100% juice (drinks, ades, nectars, coolers, beverages, Hi-C, cocktails, twisters, splashes, punches, juices with added sugar, sugar substitute or DHA/ARA, baby juices); sizes not listed above; organic juices

BREAKFAST CEREALS**MEETS MINIMUM REQUIREMENTS PER OUNCE FOR IRON CONTENT (≥ 45% RDA) AND SUGAR CONTENT (<6 GRAMS)****STORE BRAND COLD CEREALS**

18 OZ. UP TO 36 OZ. ALLOWED

CORN FLAKESBest Yet Ralston
Great Value (Walmart) Red & White
Hy-Top Signature Kitchens (Acme)
IGA ShopRite
Key Food Shurfine
Kemach Stop & Shop
Kiggins Wegmans
Krasdale Weis
My Essentials
Parade**OTHER CEREALS**

Great Value/Walmart (Crisp Rice)

Great Value/Walmart (Tasteeos)

Kemach (Bran Flakes)

Kemach (Crisp Rice)

Wegmans (Multi-Grain Toasted)

Weis (Oats & More with Honey)

Weis (Wheat Flakes)

NATIONAL BRAND COLD CEREALS

18 OZ. UP TO 36 OZ. ALLOWED

GENERAL MILLS

Cheerios (plain only) Go Diego Go

Dora the Explorer Kix (plain only)

KELLOGG'S

All Bran Complete Wheat Flakes

Corn Flakes

Rice Krispies

Special K Original

MALT-O-MEAL

Crisp Rice

Oat Blenders with Honey

POST

Grape Nut Flakes

Honey Bunches of Oats (honey roasted)

Honey Bunches of Oats (w/Almonds)

Honey Bunches of Oats (w/Cinnamon Bunches)

HOT CEREALS

UP TO 36 OZ. ALLOWED

B & G FOOD

Cream of Wheat (1 minute) (28 oz.)

Cream of Wheat (2 1/2 minutes) (28 oz.)

Cream of Wheat Whole Grain (2 1/2 minutes) (18 oz.)

Cream of Wheat Enriched Farina (10 minutes) (28 oz.)

BEST YET

Instant Oatmeal Original (11.8 oz.)

ESSENTIAL EVERYDAY (Acme)

Instant Oatmeal Original (11.8 oz.)

FARINA MILLS

Farina Creamy Hot Wheat Cereal Original (28 oz.)

HY-TOP

Instant Oatmeal Original (11.8 oz.)

IGA

Instant Oatmeal Original (11.8 oz.)

KEY FOOD

Instant Oatmeal Original (11.8 oz.)

MALT-O-MEAL

Malt-o-Meal Original (36 oz.)

PARADE

Instant Oatmeal Original (11.8 oz.)

QUAKER

Instant Grits Original (12 oz.)

SHOPRITE

Instant Oatmeal Original (11.8 oz.)

STOP & SHOP

Instant Oatmeal Original (11.8 oz.)

WEIS

Instant Oatmeal Original (11.8 oz.)

NOT ALLOWED FOR ALL CEREALS

Cereals not listed above; organic cereals; sizes not listed above

EGGS**ANY BRAND**

- Grade A large only
- White only
- One dozen (12 eggs) carton only

NOT ALLOWED

1/2 dozen cartons (6 eggs); cooked eggs; jumbo eggs; extra large eggs; medium eggs; brown eggs; specialty eggs; low cholesterol eggs; organic eggs; Eggland's Best; cage-free/free range eggs; eggs with Omega-3

BEANS, PEAS and LENTILS**ANY BRAND**

- DRY (varieties of mature beans, peas or lentils; 16 oz. only)
- CANNED (varieties of mature beans, peas or lentils; 15.5-16 oz. only)

NOT ALLOWED

Green beans; green peas; snap beans; orange beans; wax beans; baked beans; pork and beans; beans with meat (such as franks and beans); canned beans with added sugars, fats, meat or oils; organic beans; soups

PEANUT BUTTER

16 OZ. - 18 OZ ONLY

ALLOWED - STORE BRANDS, SKIPPY, JIF

- Creamy or crunchy
- Reduced/Low fat
- Natural

NOT ALLOWED

Organic peanut butter; peanut spread; freshly ground or whipped peanut butter; peanut butter mixed with jelly, marshmallow, chocolate or honey; peanut butter with added vitamins and minerals

Breastfeeding is Baby's Best Start . . .

BABY FOOD – MEATS

FOR FULLY BREASTFEEDING INFANTS
6 THROUGH 11 MONTHS OLD

ANY BRAND

- Amount and size listed on your WIC check
- Single meat or poultry varieties w/broth or gravy

NOT ALLOWED

Infant food combinations (such as meat and vegetables; infant dinners (such as spaghetti and meatballs); baby foods with added sugars or salt; organic baby meats

BABY FOODS FRUITS & VEGETABLES

ANY BRAND

- Amount and size listed on your WIC check
- Variety of single ingredient commercial infant food fruit
- Variety of single ingredient commercial infant food vegetable
- Combination of plain single ingredients such as peas & carrots or apples & bananas
- The 2 (4oz.) packs and the 4 oz. individual containers are allowed.
- One 2 pack counts as 2 (4oz.) individual containers

NOT ALLOWED

Baby foods with added sugars, starches, or salt; baby food mixtures with cereal or infant food dessert (such as peach cobbler); organic baby food; any variety of baby foods that contain DHA or yogurt

INFANT CEREAL

- Brand, size and amount listed on your WIC check
- 8 oz. containers only
- Plain varieties only
- Rice, Oatmeal, Mixed Grains, Whole Wheat

NOT ALLOWED

Organic infant cereal; infant cereal with extra ingredients such as DHA, formula, fruit, yogurt or added protein

INFANT FORMULA

Brand, size and amount listed on your WIC check

MILK

- Plain pasteurized cow's milk only
- Type, size and amount listed on your WIC check

STORE BRAND ONLY

Fluid

ANY BRAND

- Dry/Powdered
- Evaporated/Canned (12 oz. cans only)
- Lactose Reduced or 100% Lactose Free
- UHT Milk (shelf stable)

NOT ALLOWED

"Plus" milk; goat milk; rice milk; milk with added flavor or sugar; cultured buttermilk; acidophilus cultured milk; Kefir cultured milk; organic milk; Leche Klim; half and half; milk with added calcium; ultraskim and superskim milk products

SOY MILK

- Size and amount are listed on your WIC check
- 8th Continent Original Soy Milk
- 8th Continent Vanilla Soy Milk
- Silk Original Milk

CHEESE

- Cheese made in the USA from 100% pasteurized cow's milk only
- Cheese labeled low or reduced cholesterol; low or reduced fat, or low or light sodium are allowed
- Individual slices, blocked or shredded are allowed.

ANY BRAND

16 oz. package only in the following varieties:

American (Pasteurized Process)	
Cheddar	Colby
Monterey Jack	Muenster
Mozzarella (Part Skim or Whole)	
Provolone	Swiss

NOT ALLOWED

Individually wrapped slices; deli cheese; imported cheese; cheese food; cheese spread; cheese product, flavored cheese; string cheese; organic cheese

TOFU

- 16 oz. only
- Azumaya Tofu Silken
- House Foods America Firm
- House Foods America Medium Firm
- House Foods America Extra Firm

NOT ALLOWED

Tofu with added fats, sugars, oils or sodium; organic tofu

CANNED FISH

FOR EXCLUSIVELY BREASTFEEDING WOMEN ONLY

ANY BRAND – Any combination up to amount listed on WIC check.

IBERIA JACK MACKEREL ONLY

(15 oz. cans packed in water or oil only; may contain bones and skin; plain varieties only)

LIGHT TUNA

(minimum 5 oz. cans packed water only; plain varieties only)

PINK SALMON

(7.5 oz. and 14.75 oz. cans packed in water or oil only; plain varieties only)

SARDINES

(3.75 oz. cans packed in water or oil only (may contain bones and skin; plain varieties only)

NOT ALLOWED

Albacore tuna, blueback salmon, red salmon; flavored fish; fish with added ingredients; organic fish; fish in pouches; fish in individual serving size containers

DO NOT FORGET

to separate your WIC food items by each WIC check. This will help you in using the WIC checks properly and it would also help the cashier who is ringing up the WIC items for each check.

100% WHOLE GRAIN PRODUCTS

100% WHOLE WHEAT BREAD PRODUCTS (16 oz. package only)

AMERICA CHOICE

ARNOLD

Stone Ground 100% Whole Wheat Bread

BEST YET

BIMBO

ESSENTIAL EVERYDAY

FRANCZOS

GOLD MEDAL

HANAFORD

KEY FOOD

KRASDALE

PAS

PEPPERIDGE FARM

Light Style & Stone Ground

SARA LEE

SHOPRITE

SIGNATURE KITCHENS

STERN'S

100% Whole Wheat Rolls (8 count)

100% Whole Wheat Bread

STOP & SHOP

SUNGRAIN

WINDMILL FARMS

100% Stone Ground Whole Wheat Bread w/Gluten, Hamatzie

100% Stone Ground Whole Wheat Bread w/Gluten, Mezonos

WONDER

OTHER WHOLE GRAIN PRODUCTS

BROWN RICE

- Any brand 16 oz. package
- Plain brown rice packed in boxes or bags
- May be instant, quick or regular cooking

NOT ALLOWED

Brown rice with added sugars, fats or salt; brown rice with other added ingredients; organic brown rice

TORTILLAS – (16 oz. package only)

America Choice - Whole Wheat

Carlita - Soft White Corn, Whole Wheat

Celia's - Whole Wheat, Yellow Corn

Chi Chi's - White Corn, Whole Wheat

Don Pancho - White Corn, Whole Wheat

Herdez - Corn, Whole Wheat

Key Food - White Corn, Whole Wheat

La Banderita - Corn

La Burrita - Corn

Mayan Farm - Whole Wheat

Mex-America - Whole Wheat w/Honey

Mission - Yellow Corn, Whole Wheat

My Essentials - Whole Wheat

Ortega - Whole Wheat

ShopRite - Whole Wheat Flour

Stop & Shop - White Corn, Whole Wheat Flour

Wegmans - Whole Wheat

Weis - Whole Wheat

100% WHOLE WHEAT PASTA PRODUCTS (16 oz. package only)

Allegra - Spaghetti

Barilla - Angel Hair, Elbows, Linguine, Medium Shells, Penne, Rotini, Spaghetti, Thin Spaghetti

Bionaturae Organic - Fettuccine, Fusili, Penne Rigate, Rigatoni, Spaghetti

Essential Everyday - Penne Rigate, Rotini, Spaghetti, Thin Spaghetti

Gia Russa - Angel Hair, Linguine, Penne Rigate, Rotini, Spaghetti

Great Value - Thin Spaghetti

Heartland - Elbow, Rotini

Hodgson Mill - Angel Hair, Elbows, Spirals, Thin Spaghetti

Ronzoni - Linguine, Penne Rigate, Rotini, Spaghetti, Thin Spaghetti

ShopRite - Penne Rigate, Rotini, Spaghetti

Via-Roma - Penne Rigatoni, Spaghetti

Weis - Angel Hair, Penne Rigate, Rotini, Spaghetti

Only food items submitted through the State review process and approved are allowed. NO EXCEPTIONS.

WIC participants are entitled to any of the items listed on the food list that are available on the store shelves. This Food List is subject to change.

NEW JERSEY WIC PROGRAM

APPROVED FOOD LIST

EFFECTIVE January 2017

Use this WIC food list, your WIC ID Folder, and your WIC checks to help you correctly select approved foods on the WIC checks. Be sure to purchase all items listed on your checks.

Do not forget to use your WIC checks within the **First Day to Use** and **Last Day**

to Use dates identified on the WIC checks. Do not forget to sign the WIC check(s) **after** the cashier writes the correct price on it. No substitutions of unapproved brands or sizes of WIC foods allowed. No rain checks. No cash, credit or returns allowed for WIC checks or WIC foods. Only type, sizes and amounts listed on WIC checks are allowed.



THIS INSTITUTION
IS AN EQUAL
OPPORTUNITY PROVIDER