

Vermont WIC Approved Products List

Effective October 1, 2016

[changes highlighted in yellow]

The foods listed below are approved by Vermont WIC. **Foods listed below qualify for compliance** with Vermont WIC’s Minimum Inventory standards for retail vendors.

USDA/FNS, with the assistance of the Institutes of Medicine, has established **guidelines** that state WIC programs must follow in selecting foods for the state’s Approved Products List. To review the guidelines, go to: www.fns.usda.gov/wic/wic-food-packages-regulatory-requirements-wic-eligible-foods

Some quantities and sizes in this list (e.g. 16 oz loaves of bread) are dictated by the FNS standards for WIC food packages.

To request that a food be added to an “any brand” category of the Vermont WIC Approved Products List (APL), please review the proposed food items against the USDA/FNS standards first. If you believe the food would comply, following the directions found here, to submit your suggestion:

http://healthvermont.gov/wic/documents/Missed_UPC_guidance.pdf

Vermont WIC accepts **NEW** food items for consideration during the open submission timeframe beginning December 1, 2016 and closing March 31, 2017. Guidance can be found here:

http://healthvermont.gov/wic/product_submission_food_mfr.aspx

Juice		
Size Varieties Brands	<p>Juice for Kids:</p> <p>16 oz frozen Orange Juice</p> <p>Brands: Minute Maid and Any Store Brand Orange Juice (any style)</p> <p>64 oz Shelf stable bottle: These brands only- <i>any flavor</i>: Apple and Eve Apple and Eve Sesame Street Juicy Juice Northland</p> <p>These brands, <i>flavor specific</i>: Best Yet – Apple; Grape; White Grape; Pineapple; Grapefruit</p> <p>Great Value – Apple; Grape; White Grape; White Grape Peach</p>	<p>Juice for Women:</p> <p>11.5 & 12 oz frozen:</p> <p>Welch’s “yellow peel strip”, any flavor Old Orchard “green peel strip”, any flavor Dole, any flavor 100 % juice Minute Maid – orange juice (country style, pulp free, original, original w/calcium) Minute Maid – grapefruit juice</p> <p>Any Store Brand Orange Juice (any style)</p> <p>48 oz shelf stable bottle: These brands only– any flavor: Juicy Juice Northland Apple & Eve (no organic)</p> <p>These brands, flavor specific: Shurfine – Apple; Grape; Vegetable Best Yet – Grape</p>

	<p>Hannaford – Cranberry-Raspberry; Grape; White Grape; White Grapefruit</p> <p>IGA – Apple; Grape; White Grape; Grapefruit</p> <p>Langers – Apple; Red Grape; White Grape; Ruby Red Grapefruit</p> <p>Old Orchard – Apple; Apple Cranberry; Berry Blend; Pineapple</p> <p>Pics by Price Chopper – Apple; Grape; Grapefruit Cranberry-Raspberry; Pineapple</p> <p>Shurfine – Apple; Grape; Grapefruit Cranberry-Raspberry</p> <p>Signature Kitchens – Apple; Grape; Berry Blend; Pineapple; White Grapefruit; Cranberry Raspberry</p> <p>Tops – All Natural Apple; Grape; Cranberry Raspberry</p> <p>Welch’s – Grape Juice (no light, no fiber, no calcium) 100% White Grape Juice 100% Red Grape Juice</p> <p><u>64 oz Refrigerated Orange Juice</u> Brands Orange Juice: Hood Thomas Dairy and Any Store Brand</p>	
Restrictions	Only juices listed are allowed	
Breakfast Cereals		
Size	9 oz to 36 oz box sizes	
Varieties	<p>Whole grain cereals in red or with #</p> <p>Gluten Free in blue or with *</p> <p>Non-whole grain in black</p>	

Restrictions	<p>Only cereals listed are allowed. USDA/FNS requirements for nutrition and iron fortification must be met for cereals to be approved by WIC. See standards at: www.fns.usda.gov/wic/wic-food-packages-regulatory-requirements-wic-eligible-foods</p>	
National Brands Allowed	<p>General Mills Cheerios # (gluten free)* Multi-Grain Cheerios # (gluten free)* Cheerios + Ancient Grains # Chex – Corn # Chex - Rice * Chex – Wheat # Kix – Plain # Kix – Berry # Kix – Honey Kix # Total # Wheaties # Fiber One - Honey Clusters #</p> <p>Quaker Life # Oatmeal Squares: Hint of Brown Sugar # Oatmeal Squares: Hint of Cinnamon #</p> <p>Sunbelt Bakery Simple Granola Cereal #</p>	<p>Kellogg's Corn Flakes Frosted Mini Wheats – Original and Little Bites # Mini-Wheats (unfrosted) # Mini-Wheats Touch of Fruit in the Middle, Raspberry # Rice Krispies (plain) Rice Krispies (gluten free) * Special K Original Crispix</p> <p>Post Bran Flakes # Grape Nuts # Grape Nut Flakes # Honey Bunches of Oats: Vanilla Bunches # Honey Bunches of Oats: Honey Roasted Honey Bunches of Oats: Whole Grain Honey Crunch # Honey Bunches of Oats: Whole Grain Almond Crunch # Honey Bunches of Oats: with Almonds Honey Bunches of Oats: with Cinnamon Bunches Banana Nut Crunch #</p>
Store Brands Allowed	<p>Best Yet: Nutty Nuggets # Bran Flakes # Frosted Shredded Wheat # Toasted Oats Crispy Rice Corn Flakes</p> <p>Great Value Toasted Corn Cereal (Squares) Toasted Rice Cereal (Squares) Toasted Wheat Cereal # Crispy Rice Corn Flakes Frosted Shredded Wheat # Crunchy Honey Oats Crunchy Honey Oats with Almonds</p>	<p>My Essentials Crisp Rice Cereal Corn Flakes Frosted Shredded Wheat # Frosted Wheat Squares # Tostitos</p> <p>Pics by Price Chopper: Corn Flakes Toasted Oats Bran Flakes # Frosted Shredded Wheat # Crispy Rice Nutty Nuggets #</p>

	<p><u>Hannaford:</u> Corn flakes Crispy rice Toasted Rice Squares Toasted Corn squares Tostitos Nutty Nuggets # Crunchy Nuggets # Bran Flakes #</p> <p><u>IGA</u> Bran Flakes # Tostitos Bite Size Frosted Shredded Wheat # Corn Flakes Crispy Rice Corn Squares Rice Squares</p>	<p><u>Shurfine</u> Bran Flakes # Corn Flakes Corn Squares Crisp Rice Frosted Shredded Wheat # Rice Squares Toasted Oats Wheat Squares #</p> <p><u>Signature Kitchens:</u> Bran Flakes # Corn Flakes Crispy Rice Crunchy Nuggets # Rice Pockets Frosted Shredded Wheat # Toasted Oats</p> <p><u>TOPS</u> Bran Flakes # Frosted Shredded Wheat # Corn Flakes Crisp Rice Toasted Oats</p>
Hot Cereal		
Size	See below	
Varieties	Hot Oatmeal Hot Wheat Hot Rice Whole grain cereals in red or with # Gluten Free in blue or with * Non-whole grain in black	
Restrictions	No added sugar or fruit.	
Brands	<p><u>Brands/Products allowed:</u> Quaker Instant Oatmeal Original Packets 11.8 oz # Maypo Vermont Style Maple Oatmeal 19 oz # Maypo Instant Maple Oatmeal 14 oz # Cream of Rice – Original 14 oz * Cream of Wheat – Original Flavor (1, 2 ½, 10 minute) 28 oz</p>	

	<p>Cream of Wheat - Whole Grain (2 ½ minute) 18 oz #</p> <p>Store Brand Oatmeal:</p> <p>Best Yet Instant Oatmeal, Regular Flavor 11.8 oz #</p> <p>Great Value Original Instant Oatmeal 11.8 oz #</p> <p>Hannaford Instant Oatmeal, Regular 11.8 oz #</p> <p>IGA Instant Oatmeal, Regular Flavor 11.8 oz #</p> <p>O Organics Instant Oatmeal, Regular Flavor 11.29 oz #</p> <p>Pics by Price Chopper Instant Oatmeal, Regular Flavor 11.8 oz #</p> <p>Signature Kitchens Instant Oatmeal, Regular Flavor 11.8 oz #</p>
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Milk

Size Varieties Brands	<p>Low-fat (1%), Nonfat (skim) & Whole Milk Quarts, Half Gallons, Gallons Any brand</p> <p>Lactose reduced and Lactose free milk (whole, 1% and skim): Quarts, Half Gallons, Gallons Any brand</p> <p>Shelf stable (UHT) milk: Quarts Any Brand</p> <p>Dry milk powder (non-fat only): 25.6 oz packages Any brand</p> <p>Goat's Milk Meyenberg Whole milk: Half gallon and quart fluid and 12 ounce powdered Meyenberg Low-fat milk: Quart fluid and 12 ounce powdered</p>
Restrictions	No organic, no flavored, no glass bottles

Yogurt

Size	Allowed: 32 oz tubs, 8 packs of 2 oz tubes
Varieties	Plain and flavored allowed. Organic allowed.
Restrictions	No mix ins allowed (granola, candy, nuts, honey)

	No artificial sweeteners
Brands	<p>Brands:</p> <ul style="list-style-type: none"> • Butterworks Farm – [All 32 oz tubs] <ul style="list-style-type: none"> ○ Whole milk Plain, Maple; Nonfat Plain, Vanilla, Lemon, Vermont Honey • Cabot – [All 32 oz tubs] <ul style="list-style-type: none"> ○ “Cabot” Nonfat Plain; ○ “Cabot Greek” - Whole milk Plain; Low-fat Plain, Strawberry, Vanilla Bean • Chobani – <ul style="list-style-type: none"> ○ [32 oz tubs] “Greek” Whole Milk Plain; Nonfat Plain, Vanilla, Strawberry ○ [8 packs 2 oz tubes] “Kids Tubes” Strawberry, Banana, Chocolate Dust, Grape Watermelon • Dannon – [All 32 oz tubs] <ul style="list-style-type: none"> ○ “All Natural” - Whole Milk Plain; Low-fat Plain, Vanilla; Nonfat Plain ○ “Oikos Greek” – Whole Milk Plain; Nonfat Plain, Vanilla • Green Mountain Creamery – [All 32 oz tubs] <ul style="list-style-type: none"> ○ “Greek” Full Fat Plain; Nonfat Plain, Vanilla, Maple • Kingdom Creamery – [All 32 oz tubs] <ul style="list-style-type: none"> ○ Non-fat Perfect Plain, Stately Strawberry, Valiant Vanilla • Stonyfield Farms – <ul style="list-style-type: none"> ○ [32 oz tubs] “Smooth & Creamy” Whole Milk Plain, French Vanilla; Low-fat Plain, French Vanilla, Blueberry, BaNilla, Strawberry; Fat Free Plain, French Vanilla ○ [32 oz tubs] “Greek” Nonfat Plain, Vanilla ○ [8 pack 2 oz tubes] “YoKids Squeezers” Low-fat Blueberry/Lemonade, Cherry/Mixed Berry, Strawberry • Yoplait – [All 32 oz tubs] <ul style="list-style-type: none"> ○ “Original” - Nonfat Plain, Lowfat Vanilla, Harvest Peach, Strawberry, Strawberry Banana <p>Store Brands – [All 32 oz tubs]</p> <ul style="list-style-type: none"> • Best Yet- <ul style="list-style-type: none"> ○ Non Fat Plain, Vanilla ○ Low Fat Plain, Vanilla • Great Value – (all flavors except Nonfat Vanilla due to artificial sweetener) <ul style="list-style-type: none"> ○ Non-fat Plain ○ Low Fat Vanilla, Strawberry, Strawberry Banana, Peach • Hannaford – <ul style="list-style-type: none"> ○ Lowfat Plain, Vanilla ○ Nonfat Plain, Vanilla, Strawberry • Lucerne – <ul style="list-style-type: none"> ○ Fat Free Plain ○ Lowfat Vanilla, Strawberry, Peach ○ Greek Plain, Vanilla, Honey ○ No Lucerne Greek Light Plain due to artificial sweetener • Pics by Price Chopper – <ul style="list-style-type: none"> ○ Fat Free Plain, Vanilla ○ Lowfat Vanilla

	<ul style="list-style-type: none"> ○ Greek Nonfat Plain, Vanilla ● Taste of Inspirations – <ul style="list-style-type: none"> ○ Greek Nonfat Plain, Vanilla ○ Greek Whole Milk, Plain ● TOPS – <ul style="list-style-type: none"> ○ Fat Free Plain, Vanilla ○ Lowfat Plain, Vanilla, Strawberry ○ Greek Nonfat Plain, Vanilla ● Shurfine – <ul style="list-style-type: none"> ○ Nonfat Plain, Vanilla ○ Lowfat Plain, Vanilla
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Soy Milk Beverage

Size Brands Varieties	<p><u>Only soymilk beverages allowed:</u></p> <p>Pacific Natural Foods 32 oz shelf stable</p> <ul style="list-style-type: none"> ● Ultra Soy Original ● Ultra Soy Vanilla <p>8th Continent 64 oz refrigerated</p> <ul style="list-style-type: none"> ● Original ● Vanilla <p>Silk 64 oz refrigerated</p> <ul style="list-style-type: none"> ● Original
Restrictions	n/a

Tofu

Size	14 – 16 ounce packages
Varieties	See specific brand varieties below
Restrictions	
Brands	<p><u>Only brands and varieties allowed:</u></p> <p>Azumaya Firm Azumaya Extra Firm Azumaya Silken</p> <p>Nasoya Soft Nasoya Firm Nasoya Silken</p>

	Nasoya Extra Firm
	Nasoya Lite Firm
	Nasoya Lite Silken
	Nasoya Sprouted Super Firm
	O Organics Firm
	O Organics Sprouted Super Firm
	Vermont Soy Firm

Cheese

Size	8 and 16 oz only (block and sliced American)	
Varieties	American slices, <u>not</u> individually wrapped Cheddar – sharp, mild Colby Colby-Jack Monterey Jack Mozzarella Muenster <i>Regular and Low fat versions of all above allowed</i>	
Restrictions	No string, No shredded, No imported, No deli, No organic, No individually wrapped, No specialty or special reserve	
National Brands Allowed	Borden Cabot Cracker Barrel Dragone Frigo Galbani	Heluva Good Kraft Sargento Sorrento Polly O
Store Brands Allowed	Best Yet Crystal Farms Essential Everyday Flavorite Food Club Great Value Hannaford Hy-Top	IGA Lifeline Farm Lucerne Market Pantry My Essentials Pics by Price Chopper Shurfresh Shurefine

		TOPS
Eggs		
Size	Medium and Large Whole dozen only	
Varieties	White or brown	
Restrictions	No organic No enhanced or specialty (Omega-3)	
Brand	Any brand	
Dried Beans		
Size	1 pound bag	
Varieties	Any type of mature dry beans, peas or lentils. Organic allowed.	
Restrictions	No added sugars, no soup mix.	
Brands	Any brand	
Canned Beans		
Size	15 to 16 ounce can	
Varieties	Any type of mature beans, peas or lentils. May be regular or low sodium. Organic allowed.	
Restrictions	May not contain added sugars, fats, oils, vegetables, fruits or meat.	
Brands	Any brand	
Peanut Butter		
Size	16 to 18 ounce jar (plastic or glass)	

Varieties	Smooth and chunky
Restrictions	No low fat No low sodium No organic No specialty peanut butters No peanut butter <u>spreads</u> (such as Simply Jif, Reduced Fat Jif, Reduced Fat Skippy, Skippy Natural)
National Brands Allowed	Jif Peter Pan Skippy Smuckers Natural Teddie Natural Teddie Natural Unsalted
Store brands	Any store brand

Canned fish

Size	Chunk light tuna, 5 or 6 oz can	Canned salmon 5, 6, 7.5, or 15 oz can	Canned Sardines 3.75 oz can
Restrictions	No albacore or white tuna		
Varieties	Chunk light, in water or oil	Packed in water or oil	Packed in water or oil May include bones and skin.
Brands	Any Brand	Any brand	Any Brand

Bread

Size	16 oz only
Restrictions	Limited to brands listed. Must be 16 oz loaf.
Varieties	100% Whole Wheat and Whole Grain Bread
Brands	<u>These are the only breads allowed:</u> Arnold Bread Stone Ground Wheat 16 oz Best Yet Bread 100% Whole Wheat 16 oz Bimbo 100% Whole Wheat Bread 16 oz Bread Shed Sunflower Flax Whole Wheat 16 oz Central Market 100% Whole Wheat 16 oz Country Kitchen Bread 100% Whole Wheat 16 oz Great Value 100% Whole Wheat 16 oz

	<p>Hannaford Bread 100% Whole Wheat 16 oz La Panciata Bread Whole Wheat Honey & Oats 16 oz My Essentials Bread 100% Whole Wheat 16 oz Pepperidge Farm Bread 100% Whole Wheat Stone Ground 16 oz Pepperidge Farm Bread 100% Whole Wheat Very Thin 16 oz Pepperidge Farm Bread Swirled 100% Whole Wheat Cinnamon With Raisins 16 oz Pepperidge Farm Bread Light Style, Soft Wheat 16 oz Pepperidge Farm Bread Whole Grain Seeded Rye 16 oz Pics by Price Chopper Whole Wheat Bread 16 oz Sara Lee Bread Classic 100% Whole Wheat 16 oz Shaws No Salt Added Wheat Bread 16 oz Shaws 100% Whole Wheat Bread 16 oz Signature Kitchens 100% Whole Wheat Bread 16 oz Signature Kitchens 100% Whole Wheat No Salt Bread 16 oz Sunbeam Bread 100% Whole Wheat 16 oz Tops Bread Whole Wheat 100% 16 oz Wonder Bread 100% Whole Wheat 16 oz</p>
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Brown Rice

Size	14 to 16 ounce, and 28 to 32 ounce package, box or bag
Varieties	May be instant-, quick-, or regular cooking and/or boil-in-bag
Restrictions	No added fats, sugars, oils or salt.

Tortillas

Size	16 oz
Restrictions	Only 16 oz and those brands listed
Varieties	100% Whole Wheat; and Corn
Brands	<p>These are the only tortillas allowed, corn and whole wheat:</p> <p><u>Corn:</u> Celia'S Tortillas White Corn 16 oz Celia'S Tortillas Yellow Corn 16 oz Chi-Chi'S Tortillas White Corn, Taco Style 16 oz Don Pancho Tortillas White Corn 16 oz La Banderita Tortilla Corn 16 oz Mission Tortilla Extra Thin Yellow 16 oz</p> <p><u>Whole Wheat:</u> Celia'S Tortillas Whole Wheat 16 oz Chi-Chi's Tortillas Whole Wheat, Fajita Style 16 oz Don Pancho Tortillas Whole Wheat 16 oz</p>

	<p>Great Value Whole Wheat 16 oz Hannaford Tortillas Whole Wheat Fajita 16 oz La Banderita Tortillas Whole Wheat, Fajita 16 oz Mission Tortillas Whole Wheat, Soft Taco 16 oz Mission Tortillas Whole Wheat, Fajita 16 oz Ortega Tortillas Whole Wheat 16 oz</p>
Whole Wheat Pasta	
Size	16 ounce box or bag
Varieties	Any brand whole wheat pasta, any shape Organic allowed
Restrictions	n/a
Brands	Any brand
Fruits & Vegetables	
Size	n/a
Varieties	<p>Fresh, Frozen or Canned May be regular or low sodium. Organic allowed. White potatoes are allowed, <i>fresh only</i>.</p> <ul style="list-style-type: none"> • Fresh fruits & vegs: <ul style="list-style-type: none"> ○ Allowed – any variety of fresh, organic or non-organic, fruits and vegetables including fresh potatoes. May be whole, cut, bagged or packaged. ○ Not allowed – no salad bar items, salad kits, party trays with added food items (dip, dressing, nuts), no fruit baskets, dried fruits/vegetable, no herbs, spices or edible blossoms. No single servings. • Frozen fruits & vegs: <ul style="list-style-type: none"> ○ Allowed – any brand and package type; any size (except single serving); any organic or non-organic plain fruit or vegetable without added sugar or artificial sweetener. ○ Not allowed – products with non-fruit or vegetable ingredients (pasta, rice, cheese, etc), vegetables with sauce. • Canned fruits & vegs: <ul style="list-style-type: none"> ○ Allowed – any brand and container (can, jar, plastic); any size except single serving; any organic or non-organic fruit or vegetable; any plain fruit or fruit mixtures packed in water or juice; any plain vegetable or vegetable mixtures. ○ Not allowed – fruit cocktails, fruit in syrup, fruit with added sugar; pickled or creamed vegetables, salsa, sauce (pizza, spaghetti or tomato), stewed tomatoes or tomato paste.

Restrictions	See above. No frozen or canned white potatoes. No single servings.
Brands	Any brand.
Infant Formula and Nutritionals	
	Abbott currently holds the Vermont WIC formula contract.
	Contract Milk-Based formula – Similac Advance <ul style="list-style-type: none"> • 12.4 oz Powder • 13 oz Concentrate
	Contract Soy-Based Formula – Similac Isomil Soy <ul style="list-style-type: none"> • 12.4 oz Powder • 13 oz Concentrate
	Formulas WIC families are authorized to purchase if warranted by medical documentation: <ul style="list-style-type: none"> • Similac Sensitive for Fuss & Gas - 12.0 oz powder • Similac for Spit Up – 12.0 oz powder • Similac Total Comfort 12.6 oz powder • Similac Go & Grow (milk and soy) 22 oz powder • Alimentum 16 oz powder • Alimentum 12.1 oz powder • Nutramigen 12.6 oz powder • Pregestimil 16 oz powder • EnfaCare 12.8 oz powder • Neosure 13.1 oz powder • EleCare 14.1 oz powder • Ensure 6 pack of 8 oz • Ensure Plus 6 pack of 8 oz • Pediasure 6 pack of 8 oz • Pediasure with Fiber 6 pack of 8 oz • Pediasure Sidekicks 6 pack 8 oz • Boost 6 pack of 8 oz • Boost Plus 6 pack of 8 oz • Boost Diabetic 6 pack 8 oz <p>Direct Ship medical formulas (family picks up at WIC office):</p> <ul style="list-style-type: none"> • HCY 1 and HCY 2 • Hominex • Human Milk Fortifier • Ketocal • MCT • Neocate • Nutren • Periflex

	<ul style="list-style-type: none"> • Phenylade • Peptamen Jr • PurAmino • Similac Special Care 20 & 24 • Tolorex • Xphe Maxamum 	
Infant Foods		
Size	Size varies by variety. See variety list below.	
Brands	Generally: Beechnut Classics, Beechnut Naturals , Earth's Best Organic, Gerber, O Organics . Brand varies by variety. See details below.	
Restrictions	See variety description for restrictions.	
Varieties	<p><u>Infant Fruits & Vegetables</u> 4 oz container (single and 2-pack) Glass or plastic allowed</p> <p>Stage 2 fruit and fruit combinations Stage 2 vegetable and vegetable combinations Stage 2 Fruit and vegetable combinations allowed</p> <p>No added sugars, starches, rice or salt. No dinners. No pouches.</p> <p>Brands: Beechnut Classics Beechnut Naturals Earth's Best Organic Gerber O Organics</p>	<p><u>Infant Meats:</u> 2.5 oz jar Stage 1 or 2nd Foods</p> <p>No added sugar or salt. No dinners. Brands: Beechnut Classics Gerber O Organics</p> <p><u>Infant Cereal:</u> 8 ounce and 16 ounce box No added fruit, formula or vegetables. Beechnut – Oatmeal, Rice, Multigrain, Oat & Quinoa Earth's Best Organic – Oatmeal, Rice, Multigrain Gerber – Oatmeal, Rice, Multigrain, Whole Wheat Gerber Organic - Organic Brown Rice, Organic Oatmeal</p>