

**WIC** WOMEN  
INFANTS  
CHILDREN

VERMONT DEPARTMENT OF HEALTH

# VERMONT WIC FOODS

Effective October 2019 – September 2021



# FOOD. EDUCATION. SUPPORT. YOU GOT THIS.



**HEALTHY FOODS**



**NUTRITION EDUCATION**



**BREASTFEEDING SUPPORT**



**HEALTHCARE REFERRALS  
& COMMUNITY PROGRAMS**

The full range of WIC's nutrition resources and benefits are available starting in pregnancy and continuing until your child's 5th birthday.

When you choose WIC for your family, you'll get the support you need to give your child the best possible start in life. Kids who stick with WIC until age 5 grow healthy, happy, and smart.

Learn more at  
[healthvermont.gov/wic](http://healthvermont.gov/wic)

## Contents

**WIC Program Participant Responsibilities** 2

**Using the Food Guide** 3

**Fruits and Vegetables** 4-5

**Whole Grains** 6-10

Bread  
Whole Wheat Pasta  
Tortillas  
Brown Rice

**Dairy** 11-17

Eggs  
Soymilk Beverage  
Cow's Milk  
Goat's Milk  
Cheese  
Tofu  
Yogurt

**Peanut Butter and Beans** 18-19

Peanut Butter  
Canned Beans  
Dried Beans, Lentils, and Peas

**Cereal** 20-25

Hot Cereal  
Cold Cereal

**Juice** 26-29

Child's Juice  
Women's Juice

**Infant Foods** 30-33

Infant Fruits and Vegetables  
Infant Cereal  
Infant Formula  
For Fully Breastfeeding Moms and Babies Only

## WIC Program Participant Responsibilities:

1. To avoid loss of WIC benefits, I must attend all WIC appointments.
2. If I cannot make a WIC appointment, I will call in advance to reschedule. If I miss a recertification or nutrition education class, WIC benefits may be reduced.
3. I will notify WIC staff when I change my address or move to a different city or state so my WIC can be transferred to a different district or state.
4. WIC foods are for the participating family member. I will not sell or give my WIC benefits to anyone else and will contact WIC if I need to change my food benefits.
5. All formula/medical food exchanges must take place at the WIC Office. Any unused infant formula must always be returned to the WIC Office.
6. I will keep my WIC card in a safe place, and I will not give my personal identification number to anyone except someone who will make WIC purchases as my additional head of household or proxy.
7. If my Vermont WIC card is lost or stolen, I will report this to the WIC Office immediately. I understand that it is possible the current month's benefits will not be replaced.
8. I understand that WIC benefits are to be purchased only at WIC authorized stores within the month designated and consumed by the participant for whom they were issued, and that unused benefits do not carry over to future months.
9. I am responsible for training my additional head of household or proxy to use the card at the store.
10. I am responsible to ensure that my alternate shopper adheres to these same responsibilities.

### Disqualification, suspension, prosecution, and cash recovery may occur for:

- A. Misuse of WIC benefits such as exchanging/selling or intending to sell the Vermont WIC card or food items purchased with WIC benefits verbally, in print, online, or by any other method for cash, credit, or non-food items;
- B. Purchasing/receiving foods not on the WIC Approved Foods List;
- C. Physical abuse, threat of physical abuse, or verbal abuse to WIC or grocery store staff.

## Using the Food Guide

This food guide lists all of the Vermont WIC-Approved foods. Look for this information in each color coded section:

**Example Section**

### Food category

**⚠ Choose what is approved for you.**  
Some of the WIC-approved foods may not be on **your Family Food Benefits list**. Look for orange boxes like these to help select the right products.

**✅ WIC-Approved**  
• These green boxes list sizes, varieties and packages that are allowed.

**❌ Do not buy**  
• These yellow boxes list products, varieties, and ingredients that are **not allowed**.

---

**➔ Size and packaging allowed**

**Brands Allowed**  
• This section shows sizes, packaging, brands and flavors allowed.

**🛒 Shopping tips**  
Look for the shopping cart in color-coded boxes like this. These tips will help you purchase **all** your WIC foods each month.

Product weights and sizes are sometimes shown in different units, or abbreviated in this booklet and on food packaging.

Unit Abbreviations:	Unit Equivalents:
<b>oz</b> = ounces	<b>½ pound</b> = 8 ounces
<b>lb</b> = pound	<b>1 pound</b> = 16 ounces
<b>gal</b> = gallon	<b>1 quart</b> = 32 ounces
	<b>½ gallon</b> = 2 quarts (64 ounces)
	<b>1 gallon</b> = 2 half-gallons

# Fruits and Vegetables

## Benefit amounts:

- **Women:** \$11 per month
- **Children:** \$9 per month each child
- **Infants 9-12 months:** \$4 per month each infant (fresh fruits & vegetables only)
- **Fully-breastfeeding infants 9-12 months:** \$8 per month each infant (fresh fruits & vegetables only)

## Fresh

### ✓ WIC-Approved

- Any size
- Whole, cut, bagged or packaged
- Organic allowed

### ⊘ Do not buy

- Added sugars, fats and oils
- Salad bar items
- Dried fruits or vegetables
- Edible blossoms
- Salad kits or party trays with added food items (dip, dressing, nuts, etc.)
- Fruit baskets
- Herbs or spices

## Any size



### Any brand

- Any fruit or vegetable

## Shopping tip

The availability of fresh produce varies by season. If a fresh produce item does not scan properly at checkout, let the store know so it can be added to their database.

## Frozen

### ✓ WIC-Approved

- Any size
- Any package type (bag, box, etc.)
- Organic allowed

### ⊘ Do not buy

- Added fats or oils
- Added sugar, dextrose or artificial sweetener
- Non-fruit or non-vegetable ingredients (pasta, rice, cheese, etc.)
- Vegetables with sauce

## Any size



### Any brand

- Any plain fruit or vegetable, or plain mixtures

## Canned

### ✓ WIC-Approved

- Any size
- Any container (can, jar, cup, pouch, etc.)
- Organic allowed

### ⊘ Do not buy

- Fruit cocktails in syrup
- Added sugars, fats or oils
- Pickled vegetables
- Creamed vegetables
- Salsa
- Sauce (pizza, spaghetti or tomato)
- Stewed tomatoes or tomato paste
- Guacamole

## Any size



### Any brand

- Any plain fruit or fruit mixtures packed in water or juice
- Any plain vegetable or vegetable mixtures



## Shopping tip

Whole grain benefit includes choices of:

- **Bread:** Whole wheat and whole grain
- **Pasta:** Whole wheat and whole grain
- **Tortillas:** Whole wheat and corn
- **Brown Rice**

## Bread

**⚠ Choose only 16 oz (1 lb) loaves of bread.**

Many bread loaves are larger than 16 ounces (1 pound). They are not WIC-approved. Check the weight carefully.

### ✓ WIC-Approved

- 16 ounce (1 pound) loaves
- Whole Wheat
- Whole Grain

## 16 ounce (1 pound) loaves



### Arnold

- Stone Ground Wheat



### Best Yet

- 100% Whole Wheat



### Bimbo

- 100% Whole Wheat



### The Bread Shed

- Sunflower Flax Whole Wheat



### Great Value

- 100% Whole Wheat



### Hannaford

- 100% Whole Wheat



### IGA

- 100% Whole Wheat



### La Panciata

- Whole Wheat Honey & Oats



### Nature's Own

- 100% Whole Wheat Sugar-Free

## Bread (continued)

### 16 ounce (1 pound) loaves



### Pepperidge Farm

- 100% Whole Wheat Stone Ground
- 100% Whole Wheat Very Thin
- Light Style 100% Whole Wheat



- Light Style Soft Wheat



- 100% Whole Wheat Very Thin



- Whole Grain Seeded Rye



- Light Style 100% Whole Wheat



- Swirl 100% Whole Wheat Cinnamon with Raisins



### Pics by Price Chopper

- 100% Whole Wheat



### Signature Select

- 100% Whole Wheat
- 100% Whole Wheat No Salt



### Sara Lee

- Classic 100% Whole Wheat



### Wonder

- 100% Whole Wheat

# Whole Wheat Pasta

## ✓ WIC-Approved

- 16 ounce (1 pound) packages
- Any shape
- 100% Whole Wheat
- 100% Whole Grain

## 16 ounce (1 pound) packages



**Barilla**



**Bella Terra**



**Bionaturae**



**DeLallo**



**Full Circle**



**Food Club**



**Great Value**



**Hodgson Mill**



**Luigi Vitelli**



**Mantova**



**O Organics**



**Racconto**



**Ronzoni**



**San Remo**



**Signature Select**

# Tortillas

## ✓ WIC-Approved

- 16 ounce (1 pound) packages
- 100% Whole Wheat packages
- Corn

## Shopping tip

Looking for tortillas? Try the bread aisle, the cooler section, or with the taco supplies.

## 16 ounce (1 pound) packages



**Chi-Chi's**

- White Corn, Taco Style
- Whole Wheat, Fajita Style



**Food Club**

- Corn, Taco Style
- Whole Wheat, Fajita Style



**Great Value**

- Whole Wheat



**Hannaford**

- Whole Wheat, Fajita



**IGA**

- White Corn
- Whole Wheat, Taco Style



**La Banderita**

- Corn
- Whole Wheat, Fajita
- Whole Wheat, Soft Taco



**Mission**

- Whole Wheat, Soft Taco
- Whole Wheat, Fajita
- Extra Thin Yellow Corn



**Ortega**

- Whole Wheat



**Shurfine**

- Whole Wheat, Fajita Style



**Signature Select**

- Whole Wheat

# Brown Rice

## ✓ WIC-Approved

- 14–16 ounce packages
- 28–32 ounce packages
- Bags, boxes, and plastic jars
- Organic allowed

## ✗ Do not buy

- Added sugars, fats, oils or salt

### 14–16 ounce



#### Any Brand

- Regular
- Instant-cooking
- Quick-cooking
- Boil-in-bag

### 28–32 ounce



#### Any Brand

- Regular
- Instant-cooking
- Quick-cooking
- Boil-in-bag

## Shopping tip

You can choose a mix of **bread, pasta, tortillas and rice** to add up to the total number of ounces of **Bread-Whole Grains-Pasta** on your Family Food Benefits list. Here are two examples:



# Eggs

## ✓ WIC-Approved

- Whole dozen
- Medium and large
- Brown and white

## ✗ Do not buy

- Enhanced or specialty (Omega-3)
- Organic

### Dozen, Medium and Large



#### Any Brand

# Soymilk Beverage

## ✓ WIC-Approved

- Refrigerated: 32 ounce (1 quart), 64 ounce (½ gallon)
- Shelf-stable: 32 ounce (1 quart)

## ✗ Do not buy

- Organic

### Refrigerated

#### 32 ounce (1 qt)



#### Silk

- Original

### Shelf-stable

#### 32 ounce (1 qt)



#### Pacific

- Ultra Soy Original

#### 64 ounce (½ gal)



#### 8th Continent

- Original
- Vanilla



#### Silk

- Original



#### Silk

- Original

## Cow's Milk

### ⚠ Choose what is approved for you.

- **Whole milk** for children 12-24 months
- **Low-fat (1%) and nonfat (skim) milk** for women and children 2-5 years

### ✓ WIC-Approved

- Fluid: Gallon, ½ gallon, and quart
- Shelf-stable: Quart
- Nonfat dry milk powder: 25.6 ounce

### ⊘ Do not buy

- Enhanced or specialty
- Reduced-fat (2%)
- Organic
- Flavored
- Glass bottles

## Fluid

### Gallon, ½ gallon, quart



#### Any Brand

- Whole: For children 12–24 months
- Low-fat (1%) or nonfat (skim)
- Lactose-free

## Shelf-stable

### Quart



#### Any Brand

## Nonfat dry milk powder

**25.6 ounce  
(makes 2 gallons)**



#### Any Brand

## Goat's Milk

### ⚠ Choose what is approved for you.

- **Whole milk** for children 12-24 months
- **Low-fat (1%) and nonfat (skim) milk** for women and children 2-5 years

### ✓ WIC-Approved

- **Meyenberg brand only**
- Whole fluid: ½ gallon, and quart
- Low-fat (1%) fluid: Quart
- Powdered: 12 ounce

## Fluid

### ½ gallon, quart



#### Meyenberg

- Whole:  
For children 12–24 months

### Quart



#### Meyenberg

- Low-fat (1%)

## Powdered

### 12 ounce (makes 3 quarts)



#### Meyenberg

- Whole:  
For children 12–24 months



#### Meyenberg

- Nonfat



# Cheese

## ✓ WIC-Approved

- 8 ounce and 16 ounce packages
- Regular
- Low-fat
- Blocks
- American slices

## ⊘ Do not buy

- Imported or deli
- Individually wrapped slices
- Organic
- Flavored
- String or shredded
- Specialty or special reserve

## Blocks

### 8 ounce and 16 ounce



Cheddar



Colby



Colby Jack



Monterey Jack



Mozzarella



Muenster

## Slices

### 8 ounce and 16 ounce



Yellow American



White American

## Brands allowed



# Tofu

## ✓ WIC-Approved

- 8 ounce, 14 ounce, and 16 ounce packages
- Organic allowed

## 8 ounce, 14 ounce, and 16 ounce



- Azumaya**
- Silken
  - Firm
  - Extra Firm



- O Organics**
- Firm
  - Extra Firm
  - Sprouted Super Firm
  - Cubed Extra Firm



- House Foods**
- Soft
  - Medium Firm
  - Firm
  - Extra Firm
  - Cubed Super Firm



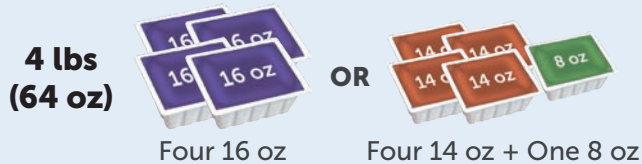
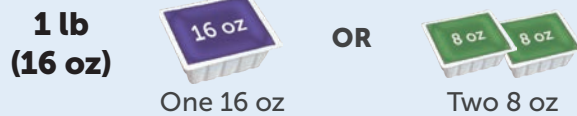
- Nasoya**
- Silken
  - Soft
  - Firm
  - Extra Firm
  - Super Firm
  - Sprouted Super Firm
  - Lite - Silken
  - Firm



- Vermont Soy**
- Firm

## Shopping tip

Combine tofu packages to add up to the total number of pounds (lbs) on your Family Food Benefits list. For example:



# Yogurt

## ⚠ Choose what is approved for you.

- Whole milk yogurt for children 12-24 months
- Low-fat and nonfat yogurt for women and children 2-5 years

## ✓ WIC-Approved

- 32 ounce tubs
- 8-packs and 16-packs of 2 ounce tubes
- Organic allowed

## ⊘ Do not buy

- Pouches
- Artificial sweeteners

## 32 ounce tubs



**Best Yet**  
• Any flavor



**Butterworks Farm**  
• Any flavor



**Cabot**  
• Any flavor  
• Cabot Greek: Plain



**Chobani**  
• Any flavor



**Dannon**  
• Any flavor  
• Oikos Greek: Any flavor



**Desi Natural Dahi**



**Food Club**  
• Any flavor



**Great Value**  
• Any flavor



**Green Mountain Creamery**  
• Any flavor

## ⊘ Do not buy

- Nonfat Vanilla

# Yogurt (continued)

## 32 ounce tubs



**Hannaford**  
• Any flavor



**Lucerne**  
• Any flavor



**Nature's Place / Nature's Promise**  
• Any flavor

## ⊘ Do not buy

- Light Vanilla



**O Organics**  
• Any flavor



**Open Nature**  
• Any flavor



**Pics by Price Chopper**  
• Any flavor



**Shurfine**  
• Any flavor



**Stonyfield Organic**  
• Smooth & Creamy: Any flavor  
• Greek: 0% Fat Only



**Yoplait**  
• Original: Any flavor

## 8-packs and 16-packs of 2 ounce tubes



**Stonyfield Organic**  
• Any flavor

## Shopping tip

**1 Peanut Btr/Beans/Peas** on your Family Food Benefits list means you can buy:

**A**

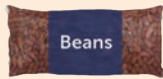
**One 16–18 oz jar of peanut butter**

OR

**B**

**Four 15–16 oz cans of canned beans**

OR

**C**

**One 16 oz package of dry beans, lentils, peas**

## A Peanut Butter

### ✓ WIC-Approved

- 16–18 ounce jars
- Smooth / Creamy
- Chunky / Crunchy
- Plastic or glass jars

### ⊘ Do not buy

- Reduced fat
- Low sodium
- Organic
- Specialty peanut butters
- Peanut butter spreads
- Flavored or mix-in ingredients

### 16–18 ounce jars



Any Store Brand



Smuckers



Teddie



Jif



Peter Pan



Skippy

### ⊘ Do not buy

- Simply Jif
- Natural Jif
- Reduced Fat Jif

### ⊘ Do not buy

- Natural Peter Pan
- Reduced Fat Peter Pan

### ⊘ Do not buy

- Skippy Natural
- Reduced Fat Skippy

## B Canned Beans

### ✓ WIC-Approved

- 15–16 ounce cans
- Regular
- Low-sodium
- Organic allowed

### ⊘ Do not buy

- Added sugars, fats or oils
- Added vegetables, fruits or meats
- Added flavors, herbs or spices
- Refried beans

### 15 – 16 ounce cans



### Any Brand

- Any type of mature beans, lentils or peas

## C Dried Beans, Lentils, and Peas

### ✓ WIC-Approved

- 1 pound packages
- Organic allowed

### ⊘ Do not buy

- Added sugars, fats or oils
- Added flavors, herbs or spices
- Soup mix

### 16 ounce packages



### Any Brand

- Any type of mature beans, lentils or peas

# Hot Cereal

## ✓ WIC-Approved

- Various sizes
- 🌾 Whole grain
- 🌾 GF Gluten-free

## See each brand/product for sizes



### Best Yet

- 🌾 Original Flavor Oatmeal - 11.8 oz



### Cream of Rice

- 🌾 GF Gluten Free - 14 oz



### Cream of Wheat

- 1 Minute - 28 oz
- 2½ Minute - 12 oz
- 28 oz
- 🌾 Whole Grain - 18 oz



### Farina

- Original Hot Wheat Cereal - 18 oz
- 28 oz



### Food Club

- Creamy Wheat Farina - 28 oz
- 🌾 Instant Oatmeal Regular - 11.8 oz



### Great Value

- 🌾 Original Flavor Oatmeal - 11.8 oz



### Hannaford

- 🌾 Regular Flavor Oatmeal - 11.8 oz
- Creamy Wheat - 28 oz



### IGA

- 🌾 Original Flavor Oatmeal - 11.8 oz



### Malt O Meal

- Original Hot Wheat Cereal - 36 oz

# Hot Cereal (continued)

## See each brand/product for sizes



### Maypo

- 🌾 Maple Oatmeal - 14 oz
- 🌾 Vermont Style Oatmeal - 19 oz



### O Organics

- 🌾 Original Flavor Oatmeal - 11.29 oz



### Pics by Price Chopper

- 🌾 Original Flavor Oatmeal - 11.8 oz



### Quaker

- 🌾 Original Instant Oatmeal Packets - 11.8 oz



### Shurfine

- 🌾 Regular Flavor Oatmeal - 11.8 oz



### Signature Select

- 🌾 Original Flavor Oatmeal - 11.8 oz

## 🛒 Shopping tip

**Combine hot or cold cereal packages** to add up to the total ounces on your Family Food Benefits list. Here are three ways to buy up to 36 ounces:

$$\begin{array}{ccccccc}
 \text{18 oz} & + & \text{9 oz} & + & \text{9 oz} & = & \text{36 oz} \\
 \text{18 oz} & & \text{9 oz} & & \text{9 oz} & & \text{36 oz}
 \end{array}$$

$$\begin{array}{ccccccc}
 \text{12 oz} & + & \text{12 oz} & + & \text{12 oz} & = & \text{36 oz} \\
 \text{12 oz} & & \text{12 oz} & & \text{12 oz} & & \text{36 oz}
 \end{array}$$

$$\begin{array}{ccc}
 \text{24 oz} & + & \text{11.8 oz} & = & \text{35.8 oz} \\
 \text{24 oz} & & \text{11.8 oz} & & \text{35.8 oz}
 \end{array}$$



# Cold Cereal

## ✓ WIC-Approved

- 9 ounce–36 ounce packages
- 🌾 Whole grain
- 🌾 Gluten-free

Any size from 9 ounce – 36 ounce

## General Mills



### Cheerios

- 🌾 GF Multi-Grain
- 🌾 GF Original



### Chex

- 🌾 GF Blueberry
- 🌾 GF Cinnamon
- 🌾 GF Corn
- 🌾 GF Rice
- 🌾 GF Vanilla
- 🌾 Wheat



### Fiber One

- 🌾 Honey Clusters



### Kix

- 🌾 Honey
- 🌾 Berry Berry
- 🌾 Plain



### Total



### Wheaties



## Kellogg's



### All Bran

- 🌾 Complete Wheat Flakes



### Corn Flakes

- Original



### Crispix

- Original



### Rice Krispies

- Original



### Special K

- Original
- 🌾 Protein Original Multi-Grain Touch of Cinnamon
- 🌾 Protein Honey Almond Ancient Grains



### Frosted Mini Wheats

- 🌾 Touch of Fruit, Raspberry
- 🌾 Little Bites
- 🌾 Original

# Cold Cereal (continued)

Any size from 9 ounce – 36 ounce

## Post



### Great Grains

- 🌾 Banana Nut Crunch
- 🌾 Crunchy Pecan



### Grape Nuts

- 🌾 Flakes
- 🌾 Original



### Honey Bunches of Oats

- With Almonds
- With Cinnamon Bunches
- Honey Roasted
- Pecan & Maple Brown Sugar
- 🌾 Vanilla Bunches
- 🌾 Honey Crunch
- 🌾 Almond Crunch

## Quaker



### Life

- 🌾 Original



### Oatmeal Squares

- 🌾 Hint of Brown Sugar
- 🌾 Hint of Cinnamon

## Sunbelt Bakery



### Simple Granola



## Cold Cereal (continued)

### ✓ WIC-Approved

• 9 ounce–36 ounce packages

🌾 Whole grain

GF Gluten-free

## Any size from 9 ounce – 36 ounce

### Store Brands



#### Best Yet

- 🌾 Bran Flakes
- 🌾 Frosted Shredded Wheat
- 🌾 Frosted Shredded Wheat Strawberry
- 🌾 Toasted Oats
- Corn Flakes
- Crispy Rice
- Honey Oats & Flakes



#### Food Club

- 🌾 Bran Flakes
- 🌾 Frosted Shredded Wheat
- 🌾 Frosted Shredded Wheat Strawberry
- 🌾 Oatmeal Squares
- 🌾 Toasted Oats
- Corn Flakes
- Corn Squares
- Crisp Rice
- Honey Oats Clusters
- Honey Oats w/ Almonds
- Rice Squares
- Twin Grain Crisps



#### Great Value

- 🌾 Bran Flakes
- 🌾 Frosted Shredded Wheat
- Corn Flakes
- Corn Squares
- Rice Crispers
- Rice Squares



#### Hannaford

- 🌾 Bran Flakes
- 🌾 Bite Size Frosted Shredded Wheat
- 🌾 Bite Size Strawberry Frosted Shredded Wheat
- 🌾 Easy Living Oat Squares
- 🌾 Frosted Shredded Wheat
- 🌾 Multigrain Tasteeos
- 🌾 Nutty Nuggets
- 🌾 Toasted Wheat
- 🌾 Wheat Flakes
- Corn Flakes
- Crispy Rice
- Crispy Hexagons
- Oats & More w/ Almonds
- Oats & More w/ Honey
- Tasteeos
- Toasted Corn Squares
- Toasted Rice Squares

## Cold Cereal (continued)

## Any size from 9 ounce – 36 ounce

### Store Brands



#### IGA

- 🌾 Bite Size Frosted Shredded Wheat
- 🌾 Bran Flakes
- 🌾 Nutty Nuggets
- 🌾 Toasted Oats

- Crispy Corn & Rice
- Crispy Rice
- Corn Flakes



#### Malt O Meal

- 🌾 Frosted Mini Spooners



#### Parade

- Corn Flakes
- Crisp Rice



#### Pics by Price Chopper

- 🌾 Bran Flakes
- 🌾 Frosted Shredded Wheat
- 🌾 Toasted Oats
- 🌾 Strawberry Frosted Shredded Wheat

- Corn Flakes
- Crispy Rice
- Toasted Corn Crisps
- Toasted Rice Crisps



#### Shurfine

- 🌾 Bite Size Frosted Shredded Wheat
- 🌾 Bran Flakes
- 🌾 Toasted Oats
- 🌾 Wheat Squares

- Corn Flakes
- Corn Squares
- Crisp Rice
- Oats & More w/ Almonds
- Oats & More w/ Honey
- Rice Squares



#### Signature Select

- 🌾 Bran Flakes
- 🌾 Frosted Shredded Wheat
- 🌾 Live it Up!
- 🌾 Nutty Nuggets
- 🌾 Toasted Oats

- Corn Flakes
- Corn Pockets
- Crispy Rice
- Oats & More w/ Almonds
- Oats & More w/ Honey
- Rice Pockets

## Child's Juice

### ✓ WIC-Approved

- Shelf-stable 100% Juice:  
64 ounce bottles
- Orange juice:  
16 ounce frozen concentrate  
64 ounce refrigerated containers

### ⊘ Do not buy

- Organic

## Shelf-stable

### 64 ounce bottles



**Apple & Eve**  
• Any flavor



- Food Club**
- Apple
  - Cranberry
  - Grape
  - Grapefruit
  - Orange
  - Pineapple
  - Vegetable
  - Tomato
  - White Grape



- Hannaford**
- Apple
  - Berry
  - Cranberry Grape
  - Cranberry Raspberry
  - Grape
  - Vegetable
  - Vegetable Low Sodium
  - White Grape



**Juicy Juice**  
• Any flavor



- Best Yet**
- Apple
  - Grape
  - Grapefruit
  - Pineapple
  - White Grape



- Great Value**
- Apple
  - Cranberry Blend
  - Cranberry Grape
  - Grape
  - Tomato
  - Vegetable
  - White Grape
  - White Grape Peach



- IGA**
- Apple
  - Grape
  - Grapefruit
  - White Grape



- Campbell's**
- Tomato
  - Tomato Low Sodium



- Langers**
- Apple
  - Apple Orange Pineapple
  - Apple Peach Mango
  - Concord Grape
  - Cranberry Plus
  - Cranberry Raspberry Plus

## Child's Juice (continued)

### Shelf-stable

### 64 ounce bottles



- Mott's**
- Apple
  - Apple Cherry
  - Apple Mango
  - Apple White Grape



- Pics by Price Chopper**
- Apple
  - Berry
  - Grape
  - Grapefruit
  - Pineapple
  - Tomato
  - Vegetable
  - Vegetable Low Sodium
  - White Grape
  - White Grape Peach



- Signature Select**
- Apple
  - Cranberry Blend
  - Cranberry Grape
  - Cranberry Raspberry
  - Grape
  - Grapefruit
  - Orange
  - Pineapple
  - Tomato
  - Vegetable
  - White Grapefruit
  - White Grape



- Welch's**
- 100% White Grape
  - 100% Red Grape
  - Grape
  - Super Berry
  - Tropical Trio
  - White Grape Peach

### ⊘ Do not buy

- Light
- Fiber added



- Northland**  
• Any flavor



- Old Orchard**
- Apple
  - Apple Cranberry
  - Berry Blend
  - Cranberry Pomegranate
  - Grape
  - Orange
  - Peach Mango
  - White Grape



- Shurfine**
- Apple
  - Cranberry
  - Cranberry Apple
  - Cranberry Pomegranate
  - Cranberry Raspberry
  - Grape
  - Grapefruit
  - Orange
  - Pineapple
  - Tomato
  - Vegetable
  - White Grape



- V8 Vegetable**
- Original Vegetable
  - Spicy Hot Vegetable
  - Low Sodium

## Child's Juice (continued)

### Frozen Orange Juice

#### 16 ounce cans



##### Any Store Brand

- Best Yet
- Food Club
- Hannaford
- Pics by Price Chopper
- Shurfine
- Signature Select



##### Minute Maid

- Original
- Original with Calcium

### Refrigerated Orange Juice

#### 64 ounce bottles



##### Any Store Brand

- Best Yet
- Food Club
- Great Value
- Hannaford
- IGA
- Pics by Price Chopper
- Shurfine
- Signature Select



##### Hood



##### Natalie's



##### Thomas Dairy

## Women's Juice

### ✓ WIC-Approved

- Frozen concentrate: 11.5–12 ounce containers
- Shelf-stable 100% Juice: 48 ounce bottles

### ⊘ Do not buy

- Organic

### Frozen

#### 11.5–12 ounce cans



##### Orange Juice Any Store Brand

- Best Yet
- Great Value
- Food Club
- Hannaford
- Pics by Price Chopper
- Shurfine
- Signature Select



##### Dole

- 100 % juice
- Any flavor



##### Old Orchard

- Green peel strip
- Any flavor



##### Minute Maid

- Orange
- Any style
- Grapefruit



##### Welch's

- Yellow peel strip
- Any flavor

### Shelf-stable

#### 48 ounce bottles



##### Apple & Eve

- Any flavor



##### Juicy Juice

- Any flavor



##### Shurfine

- Apple
- Grape
- Vegetable



##### Food Club

- Apple
- Orange
- Pineapple
- Orange Pineapple



##### Northland

- Any flavor



##### Welch's

- Concord Grape
- White Grape



# Infant Fruits and Vegetables

## ✓ WIC-Approved

- Any variety fruit or vegetable
- Any variety mixed fruits and mixed vegetables
- Organic allowed

## ⊘ Do not buy

- Added sugars, salt, starches or rice
- Dinners
- Pouches
- Desserts

## Fresh fruit and vegetable option:

At 9 months of age, half of the jarred infant food benefit can be replaced with **fresh** fruits and vegetables:

- \$4 for partially breastfeeding or fully formula feeding infants
- \$8 for fully breastfeeding infants

☎ If this option is not already on your Family Food Benefits list and you would like it, contact your local WIC office. Contact info at [healthvermont.gov/local](http://healthvermont.gov/local).

## 🛒 Shopping tips

**There is a limit of 50 WIC items in one transaction.** Keep this in mind when buying infant foods.

**128 ounce benefit = 32 jars**

**256 ounce benefit = 64 jars**

**Combine containers** to add up to the number of ounces (oz) on your Family Food Benefits list.

One  
4 oz jar =  
**4 ounces**



= 1 jar

One  
2 oz 2-pack =  
**4 ounces**



= 1 jar

One  
4 oz 2-pack =  
**8 ounces**



= 2 jars

# Infant Fruits and Vegetables (continued)

## Single jars and multi-pack tubs



### Beech-Nut Classics

- Single 4 oz
- Stage 1 and Stage 2



### Beech-Nut Naturals

- Single 4 oz
- Stage 1 and Stage 2



### Beech-Nut Organic

- Single 4 oz
- Stage 1 and Stage 2



### Earth's Best Organic

- Single 4 oz
- Stage 2 only



### Gerber

- 2 oz 2 pack
- 4 oz 2 pack
- Variety packs
- Stage 1 and Stage 2



### Gerber Organic

- Single 4 oz
- Stage 1 and Stage 2



### Happy Baby

- Single 4 oz
- Stage 1 and Stage 2



### Nature's Promise

- Single 4 oz
- Stage 2



### Once Upon a Farm

- 4 oz 2-pack
- Stage 1 and Stage 2

### 🛒 Tip

- Refrigerated



### Parent's Choice

- Single 4 oz
- Stage 1 and Stage 2



### Pic Select Fresh

- 4 oz 2-pack



### Tippy Toes

- Single 4 oz
- Stage 2

## Infant Cereal

### ✓ WIC-Approved

- 8 ounce and 16 ounce packages
- Single and multigrain
- Organic allowed

### ⊘ Do not buy

- Added fruit, formula or vegetables

### 8 ounce and 16 ounce packages



#### Beech-Nut

- Multigrain
- Oatmeal
- Organic Multigrain
- Organic Oatmeal
- Rice



#### Earth's Best Organic

- Whole Grain Multigrain
- Whole Grain Oatmeal
- Whole Grain Rice



#### Gerber

- Multigrain
- Oatmeal
- Organic Oatmeal
- Organic Oatmeal Millet Quinoa
- Organic Rice
- Rice
- Whole Wheat

## Infant Formula

### ⚠ Choose what is approved for your baby.

You must buy **the exact type and size container** of infant formula listed on your Family Food Benefits list.

### If your baby needs a different formula:

- ☎ Contact your local WIC Office for help making a change. Contact info at [healthvermont.gov/local](http://healthvermont.gov/local).

### As your baby gets older:

- WIC provides enough formula to meet most babies' needs. As babies get older and drink more, you may have to buy more formula.

## For Fully Breastfeeding Moms and Babies Only

### 🛒 Shopping tip

**There is a limit of 50 WIC items in one transaction.** Keep this in mind when buying infant foods.

**77.5 ounce benefit = (31) 2.5 ounce jars**

## Infant Meats

### ✓ WIC-Approved

- 2.5 ounce jars
- Stage 1 or 2nd Foods
- Any variety

### ⊘ Do not buy

- Added sugar or salt
- Dinners

### 2.5 ounce jars



**Beech-Nut Classics**



**Earth's Best Organic**



**Gerber**

## Canned Fish

### ✓ WIC-Approved

- Sizes and varieties shown
- Packed in water or oil
- Sardines may include bones and skin

### ⊘ Do not buy

- Albacore tuna
- Chunk **white** tuna
- Pouches

### Combine cans up to 30 ounces

#### Chunk Light Tuna



**Any Brand**  
• 5 ounce

#### Sardines



**Any Brand**  
• 3.75 ounce

#### Salmon



**Any Brand**  
• 5 ounce, 6 ounce and 7.5 ounce

**Vermont WIC Program  
Vermont Department of Health  
108 Cherry Street, PO Box 70  
Burlington, VT 05402**

**healthvermont.gov/wic**

**wic@vermont.gov  
800-649-4357  
802-863-7333**

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