



FLORIDA  
**WIC**

**Foods**  
January 2012



DH 150-712, 1/12

## Whole Grains

### 100% Whole Wheat Bread

**16 oz (1 lb) loaf only. Allowed items are only those listed.**  
**No added ingredients such as raisins, other dried fruits, or nuts.**

- Bimbo 100% Whole Wheat
- Cobblestone Mill 100% Whole Wheat
- Merita 100% Whole Wheat Small
- Nature's Own 100% Whole Grain Wheat Sugar Free
- Nature's Own 100% Whole Wheat with Honey
- Pepperidge Farm Stone Ground 100% Whole Wheat
- Pepperidge Farm Very Thin 100% Whole Wheat
- Roman Meal Sungrain 100% Whole Wheat
- Sara Lee Classic 100% Whole Wheat
- Sara Lee Soft & Smooth 100% Whole Wheat
- Weight Watchers 100% Whole Wheat
- Wonder Soft 100% Whole Wheat



**Store Brands of 16 oz 100% Whole Wheat Bread:**

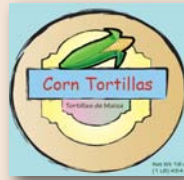
- Best Yet
  - Our Family
  - Food Lion
  - ShurFresh
  - Hannaford
  - Harvey's
  - MyEssentials
- 

### Corn Tortillas

**16 oz bag only.**  
**No flour or wheat tortillas.**  
**No taco shells or tortilla chips.**

**Allowed items are only those listed.**

- Celia's Corn Tortillas
- Chi-Chi's White Corn Tortillas
- Don Pancho White Corn Tortillas
- Happy Products Corn Tortillas
- La Autentica White Corn Tortillas
- La Banderita Corn Tortillas
- La Burrita Yellow Corn Tortillas
- La Guera White Corn Tortillas
- La Real Corn Tortillas
- Mission Extra Thin Yellow Corn Tortillas



- Mi Tia Corn Tortillas
  - Pepito Corn Tortillas
- Store Brands:**
- Carlita Corn Tortillas
  - ShurFresh Corn Tortillas
  - Winn Dixie Corn Tortillas

### Brown Rice

**ANY BRAND**  
**14 to 16 oz bag or box.**

Regular, Instant, or Boil-in-Bag

**No white rice or wild rice.**  
**No added ingredients such as seasonings.**  
**No rice in jars. No frozen rice.**



## 100% Fruit Juice

Apple, Grape, Pineapple, and White Grape Juices must be labeled as 120% or more vitamin C per 8 oz serving. Calcium fortified is allowed unless otherwise noted below.

**No added sugar or syrup. No juice drinks, beverages, cocktails, or "light" juice. No juice blends.**

◆ **Must buy the LEAST EXPENSIVE AVAILABLE of the size and flavor of refrigerated juice and frozen juice selected by the WIC customer.** May buy juice that has added calcium, vitamin D, and pulp as long as it is the least expensive of that size and flavor.

### Plastic Bottles or Jugs

**ANY BRAND 48 oz, 64 oz, 96 oz, and Gallon (128 oz) sizes.**

Apple is the only allowed flavor of Juicy Juice. Note: Juicy Juice Grape, White Grape, and other flavors of Juicy Juice are not allowed because they are juice blends.



- Apple
- Grape
- Orange
- Pineapple
- White Grape
- White Grapefruit

No Apple Cider or Natural Apple Juice. No Kedem Juice.  
 No Welch's 96 oz size. No Welch's with Fiber or with Calcium.

### Refrigerated Plastic Jugs or Cartons

◆ **LEAST EXPENSIVE 64 oz and Gallon (128 oz) sizes.**



- Gallon (128 oz)
  - ◆ Orange
- Half-gallon (64 oz)
  - ◆ Orange
- Half-gallon (64 oz)
  - ◆ Pink Grapefruit
  - ◆ Ruby Red Grapefruit
  - ◆ White Grapefruit

### Frozen Concentrate

◆ **LEAST EXPENSIVE 11.5 oz, 12 oz, and 16 oz sizes.**

Note: 11.5 oz and 12 oz sizes are considered to be the same size when comparing prices.

- ◆ Apple
- ◆ Grape
- ◆ Orange
- ◆ Pineapple
- ◆ White Grape
- ◆ White Grapefruit



### Non-Frozen Concentrate

**ANY BRAND shown below: 11.5 oz size.**



- Juicy Juice Apple
- Welch's Apple
- Welch's Grape



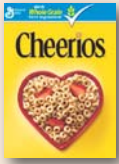
Welch's frozen and non-frozen concentrate must have yellow top.

# Breakfast Cereal

**11 to 36 oz box or bag. Allowed items are only those listed.**  
 No other sizes, flavors, or varieties are allowed.

Cereals with ★ contain 51% or more whole grain.

## General Mills



■ Cheerios ★



■ Dulce de Leche Cheerios ★



■ Multi-Grain Cheerios ★



■ Dora the Explorer



■ Corn Chex Gluten Free



■ Rice Chex Gluten Free



■ Honey Kix ★



■ Kix

## Kellogg's

## Frosted Mini-Wheats



■ Corn Flakes



■ Rice Krispies



■ Rice Krispies Gluten Free



■ Special K Protein Plus



■ Mini-Wheats Unfrosted Bite Size ★



■ Bite Size Original ★



■ Little Bites Original ★



■ Touch of Fruit in the Middle Mixed Berry ★

## Post

## Malt-o-Meal



■ Bran Flakes ★



■ Grape-Nuts ★



■ Grape-Nuts Flakes ★



■ Honey Bunches of Oats Vanilla Bunches ★



■ Lightly Frosted Shredded Wheat ★



■ Honey Nut Shredded Wheat ★



■ Crispy Rice



■ Malt-o-Meal Original Hot Wheat



■ Farina Mills Original Hot Wheat Farina

## Quaker



■ Crunchy Corn Bran



■ Instant Grits Original



■ Instant Oatmeal Original ★



■ Life Original ★



■ Oatmeal Squares Brown Sugar ★



■ Oatmeal Squares Cinnamon ★



■ Blueberry Mini Spoons ★



■ Frosted Mini Spoons ★



■ Strawberry Cream Mini Spoons ★

## B & G Foods



- Cream of Wheat Instant Healthy Grain Original ★
- Cream of Wheat Whole Grain ★

### Any Store Brand or Ralston Foods Brand of the following:

- |   |   |                             |
|---|---|-----------------------------|
| ■ Bran Flakes ★                             | ■ Happy O's ★                           | ■ Tasteos ★                 |
| ■ Corn Flakes                               | ■ Instant Grits Original                | ■ Toasted Whole Grain Oat ★ |
| ■ Crisp Rice                                | ■ Instant Oatmeal Original or Regular ★ | ■ Toasted Oats ★            |
| ■ Crispy Rice                               | ■ Krunch Nutties ★                      | ■ Toasted Rice or Corn      |
| ■ Crunchy Nuggets ★                         | ■ Multi-Grain Flakes                    | ■ Toasted Rollin' Oats ★    |
| ■ Crunchy Wheat ★                           | ■ Nutty Nuggets ★                       | ■ Toasted Wheat ★           |
| ■ Crunchy Wheat & Barley ★                  | ■ Rice or Corn Crisps                   | ■ Wheat Biscuits ★          |
| ■ Frosted Shredded Wheat ★                  | ■ Rice or Corn Biscuits                 | ■ Wheat & Crunchy ★         |
| ■ Frosted Strawberry Cream Shredded Wheat ★ | ■ Square-Shaped Rice or Corn            | ■ Wheat Crisps ★            |
| ■ Frosted Wheat ★                           |   | ■ Wheat Flakes              |
|   |   | ■ Wheat Squares ★           |

## Happy Mornings



- Apple Cinnamon Toasted Oats ★
- Corn Flakes ★
- Crisp Rice
- Frosted Shredded Wheat ★
- Happy Hoops ★
- Honey Nut Happy Hoops ★
- Instant Cream of Corn
- Instant Oatmeal Regular ★

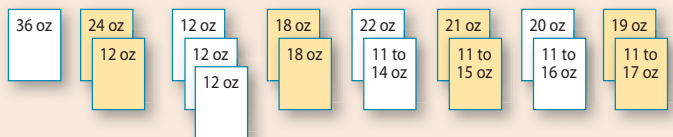
## Mill Select



- Cinnamon & Honey Hearts
- Corn Puffs ★
- Toasted Corn Flakes ★
- Multigrain Flakes
- Multigrain Toasted Oats ★
- Oat Bran (Flakes) ★
- Puffed Wheat with Honey ★
- Toasted Oats ★

## To buy 36 ounces cereal

Choose a combination that does not go over 36 ounces



## Milk

◆ **Must buy the LEAST EXPENSIVE AVAILABLE unless otherwise specified on the front of the WIC check. The front of the check will list the allowed fat level and quantity of milk.** May buy calcium fortified/enriched milk or milk with probiotics such as acidophilus or bifidus if it is the LEAST EXPENSIVE AVAILABLE of that size and fat level.

No Tevye milk unless front of check says "any brand is allowed."

No goat's milk, nut milk, rice milk, or other grain milks.

No flavored milk, kefir, buttermilk, or filled milk.

**Whole Milk** (for children 1 year of age)

**1% Lowfat or Fat Free Milk** (for women and children 2 years of age and older)

**2% Reduced Fat Milk** (under special circumstances for women and children 2 years of age and older)



### Refrigerated milk

◆ Gallon

◆ Half-gallon - Only allowed when "1/2 gallon" is listed on front of check. For example, if WIC check says 1&1/2 gallons, client may purchase 1 gallon and 1 half-gallon.

◆ Quart - Only allowed when "quart" is listed on front of check.

**The following types of milk may only be purchased when listed on the front of check:**



### ◆ Evaporated milk

12 oz can evaporated milk (whole)

12 oz can fat free evaporated milk (skimmed)

No "2% lowfat" evaporated milk.

◆ **UHT milk** in quart size (32 oz)

### ◆ Dry milk (nonfat)

9.6 oz box/pouch = 3 qts

16 oz box = 5 qts

25.6 oz box/pouch = 8 qts



### ◆ Lactose Free Milk



### 8th Continent Soymilk Original

Half-gallon carton only

No fat free or light.

No vanilla, chocolate, or other flavors.

No other brands of soy milk or soy-based beverages are allowed.

## Cheese

◆ **Must buy the LEAST EXPENSIVE AVAILABLE type of cheese selected by the WIC customer.**

**Allowed items are only those listed.**

No cheese product or cheese food. No other sizes, flavors, or varieties.



◆ **Deluxe American Slices** 16 oz package only.

No individually-wrapped slices (also known as "Singles"). No 2% reduced fat American.

◆ **Mild Cheddar** 16 oz block only.

No 2% reduced fat, fat free or white Cheddar.



◆ **Part Skim Mozzarella** 16 oz block or round only.

No whole milk or fat free Mozzarella.

## Fruit & Vegetable Voucher



### Fresh

■ **ANY BRAND**, variety, size, or mixture of fresh fruits and vegetables with no added sugar, syrup, artificial sweeteners, fat, or oil.

■ Whole or cut up.

■ Loose or packed in bags or plastic containers.

■ Fresh garlic, onions, scallions, cassava, and yuca are allowed.

### Canned (also includes plastic or glass containers)

■ **ANY BRAND**, variety, size, or mixture of canned fruits and vegetables with no added sugar, syrup, artificial sweeteners, fat, oil, or meat.

■ Canned fruit must be packed in water or fruit juice and may not have added salt.

■ Canned vegetables may be with or without salt and may have added seasonings or spices.

■ Applesauce with no sugar added and applesauce/fruit blends with no sugar added.

■ Tomato sauce, tomato paste, whole tomatoes, crushed tomatoes, diced tomatoes, and salsa with no added sugar, syrup, artificial sweeteners, fat, oil, or meat.

■ Canned beans and peas such as green peas, green beans, wax beans, snap beans, and snap peas are allowed. *Note: Canned green peas and whole kernel corn may have added sugar. Mixed vegetables may include any type of bean, but no potatoes except yams and sweet potatoes.*

### Frozen

■ **ANY BRAND**, variety, size, or mixture of frozen fruits and vegetables with no added sugar, syrup, artificial sweeteners, fat, oil, meat, pasta, rice, or sauce. Frozen vegetables may be with or without salt.

■ Any frozen beans or peas such as lima beans and blackeye peas are allowed.

**NO POTATOES** except yams and sweet potatoes are allowed.

No items from the salad bar, party trays, or fruit baskets.

No decorative fruits or vegetables, painted pumpkins, or gourds.

No herbs and spices. No minced garlic in jars.

No edible blossoms, flowers, or plants.

No dried or dehydrated fruits or vegetables.

No baby and toddler fruits & vegetables.

No pouches of fruit purees or fruit pulps. No frozen fruit bars.

No beverages such as fruit juice, tomato juice, and vegetable juice.

No nuts, coconuts, or fruit-nut mixtures.

No ketchup, relishes, pickles, olives, sauerkraut, or mustard.

No jelly, jams, fruit preserves, or apple butter.

No dry or canned beans/peas that are allowed with WIC checks for beans.

If the total price of the allowed fruits and vegetables selected by the WIC customer is more than the dollar limit on the Fruit & Vegetable Voucher, the customer can choose to pay the difference in cash or another form of acceptable payment at check-out time. Or, the WIC customer can remove some of the fruits and vegetables from the purchase so that the cost is less than or equal to the dollar limit of the voucher. If the dollar amount of the purchase is less than the dollar limit on the voucher, no change is to be given to the WIC customer.

**Organic products are not allowed with any WIC purchases except when using the Fruit & Vegetable Voucher.**

When added sugar or syrup is **not allowed**, this includes: sugar, sucrose, corn syrup, high-fructose corn syrup, maltose, dextrose, honey, and maple syrup. When added artificial sweeteners are **not allowed**, they include: Splenda®, NutraSweet®, Equal®, aspartame, saccharin, sucralose, and acesulfame-K.

## Baby Foods

Allowed items are only those listed.

### Baby Cereal

8 oz or 16 oz box.

**Beech-Nut, Gerber, Home 360 Baby, Kuddles, Parent's Choice, Up & Up**

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



No added ingredients such as fruit, formula, yogurt, or DHA.

### Baby Fruits and Vegetables

Any "Stage 2, 2½, 3" or "2nd or 3rd Foods" fruits, vegetables, or fruit & vegetable combinations in these sizes and brands:

4 oz or 6 oz jar:

**Beech-Nut Gerber NatureSelect**



7 oz package:

**Gerber NatureSelect**



8 oz package:

**Home 360 Baby Kuddles Parent's Choice Up & Up**



No added ingredients such as DHA, sugars, starches, salt, sodium, meat, poultry, cereal, noodles, rice, yogurt, raisins, or granola.

No desserts, dinners, casseroles, or smoothies. No toddler foods.

No Gerber SmartNourish.

### Baby Meats

For breastfed babies who receive no formula from WIC.

2.5 oz jar only. **Beech-Nut and Gerber**

- Beef & Beef Broth/Gravy
- Chicken & Chicken Broth/Gravy
- Ham & Ham Gravy
- Turkey & Turkey Broth/Gravy



No meat sticks.

## Eggs

◆ **Must buy the LEAST EXPENSIVE AVAILABLE large, white, chicken eggs.**

No specialty or low cholesterol eggs.

No brown eggs.



## Peanut Butter

16 to 18 oz jar only.

Allowed items are only those listed.

- **Any Store Brand** Creamy, Crunchy, or Natural
- **Jif** Creamy, Extra Crunchy, or Simply Jif
- **Peter Pan** Creamy or Crunchy
- **Planter's** Creamy or Crunchy
- **Reese's** Creamy
- **Skippy** Creamy or Super Chunk
- **Smart Balance** Creamy or Chunky
- **Smucker's Natural** Creamy or Chunky



No spreads, whipped, or reduced fat. No Peter Pan Plus or Jif Omega 3. No Natural Jif, Peter Pan, or Skippy (these are spreads). No added artificial sweeteners, honey, marshmallow, chocolate, or jelly.

## Canned Fish

For women who are fully breastfeeding or pregnant with more than one baby.

5 to 14.75 oz can only.

**ANY BRAND** light tuna and/or pink salmon packed in water, spring water, or oil.

No white or albacore tuna. No sockeye or red salmon. No pouches. No olive oil, lemon, flavored, gourmet, smoked, grilled, blackened, or added ingredients.

No low or less sodium.



## Beans

Examples of beans include, but are not limited to: black beans, blackeye peas, cannellini beans, garbanzo beans (chickpeas), great northern beans, kidney beans, lentils, lima beans, navy beans, pink beans, pinto beans, pigeon peas, red beans, soybeans, split peas, and white beans.

**Dry Beans** 16 oz (1 lb) bag only.

**ANY BRAND** is allowed.

No smaller sizes. No flavored, seasoned, gourmet, or soup mixes.



**Canned Beans** 15 to 16 oz can only.

(Smaller sizes only allowed when listed on the front of the check.)

**ANY BRAND** is allowed. May be with salt or reduced sodium. May have added sugar, syrup, or dextrose.

No canned green peas, green beans, wax beans, or snap beans. (These are only allowed to be purchased with the Fruit & Vegetable Voucher.) No soups. No chili beans, seasoned beans, refried beans, or baked beans. No added meat, fat, oil, or artificial sweeteners.



- WIC customers must separate the foods they are buying with each WIC check from the other foods they are buying.
- The WIC customer must present a WIC ID card along with the WIC check. Only those people whose signatures appear on the front of the WIC ID card may redeem the check. If the customer's signature does not match one of the signatures on the WIC ID card, the cashier cannot accept the WIC check. No driver's license or other identification is allowed.
- Look at the First Day to Use and the Last Day to Use on the front of the WIC check to be sure that the check is being used within this time period. (WIC stores have 45 days from the First Day to Use date to deposit checks.)
- Before the cashier rings up each food item, he or she must match each food item on the counter with the food types and amounts listed on the front of the WIC check. WIC customers are not required to purchase all items listed on the front of the check.
- If the customer is using more than one WIC check, the cashier must ring up the food for each check separately. Do not combine purchases from different checks.
- The cashier must clearly print the total cost of the foods purchased with the WIC check in the Pay Exactly box and must not add a dollar sign or a cent sign to the amount. If an error is made when writing in the amount, the cashier must draw one line through the mistake, write the correction above it, and initial the change.
- After the Pay Exactly box is filled in by the cashier, the WIC customer must sign in the Authorized Signature space located in the bottom right corner on the front of the WIC check.

- Cashiers must honor all store or manufacturer promotions such as buy one, get one free; buy one, get one at a reduced price; free ounces added by the manufacturer; manufacturer cents-off coupons; and store savings card or customer reward card presented by the WIC customer. If a cents-off coupon makes a product the least expensive brand, the WIC customer may choose that brand.
- WIC customers may never receive cash refunds, gift cards, change, rain checks, or IOUs in exchange for WIC checks or vouchers or food/formula obtained with WIC checks or vouchers. WIC customers are not to exchange foods obtained with WIC checks or vouchers, except for exchanges of an identical item when the original item is defective, spoiled, or outdated. Baby formula purchased with WIC checks may not be exchanged for another brand or type of formula. Formula can only be exchanged for a different brand or type at the WIC office. WIC customers can be taken off of the WIC program for selling WIC foods or trying to get a cash refund for WIC foods.
- Grocery store employees must be courteous and respectful to WIC customers. At the same time, WIC customers must be courteous to store staff. Inappropriate behavior by WIC customers or by store employees should be reported to the local WIC office.
- Questions about what foods are allowed by the WIC program or how to use WIC checks should be referred to the local WIC office vendor manager or call the state WIC office toll free at 1-800-342-3556.

**Treat WIC checks and vouchers like cash—they cannot be replaced if lost or stolen.**

**Amounts and Types of Foods to be Purchased.**

The WIC customer may not substitute any other food or formula for the ones listed on the front of the check.

**Name of the WIC participant.**

The person for whom the WIC foods are prescribed. In many cases, this will be a different name than the person authorized to sign the WIC check.

**First Day to Use Date.** The WIC check may not be used before this date.

**Last Day to Use Date.** The WIC check may not be used after this date.

**Pay Exactly Box.** The cashier writes in the exact price for the WIC foods. The cashier must obtain the authorized signature after the "Pay Exactly" box is completed.

**WIC Vendor Stamp.** The WIC store must place the WIC vendor stamp here before the check is deposited. The bank will not pay for a WIC check without the stamped vendor number.

**Authorized Signature.** The signature of the person signing the front of the WIC check must match the signature of either the authorized representative, co-caretaker, or proxy signature shown on the front of the WIC ID card. The bank will not pay for a WIC check without the authorized signature.

www.FloridaWIC.org  
1-800-342-3556

