



California WIC
Authorized Food List

Shopping Guide

April 13, 2026

Important Information About the WIC Authorized Food List Shopping Guide

Authorized food items are specific to each individual food category and subcategory. All authorized products must be included in the California Department of Public Health (CDPH) Authorized Product List. For a copy of the Authorized Product List, visit the California Health and Human Services Open Data Portal at <https://data.chhs.ca.gov>.



If a manufacturer makes a Non-Material Change to an authorized Brand Specific product, CDPH will continue to authorize that food for purchase. Non-Material Changes include changes to brand name, product name, and/or product or logo artwork.

The WIC Authorized Food List Shopping Guide can be downloaded at MyFamily.WIC.ca.gov. If you are a WIC participant, you can also get a copy from your local WIC office.

Ways to Find a WIC Authorized Grocery Store

- Use the free California WIC App on your smart phone.
- Go to MyFamily.WIC.ca.gov.
- Look for the WIC logo near the front door or window of the store.
- Ask your local WIC office for a list of stores in your area.



Shop at the Farmers' Market with WIC

The California WIC Card has a QR code. Use it to buy fresh produce at WIC authorized farmers' markets.



New Shopping Options

More farmers now accept the California WIC Card.

More Flexibility

You can spend part of your monthly benefit with more than one farmer or use it all at once.

Year-Round Market Shopping

Use your monthly WIC Fruits and Vegetables Benefit any time of the year.



Scan the QR code to learn how to use your California WIC Card at WIC authorized farmers' markets.

Scan the QR code for more information on how to use your California WIC Card!



Farmers' Market

Use the California WIC App **Make Shopping Simple!**

Check your California WIC App before you shop. The App helps your family track your benefits, appointment times, and more!



View your benefits.

Check your WIC Food Balance and expiration date in the WIC App.



Scan WIC foods.

Scan foods as you shop to find your WIC approved foods.



Find WIC offices, grocers, and farmers' markets.

Use the WIC App to find WIC offices, WIC authorized grocers, and WIC authorized farmers' markets near you.



See upcoming appointments.

Never forget your WIC appointments with the WIC App.



Receive notifications.

Get notifications about important WIC updates and reminders.

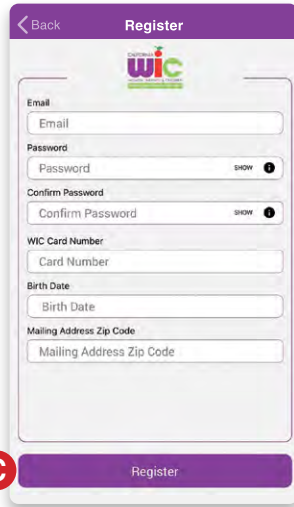
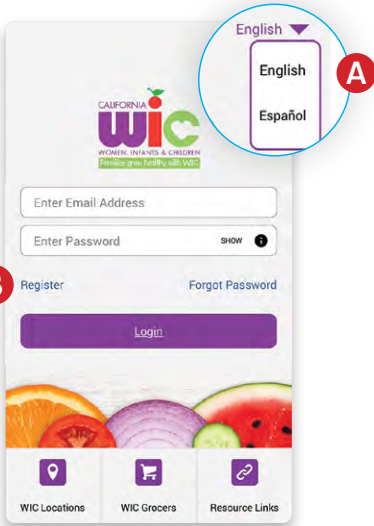
1 | Download today!

Search “California WIC App” in the Apple App (iOS) and Google Play (Android) stores and look for this logo.



2 | Open the WIC App and register.

Register using the 16-digit number on your California WIC Card and follow the steps below:



(A) Tap right corner to choose preferred language. (B) Tap Register.

Fill in registration fields. (C) Tap Register at the bottom to save.

If You Have Problems at the Grocery Store

- Ask to speak with the store manager.
- Contact your local WIC office if you are not satisfied, or
- Contact the State WIC Program at **1-800-852-5770** or **WIC@cdph.ca.gov**.
- Save your store receipt.
- Report the following information:
 - date,
 - time,
 - store name,
 - names of the store staff involved, and
 - details of the situation.

Shopping Tips



Smart Shopping Tips

Keep these tips in mind when shopping for WIC foods.

Save while you shop!

- Create a weekly meal plan based on sale items.
- Check store ads and websites for sales.
- Make a grocery list.
- Use grocery store loyalty cards.
- Use coupons.
- Buy store or generic brands.
- Take advantage of “buy one, get one free” specials.



Look for fresh foods!

- Buy fresh fruits and vegetables that are in season.
- Check product dates before buying to make sure foods are fresh.
- Check for signs of mold or spoilage before buying.
- Remember, foods bought with WIC benefits:
 - May not be returned for cash or credit.
 - May not be exchanged for non-WIC foods.
 - May be exchanged for an identical food item only when the original item is defective, spoiled, or has exceeded a date limiting the sale or use of the food item.



No Added Sugars–Shopping Tips

Added sugars are not allowed in some WIC foods, such as juice, canned fruits, frozen fruits and vegetables, and dried fruits. Foods lower in sugars help prevent obesity, diabetes, some cancers, and tooth decay.

Sugar has many names. Some other names include:

- Agave or agave syrup
- Barley malt
- Brown sugar
- Cane syrup
- Coconut sugar
- Corn sugar
- Corn syrup
- Dextrose
- Evaporated cane juice
- Fructose
- Glucose
- High-fructose corn syrup
- Honey
- Maltodextrin
- Maltose
- Maple sugar
- Molasses
- Powdered sugar
- Raw sugar
- Sucrose
- Turbinado sugar



Can Buy

Ingredients: Pineapple, Pineapple Juice, Citric Acid, Ascorbic Acid

Cannot Buy

Ingredients: Pineapple, Water, **Sugar**, Citric Acid, Ascorbic Acid



Helpful Hint

Check the ingredients for added sugars or sweeteners. See example above for canned pineapple.

Artificial, reduced-calorie, and no-calorie sweeteners are also *not* allowed. Some names for them are:

- Acesulfame potassium
- Advantame
- Allulose
- Aspartame
- Brazzein
- Erythritol
- Glycerol
- Isomalt
- Lactitol
- Maltitol
- Mannitol
- Monk fruit
- Neotame
- NutraSweet
- Sorbitol
- Splenda
- Stevia
- Sucralose
- Tagatose
- Truvia
- Xylitol
- Yacon

Milk

Can Buy

Any brand. Plain, fluid cow's milk. One gallon containers. Pasteurized or ultra-pasteurized.

- 1% Lowfat (light)
- Nonfat (fat free, skim)

The following are allowed only if included in your WIC Food Balance:

- Half gallon containers
- Whole milk
- 2% Reduced fat milk
- Lactose-free milk in half gallon, .75 gallon, or one gallon containers
- Evaporated milk in 12 oz cans
- Powdered dry milk in 9.6 oz, 9.625 oz, or 25.6 oz containers



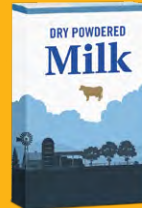
Cannot Buy

- Any other type, flavor, or size of milk
- Specialty milks, such as milk with added DHA, ultra heat treated (UHT) shelf-stable milk, A2 milk, ultra-filtered milk, or protein-fortified milk
- Cultured milks, such as acidophilus milk, buttermilk, or kefir milk
- Flavored milk, such as chocolate
- Goat's milk
- Non-dairy substitutes
- Pint size or glass bottles
- Raw (unpasteurized) milk
- Sweetened condensed or filled milk
- Organic milk



Helpful Hints

- **Choose foods that work for your family! Talk to WIC staff if you want these options instead of fluid cow's milk:**
 - Evaporated milk
 - Powdered dry milk
 - Lactose-free milk
 - Plant-based milk alternatives
- **To get the most milk, buy fluid cow's milk.**



Cheese

Can Buy

Any brand in varieties listed below. 16 oz or 32 oz packages. Must be made from pasteurized milk and made in the USA. Regular or low sodium. Lowfat, reduced fat, or nonfat.

Block or Round:

- Cheddar Cheese
 - Orange, yellow, or white
 - Mild, medium, sharp, or longhorn
- Colby Cheese
- Jack Cheese
- Marbled or Blends of authorized cheeses, such as Colby-Jack or Cheddarella
- Mozzarella Cheese

Individually Wrapped Sticks:

- Mozzarella String Cheese



Cannot Buy

- Any other variety, size, or texture of cheese
- Diced, grated, sliced, crumbled, or shredded cheese
- Cheese purchased from or sliced at the deli
- Cheese with added ingredients, such as peppers, spices, or herbs
- Organic cheese

Eggs

Can Buy

Any brand. Dozen-sized cartons.

Chicken Eggs:

- Large
- White
- Cage-free



Cannot Buy

- Any other size, type, or color of eggs
- Powdered or liquid eggs
- Specialty eggs, such as organic, vitamin-enriched, pastured, low cholesterol, or DHA-enriched

Helpful Hint

Other options are available!
Ask for one of these choices
instead of eggs at your next
WIC appointment:

- Dry beans, peas, or lentils
- Canned mature beans
- Peanut butter
- Tofu



Yogurt

Can Buy

Brands, fat levels, and flavors of cow's milk yogurt listed below and on pages 15–16. Quart (32 oz) containers.

* Brand offers whole fat option(s)



Helpful

Hint

You can only buy the yogurt fat level included in your WIC Food Balance.



ALTA
DENA

Alta Dena*

- Plain (nonfat, lowfat, or whole)
- Strawberry (lowfat)
- Vanilla (lowfat)



Berkeley Farms

- Peach (lowfat)
- Plain (lowfat)
- Strawberry (lowfat)
- Vanilla (lowfat)



Best Yet

- Plain (nonfat)



Brown Cow*

- Cream Top Plain (whole)
- Cream Top Vanilla (whole)



Dannon*

- Plain (nonfat, lowfat, or whole)
- Vanilla (low fat or whole)



Early On*

- Strawberry (lowfat or whole)
- Vanilla (lowfat or whole)



Essential Everyday

- Plain (nonfat or lowfat)



Great Value

- Plain (nonfat)



Kroger

- Plain (lowfat)



LALA

- Mango (low fat)
- Plain (low fat)
- Strawberry (low fat)
- Vanilla (low fat)



Lucerne*

- Peach (lowfat)
- Plain (nonfat or whole)



Mountain High*

- Plain (fat free, low fat, or whole)
- Strawberry (whole)
- Vanilla (low fat or whole)



Nancy's

- Probiotic Plain (nonfat or lowfat)
- Probiotic Vanilla (nonfat)



Stater Bros.

- Plain (fat free)



Sunnyside Farms

- Original Plain (lowfat)



WinCo Foods*

- Plain (nonfat or whole)



Yoplait

- Original Blueberry (low fat)
- Original Harvest Peach (low fat)
- Original Strawberry (low fat)
- Original Strawberry Banana (low fat)
- Original Vanilla (low fat)
- Plain (fat free)

Cannot Buy

- Any other brand, size, or flavor of yogurt
- Any other type of yogurt, such as Greek, lactose-free, plant-based, or goat's milk yogurts
- Yogurt with mix-in ingredients, such as granola, candy pieces, honey, or nuts
- Drinkable yogurts
- Fat level not included in your WIC Food Balance
- Yogurt with artificial, reduced-calorie, or no-calorie sweeteners
- Organic yogurt

Plant-Based Milk Alternatives

Can Buy

Soy Milk | Brands, flavors, and sizes listed below. Multi-packs allowed.



8th Continent Soymilk Original

- Refrigerated half gallons



bettergoods Plant-Based Soymilk Original

- Refrigerated half gallons



Pacific Foods Ultra Soy Milk Original

- Shelf-stable quarts

Silk Original Soy

- Refrigerated half gallons
- Shelf-stable quarts



Silk Unsweet Soy

- Refrigerated half gallons

Silk Vanilla Soy

- Refrigerated half gallons
- Shelf-stable quarts

Cannot Buy

- Refer to the **Cannot Buy** section on page 19 for a full list of cannot buys for Plant-Based Milk Alternatives.

Plant-Based Milk Alternatives

Can Buy

Pea Milk | Brands, flavors, and sizes listed below. Multi-packs allowed.



Ripple Kids Original Plant-Based Milk

- Refrigerated 48 oz containers
- Shelf-stable quarts

Ripple Kids Unsweetened Original Plant-Based Milk

- Refrigerated 48 oz containers



Ripple Original Plant-Based Milk

- Refrigerated 48 oz containers
- Shelf-stable quarts

Ripple Unsweetened Original Plant-Based Milk

- Refrigerated 48 oz containers

Cannot Buy

- Refer to the **Cannot Buy** section on page 19 for a full list of cannot buys for Plant-Based Milk Alternatives.

Plant-Based Milk Alternatives

Can Buy

Oat Milk Blends | Brands, flavors, and sizes listed below. Multi-packs allowed.



Silk Kids Original Oatmilk Blend

- Refrigerated 59 oz containers

Cannot Buy

- Any other brand, type, size, or flavor of plant-based milk alternatives
- Light, lowfat, fat free, or nonfat plant-based milk alternatives
- Organic plant-based milk alternatives

Helpful Hint

If you want plant-based milk instead of cow's milk, ask to make the change at your next WIC appointment!



Tofu

Can Buy

Brands and textures listed below.
16 oz packages. Plain only.



Azumaya

Azumaya

- Firm
- Extra Firm



Franklin Farms

- Soft
- Medium Firm
- Firm
- Extra Firm



House Foods

- Premium Medium Firm
- Premium Firm
- Premium Extra Firm



O Organics

- Super Firm



Wo Chong

- Organic Firm

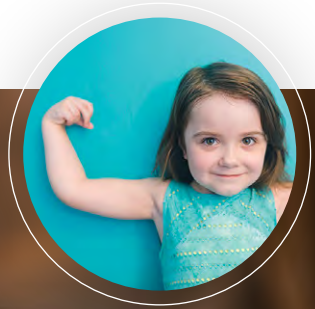
Cannot Buy

- Any other brand, size, or texture of tofu
- Tofu with added fats, sugars, sweeteners (artificial, reduced-calorie, or no-calorie), oils, sodium, flavoring, or seasoning
- Cubed, dried, baked, or fried tofu
- Tofu in bulk (not pre-packaged)



Helpful Hints

- Tofu gives you protein and lots of calcium for strong bones.
- If you want tofu instead of cheese, let WIC staff know at your next appointment!



Bottled Juice and Concentrate Juice

Can Buy

Any brand in authorized flavors, sizes, and forms listed below. Must be pasteurized and unsweetened. Must have “100% Juice” and “80% Vitamin C” (or more) on the front label. Added Calcium and/or Vitamin D allowed.

- 64 oz bottled (ready-to-drink) containers or
- 11.5 oz, 12 oz, or 16 oz concentrate (frozen or non-frozen) containers



Apple

Cranberry

Grape

- Red, Purple, or White

Grapefruit

- Ruby Red, Pink, or White*

Juice Blends

- Juice that is named as two or more authorized flavors on the front label, such as Cranberry-Grape, Apple-Grape, or Cran-Apple

Orange*

Pineapple

Prune

Tomato

- Regular, low sodium, or spicy

Vegetable

- Regular, low sodium, or spicy

* Orange juice and white grapefruit juice are not required to have “80% Vitamin C” on the front label.

Cannot Buy

- Any other flavor, type, or size of juice
- Juice not labeled as listed on the previous page
- Refrigerated juice
- Diet, light, or lite juice
- Organic juice
- Cider
- Juice with added ingredients or supplements, such as caffeine, carnitine, chromium, DHA, echinacea, ginkgo biloba, ginseng, guarana, St. John's wort, taurine, or wheatgrass

Helpful Hint

To get the most juice, choose 64 oz bottles or 16 oz frozen or non-frozen containers.



16 oz
frozen or
non-frozen

California Redemption Value (CRV)

California law adds a \$0.10 bottle fee* to shelf-stable 64 ounce bottles of juice. This fee is known as a California Redemption Value (CRV).

You can get the fee back as a refund when you take the empty bottles to a recycling center.

Visit [CalRecycle.ca.gov](https://www.calrecycle.ca.gov) to search for a recycling center near you. For more information, visit [MyFamily.WIC.ca.gov/CRV](https://www.MyFamily.WIC.ca.gov/CRV).



* This fee is not covered by the WIC program and must be paid in cash or by credit/debit card.

Whole Grains

Can Buy

Whole Wheat Bread Products | Any brand.
12–48 oz packages.

- “100% Whole Wheat” printed on front label
- Store bakery bread allowed, if labeled appropriately



Whole Wheat Bread
(Loaves, buns, or rolls)



Whole Wheat English Muffins



Whole Wheat Bagels



Whole Wheat Pita Bread

Whole Grains



Cannot Buy

- Refer to the **Cannot Buy** section on page 30 for a full list of cannot buys for Whole Grains.

Whole Grains

Can Buy

Any brand.
12–48 oz packages.



Brown Rice

- Short, medium, or long grain
- Regular, quick, or instant
- Any brown rice variety, including basmati or jasmine

Bulgur

- Organic allowed

Corn Masa Flour

- Instant or regular

Oatmeal or Oats

- Old fashioned
- Rolled, cut, or steel cut
- Regular, quick, or instant

Whole Grain Barley

- Organic allowed

Whole Grain Cornmeal

- Yellow or white whole grain cornmeal
- Any texture, including coarse, medium, or fine



Helpful

Hint

Whole grains are a good source of fiber, vitamins, and minerals.

Cannot Buy

- Refer to the **Cannot Buy** section on page 30 for a full list of cannot buys for Whole Grains.

Whole Grains

Can Buy

Corn Tortillas (Soft, yellow or white) | Choose from brands listed below and on the next page. 12–48 oz packages.





Cannot Buy

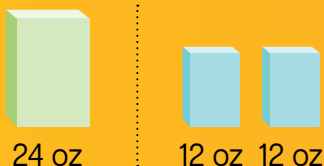
- Refer to the **Cannot Buy** section on page 30 for a full list of cannot buys for Whole Grains.



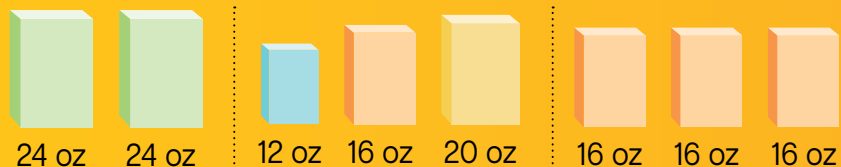
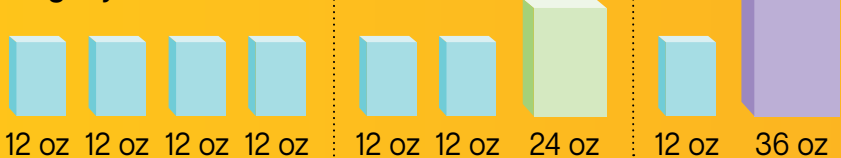
Helpful Hint

Here are examples of how to buy your full amount of whole grains, depending on the amount included in your benefits.

To get your full 24 oz:



To get your full 48 oz:



Whole Grains



Can Buy

Whole Wheat Tortillas | Choose from brands listed below. 12–48 oz packages.



Whole Grains

Cannot Buy

- Refer to the **Cannot Buy** section on page 30 for a full list of cannot buys for Whole Grains.

Whole Grains

Can Buy

Whole Wheat Pasta

Choose from brands listed below. 16 oz packages. Any shape.



Whole Grains

Cannot Buy

- Refer to the **Cannot Buy** section on page 30 for a full list of cannot buys for Whole Grains.

Whole Grains

Cannot Buy

- Any other type, brand, or size of corn tortillas, whole wheat tortillas, or whole wheat pasta
- Any other type, size, or variety of whole wheat bread products, brown rice, bulgur, corn masa flour, cornmeal, oatmeal, oats, or whole grain barley
- Brown rice, bulgur, corn masa flour, cornmeal, oatmeal, oats, or whole grain barley with added sugars, fats, oils, or salt
- Whole grains with added ingredients, such as fruits, nuts, or spices
- Refrigerated or frozen whole grains
- Ready-to-serve rice
- Brown rice mixed with any other type of rice
- Individual or flavored oatmeal packets
- Pearled barley
- Cornmeal with anything other than “whole grain corn” as the first and only ingredient
- Polenta or grits
- Organic bread products, tortillas, oatmeal, oats, brown rice, corn masa flour, and cornmeal
- Whole grains in bulk (not pre-packaged)
- Homemade whole grains
- Whole grains with artificial, reduced-calorie, or no-calorie sweeteners

Peanut Butter

Can Buy

Any brand. 16–18 oz container.

- Any texture, such as creamy, smooth, crunchy, chunky, super crunchy, or super chunky
- Plain
- Old fashioned or natural allowed
- Regular or low sodium
- Regular or low sugar



Cannot Buy

- Any other size, type, or flavor of peanut butter
- Honey nut roasted peanut butter
- “Grind your own” peanut butter
- Peanut butter spread
- Lowfat or reduced fat peanut butter
- Peanut butter with added ingredients, such as jams, jellies, chocolate, marshmallows, or honey
- Peanut butter with added supplements, such as omega-3 fatty acids or flax seed
- Peanut butter with artificial, reduced-calorie, or no-calorie sweeteners
- Organic peanut butter

Helpful Hints

In your WIC Food Balance,
1 CTR = One jar.

To get the most
peanut butter, buy
18 oz containers.



Dry Beans, Peas, or Lentils

Can Buy

Any brand. 16 oz, 32 oz, or 64 oz packages. Organic allowed.

Any variety, including:

- Azuki
- Black
- Black-eyed Peas
- Garbanzo (Chickpeas)
- Great Northern
- Kidney
- Lentils
- Lima
- Mixed
- Mung
- Navy
- Pink
- Pinto
- Red
- Split Peas



Cannot Buy

- Canned or frozen beans, peas, or lentils
- Dry beans, peas, or lentils with added sugars, fats, oils, vegetables, fruits, or meat
- Soy nuts
- Dry beans, peas, or lentils with artificial, reduced-calorie, or no-calorie sweeteners
- Dry beans with flavors or spices or bean soup mixes with flavoring packets or spices
- Dry beans, peas, or lentils in bulk (not pre-packaged)

Helpful Hint

In your WIC Food Balance, **1 CTR** dry beans = **One 16 oz** package dry beans, peas, or lentils or **Four cans** (15–16 oz each) canned beans.

Canned Mature Beans

Can Buy

Any brand. 15 oz–16 oz cans. Plain or seasoned. Regular or low sodium.

Any variety, including:

- Black
- Black-eyed Peas
- Garbanzo (Chickpeas)
- Great Northern
- Kidney
- Lentils
- Lima
- Mixed
- Navy
- Pink
- Pinto
- Red
- Refried (Fat free)



Cannot Buy

- Dry or frozen beans, peas, or lentils
- Canned beans, peas, or lentils with sauce, including but not limited to Cajun, barbeque (bbq), or ranch style; as well as products with tomato puree, sauce, or paste
- Canned beans, peas, or lentils with added sugars, fats, oils, vegetables, fruits, or meat
- Canned beans, peas, or lentils with artificial, reduced-calorie, or no-calorie sweeteners
- Canned baked beans
- Organic canned beans, peas, or lentils
- Canned immature peas, such as green peas, green beans, or wax beans

Helpful Hint

To get the most canned beans, buy **16 oz** cans.

16 oz

Breakfast Cereal

Can Buy

Brands and products listed below and on pages 35–38. 12 oz–36 oz boxes or bags.



Helpful Hint

To buy your full 36 oz of cereal:



12 oz 12 oz 12 oz



18 oz 18 oz



21 oz 15 oz



24 oz 12 oz

- F** **Folate:** 50% or more Daily Value per serving
- G** **Gluten free,** per the product's label
- W** **Whole grain** is the first ingredient

General Mills



Cheerios

Original, Veggie Blends Apple Strawberry,
Veggie Blends Blueberry Banana,
Maple Cinnamon Hearty Nut Medley, Multi Grain



Bluey



Chex

Blueberry, Cinnamon, Corn, Rice, Wheat



Kix



Mott's



Apple Cinnamon,
Very Berry



Total



Wheaties

Breakfast Cereal

Quaker



Life

Original, Mighty Life
Strawberry Blueberry Bliss



Oatmeal Squares

Brown Sugar, Honey Nut

Kellogg's

F



Corn Flakes

F W



Frosted Mini-Wheats

Original, Little Bites Original

F W



W



Raisin Bran

F



Special K

Original,
Protein Original Touch of Cinnamon

F W



Breakfast Cereal

Grain Berry

W



Apple Cinnamon Toasted Oats

W



Cinnamon Frosted Shredded Wheat

F W



Multi-Bran Flakes

F W

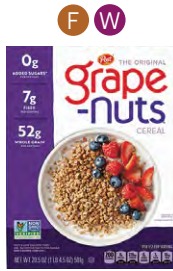


Original Toasted Oats

Post



Bran Flakes



Grape-Nuts
Original, Flakes



Great Grains

Banana Nut Crunch, Crunchy Pecan,
Raisins, Dates & Pecans



**Honey Bunches of Oats—
Honey Roasted**



Raisin Bran

Malt-O-Meal

F G



Crispy Rice

F W



Frosted Mini Spooners

F



**Malt-O-Meal
Hot Cereal—Original**

Mom's Best

F W



**Blueberry
Wheatfuls**

B&G Foods

W



**Cream of Wheat
Whole Grain**

Cannot Buy

- Refer to the **Cannot Buy** section on page 40 for a full list of cannot buys for Breakfast Cereal.

Breakfast Cereal

Can Buy

Brands and products listed below and on the next page. 12 oz–36 oz boxes or bags.

- F** **Folate:** 50% or more Daily Value per serving
- G** **Gluten free,** per the product's label
- W** **Whole grain** is the first ingredient

Additional Cereal Options

Corn Puffs **W**

- Early On **F**
- MIJA

Corn Puffs–Berry **W**

- MIJA

Frosted Shredded Wheat **F** **W**

- Best Yet (Bite Size)
- Essential Everyday (Bite Size)
- First Street (Bite Size)
- Food Club (Bite Size)
- Freedom's Choice
- Great Value (Bite Size)
- Raley's (Bite Size)
- Sunny Select (Bite Size)

Honey Oat Flakes **F** **W**

- MIJA
- MIJA (with Almonds)

Toasted Oats **W**

- Best Yet **F**
- Essential Everyday
- First Street **F**
- Food Club
- Freedom's Choice **F**
- Great Value **F**
- Raley's **F**
- Signature Select
- Sunny Select **F**

Multigrain Toasted

Oats F W

- Early On
- MIJA

Wheat/Bran Flakes F W

- Best Yet
- Essential Everyday
- First Street
- Food Club
- Freedom's Choice
- Great Value
- Raley's
- WinCo Foods

Crispy Rice F

- Best Yet
- Early On
- First Street
- Food Club
- Great Value
- Hospitality
- Hy-Vee
- IGA
- Kroger
- Raley's
- Red & White
- Signature Select
- Sunny Select
- WinCo Foods

Instant Oatmeal or

Instant Oats | Brands

listed below. 11.8 oz–12 oz containers of individual serving packets. Old fashioned, classic, regular, or original flavor.

Instant Oatmeal W

- Best Yet
- Early On
- First Street
- Food Club
- Great Value
- Kroger
- Mountain View Farm
- Signature Select
- Stater Bros.
- Sunny Select
- WinCo Foods

Cannot Buy

- Any other brand, type, size, or flavor of breakfast cereal
- Grits
- Hot breakfast cereal with added fruits, nuts, sugars, or sweeteners (artificial, reduced-calorie, or no-calorie)
- Organic breakfast cereal

Canned Fish

Can Buy

Chunk Light Tuna | Any brand.

- 5 oz cans
- Packed in water
- Plain
- Regular or low sodium



Can Buy

Pink Salmon | Any brand.

- 5 oz, 6 oz, or 14.75 oz cans
- Packed in water
- Plain
- Regular or low sodium



Can Buy

Sardines | Any brand.

- 5.5 oz or 15 oz cans
- Packed in water, mustard, or tomato sauce
- Regular or low sodium



Cannot Buy

- Any other flavor, variety, size, or type of fish
- Solid white tuna, albacore tuna, or prime fillet fish
- Specialty salmon, such as smoked, wild sockeye, blue back salmon, or red salmon
- Organic canned fish or canned fish in organic sauce
- Canned fish packed in oil
- Sardines packed in any other sauce, such as chili or hot sauce
- Tuna or salmon kits
- Fish packed in pouches or plastic containers

Scan the QR code
for EPA-FDA advice
about eating fish
and shellfish.





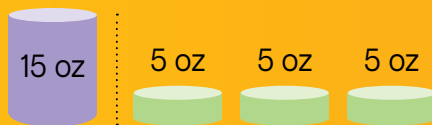
Helpful Hints

Here are examples of how to buy your full amount of fish, depending on the amount included in your benefits.

To get your full 6 oz:



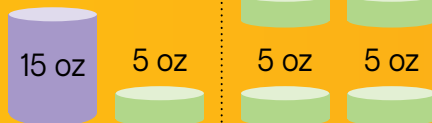
To get your full 15 oz:



To get your full 10 oz:



To get your full 20 oz:



Fish is a healthy choice!

- Choose low sodium when you can.
- Refrigerate leftover fish for later. Use within 2 to 3 days of opening.
- For women, eat about 8 to 12 ounces a week.



Fish for children:

- Choose fish without bones or remove bones before eating.
- Keep serving sizes small. A typical serving size is 1 ounce, or the size of an adult thumb.
- Eat about 2 to 4 ounces a week.



Fruits and Vegetables

Can Buy

Fresh Fruits and Vegetables

Any brand, type, or combination.

- Any variety of whole or cut fruits and vegetables
- Bagged fruits and vegetables
- Bagged or packaged salad mixtures
- Fresh herbs, cut at the root or with the root intact
- Garlic, onion, ginger, jalapeños, peppers, and chilies allowed
- Organic allowed



Cannot Buy

- Any food or product from the salad bar or deli, party trays with dip or other non fruits and/or vegetable ingredients, fruit baskets, or decorative vegetables and fruits, such as chilies or garlic on a string or painted pumpkins
- Nuts or fruit-nut mixtures
- Edible blossoms, such as squash blossoms
- Bagged salad or vegetable or fruit kits with added ingredients, such as dressing, croutons, cheese, dips, or sauces
- Dried vegetables
- Dried herbs and spices, such as dried parsley, basil, cilantro, or mint
- Fruits and vegetables with added fats, oils, or sugars
- Fruits and vegetables with artificial, reduced-calorie, or no-calorie sweeteners
- Potted plants with vegetables, fruits, or herbs
- Seeds

Fruits and Vegetables

Can Buy

Canned Fruits | Any brand, size, and type of container.

- Any variety of canned fruits, packed in water or juice without added sugars
- Applesauce allowed: natural, unsweetened, or with cinnamon
- Combinations of canned fruits and canned vegetables allowed
- Organic allowed



Cannot Buy

- Canned fruits packed in syrup, such as heavy, light, or extra light
- Fruit cocktail, mixed fruit with cherries, cranberry sauce, or pie filling
- Canned fruits with added sugars, salt, fats, or oils
- Canned fruits with artificial, reduced-calorie, or no-calorie sweeteners
- Canned fruits that do not list a fruit as the first ingredient
- Home-canned or home-preserved fruits



Helpful Hint

For children, offer a **variety** of foods, including vegetables and fruits, for meals and snacks.

Fruits and Vegetables

Can Buy

Canned Vegetables | Any brand, size, and type of container.

- Any variety of canned vegetables
- Sweet potatoes or yams without added sugars or syrup allowed
- Combinations of canned vegetables and canned fruits allowed
- Tomatoes or tomato products allowed, such as whole, strained, crushed, diced, paste, or pureed
- Regular or low sodium
- Organic allowed



Cannot Buy

- Canned vegetables with added fats or oils
- Canned vegetable mixtures with mature beans, such as lima beans
- Pickled, creamed, or sauced canned vegetables
- Canned tomato products with added sugars, fats, oils, or sweeteners (artificial, reduced-calorie, or no-calorie)
- Home-canned or home-preserved vegetables
- Soups, ketchup, relishes, olives, salsa, stewed tomatoes, or tomato sauces (tomato, pizza, spaghetti)
- Canned mature beans, such as black-eyed peas, kidney beans, or pinto beans
- Canned vegetables that do not list a vegetable as the first ingredient

Fruits and Vegetables

Can Buy

Frozen Fruits | Any brand, size, and type of container.

- Any variety of frozen fruits without added sugars
- Combinations of frozen fruits and frozen vegetables allowed
- Organic allowed



Cannot Buy

- Frozen fruits with added ingredients, oils, salt, or sugars
- Frozen fruits with artificial, reduced-calorie, or no-calorie sweeteners
- Frozen fruits that do not list a fruit as the first ingredient



Fruits and Vegetables

Can Buy

Frozen Vegetables | Any brand, size, and type of container.

- Any variety of frozen vegetables
- Combinations of frozen vegetables and frozen fruits allowed
- Frozen beans of any kind allowed, such as green beans, wax beans, black-eyed peas, black beans, or pinto beans
- Regular or low sodium
- Organic allowed



Cannot Buy

- Breaded or flavored frozen vegetables
- French fries, tater tots, hash browns, or mashed potatoes
- Frozen vegetables that do not list a vegetable as the first ingredient
- Frozen vegetables with sauce, such as cheese, butter, or teriyaki sauce
- Frozen vegetables with added sugars, sweeteners (artificial, reduced-calorie, or no-calorie), oils, fats, pasta, rice, or any other ingredient

Fruits and Vegetables

Can Buy

Dried Fruits | Any brand, size, and type of container.

- Any variety of dried fruits, such as raisins, prunes, dried plums, figs, dates, or apricots, without added fats, sugars, or oils
- Freeze-dried allowed
- With or without pits allowed
- Organic allowed



Cannot Buy

- Dried fruits with added fats, oils, or sugars
- Dried fruits with artificial, reduced-calorie, or no-calorie sweeteners
- Dried fruits in bulk (not pre-packaged)
- Dried fruits with added artificial or natural flavors, including essences
- Dried or freeze-dried vegetables
- Fruit snacks or fruit bites
- Trail mix



Helpful Hint

If the total price of fruits and vegetables **is more** than the amount in your WIC Food Balance, you can **pay the difference** with cash, CalFresh, or a credit/debit card.

Infant Cereal

Can Buy

Brands and types listed below.
8 oz or 16 oz containers.



Early On

- Multigrain
- Multigrain Organic
- Oatmeal Single Grain
- Oatmeal Single Grain Organic



Earth's Best Organic

- Whole Grain Multi-Grain



Gerber

- Multigrain
- Gluten Free Oatmeal
- Oatmeal
- Organic Oatmeal



MIJA

- Organic Multi-Grain
- Organic Oatmeal



Mom's Organic Choice

- Whole Grain Multi-Grain
- Whole Grain Oatmeal

Cannot Buy

- Any other brand, type, or size of infant cereal
- Rice cereal
- Infant cereal with added ingredients, such as DHA, probiotics, formula, milk, fruits, vegetables, sugars, or sweeteners (artificial, reduced-calorie, or no-calorie)

Infant Fruits and Vegetables

Can Buy

Choose from brands listed below. 4 oz containers.

- Plain fruits, plain vegetables, or combinations of two or more plain fruits and vegetables
- Multi-packs allowed
- Organic allowed



Beech-Nut®

Early On®
Healthy Food, Born & Raised in California

Gerber

Good & Gather™
baby

ORGANICS
HappyBABY™

Mom's
Organic
Choice™

organics

ONCE
UPON A
FARM™

Parent's
CHOICE™

simple truth
organic™

tippy
toes®

tippy
toes®
Organic

Wild
Harvest
Organic

Yummy
ORGANICS

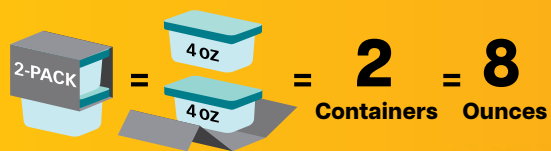
Cannot Buy

- Any other size or brand of infant fruits and vegetables
- Infant fruits and vegetables in pouches
- Infant desserts, puddings, or smoothies
- Infant juice
- Infant dinners
- Graduates or toddler food
- Dried or powdered infant fruits and vegetables
- Infant fruits and vegetables mixed with cereal, meat, pasta, or rice
- Infant fruits and vegetables with added sugars, salt, spices, starch, fiber, or DHA
- Infant fruits and vegetables with artificial, reduced-calorie, or no-calorie sweeteners
- Infant fruits and vegetables that do not list a fruit or vegetable as the first ingredient



Helpful Hints

Single containers and **multi-packs** can be mixed and matched. A multi-pack has 2 or more containers.



You can choose a **fruits and vegetables benefit** for your baby instead of some or all of their infant fruits and vegetables containers. Talk to WIC staff for more information!



Infant Meats

Can Buy

Choose from brands listed below.
2.5 oz containers.

- Added broth or gravy allowed
- Multi-packs allowed
- Organic allowed



Beech-Nut®

Gerber

Mom's
Organic
Choice™

Cannot Buy

- Any other size or brand of infant meats
- Infant dinners or infant meats mixed with veggies, fruits, cereal, pasta, or rice
- Graduates or toddler food
- Infant meats with added sugars, salt, spices, fiber, or DHA
- Infant meats with artificial, reduced-calorie, or no-calorie sweeteners
- Infant meats in pouches

Helpful Hint

Infant meats are for babies who don't get formula from WIC.

Infant Formula

Can Buy

Must buy the brand, type, size, and number of cans included in your WIC Food Balance.

Cannot Buy

- Any brand, type, or size of infant formula not included in your WIC Food Balance
- Low iron or no iron formula

Scan the QR code
to see which
formulas are
provided by WIC.



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Fax: (202) 690-7442; or

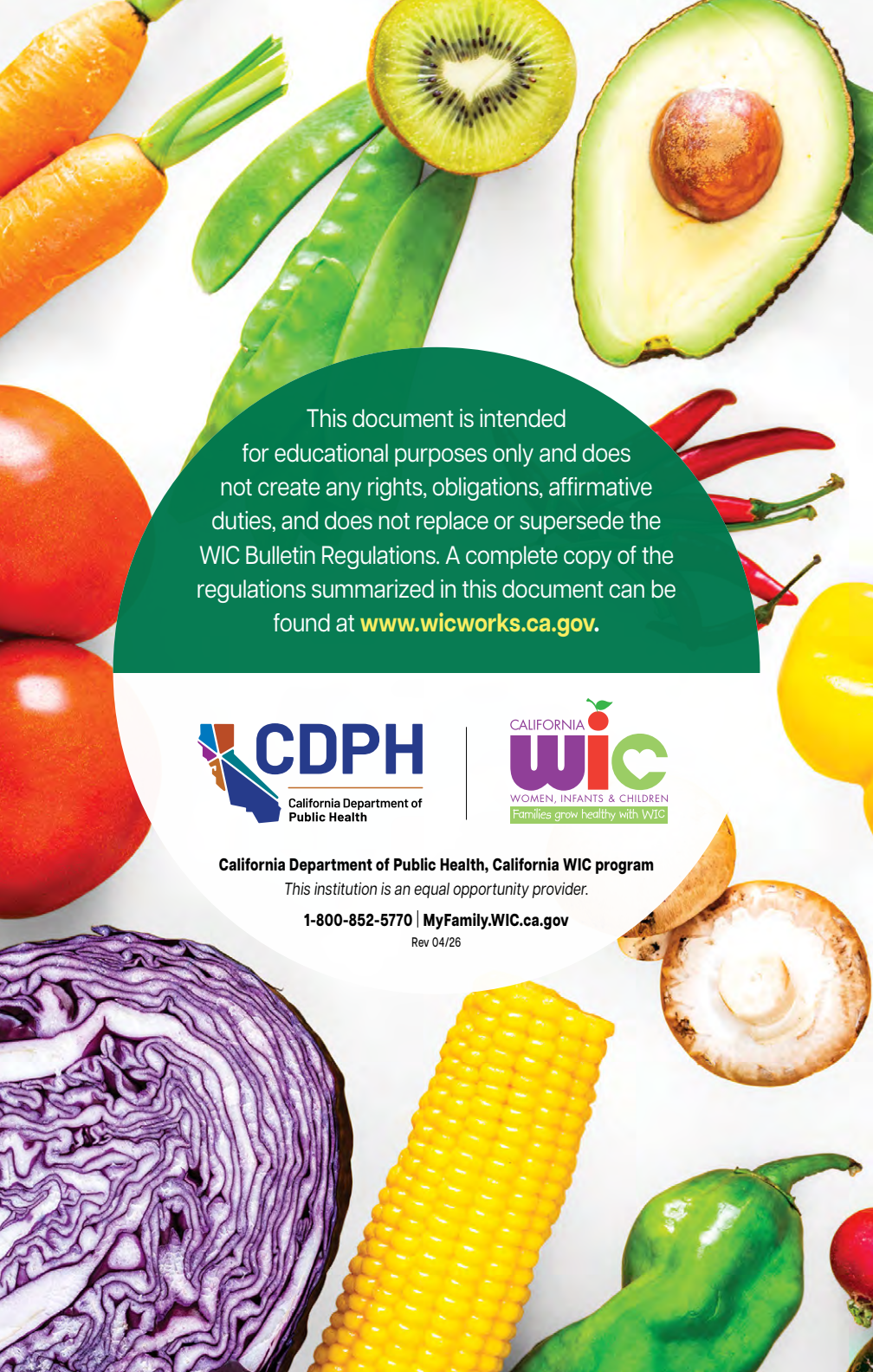
Email: program.intake@usda.gov.

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Grow Healthy
with WIC!**



* www.usda.gov/sites/default/files/documents/ad-3027.pdf



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Rev 04/26