

# Arizona WIC Programs

# Food List



This food list is effective April 1, 2015. Vendors may not carry all items listed and/or pictured on the WIC food list.

# WIC Participant Responsibilities

## Before you shop:

1. Look carefully at the “First Date to Use” and “Last Date to Use” dates printed on your checks to make sure you are taking the right checks to the store.
2. Shop only at WIC-approved stores.
3. Your WIC office will let you know the locations where you can cash your checks. Look for the “We Accept Arizona WIC Food Instruments Here” sign at the grocery store.
4. Tell the clinic staff if you would like someone else to be able to pick up and cash WIC checks.

## While you shop:

1. Read your checks carefully. Each family member may be provided with different foods.
2. Buy only foods and amounts listed on the WIC checks.

## At the checkout stand:

1. Separate WIC foods from other foods you’re buying.
2. Tell the cashier right away that you are using WIC checks and show your WIC ID Folder or Arizona state-issued ID.
3. You can sign your check once the cashier writes the date and amount on the check. Make sure the amount written on the check matches the total from the cash register. Do not sign your checks before you go to the store.
4. If your check is not accepted at the store, contact your WIC office.

## If you have problems at the grocery store:

Talk to the store manager if you have a problem at the store. Report the date, time and names of store people involved and save your store receipt. Contact your WIC office if you are still not satisfied.

If you want to know if a particular brand of food is eligible, please visit the Arizona Food List Database at <http://azdhs.gov/azwic/az-food-list-database.htm> or contact your WIC office.

**Maximum quantity of each food item will be specified on your WIC check.**

### **Weights: What's helpful to know**

ounces = oz.

pound = lb.

16 ounces = 1 pound

pound = #



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# Infant Cereal and Formula



## Infant Cereal

### Can Buy

Gerber or BeechNut,  
single grain cereal, 8 or  
16 oz.

- Barley
- Oatmeal
- Rice
- Whole wheat

### Cannot Buy

- Infant cereal with added fruit, sugar, yogurt, formula or DHA/ARA
- Jars, cans or single serving cups
- High protein
- Mixed cereals
- Multi-grain
- Organic

## Infant Formula

Only brand, type and size as specified on your WIC check.  
All formula listed on WIC check must be purchased.

# Infant Foods



## Infant Fruits and Vegetables

### Can Buy

Any of the following single or mixed variety of Stage 2, 3.5 or 4 oz. infant fruits and vegetables

- BeechNut
- Gerber
- Tippy Toes

### Cannot Buy

- Foods with added salt, sugar or starches
- Desserts, dinners and food combinations
- Added formula, cereal or DHA/ARA
- Smoothies
- Organic
- Pouches



## Infant Food Meats

Allowable for fully breastfeeding infants only

### Can Buy

Any of the following 2.5 oz. single ingredient infant meats (added broth and gravy allowed) in any stage

- BeechNut
- Gerber
- Tippy Toes

### Cannot Buy

- Foods with added salt or sugar
- Dinners and food combinations
- Meat sticks
- Organic

## ITCA WIC ONLY:

Fresh bananas if listed on the check, including those that are in a bunch, single and organic.

**Note:** Plantains, baby and red bananas are not allowed.



# Milk



## Can Buy

**Store or house brand<sup>†</sup>,  
refrigerated milk  
in containers as specified  
on your WIC check**

- Pasteurized fluid cow's milk
  - Fat-free
  - Low-fat (1%)
  - Reduced-fat (2%)
  - Whole

### **Any Brand Specialty Items**

- Lactose-free cow's milk (½ gallon)
- Evaporated milk (12 oz. can)
- Powdered dry milk (9.6 to 25.6 oz. box)
- UHT/Sterile/Long Shelf Life Milk

## Cannot Buy

- Chocolate milk
- Flavored milk
- Buttermilk
- Acidophilus milk
- Half and half
- Rice milk
- Raw milk
- Sweetened condensed milk
- Creamers
- Filled milk
- Organic milk

**<sup>†</sup>Look for the 'WIC Approved' sign**



Type of milk as specified on your WIC check.

Half gallons and quarts only when specified on your WIC check.

# Milk Alternatives

(only when specified on your WIC check)



## Soy Milk

### Can Buy

- Pacific Ultra Soy 32 oz. shelf stable, original and vanilla only
- 8th Continent, ½ gallon, refrigerated, original and vanilla only
- Silk, ½ gallon, refrigerated, original only

### Cannot Buy

- Soy milk with added DHA/ARA
- Organic or Light
- 8th Continent chocolate, fat-free, or complete vanilla
- Silk Soymilk in other flavors

## Goat Milk

Arizona WIC only:

### Can Buy

- Meyenberg, quart, refrigerated

### Cannot Buy

- Evaporated
- Powdered
- Canned

## Tofu

Only when specified on your WIC check

### Can Buy

The following brands of water-packed, any texture (i.e., soft, medium, firm or extra firm) calcium-set tofu in a 16 oz. size only

- Azumaya
- House Foods

### Cannot Buy

- Tofu with added fats, sugars, oils or sodium
- Organic tofu

# Yogurt



## Can Buy

**Any flavor of the following brands of 32 oz. quart-sized yogurt\***

- Any of the following store brands
  - Essential Everyday
  - Food Club
  - Great Value
  - Kroger
  - Market Pantry
  - Lucerne
- Brown Cow
- Dannon
- LALA
- Mountain High
- Yoplait

## Cannot Buy

- Yogurt with mix-ins such as granola, candy pieces, honey, nuts and similar ingredients
- Yogurts that are:
  - Greek
  - Organic
  - Drinkable

\*Type of yogurt as specified on your WIC check.



# Cheese



Monterey Jack



Mozzarella



Cheddar



Colby & Monterey Jack



Colby



String

## Can Buy

**Store or house brand<sup>†</sup>,  
pasteurized,  
pre-packaged, 1 lb.  
(16 oz.) regular, reduced  
fat or low sodium**

- Cheddar (mild, medium, sharp, extra sharp, longhorn or white)
- Monterey Jack
- Mozzarella (includes string cheese)
- Colby
- Blended cheese (blend of any type listed above)

## Cannot Buy

- Diced, grated, shredded or sliced
- Cheese from the deli counter
- Random weight cheese
- Cheese with added peppers or other ingredients
- Imported cheese
- Processed American cheese, processed cheese food, cheese product or cheese spread
- Cream cheese
- Cheese sticks (besides string cheese) or swirls
- Packages less than 16 oz.
- Organic cheese

<sup>†</sup>Look for the 'WIC Approved' sign



# Juice

## 11.5-12 oz. Frozen Concentrate



## 64 oz. Shelf Stable or Refrigerated



Only when specified on your WIC check



Navajo Nation WIC Only

# Juice Continued

Only these brands of 100% juice; no added sugar or sweetener

## 11.5-12 oz. Frozen Concentrate

### Apple

- Langers
- Old Orchard
- Seneca
- Shurfine
- Tree Top
- Western Family

### Grape

- Old Orchard
- Western Family
- Welch's (including purple or white grape)

### Pineapple

- Dole (including pineapple orange)
- Old Orchard

### Orange\*

- Any brand

### Grapefruit\*

- Any brand

## 64 oz. Shelf Stable

### Apple

- Langers
- Seneca
- Shurfine
- Tree Top
- Western Family

### Grape

- Langers (including purple or white grape)
- Shurfine
- Welch's (including purple or white grape)
- Western Family

### Pineapple

- Langers

### Tomato

- Campbell's

### Orange\*

- Any brand

### Grapefruit\*

- Any brand

# Juice Continued

## 64 oz. Refrigerated

### Can Buy

- Orange\* (any brand)

### Cannot Buy

- Odwalla and Naked brands of refrigerated juice

\* Calcium fortified allowed. Organic NOT allowed. Allowable containers include plastic bottles, cartons and cans only.

### Only when specified on your WIC check

- 5.5-6 oz. containers of Dole Pineapple, Donald Duck Orange and V8 juice (any type).
- Navajo Nation WIC Only: 4.3 oz. containers of Juicy Juice (any flavor) in eight-packs.

# Fruits and Vegetables Buying Guide

The buying guide will help you get the most food with your fruit and vegetable checks. This chart can help you figure out the cost of an item priced by the pound. When choosing fresh fruits and vegetables, follow these steps:

- Place the item on the grocery scale
- Round the weight up to the nearest pound or half pound
- Estimate the cost of the item based on the chart
- There may be differences in weight between the scales in the produce section and at the register. The scale at the register will determine the actual weight and cost of the fruits and vegetables.

Price per lb.	1 lb.	1 ½ lbs.	2 lbs.	2½ lbs.	3 lbs.	3½ lbs.	4 lbs.
.49	.49	.74	.98	1.23	1.47	1.72	1.96
.59	.59	.89	1.18	1.48	1.77	2.07	2.36
.69	.69	1.04	1.38	1.73	2.07	2.42	2.76
.79	.79	1.19	1.58	1.98	2.37	2.77	3.16
.89	.89	1.34	1.78	2.23	2.67	3.12	3.56
.99	.99	1.49	1.98	2.48	2.97	3.47	3.96
1.09	1.09	1.64	2.18	2.73	3.27	3.82	4.36
1.19	1.19	1.79	2.38	2.98	3.57	4.17	4.76
1.29	1.29	1.94	2.58	3.23	3.87	4.52	5.16
1.39	1.39	2.09	2.78	3.48	4.17	4.87	5.56
1.49	1.49	2.24	2.98	3.73	4.47	5.22	5.96
1.59	1.59	2.39	3.18	3.98	4.77	5.57	6.36
1.69	1.69	2.54	3.38	4.23	5.07	5.92	6.76
1.79	1.79	2.69	3.58	4.48	5.37	6.27	7.16
1.89	1.89	2.84	3.78	4.73	5.67	6.62	7.56
1.99	1.99	2.99	3.98	4.98	5.97	6.97	7.96
2.09	2.09	3.14	4.18	5.23	6.27	7.32	8.36
2.19	2.19	3.29	4.38	5.48	6.57	7.67	8.76
2.29	2.29	3.44	4.58	5.76	6.87	8.02	9.16
2.39	2.39	3.59	4.78	5.98	7.17	8.27	9.56
2.49	2.49	3.74	4.98	6.23	7.47	8.72	9.96

# Fruits



## Fresh Fruits

### Can Buy

#### Any variety of fresh fruit

- Whole
- Cut-up
- Single pieces
- Bagged or pre-packaged
- Organic

### Cannot Buy

- Dried fruit
- Fruit-nut mixtures
- Fruit with dipping sauce
- Fruit for purchase on salad bars
- Ornamental fruits
- Fruit baskets
- Party trays
- Items such as blueberry muffins
- Fruit with added sugar, fat, oil or salt

### Arizona WIC only

You may also use your cash value vouchers (CVV) to buy fresh fruits and vegetables at approved farmers' markets if specified on check.

# Fruits Continued



## Frozen Fruits

Arizona and Navajo Nation WIC only

### Can Buy

#### Any brand

- Any size and type of container
- Any single or mixed variety
- Organic

### Cannot Buy

- Fruit with:
  - added sugar, fat, oil or salt
  - artificial sweeteners such as Splenda or NutraSweet
  - any other added ingredients
- Smoothies



## Canned Fruits\*

Arizona and Navajo Nation WIC only

### Can Buy

#### Any brand

- Any size and type of container (shelf stable or refrigerated)
- Any single or mixed variety packaged in juice or water
- Natural or unsweetened applesauce
- Organic

### Cannot Buy

- Fruit:
  - packed in syrup such as heavy, light or extra light
  - with added sugar, fat, oil or salt
  - packed in sweetened fruit juice or nectar
  - with artificial sweeteners such as Splenda or NutraSweet
- Cranberry sauce or pie filling

\*Allowable containers include cans, cups, jars or pouches.

# Vegetables



## Fresh Vegetables

### Can Buy

#### Any variety of fresh vegetables

- Whole
- Cut-up
- Single
- Bagged or pre-packaged, including lettuce
- Organic

### Cannot Buy

- Kits with dressings or dipping sauce
- Herbs and spices
- Edible blossoms such as squash blossoms (broccoli, cauliflower and artichokes are allowed)
- Creamed or sauced vegetables
- Vegetable-grain mixtures
- Breaded vegetables
- Vegetables for purchase on salad bars
- Salad kits
- Ornamental vegetables, such as chilies on a string
- Painted pumpkins
- Party trays
- Vegetables with added sugar, fat, oil or salt

### Arizona WIC only

You may also use your cash value vouchers (CVV) to buy fresh fruits and vegetables at approved farmer's markets if specified on check.



# Vegetables Continued



## Frozen Vegetables

Arizona and Navajo Nation WIC only

### Can Buy

#### Any brand

- Any size and type of container
- Any single or mixed variety
- Steamer bags
- Organic

### Cannot Buy

- Breaded or seasoned vegetables
- French fries, tater tots or hash browns
- Vegetables with :
  - sauce such as cheese, butter or teriyaki sauce
  - added sugar, syrup, oil, fat, pasta, rice or any other ingredients



## Canned Vegetables\*

Arizona and Navajo Nation WIC only

### Can Buy

#### Any brand

- Any size and type of container
- Regular and low sodium
- Any single or mixed variety
- Tomato sauce, paste, puree, whole, crushed, diced or stewed tomatoes
- Organic vegetables

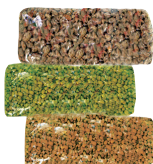
### Cannot Buy

- Vegetables with added fat, sugar\*\* or oil
- Added pastas or rice
- Pickled or creamed vegetables
- Vegetables in sauce
- Pizza sauce, soups, ketchup, relish and olives

\*Allowable containers include cans, cups, jars or pouches.

\*\* Sugar allowed for sweet peas and corn only.

# Dry Legumes, Peanut Butter and Eggs



## Dry Beans/Peas/Lentils

### Can Buy

Any eligible brand,  
any variety

- 16 oz. package size

### Cannot Buy

- Green, yellow or wax beans
- Fresh or frozen beans
- Refried beans
- Bean soup mixes with flavoring packets/spices
- Organic beans
- Bulk

## Peanut Butter

### Can Buy

Any eligible brand,  
16 to 18 oz.

- Plain, creamy, chunky or super chunky styles
- Low sodium
- Low sugar
- Natural

### Cannot Buy

- Peanut butter spread
- Peanut butter with added jams, jellies, chocolate, marshmallows, DHA, omega-3 or honey
- Peanut butter in tubes
- Organic peanut butter

## Eggs

### Can Buy

Store or house brand<sup>+</sup>,  
dozen-size carton

- Fresh, raw, white chicken eggs
- Medium or large

### Cannot Buy

- Specialty eggs (low cholesterol, DHA, organic, free range, cage free, nest and fertile)
- Extra large or jumbo
- Brown eggs
- Eggs in six-pack cartons
- Egg substitutes

<sup>+</sup>Look for the 'WIC Approved' sign



# Canned Beans



## Canned Beans

Only when specified on your WIC check

### Can Buy

**Any brand, any variety, in up to 16 oz. size. Plain, regular, or low sodium.**

In varieties such as:

- Black
- Black-eyed peas
- Cannellini
- Garbanzo (Chickpeas)
- Great Northern
- Kidney (red or white)
- Lima
- Navy
- Pink
- Pinto
- Red

### Cannot Buy

- Refried beans
- Peas or lentils
- Green peas, green beans or wax beans
- Baked, Cajun, barbeque or ranch style
- Beans with added fat, oils, seasonings, spices, meat, fruits or vegetables
- Pork and beans
- Chili beans
- Organic

# Canned Fish



## Tuna

### Can Buy

#### Any eligible brand

- Chunk light only
- Plain, water-packed
- Regular or low sodium

### Cannot Buy

- Solid white or Albacore tuna
- Tuna with soy protein added
- Oil-packed tuna
- Prime fillet
- Lunch kit tuna mix
- Tuna packed in pouches
- Tuna with added ingredients
- Flavored or seasoned tuna

## Pink Salmon

### Can Buy

#### Any eligible brand

- Pink salmon only
- Plain, water-packed
- Regular or low sodium

### Cannot Buy

- Salmon with added ingredients
- Red salmon
- Salmon in pouches
- Flavored or seasoned salmon
- Atlantic salmon
- Fillets

## Sardines

### Can Buy

#### Any eligible brand

- 3.75 oz. cans, flavored, seasoned or plain

### Cannot Buy

- Brisling
- Norwegian

# Cereal

## Hot Cereal

11.8 oz. box or larger; up to 36 combined oz.



### Can Buy

- Cream of Wheat Instant Original Flavor individual packets
- Malt-O-Meal Original
- Quaker Instant Oatmeal Original individual packets

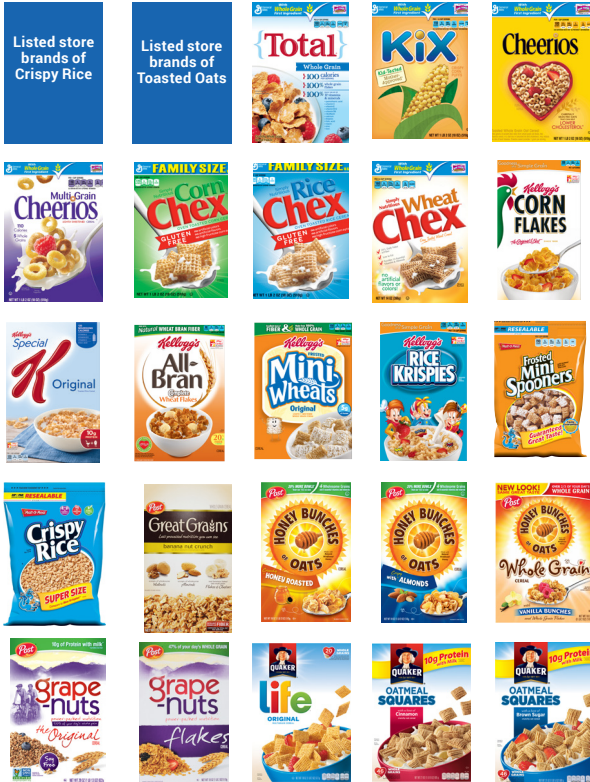
### Cannot Buy

- Hot cereals less than 11.8 oz.
- Added raisins, fruit or nuts
- Variety packs
- Organic cereals

# Cereal Continued

## Cold Cereal

14 oz. or larger bags or boxes; up to 36 combined oz.



# Cereal Continued

## Cold Cereal

14 oz. or larger bags or boxes; up to 36 combined oz.

### Can Buy

- **Any of the following store brand Crispy Rice:** Best Yet, First Street, Great Value
- **Any of the following store brand Toasted Oats:** Best Yet, Essential Everyday, First Street, Food Club, Great Value, Hy-Top, Kroger, Market Pantry, Safeway Kitchens
- **General Mills:** Total, Kix (Plain), Cheerios (Plain and MultiGrain), and Chex (Corn, Rice and Wheat)
- **Kellogg's:** Corn Flakes, Special K Original, All-Bran Complete Wheat Flakes, Frosted Mini-Wheats Original and Rice Krispies
- **Malt-O-Meal:** Frosted Mini Spooners and Crispy Rice
- **Post:** Great Grains Banana Nut Crunch, Honey Bunches of Oats (Honey Roasted, Almond and Vanilla Bunches), Grape-Nuts Original and Grape-Nuts Flakes
- **Quaker:** Life (Original), Oatmeal Squares (Brown Sugar and Cinnamon)

### Cannot Buy

- Cold cereals less than 14 oz.
- Variety packs
- Frosted cereals except those listed in the CAN BUY section
- Organic cereals

## CEREAL

You may combine multiple sized containers to equal up to 36 oz. **Examples:**

$$18 + 18 = 36$$

$$16 + 18 = 34$$

# Whole Grains



## 100% Whole Wheat Bread

### Can Buy

**Any of the following loaves of bread in a 16 oz. size only**

- Any eligible store or house brand labeled 100% whole wheat bread (including bakery)
- Bimbo  
100% Whole Wheat
- Nature's Own  
100% Whole Wheat
- Oroweat  
100% Whole Wheat
- Ozark Hearth  
100% Whole Wheat
- Roman Meal SunGrain  
100% Whole Wheat
- Sara Lee  
100% Whole Wheat
- Wonder  
100% Whole Wheat

### Cannot Buy

- Gluten-free
- Diet, light or low carb
- Mini loaves
- Pita or flat bread
- English muffins
- Sandwich thins or rounds
- Bagels
- Buns
- Rolls
- Organic



# Whole Grains Continued



## Brown Rice

### Can Buy

**Any of the following brands of brown rice (long or short grain) in a 16 oz. size only**

- Any store or house brand
- Blue Ribbon
- Mahatma
- Shurfine
- Springfield

### Cannot Buy

- Instant brown rice
- Rice in plastic containers
- Seasoned or flavored rice
- White rice
- Basmati and jasmine rice
- Organic rice



## Whole Wheat Flour Tortillas

### Can Buy

**Any of the following whole wheat flour tortillas in a 16 oz. size only\***

- Carlita
- Guerrero Tortillas de Harina Integral
- IGA
- La Banderita Fajita
- Mission
- Sunrise Bakery

### Cannot Buy

- Tortilla chips
- Tostada or taco shells
- White flour tortillas
- Flavored tortillas (such as spinach or tomato)
- Organic tortillas

\*Whole wheat flour must be the only flour listed in the ingredient list.

# Whole Grains Continued



## Soft Corn Tortillas

### Can Buy

Any of the following yellow or white soft corn tortillas in a 16 oz. size only\*

- Carlita
- Casa Rica
- Don Pancho
- Guerrero
- La Banderita
- La Burrita
- Mama Lola's
- Mission
- Santa Fe Tortilla Company

### Cannot Buy

- Tortilla chips
- Tostada or taco shells
- Organic tortillas

\* Corn (masa) flour, ground corn, or whole corn flour must be listed as the first ingredient.

## Whole Wheat Pasta

### Can Buy

Any variety of the following brands of whole wheat pasta in a 16 oz. size only

- Delallo
- Hodgson Mill

### Cannot Buy

- Pastas that list any other flour besides whole wheat and/or whole durum wheat flour in the ingredients
- Pastas with added sugars, fats, oils or salt

**New**