

# FOOD SHOPPING GUIDE



Effective August 1, 2019 • Version 3d

# INFORMATION

- Take your receipt listing your remaining benefits with you, or print a benefit balance receipt at the store before shopping. This will help to know what is available to purchase.
- Before foods are scanned, let the cashier know that you will be using your WYO W.E.S.T. card.
- Your WIC foods **do not** need to be separated from the rest of your groceries.
- Store discount cards, coupons of any kind, or promotions are allowed and encouraged to be used with your WIC purchase.
- If an item you are trying to purchase with your WIC benefits does not scan as WIC approved, please provide the UPC and a description of the product to your local WIC clinic immediately or email pictures of the item to [wdh-wywicvendor@wyo.gov](mailto:wdh-wywicvendor@wyo.gov).
- If you have problems at the grocery store, speak with the store manager to resolve the problem. If the manager is unavailable to resolve the problem, call your WIC clinic or contact the WIC State Agency customer service line at 1-888-WYO-WEST (1-888-996-9378).
- If your local WIC clinic is closed during their normal business hours and you need assistance, contact the WIC State Agency customer service line Monday - Friday.
- **NO SUBSTITUTIONS OR EXCHANGES ARE ALLOWED** - All WIC Purchases are final, unless the item(s) purchased is expired or damaged.

# HELPFUL TECHNOLOGY

This food shopping guide can be found on WIC's webpage, <https://health.wyo.gov/publichealth/wic/foodlist/>. You can use your internet browser on your smart phone to download it or scan the QR code.



The Wyoming WIC Program offers the **WICShopper** app!

- ✓ **FREE** to download
- ✓ List of stores where you can shop in Wyoming
- ✓ Scan items to see if they are WIC approved
- ✓ View the Wyoming WIC Food Shopping Guide



If you need help with this app, please ask your local WIC clinic or call the WIC State Agency customer service line.

# DAIRY

## MILK

### BUY:

- Any Brand
- Gallons, Half Gallons, Quarts
  
- Fresh Pasteurized Cows Milk
- Buttermilk
- Goat's Milk (canned, fresh, powdered)
- Lactose Free/Lactose Reduced
  
- Canned/Evaporated
- Dry/Powdered (only in 8 quart boxes)
- UHT/Shelf Stable (only in quarts)

### ONLY WHEN LISTED ON RECEIPT:

- Reduced Fat (2%)

### NOTE:

- Children 1 to 2 years are issued **WHOLE MILK**
- Children 2 to 5 years and Women are issued **LOW-FAT (1%) OR NONFAT (skim) MILK**



### DON'T BUY:

- Added Calcium, Protein, or Other Nutrients
- Almond, Cashew, Coconut, or Rice Based Beverage
- Flavored/Sweetened
- Organic
- Other Sizes
- Raw/Unpasteurized

# SOY BEVERAGE

ONLY WHEN LISTED ON RECEIPT:

## BUY:

- Quarts or Half-Gallons



Choose From the Following Brands & Flavors:

### 8th Continent - Refrigerated

- Original
- Vanilla

### Great Value - Refrigerated

- Plain

### Pacific Natural - Shelf Stable

- Ultra Soy Original
- Ultra Soy Vanilla

### Silk - Refrigerated

- Original



### DON'T BUY:

- Almond/Cashew/Coconut Based Beverage
- Organic
- Other Brands/Flavors
- Rice Based Beverage

# YOGURT

## BUY:

- 32 Ounce Containers
- Any Flavor
- Greek or Regular



## **NOTE:**

- Children 1 to 2 years are issued **WHOLE (Vitamin D) MILK YOGURT**
- Children 2 to 5 years and Women are issued **LOW-FAT OR NONFAT YOGURT**

## Choose From the Following Brands:

- Best Choice
- Brown Cow
- Chobani
- Dannon
- Darigold
- Essential Everyday
- Food Club
- Great Value
- Kroger
- Light & Fit
- Lucerne
- Mountain High
- Oikos
- Open Nature
- Our Family
- Shurfine
- Simple Truth
- Tillamook
- The Greek Gods
- Two Good
- Western Family
- Yoplait
- ZOI

## **DON'T BUY:**

- Drinkable
- Mix-In Ingredients (granola, candy pieces, honey, or nuts)
- Multi-Packs
- Organic
- Other Sizes
- Pouches/Tubes
- Reduced Fat / 1.5%
- Ultra Filtered Milk
- Whipped



# CHEESE

## BUY:

- 8 & 16 Ounce Packages
- Any Brand of Domestic Cheese
- Regular/Reduced-Fat
  
- Block
- String Cheese (Mozzarella)
- Shredded
- Sliced



## Choose From the Following Types:

- Cheddar (all varieties)
- Cheddar-Jack
- Colby
- Colby-Jack
- Deluxe American Cheese Slices (not individually wrapped or block)
- Monterey Jack
- Mozzarella
- Muenster
- Provolone
- Swiss

## DON'T BUY:

- Added Ingredients (e.g., Pepper Jack)
- Bulk
- Cheese & Cracker Packs
- Cheese Food Products/Spreads
- Crumbles/Cubes/Curds
- Deli/Gourmet
- Individually Wrapped Sliced Cheese
- Imported Cheese
- Organic
- Other Flavor/Sizes

## **NOTE:**

**Blends of two or more of the types of cheese listed above are allowed. For example, Shredded Mozzarella, Provolone, & Cheddar.**

# PROTEIN

## BEANS & PEAS

### BUY:

- 1 or 2 Pound (16 or 32 oz) Bag Dried Beans
- 15 to 16 Ounce Canned Beans
- Any Brand
- Any Single Variety:
  - \* Beans
  - \* Fat-Free Refried Beans
  - \* Lentils
  - \* Peas (No Sweet)
- Regular/Low Sodium



### **NOTE:**

*If your receipt shows that you have 2 jarbag of "Beans/Peas/Peanut Butter" and you purchase 1 jar of peanut butter and 1 can of beans, your new ending balance would be .75 jarbag.*

### DON'T BUY:

- Added Fat/Oil/Sugar
- Added Seasoning
- Baked Beans
- Beans with Meat
- Bulk
- Canned Sweet Peas
- Chili
- Green Beans
- Mixed
- Organic
- Other Sizes
- Snap Green
- Soup/Soup Mixes
- Wax/Yellow





# helpful tip

Different ways to buy Beans/Peas/Peanut Butter

One item equals:



1 package  
dry beans

OR



4 cans of beans  
(1 can = .25 units)

OR



1 jar peanut  
butter

## PEANUT BUTTER

### BUY:

- 16 to 18 ounce jars
- Any Brand
- Chunky/Creamy/  
Crunchy/Extra Crunchy
- Natural
- Reduced Fat
- Reduced Salt
- Reduced Sugar



### DON'T BUY:

- Added Honey/Jelly/  
Marshmallow
- Organic
- Other Nut Butters
- Other Sizes
- Spreads
- Squeeze Bottles
- Whipped

# EGGS

## BUY:

- 1 Dozen
- Any Brand
- Brown or White
- Cage Free
- Chicken
- Fresh
- Grade A or AA
- Large
- Omega 3



## DON'T BUY:

- Egg Substitutes
- Free Range
- Hard Boiled
- Extra Large/Medium/Jumbo
- Organic
- Other Counts
- Pasture Raised
- Specialty Eggs



## **RECIPE** **French Toast**

- 1 egg
- 1/2 teaspoon vanilla
- 1/2 teaspoon cinnamon
- 1/4 cup milk
- 4 slices whole wheat bread

In a bowl beat egg, vanilla, cinnamon, and milk. Dip bread into the egg mixture and coat each side. Cook bread in a skillet or griddle on medium heat, until golden brown.



# WHOLE GRAINS

## WHOLE WHEAT BREAD

### BUY:

- 100% Whole Wheat
- 16, 20, or 24 Ounce Packages
- Any Brand

Women can get 16 ounce packages  
Children can get 16, 20, and 24 ounce packages



### **NOTE:**

- *“100% Whole Wheat Bread” must be specified on the package*
- *First ingredient must be “Whole Wheat Flour”*



### **TIP:**

Serve your little ones whole grain versions of their favorite bread, tortilla, or pasta. It's a simple way to help them eat more whole grains.

-<https://www.fns.usda.gov/core-nutrition/whole-grains>

### **DON'T BUY:**

- Bleached/Enriched Wheat Flour
- Deli/Bakery Bread
- Hamburger/Hot Dog Buns
- Light
- Organic
- Other Flavors
- Other Sizes
- Rolls

# WHOLE WHEAT PASTA

## BUY:

- 16 Ounce Packages
- Any Brand
- Any Shape



## DON'T BUY:

- Added Fat/Oil
- Added Salt/Sugars
- Organic
- Vegetable Pasta

## Choose From the Following Brands:

- Barilla
- Essential Everyday
- Food Club
- Great Value
- Hodgson Mill
- Kroger
- Our Family
- Ronzoni
- Shurfine
- Signature Select
- Western Family

## **NOTE:**

*“Whole Wheat Flour” or “Durum Whole Wheat Flour” must be the only flour in the ingredient list.*



## BROWN RICE

### BUY:

- 14 Ounce Box (Instant/Boil-In-Bag)
- 16 or 32 Ounce Bag (Regular/Quick Cooking)
- Any Brand
- Long/Short Grain
- Pre-Cooked/Parboiled



Women can get 14 and 16 ounce packages  
Children can get 14, 16, and 32 ounce packages

### DON'T BUY:

- Added Seasonings
- Dinners
- Individual Packets
- Mixes
- Organic
- Other Sizes
- Ready to Serve
- White/Red
- Wild (Black)



### **TIP:**

Be ready to make quick and easy meals. Cook brown rice and store, tightly covered, in the refrigerator for up to 5 days, or in the freezer for up to 6 months.

*-Nutrition Matters, Inc. WIC107R1*

# WHOLE WHEAT TORTILLAS

## BUY:

- 16 Ounce Packages



## Choose From the Following Brands:

- Best Choice 100% Whole Wheat Soft Taco
- Chi-Chi's Whole Wheat Fajita Style
- Don Pancho Whole Wheat Soft Taco
- Essential Everyday 100% Whole Wheat
- Food Club Whole Wheat Fajita Style
- Guerrero 100% Whole Wheat Soft Taco
- Kroger 100% Whole Wheat Soft Taco
- La Banderita 100% Whole Wheat Fajita
- La Favorita Whole Wheat
- Mission 100% Whole Wheat Fajita Style
- Mission 100% Whole Wheat Soft Taco
- Ortega Whole Wheat
- Our Family Whole Wheat Fajita Style
- Our Family Whole Wheat Flour Soft Taco
- Signature Select 100% Whole Wheat Soft Taco

## DON'T BUY:

- Taco Shells
- Tostada Shells
- White Flour
- Wraps
- Other Brands/Flavors
- Other Sizes
- Organic
- Refrigerated



# CORN TORTILLAS

## BUY:

- 8 or 16 Ounce Packages
- Soft
- White/Yellow



## Choose From the Following Brands:

- Best Choice Corn, 16oz
- Don Pancho White Corn, 16oz
- Essential Everyday White Corn, 16oz
- Food Club White Corn, 16oz
- Guerrero White Corn, 16oz
- Herdez White Corn, 16oz
- IGA White Corn, 16oz
- Kroger Yellow Corn Gluten Free, 16oz
- La Banderita Corn, 16oz
- La Burrita Corn, 16oz
- La Favorita Corn, 8oz
- Mission Extra Thin Yellow Corn, 16oz
- Our Family White Corn, 16oz
- Our Family Yellow Corn, 16oz



## DON'T BUY:

- Organic
- Other Sizes
- Taco Shells
- Tostada Shells

# BREAKFAST CEREAL

WG = WHOLE GRAIN

GF = GLUTEN FREE

## OATMEAL

### BUY:

- 11.8 or 12 Ounce Box
- Individual Packets
- Original/Regular Flavor

### DON'T BUY:

- Organic
- Other Brands
- Other Flavors
- Other Sizes

### Choose From the Following Brands:

- Best Choice (WG)
- Essential Everyday (WG)
- Great Value (WG)
- IGA (WG)
- Kroger (WG)
- Our Family (WG)
- Quaker (WG)
- Signature Kitchens (WG)
- Western Family (WG)



### TIP:

Choose whole grain cereals to increase your fiber intake.

Whole grains are good for your heart and digestion, and can help you maintain a healthy weight and good overall health.

[-https://www.fns.usda.gov/core-nutrition/whole-grains](https://www.fns.usda.gov/core-nutrition/whole-grains)



# HOT CEREAL

## BUY:

- 9 to 36 Ounce Packages



## DON'T BUY:

- Other Brands
- Other Flavors/Types
- Other Sizes
- Organic

## Choose From the Following Brands and Types:

### B&G FOODS

- Cream of Wheat
  - 1 Minute
  - 2 ½ Minute
  - Instant
  - Whole Grain (WG)
- Cream of Rice Instant (GF)

### ESSENTIAL EVERYDAY

- Creamy Wheat

### FOOD CLUB

- Creamy Wheat

### MALT-O-MEAL

- Chocolate Hot Wheat
- CO CO Wheats
- Original Hot Wheat



## TIP:

### Healthy Whole Grain Breakfast Ideas:

- One cup of whole wheat cereal flakes (1 ounce) with fat free or low fat milk
- ½ cup cooked oatmeal (1 ounce) topped with a favorite fruit and a little sugar or honey
- One regular slice of whole grain toast (1 ounce) with a slice of low fat cheese

*[-https://fns-prod.azureedge.net/sites/default/files/WholeGrainsTipAdviceGuidance.pdf](https://fns-prod.azureedge.net/sites/default/files/WholeGrainsTipAdviceGuidance.pdf)*

# COLD CEREAL

## BUY:

- 9 to 36 Ounce Packages

## DON'T BUY:

- Organic
- Other Brands
- Other Flavors
- Other Sizes



Choose From the Following Brands & Types:

## ALWAYS SAVE

- Corn Flakes

## BEST CHOICE

- Bran Flakes (WG)
- Corn Crisps
- Corn Flakes
- Crisp Rice
- Crispy Corn & Rice
- Frosted Shredded Wheat Bite Size (WG)
- Frosted Shredded Wheat Maple & Brown Sugar (WG)
- Frosted Shredded Wheat Strawberry (WG)
- Happy O's (WG)
- Honey Oat Clusters
- Honey Oat Clusters w/Almonds
- Multigrain O's (WG)
- Wheat Crisps (WG)

## ESSENTIAL EVERYDAY

- Corn Flakes
- Crisp Rice
- Crispy Hexagons
- Crunchy Corn Squares (GF)
- Crunchy Rice Squares (GF)
- Crunchy Wheat Squares (WG)
- Frosted Shredded Wheat Bite Size (WG)
- Frosted Shredded Wheat Strawberry (WG)
- Honey Oats & Flakes
- Nutty Nuggets (WG)
- Toasted Oats (WG)
- Wheat & Bran Flakes (WG)

## FOOD CLUB

- Bran Flakes (WG)
- Corn Flakes
- Corn Squares (GF)
- Frosted Shredded Wheat Bite Size (WG)
- Frosted Shredded Wheat (WG)
- Frosted Shredded Wheat Strawberry (WG)
- Honey and Oats w/Honey and Oat Clusters
- Honey and Oats w/Almonds
- Oatmeal Squares (WG)
- Rice Squares (GF)
- Twin Grain Crisp (GF)
- Wheat Squares (WG)

## GENERAL MILLS

- Cheerios-Original (WG)(GF)
- Cheerios-Multi Grain (WG)(GF)
- Chex-Blueberry (GF)
- Chex-Cinnamon (GF)
- Chex-Corn (GF)
- Chex-Rice (GF)
- Chex-Vanilla (GF)
- Chex-Wheat (WG)
- Fiber One Honey Clusters (WG)
- Kix (WG)
- Kix-Berry (WG)
- Kix-Honey (WG)
- Total Whole Grain (WG)
- Wheaties (WG)

## GREAT VALUE

- Corn Flakes
- Frosted Shredded Wheat Bite Size (WG)
- Rice Crispers
- Rice Squares (GF)

## IGA

- Bran Flakes (WG)
- Crispy Corn & Rice
- Crispy Rice
- Corn Flakes
- Corn Squares
- Frosted Shredded Wheat Bite Size (WG)
- Honey Oats and Flakes
- Nutty Nuggets (WG)
- Rice Squares
- Toasted Oats (WG)

# COLD CEREAL

Choose From the Following Brands and Types:

## KELLOGG'S

- All Bran Complete Wheat Flakes (WG)
- Corn Flakes
- Crispix
- Frosted Mini Wheats (WG)
- Frosted Mini Wheats Touch of Fruit Raspberry (WG)
- Rice Krispies
- Special K
- Special K Honey Almond Ancient Grain (WG)
- Special K Touch of Cinnamon (WG)
- Strawberry Mini Wheats (WG)
- Blueberry Mini Wheats (WG)

## KROGER

- Crisp Rice
- Corn Flakes
- Frosted Shredded Wheat Bite Size (WG)
- Frosted Shredded Wheat Strawberry Cream (WG)
- Living Well (WG)
- Nutty Nuggets (WG)
- Oat Squares (WG)
- Rice Bitz
- Toasted Oats (WG)

## MALT-O-MEAL

- Corn Flakes
- Crispy Rice (GF)
- Frosted Mini Spooners (WG)
- Frosted Mini Spooners Blueberry (WG)
- Frosted Mini Spooners Strawberry (WG)

## OUR FAMILY

- Bran Flakes (WG)
- Corn Biscuits
- Corn Flakes
- Crispy Hexagons
- Crispy Rice
- Frosted Shredded Wheat (WG)
- Oats & More with Almonds
- Oats & More with Honey
- Rice Biscuits (GF)
- Toasted Oats (WG)



## POST

- Grape Nuts Original (WG)
- Grape Nuts Flakes (WG)
- Great Grains Banana Nut Crunch (WG)
- Honey Bunches of Oats:
  - Almond
  - Cinnamon Bunches
  - Honey Roasted
  - Vanilla (WG)
  - Whole Grain Honey Crunch (WG)

## QUAKER

- Life (WG)
- Life-Strawberry (WG)
- Life-Vanilla (WG)
- Oatmeal Squares:
  - Cinnamon (WG)
  - Golden Maple (WG)
  - Hint of Brown Sugar (WG)
  - Honey Nut (WG)

## RALSTON

- Corn Biscuits (GF)
- Corn Flakes
- Crispy Hexagons (GF)
- Frosted Shredded Wheat (WG)
- Rice Biscuits (GF)
- Tasteos (WG)
- Wheat Bran Flakes (WG)

## SHOPPER'S VALUE

- Corn Flakes

## SHURFINE

- Wheat Bran Flakes (WG)
- Corn Flakes
- Corn Squares (GF)
- Oats & More with Almonds
- Oats & More with Honey
- Rice Squares (GF)
- Wheat Squares (WG)



# COLD CEREAL

## SIGNATURE SELECT

- Bran Flakes (WG)
- Corn Flakes
- Corn Pockets
- Crispy Rice
- Frosted Shredded Wheat Bite Size (WG)
- Nutty Nuggets (WG)
- Oats & More with Almonds
- Oats & More with Honey
- Rice Pockets
- Toasted Oats (WG)

## THAT'S SMART

- Crisp Rice

## VALU TIME

- Corn Flakes

## WESTERN FAMILY

- Corn Flakes
- Corn Squares (GF)
- Crispy Rice
- Frosted Shredded Wheat Bite Size (WG)
- Rice Squares (GF)
- Toasted Oats (WG)



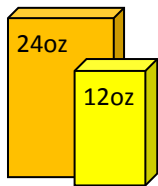
## **RECIPE** **Fruit Parfait**

- 2 cups fruit, diced
- 1 cup cereal
- 2 cups yogurt
- Place 1/4 of the diced fruit at the bottom of each bowl.
- Cover fruit with 1/2 cup yogurt.
- Top with 1/4 cup cereal.

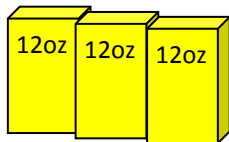


**Serves: 4**

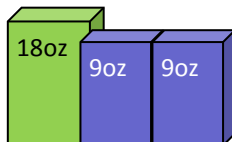
## WAYS TO BUY UP TO 36 OUNCES OF CEREAL



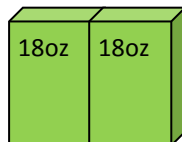
= 36 ounces



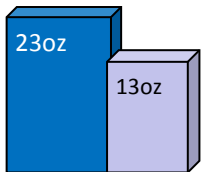
= 36 ounces



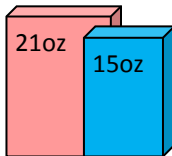
= 36 ounces



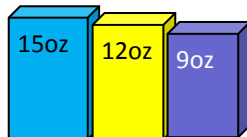
= 36 ounces



= 36 ounces



= 36 ounces



= 36 ounces

# FRUITS & VEGETABLES



- Buy produce in season for the best price and flavor.
- Frozen Fruits & Vegetables are often less expensive than fresh fruits and vegetables when they are not in season.
- You are allowed to purchase organic, but typically organic costs more and you may not get as much for your money.
- If the cost of your fruits & vegetables is more than the dollar amount on your card, you may put something back or pay the difference with another form of payment (SNAP, cash, or debit/credit card).
- Please let a store manager know, before your WIC purchase is done, if you are not able to purchase fruits or vegetables with your WIC benefits. The item may not be set up correctly in the grocery store system.
  - If you have a smart phone, take a picture of the product and the UPC and email it to [wdh-wywicvendor@wyo.gov](mailto:wdh-wywicvendor@wyo.gov).



# FRESH or FROZEN FRUITS & VEGETABLES

## BUY:

- Any Brand
- Any Package Type or Size
- Any Variety Fresh/Frozen Fruits & Vegetables
- Cut or Whole
- Fruit & Vegetable Mixtures
- Garlic, Ginger, Onions
- Salad Mixtures **Without** Dressing/  
Croutons/Nuts/Seeds
- Organic



## DON'T BUY:

- Added Oils/Fats
- Added Sugar (including dextrose)/Artificial Sweeteners/Syrup
- Canned/Dried
- Decorative Fruits & Vegetables (Chili Peppers on a String, Garlic on a String, Edible Blossoms/Flowers, Gourds, or Painted Pumpkins)
- French Fries/Tater Tots
- Fruit or Vegetable Baskets
- Herbs/Spices (Basil, Cilantro, Dill, Lemongrass, Mint, Oregano, Parsley, Rosemary, Sage, Thyme, etc.)
- Ingredients Other Than Plain Fruits & Vegetables
- Packages with Butter/Cheese/Cream/  
Croutons/Dips/Dressing/Nuts/Sauces
- Salad Bar/Deli Items

# 100 % JUICE

## CHILD'S JUICE

### BUY:

- 64 Ounce
- Bottle/Carton/Plastic Jug
- Refrigerated
- Shelf Stable

### DON'T BUY:

- Added Sugar
- Artificial Sweeteners
- Cocktail Juices/Juice Drinks
- Organic
- Other Brands/Flavors
- Other Sizes



### **64 OUNCE - REFRIGERATED JUICE**

Orange and Orange with Calcium  
(includes pulp, extra pulp, no pulp, etc.)

### Choose From the Following Brands:

- Always Save
- Clear Value
- Essential Everyday
- Food Club
- Great Value
- Hiland
- IGA
- Kroger
- Land O Lakes
- Our Family
- Shurfine
- Signature Select
- Western Family



## 64 OUNCE - SHELF STABLE JUICE

### Choose From the Following Brands & Flavors:

#### Always Save

Apple  
Grape

#### Apple & Eve

Apple  
Berry  
Cranberry  
Cranberry & More  
Cranberry Apple  
Cranberry Grape  
Cranberry Pomegranate  
Cranberry Raspberry  
Punch  
White Grape

#### Best Choice

Apple

Berry  
Cherry  
Grape  
Grapefruit  
Pineapple  
Punch  
Vegetable  
White Grape

#### Campbell's

Tomato

#### Essential Everyday

Apple  
Apple with Calcium  
Cranberry  
Grape  
Grape Blend

Orange  
Pineapple  
Punch  
Vegetable  
White Grape  
White Grapefruit

#### Food Club

Apple  
Apple Cider  
Apple with Calcium  
Cranberry Raspberry  
Grape  
Grapefruit  
Orange  
Pineapple  
Tomato

Vegetable  
Vegetable-Spicy  
White Grape

#### Great Value

Apple  
Cranberry  
Cranberry Grape  
Cranberry Pomegranate  
Grape  
Orange  
Pineapple  
Tomato  
Vegetable  
Vegetable Low Sodium  
White Grape  
White Grape Peach

# CHILD'S 100% JUICE

## 64 OUNCE - SHELF STABLE JUICE

### Choose From the Following Brands & Flavors:

#### Hansen's Natural

Apple

#### IGA

Apple

Grape

Grapefruit

Pineapple

Vegetable

White Grape

#### Indian Summer

Apple

#### Juicy Juice

Apple

Apple Raspberry

Berry

Cherry

Fruit Punch

Grape

Kiwi Strawberry

Mango

Orange Tangerine

Passion Dragonfruit

Peach Apple

Strawberry Banana

Strawberry Watermelon

Tropical

White Grape

#### Kroger

Apple

Apple Cider

Cranberry

Grape

Grapefruit

Pineapple

Vegetable

Vegetable-Spicy

White Grape

White Grape Peach

#### Langers

Apple

Apple Berry Cherry

Apple Cranberry

Apple Grape

Apple Kiwi Strawberry

Apple Orange Pineapple

Apple Peach Mango

Cranberry Plus

Cranberry Acai Plus

Cranberry Berry Plus

Cranberry Grape Plus

Cranberry Raspberry Plus

Grape

Orange

Pineapple

Pineapple Orange

Red Grape

Ruby Red Grapefruit

Vegetable-Spicy

Vegetable

White Grape

White Grapefruit

## 64 OUNCE - SHELF STABLE JUICE

### Choose From the Following Brands & Flavors:

#### Mott's

Apple  
Apple Cherry  
Apple Cranberry  
Apple Mango  
Apple Pineapple  
Apple Raspberry  
Apple White Grape

#### Musselman's

Apple

#### Northland

Blueberry Blackberry Acai  
Cranberry  
Cranberry Blackberry  
Cranberry Cherry  
Cranberry Grape  
Cranberry Mango

Cranberry Pomegranate  
Cranberry Raspberry  
Pomegranate Blueberry  
Raspberry Blueberry

#### Ocean Spray

Cranberry  
Cranberry Blackberry  
Cranberry Cherry  
Cranberry Elderberry  
Cranberry Grape  
Cranberry Mango  
Cranberry Pineapple  
Cranberry Pomegranate  
Cranberry Raspberry  
Cranberry Watermelon

#### Old Orchard

Acai Pomegranate

Apple  
Apple Cranberry  
Berry Blend  
Black Cherry Cranberry  
Blueberry Pomegranate  
Cherry Pomegranate  
Cranberry Pomegranate  
Grape  
Kiwi Strawberry  
Orange  
Orange Tangerine  
Peach Mango  
Red Raspberry  
Strawberry Watermelon  
Tart Cherry  
White Grape  
Wild Cherry

#### Our Family

Apple  
Cranberry  
Cranberry Grape  
Cranberry Raspberry  
Grape  
Vegetable  
White Grape  
White Grapefruit

#### Ruby Kist

Apple  
Grape  
Grapefruit  
Orange  
Ruby Red  
Grapefruit  
Vegetable  
White Grape



# CHILD'S 100% JUICE

## 64 OUNCE - SHELF STABLE JUICE

Choose From the Following Brands & Flavors:

### Sam's Choice

Apple

### Seneca

Apple

### Shurfine

Apple  
Cranberry  
Cranberry Apple  
Cranberry Raspberry  
Grape  
Grapefruit  
Orange  
Pineapple  
Tomato  
Vegetable  
White Grape

### Signature Select

Apple  
Apple with Calcium  
Cranberry Blend  
Cranberry Grape  
Cranberry Raspberry  
Grape  
Grapefruit  
Orange  
Pineapple  
Tomato  
Vegetable  
White Grape  
Tree Top  
Apple  
Apple Berry

Apple Cranberry  
Apple Grape  
Orange Passionfruit  
Pineapple Orange

### V8

Vegetable  
Vegetable-Spicy Hot

### Valu Time

Grape

### Welch's

Black Cherry Concord Grape  
Grape  
Grape with Calcium  
Red Grape  
Super Berry

White Grape  
White Grape Cherry  
White Grape Peach

### Western Family

Apple  
Cranberry  
Grape  
Grapefruit  
Orange  
Pineapple  
Vegetable  
Vegetable-Spicy  
White Grape



# WOMEN'S 100% JUICE

## BUY:

- 11.5 to 12 Ounce Frozen & Non-Frozen Concentrate
- 48 Ounce Shelf Stable



## DON'T BUY:

- Added Sugar/Artificial Sweeteners
- Cocktail Juices/Juice Drinks
- Organic
- Other Brands/Flavors
- Other Sizes

## 48 OUNCE - SHELF STABLE JUICE

### Choose From the Following Brands & Flavors:

#### **11.5oz Non-Frozen Concentrate**

#### WELCH'S

Apple  
Grape  
Tropical Orange Passion

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#### **48oz Bottle**

#### APPLE & EVE

Apple  
Cranberry  
Cranberry Apple  
Cranberry Raspberry

#### FOOD CLUB

Apple  
Orange  
Orange Pineapple  
Pineapple

#### FREEDOM'S CHOICE

Apple

#### JUCY JUICE

Apple  
Cherry  
Fruit Punch  
Grape  
Kiwi Strawberry  
Orange Tangerine  
Grape

#### MUSSELMAN'S

Apple

#### OUR FAMILY

Pineapple

#### RUBY KIST

Apple  
Grape  
Orange  
White Grape

#### SHURFINE

Apple  
Vegetable



### Recipe Fruit Smoothie

- 1 fresh banana, peeled, and sliced
- 2 cups frozen berries
- 3/4 cup milk
- 1/2 cup plain or vanilla yogurt
- 1/2 cup orange juice

Combine all ingredients in a blender.  
Blend until smooth.  
Pour into cups to enjoy.

**Serves: 3 to 4**

## WOMEN'S 100% JUICE



**11.5 TO 12 OUNCE (MAKES 48 OUNCES) - FROZEN**

Choose From the Following Brands & Flavors:

### Always Save

Apple  
Orange

### Best Choice

Apple  
Orange  
Orange with Calcium

### Clear Value

Orange

### Dole

Pineapple

### Essential Everyday

Apple  
Grape  
Orange  
Orange with Calcium

### Food Club

Apple  
Orange  
Orange with Calcium

### Freedom's Choice

Apple  
Orange  
Orange with Calcium

### Great Value

Apple  
Grape

Orange  
Orange with Calcium

### IGA

Apple  
Orange  
Orange with Calcium

### Kroger

Apple  
Grape  
Grapefruit  
Orange  
Orange with Calcium  
Pineapple

### Minute Maid

Orange  
Orange with Calcium

### Old Orchard

Apple  
Apple Cherry  
Apple Cranberry  
Apple Kiwi Strawberry  
Apple Peach Mango  
Apple Raspberry  
Apple Strawberry Banana  
Berry Blend  
Black Cherry Cranberry  
Blueberry Pomegranate  
Cherry Pomegranate  
Cranberry Blend  
Cranberry Pomegranate  
Cranberry Raspberry  
Grape



## 11.5 TO 12 OUNCE (MAKES 48 OUNCES) - FROZEN

### Choose From the Following Brands & Flavors:

#### Old Orchard

Orange  
Orange with Calcium  
Pineapple  
Pineapple Orange  
Pineapple Orange Banana  
Strawberry Rhubarb  
White Grape

#### Our Family

Apple  
Orange  
Orange with Calcium

#### Seneca

Apple

#### Shurfine

Apple  
Orange

Orange with Calcium

#### ShurSaving

Orange

#### Signature Select

Apple  
Orange  
Orange with Calcium

#### Tropicana

Orange

#### Valu Time

Apple  
Orange  
Orange with Calcium

#### Western Family

Apple  
Grape

Grapefruit

Orange

Orange with Calcium

**NOTE:** If you are not able to buy a certain juice with your WIC benefits, the product may not have enough Vitamin C or make the correct amount.



# INFANT PRODUCTS

(for infants 6 to 11 months)

## INFANT CEREAL

### BUY:

- 8 or 16 Ounce Containers
- Dry
- Regular/Organic

### Choose From the Following Brands & Flavors:

#### Beech-Nut

- Multigrain
- Oatmeal
- Rice

#### Comforts for Baby

- Oatmeal
- Rice

#### Earth's Best

- Multigrain
- Oatmeal
- Rice

#### Gerber

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

#### Tippy Toes

- Oatmeal
- Rice

#### Parent's Choice

- Oatmeal
- Rice

### DON'T BUY:

- Added Formula/Fruit/Yogurt
- Cereal in Cans/Jars

- Other Brands
- Other Flavors
- Other Sizes

- Sensitive
- Single Serve Packets



# INFANT FRUITS & VEGETABLES

## BUY:

- Any Brand
- All Sizes
- Any Variety of Plain Fruits or Vegetables
- Combinations of:
  - Plain Fruits
  - Plain Vegetables
  - Plain Fruits & Vegetables
- Mixed Fruits and/or Vegetables
- Regular/Natural/Organic
- Stages Allowed:
  - First Foods
  - Second Foods
  - Third Foods (Crawler)
- Containers Allowed:
  - Glass
  - Multi-Packs
  - Plastic



## DON'T BUY:

- Added Cereal
- Added Cheese/Meat/Noodles/Pasta/Quinoa/Rice/Yogurt
- Added Salt/Sugar/Sweetener
- Cobblers/Custards/Desserts/Dinners
- When juice is used as a flavor
- Medleys
- Pouches



## Ways to buy 128 ounces of baby food

Any combination is possible.  
Mix and match different sizes.

Size of the Jar/Pack	Amount to Buy
4 oz Jar	32 jars
2 pack of 2.5 oz (5 oz total) 4 oz Jar	24 packs + 2 jars
2 pack of 4 oz (8 oz total)	16 packs
6 oz Jar 4 oz Jar	20 jars + 2 jars

Any product line made by the brands listed below are allowed for Infant Fruits/  
Vegetables or Infant Meats:

- Beech-Nut
- Earth's Best
- Gerber
- Happy Baby
- O Organics
- Once Upon a Farm
- Parent's Choice
- Tippy Toes
- Wild Harvest



## FORMULA

Only the brand, type, and size specified on the benefit balance receipt.

**NO SUBSTITUTIONS OR EXCHANGES ALLOWED AT THE STORE**

Call your local WIC clinic if your baby needs a different formula and return any unused/unopened cans.

# EXCLUSIVELY BREASTFEEDING

**Fully breastfeeding moms, pregnant women with multiples, and fully breastfed infants receive extra food benefits.**



Breastfeeding has benefits for both babies and parents!

## INFANT MEATS

### BUY:

- 2.5 Ounce Jars
- Any Brand
- Regular/Organic
- Single Meat with Broth or Gravy



### DON'T BUY:

- Added Salt/Sugar
- Dinners/Food Combinations (e.g., Macaroni & Beef)
- Meat Sticks
- Added Noodles/Pasta/Quinoa/Rice

# FISH

## TUNA

### BUY:

- 3, 5 or 6 Ounce Cans
- 2.5, 5 or 6 Ounce Pouches
- Any Brand
- Light/Chunk Style/Water-Packed



### DON'T BUY:

- Albacore/White/Yellow Fin/ Other Specialty Tuna
- Flavored/Infusions/Seasoned
- Gourmet
- Lunch Kits
- Oil Packed
- Organic
- Other Sizes
- Solid White

## SALMON

### BUY:

- 3, 5 or 6 Ounce Cans
- 2.5, 5 or 6 Ounce Pouches
- Any Brand
- Pink/Water-Packed



### DON'T BUY:

- Atlantic/Blueback/Coho/ Red/Sockeye/Wild/Other Specialty Salmon
- Flavored/Seasoned
- Gourmet
- Organic
- Other Sizes

# Breastfeeding Your Way



**Know the facts to help you decide:** Formula has the basic ingredients for growing babies, but breastmilk has more than that! Breastmilk helps protect baby from allergies and reduces their chances of getting sick. Breastfeeding saves money, time and the environment! It's always ready and safe when your baby is hungry. Breastfeeding also reduces **your** own risk of chronic diseases, breast and ovarian cancers.

**Learn more about breastfeeding to see if it's right for you:** Ask WIC staff how milk is made and how to be successful from the start. Attend a breastfeeding class. Connect with a WIC breastfeeding peer counselor. Talk to friends and family that have breastfed their babies.

**Set a goal and a plan to reach it:** Each family is unique. WIC can help you meet **your** breastfeeding goals. Doctors recommend exclusively breastfeeding infants for 1 year or longer as mutually desired by mother and infant.\* If you are returning to work or school, WIC can help you get the information and supplies you need to be successful with pumping.

*\*American Academy of Pediatrics*

# WIC FRAUD OR ABUSE

**Never sell, trade, or give away WIC foods. This is considered fraud.**

Help put a stop to WIC Fraud. Please report any WIC participant or grocery store you suspect of buying or selling WIC EBT cards or WIC foods, by

- calling [1-888-996-9378](tel:1-888-996-9378),
- emailing [wdh-wywicvendor@wyo.gov](mailto:wdh-wywicvendor@wyo.gov), or
- complete the Fraud & Abuse Reporting Form found on our website, <https://health.wyo.gov/publichealth/wic/report-wic-fraud/>.



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