Fat Free Mozzarella, prepackaged: Calabro, Polly-O

Benefit List

One package only, 16 oz/1 lb (or as specified on your Family UHT (shelf stable) milk:

Nonfat Dry milk:

2%, Whole milk, Skim

Kosher milk:

Evaporated milk, 12 oz can: Fat Free, 2% or Whole milk carton: Skim, 1%, Whole

CHEESE

Meyenberg (canned, packets, fluid quarts)

GOAT’S MILK

(shelf stable)

Pacifi c Ultra Soy Original Non Dairy Beverage

Silk Original

64 oz/Half gallon, refrigerated

Whole milk

Purchase size and type shown on the WIC MILK

flavored, organic cheese

string cheese, cheese food, cheese product or Deli, individually wrapped slices, shredded or

Deli, individually wrapped slices, shredded or

YOGURT

Greek or organic yogurt (for children 1-2 years old)

Non-fat or Low fat

Plain or vanilla flavored only

Firm, Extra Firm

Nature’s Promise:

Azumaya: Firm, Extra Firm

Plain, 14-16 oz package

TOFU

White or brown

Large, 1 dozen, carton

juice cocktail, beverages, drinks or juice with added

NO:

- Apple, White Grape, Purple Grape, Grapefruit juice/Blends,

- Apple, White Grape, Grapefruit Juice/Blends,

- Apple

CANNED VEGETABLES

- Peach, Green Beans

- Mango, Sweet Peas

- Pears, Sweet Carrots

Chiquita® Bananas

Sweet Potatoes

Apples

Squash

INFANT FOOD – MEATS

Beef & Beef Broth

Infant Cereal – Dry

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Infant Cereal – D...
HOT CEREAL
- Hot-Whey Cereal
- Cream of Rice
- Cream of Wheat
- Rice
- Oatmeal
-岌ента Style Maple Oatmeal
- MOM Original Hot Wheat Cereal
- Cream of Wheat Whole Grain
- MOM Brands
- Life
- Sunbelt Bakery
- Quaker
- Grape Nuts, Grape Nut Flakes
- Bran Flakes
- Special K (original)
- Corn flakes (plain)
- Chex Cereal (Corn*, Rice*, Wheat)
- Cheerios (Plain, Multi Grain)
- General Mills

*Gluten Free Cereal

Tips for your eWIC purchase:
- 14 oz boxes or larger.
- No single serving packets

CEREALS
- 14 oz boxes or larger. No single serving packets.

NATIONAL BRANDS
- General Mills
- Ralston Creamy Wheat
- Maypo Vermont Style Maple Oatmeal
- MOM Original Hot Wheat Cereal
- Cream of Wheat Whole Grain
- All registers are now programmed to only allow WIC approved foods

BREAD/WHOLE GRAINS
- 100% WHOLE GRAIN/WHOLE GRAIN BREAD/WHOLE GRAIN TOAST
- 1 pound (1lb) or 16 oz loaf

STORE BRANDS
- Best Yet: Bran Flakes, Corn Flakes, Crispy Rice, Shredded Wheat (frosted, unbleached), Honey Nutties, Oat Nuts
- Haagen Dazs, Haagen Dazs Whole Grain, Haagen Dazs Whole Grain Toasted
- Toast
- Killing’s: All Bran Complete Wheat Flakes, Shredded Wheat (frosted, unbleached), Toasted Bran, Bran
- Post: Bran Flakes, Oat Bran
- MOM Brands: Crisp Rice, Crisp Rice Oats, Ziggy Nut Flakes
- Subsidy Biscuit or Low Iron Cereal

BREAD
- Bread: All Meat, All Meat Whole Grain
- WIC: All Meat or All Meat Whole Grain
- 100% WHOLE GRAIN BREAD/WHOLE GRAIN BREAD/WHOLE GRAIN TOAST
- 1 pound (lb) or 16 oz loaf

NATIONAL BRANDS
- Arnold
- Sara Lee
- Pepperidge Farm Very Thin Sliced Soft
- Pepperidge Farm Light Style
- Penn Street
- Pas Yisroel
- Holsum
- Gold Medal Bakery Wheat with Flaxseed
- Wonder
- Low Sugar Style
- Pepperidge Farm Brown Sugar
- Pepperidge Farm Fat Free Multi Grain
- Pepperidge Farm Wheat Free Brown Sugar
- Sara Lee
- Caesar’s
- Sara Lee Original
- Weight Watchers Multi-Grain
- Wonder Foods Stone Ground Heritage

STORE BRANDS
- Best Yet: Big Y, Central Market Classics, Great Meat, Hanover Sliced White, Pepperidge Farm, Pepperidge Farm Whole Grain, Pepperidge Farm Whole Grain Toasted, Pepperidge Farm Whole Grain Toasted
- Big Y: Corn, Oat, Wheat, Whole Wheat
- Best Yet: Corn, French Toasted, Oat & Wheat, Honey Oat Flakes, Toasted Oats, Toasted Oats (plain)
- Shoprite: Bran Flakes, Corn, Crushed Oats, Flax Seeds, Honey Cereal Flakes, Oatmeal, Oatmeal & Grits, Shredded Wheat, Toasted Oats, Toasted Oats (plain)
- Stop & Shop: Bran Flakes, Corn, Crushed Oats, Corn Squares, Honey Crushed Oats, Oat Squares, Oat & Grits, Shredded Wheat, Toasted Oats, Toasted Oats (plain)
- White Rose: Corn Flakes, Toasted Oats (plain)

THE FOOD ITEM(S) YOU SELECTED MAY NOT BE WIC APPROVED.
- The WIC program helps low-income, pregnant women, infants and children to obtain healthy foods through the Food Stamp Program.
- All WIC-eligible women are encouraged to contact their Local Health Department for information on eligibility requirements.
- The food items you selected may not be WIC approved.
- The most common reason for the rejection of foods is that the item is not on the list of items that can be purchased with WIC.
- Your item may be rejected if you have not used paper WIC coupons, if you are using the wrong food. A local WIC staff member can assist you with the correct food item for you.

FOOD GUIDE
- NO:
  - Added sugars, fats, oil, vegetables, fruits or meats, added sauces or flavorings

WIC APPROVED
- Breastmilk is Environmentally Friendly
- Breastmilk is packaged and stored by mother with little to no waste!

NATIONAL BRANDS
- Central Market Classics
- Great Meat
- Hanover Sliced White
- Pepperidge Farm

5 oz can
- TUNA FISH

- BLUEFISH
- ALbacore
- Licorice
- Whitefish
- Yellowfin
- Skipjack

NATIONAL BRANDS
- Hy-Vee
- Purity
- Land O Lakes
- Great Value
- Market Pantry
- Essential Choice
- Clear Value
- Wheat with Flaxseed

14 oz package
- CANNED FISH

- CHICORY
- CHLOROPHYLL
- POPPY SEEDS
- Multivitamins

1 pound bag
- CANNED BEANS AND PEAS

- DRIED BEANS, PEAS AND LENTILS

- TIP PETS

- 1 pound bag
- 100% WHOLE GRAIN WHOLE GRAIN PASTA

- PEANUT BUTTER

- 1 pound (lb) or 16 oz bag
- Left Over in White Wheat Parmesan

- NO:
  - Added sugars, fats, oil, vegetables, fruits or meats, added sauces or flavorings

- 1 pound bag
- 14 oz can
- 16 oz can
- 1 pound bag

- DRIED BEANS, PEAS AND LENTILS

- BROWN RICE

- 1 pound (lb) or 16 oz bag

- CANNED BEANS AND PEAS

- BERGER'S WHOLE GRAIN BREAD/WHOLE GRAIN BREAD/WHOLE GRAIN TOAST

- 100% WHOLE GRAIN BREAD/WHOLE GRAIN TOAST

- 1 pound (lb) or 16 oz loaf

- TUNA FISH

- SARDINES

- INDIAN DUNES

- PORKアジ

- TRADITIONAL BRANDS

- (510) 694-7000

- BLOOMFIELD, CT 06002