

## INFANT FORMULA

Brand, type, and size specified on benefits balance. No substitutions.



## INFANT FOOD

### FRUITS & VEGETABLES

4 oz. jar, 4 oz. tub 2 pack, or 2 oz. tub 2 pack



Includes single ingredient or combination of fruits and/or vegetables (e.g., apple-banana, sweet potato-apple). Variety packs available at select retailers.

### MEATS

2.5 oz. container

*Meat only, may include broth or gravy.*

Variety packs available at select retailers.



**Not included:** Organic, pouches, mixtures with cereal, casseroles, desserts, dinners, or food combinations (e.g., meat and vegetables, rice, pasta, yogurt, or noodles) meat sticks, added sugar, starch, salt, or DHA.

## INFANT CEREAL

### ANY GRAIN OR MULTIGRAIN

8 oz. or 16 oz. container

**Not included:** Organic, canned, variety packs, added formula, fruit, DHA, quinoa.



## MILK

### FLUID MILK

Least expensive brand. Product type and size listed on benefits balance.

- Whole or Vitamin D
- Reduced-fat (2%)
- Low-fat (1/2 or 1%) or fat-free (skim)

### SPECIALTY MILK

*As listed on benefits balance.*

- Evaporated: 12 oz.
- Lactose-free: quart or 1/2 gallon or 0.75 gallon
- UHT
- Powder: All sizes
- 8th Continent Soymilk Original only, 1/2 gallon
- Silk Soymilk Original only, quart or 1/2 gallon
- Great Value Soymilk Original only, 1/2 gallon

**Not included:** Organic, flavored, imitation, buttermilk, Milnot, Vitamite, or glass bottles.

## YOGURT

1 Quart = to 32 oz. tub or Multipack = to 16 oz. or 32 oz. of cups or tubes

Any flavor: fat free, low fat, whole fat, or Greek yogurt (32 oz. tubs only).

**Not included:** Organic, premium, light, mix-ins, individually sold cups, or more than 40 grams of sugar per cup.

## CHEESE

### U.S. MADE, PREPACKAGED

8 oz. or 16 oz. only

Whole fat, low fat, or fat free; sliced, shredded, cubed, crumbled, block, string, queso oxaca and any of the following flavors or combinations:

- American - pasteurized processed
- Cheddar
- Colby
- Colby-Jack
- Monterey Jack
- Mozzarella
- Muenster
- Provolone
- Swiss

**Not included:** Organic, cheese from deli area, cheese food, cheese product, substitute or spread, imitation or individually wrapped cheese slices, spiced, flavored, or imported.

## FRUITS & VEGETABLES

### ORGANIC OR NON-ORGANIC

Generic PLU 4469

*Fruit and Vegetable Cash Value Benefits are redeemable up to the amount stated on the benefits balance.*

### FROZEN

- Fruit without added sweeteners
- Non-potato vegetables

**Not included:** Any type of frozen potato. Products with added sweetener, oils, fats, herbs or spices; creams, sauces or breading.

### FRESH

- Whole or cut
- Plain bagged salad

**Not included:** Pickled vegetables, olives, herbs or spices, nuts, salad bar items, edible blossoms, ornamental or decorative pumpkins, or party trays with dip, dressing, or croutons.

### CANNED

- Any brand
- Fruits in 100% fruit juice or water
- Regular, low sodium or no salt added vegetables

**Not included:** Fruit and vegetables with added sugar, syrups, sweeteners, seasonings, flavoring, fats, oils, herbs or spices, cream/cheese/butter sauce, pickled vegetables, tomato sauces, soups, salsas, mixtures with meat or legumes.

## EGGS

### LARGE OR EXTRA LARGE WHITE EGGS

1 dozen

Least expensive brand.

**Not included:** Organic.

## TOFU

14 oz. - 16 oz.

Any texture, regular or organic

**Not included:** Added fats, sugars, sweeteners, oils, sodium, flavoring, seasoning, fried tofu.



## PEANUT BUTTER

### CREAMY, CRUNCHY, OR EXTRA CRUNCHY

16 oz. - 18 oz. jars

**Not included:** Organic, natural, premium, spread, or mixed with other items, Reese's.

## JUICE

*Size is specified on benefits balance.*

**100% JUICE (FRUIT OR VEGETABLE) AND AT LEAST 72 MG OR 120% VITAMIN C**

Any flavor, blend, or brand.

### SHELF STABLE OR REFRIGERATED

64 oz. container. **For children only.**

### SHELF STABLE

46 oz. - 48 oz. container. **For women only.**

### FROZEN CONCENTRATE

11.5 oz. - 12 oz. **For women only.**

### NON-FROZEN CONCENTRATE

11.5 oz. - 12 oz. **For women only.**

**Not included:** Organic or premium.

## FISH

### PACKED IN WATER, OIL, OR VEGETABLE BROTH

Cans only

- Chunk Light Tuna: any size
- Pink Salmon: any size

**Not included:** Organic, Albacore or Yellow Fin, white, solid, fresh, frozen, pouches, flavored, premium brand.

## BEANS, PEAS & LENTILS

### DRY

1 lb. bag (16 oz.)

- Any type

### CANNED

15 oz. - 64 oz.

- Any type

**Not included:** Organic, boxed, baked beans, wax beans, soups, added sugars, fats, oils, added seasoning or meats.

# WHOLE GRAINS

## BREAD

16 oz. only. Whole wheat or whole grain loaf.

### Aunt Millie's

- 100% Whole Wheat
- Healthy Goodness Whole Grain White

### Best Choice

- 100% Whole Wheat

### Bimbo

- 100% Whole Wheat

### Bunny

- 100% Whole Wheat

### Butternut

- 100% Whole Wheat

### Family Choice

- 100% Whole Wheat

### IGA

- 100% Whole Wheat

### Kroger

- 100% Whole Wheat

### Lewis Bake Shop

- Healthy Life Sugar Free 100% Whole Wheat
- Healthy Life 100% Whole Wheat
- 100% Whole Wheat

### Meijer

- 100% Whole Wheat

### Nature's Own

- 100% Whole Grain Sugar Free
- 100% Whole Wheat w/ Honey

### Our Family

- 100% Whole Wheat

### Pepperidge Farms

- Stone Ground 100% Whole Wheat
- 100% Whole Wheat Cinnamon w/ Raisins Swirl
- Light Style Soft Wheat
- Light Style 100% Whole Wheat Bread
- Very Thin 100% Whole Wheat Bread
- Whole Grain Rye

### Roman Meal

- Sungrain 100% Whole Wheat

### Sara Lee

- Classic 100% Whole Wheat

### Schnuck's

- 100% Whole Wheat

### Schwebel

- 100% Whole Wheat

### Shoppers Value

- 100% Whole Wheat

### Signature Select

- 100% Whole Wheat Bread

### Village Hearth

- 100% Whole Wheat

### Wonder

- 100% Whole Wheat

**Not included:** Buns, rolls, bagels, or bakery items.

## OATS

16 - 18 oz. only.

Any brand, quick, rolled, gluten free or old fashioned oats.

**Not included:** Organic, steel-cut oats, added sugar, fat, oil or salt.

## BROWN RICE

14 - 16 oz.

Any brand, plain, boxes or bags, instant, quick, or regular.

**Not included:** Organic.

## WHOLE WHEAT PASTA

16 oz. only

Any brand, any shape whole wheat pasta.

**Not included:** Organic.

# QUESTIONS?

Just call your local Indiana WIC clinic or call **800-522-0874**.



Indiana State Department of Health

This institution is an equal opportunity provider.

## TORTILLAS

16 oz. only

### Best Choice

- Whole Wheat
- Corn

### Celia's

- Whole Wheat
- Yellow Corn
- White Corn

### Chi-Chi's

- Whole Wheat
- Corn

### Don Pancho

- Whole Wheat

### Essential Everyday

- Corn 5 1/2"
- Whole Wheat 8" Whole Grain

### Food Club

- Whole Wheat

### Frescados

- Whole Wheat

### Great Value

- Whole Wheat

### Hy-Top

- Yellow Corn

### Kroger

- Whole Wheat
- Gluten Free Yellow Corn

### La Banderita

- Whole Wheat
- Corn

### Meijer

- Whole Wheat 8"

### Mi Casa

- Whole Wheat

### Mission

- Whole Wheat
- Corn

### Ortega

- Whole Wheat

### Our Family

- Yellow Corn
- White Corn
- Whole Wheat

### Schnucks

- Whole Wheat

### Signature Select

- Whole Wheat

### Tio Santi

- Whole Wheat

# CEREAL 12 oz., 18 oz., 24 oz., or 36 oz. only (11.8 oz. and 23.7 oz. Instant Oatmeal allowed as an exception)

\*Pregnant women and women considering becoming pregnant: Look for the cereals with 100% DV (daily value) of folic acid.

## B&G FOODS



Whole Grain



2 1/2 Minute



Instant



Instant (14 oz. included only this product)



Cinnamon



Corn



Rice



Blueberry



Multigrain



Regular



Original

## GENERAL MILLS



Honey



Berry Berry



Original



Original



Original Bite Size



Original, no fruit



Original



Original



Original



Chocolate



Strawberry Cream

## MALT-O-MEAL



Frosted



Crispy Rice



Original



Vanilla Bunches



Whole Grain Honey Crunch



Almonds



Whole Grain Almond Crunch



Honey Roasted



Original



Strawberry



Vanilla

## QUAKER



Original



Corn Flakes



Crispy Rice



Instant Oatmeal



Frosted Shredded Wheat



Toasted Oats



Rice Squares



Corn Squares



Corn Hexagons



Rice Hexagons

## STORE BRANDS

## Cereal Store Brands:

Best Choice, Essential Everyday, Food Club, Great Value, Hy-Top, IGA, Kiggins, Kroger, Meijer, Our Family, Shopper's Value, Schnucks, Shurfine, Signature Select, ValuTime.