



# Ohio WIC Program Authorized Foods List

Least Expensive Brand Preferred  
Effective 01/01/2018 - 09/30/2018 ~ v1.7 ~ Last Update 02/22/2018

## Milk

### Cow's Milk

- Plain, white, pasteurized, Vitamin D fortified milk only
- Gallon containers only (unless ½ gallons are specified)
- Low Fat (1% or ½ %) or Skim unless Whole milk or Reduced Fat (2%) as specified

**NOT ALLOWED:** Flavored, Organic, Super Skim, Fat Free Plus

### Non-Fat Dry Milk

- Only when specified
- 25.6 oz. size only

### Low Lactose or Lactose Free Milk

- Only when specified
- Gallon and Half Gallon containers

### Soy Milk - Only when specified

- 8th Continent – Original and Vanilla flavors only
- Silk- Original flavor only

**Eggs:** Large Grade A or AA, White Chicken Eggs, 1 dozen carton size

**NOT ALLOWED:** Organic; Pasteurized; Pickled; Hard Boiled; Low Cholesterol; Egg Substitutes; Cage Free or Free Range; Fortified or Enhanced with Omega 3; With added Vitamins or Minerals

**Tofu:** 16 oz. package size only, can be combined up to the total number of ounces issued

**Azumaya:** Silken **Vitasoy:** Firm Natural; Wet Pack Extra Firm **House Foods:** Premium Firm; Premium Extra Firm; Medium Firm

**Cheese:** Regular or Low Fat, 16 oz. size only

Domestic Blocks or Slices of only the following types: American; Cheddar; Colby; Colby Jack; Monterey Jack; Mozzarella; Muenster; Provolone or Swiss

**NOT ALLOWED:** Organic; Shredded; Cracker Cut; Cubed; Deli; Crumble; Low Sodium; Cheese Spread; Cream Cheese; String Cheese; Farmer's Cheese; Butter; Cheese foods or products like Velveeta; Individually wrapped slices; Goat; Sheep or Yogurt cheese

**Peanut Butter:** 16 oz. to 18 oz. containers only

Regular or Natural; Smooth; Creamy; Crunchy or Chunky; Reduced Fat; Low Sodium; Low Sugar

**NOT ALLOWED:** Spreads; Whipped; Added Jelly; Marshmallow; Honey or other foods; Fortified or enhanced varieties; Palm oils

## Fish:

**Canned Tuna:** Chunk Light packed in water only; 5 oz. or 6 oz. can size only; **Canned Salmon:** Pink Salmon only; 14.75 oz. can size only **NOT ALLOWED:** Red Salmon; Tuna in Pouches

**Dried Beans or Peas:** 16 oz. packages only

**NOT ALLOWED:** Beans or Peas with added seasonings

**Canned Beans:** Canned beans may be combined up to the number of ounces issued

**NOT ALLOWED:** Baked Beans; Beans with added seasonings sauce, fats or meats; Jarred beans

## Fruits and Vegetables

Participants can choose from any combination of fresh, frozen or canned fruits and vegetables up to the maximum dollar amount authorized. Participants are able to use the maximum dollar amount when using the WIC Nutrition Card (WNC) at vendors who are Split Tender enabled. Participants cannot receive cash or credit refunds for any amount not used.

### Fruits

**Fresh:** Whole; Pre-cut or sliced fruit; Individual serving sizes without sauces or dips

**NOT ALLOWED:** Fruit trays or party trays; Fruit baskets; Decorative or ornamental (e.g., painted pumpkins); Salad bar items; Fruit with added nuts; Baked goods with added fruit; Dried fruit including leathers and roll ups; Prunes, Raisins, Dried cranberries or any other dried fruit; Edible blossoms or flowers; Fruits with sauces or dips

**Frozen:** Any variety without added sugar

**NOT ALLOWED:** Fruit with added sugar; Sorbets or fruit bars; Baked goods with fruit (e.g., pies)

**Cans, Jars, Plastic Containers:** Fruit in juice; juice concentrate or nectar; Fruit in water with artificial sweetener; Individual serving sizes without sauces or dips

**NOT ALLOWED:** Fruit in gelatin; Sorbets, fruit chillers, fruit crisps or parfaits; Fruit with added sugar or nuts; Fruit in heavy, light or extra light syrup; Fruit leathers or roll ups; Dried fruits – prunes, raisins, cranberries or any other dried fruit; Fruit with sauces or dips; Pie filling

### Vegetables

**Fresh:** Whole, pre-cut, or sliced vegetables; Fresh, white potatoes, sweet potatoes and yams; Individual serving sizes without sauces or dips

**NOT ALLOWED:** Vegetable trays or party trays; Decorative or ornamental (e.g. garlic on a string); Salad bar items; Herbs or spices; Edible blossoms or flowers; Vegetables with sauces or dips

**Frozen:** Plain, single ingredient vegetable or mixed vegetables

**NOT ALLOWED:** Sweet potato fries; Vegetables with added sauces, seasonings, fats and oils, nuts, potatoes, rice, pasta or other grains; Breaded Vegetables

**Cans, Jars, Plastic Containers:** Regular, low Sodium or no added salt; Tomato Sauce or Tomato Paste; Individual serving sizes without sauces or dips

**NOT ALLOWED:** Any variety of canned white potatoes; Mixed vegetables with potatoes; Dried potatoes or dried onions; Creamed vegetables or vegetables with sauces or dips; Herbs or spices; Vegetables with added fats or oils; Spaghetti Sauce or Pizza Sauce; Soups; Sauerkraut, pickled beets or other pickled vegetables; Olives; Catsup or other condiments; Canned beans (e.g., navy, kidney, etc.); Salsa

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## Infant Cereal, Infant Fruits, Infant Vegetables, Infant Meats

**Infant Cereal:** Gerber Brand Only; 8 oz. Containers Only; All Flavors of Iron Fortified Cereal Rice; Oatmeal; Whole Wheat; Multi-Grain; Barley

**NOT ALLOWED:** With Added Fruit; With Added DHA/ARA; Cereal in Jars; Variety Packs

**Infant Fruits:** Gerber Brand 2nd Foods Only; 4 oz. Plastic Containers Only; Only the Specific Types as listed: Banana; Pear; Apple; Peach; Apple Blueberry; Apple Strawberry Banana; Banana Blackberry Blueberry; Banana Apple Pear; Apple Cherry; Banana Plum Grape; Apricot Mixed Fruit; Pear Pineapple; Prune Apple; Pear Zucchini Corn; Banana Carrot Mango; Apple Peach Squash; Banana Orange Medley; Mango; Apple Avocado

**Infant Vegetables:** Gerber Brand 2nd Foods Only; 4 oz. Plastic Containers Only; Only the Specific Types as listed: Carrots; Green Bean; Pea; Sweet Potato; Butternut Squash; Pea Carrot Spinach; Carrot Sweet Potato Pea; Sweet Potato Corn; Pumpkin; Carrot Pear Blackberry; Squash Apple Corn; Sweet Potato Apple Pumpkin; Pumpkin Banana; Sweet Potato Mango Kale; Carrot Mango Pineapple

**Infant Meats:** Gerber Brand 2nd Foods Only; 2.5 oz. Glass Jars Only; Only the Specific Types as listed: Chicken and Gravy; Ham and Gravy; Beef and Gravy; Turkey and Gravy

**Juice:** Shelf Stable - All juices listed below must meet the following criteria: 100% unsweetened juice; 64 ounce plastic bottles only; Orange Juice can be any brand

**NOT ALLOWED:** Fruit Drinks; Sweetened Juices; Cocktails or Powders

**Always Save:** Apple

**Apple and Eve:** Apple, Cranberry Grape, Cranberry Peach Mango, Cranberry Pomegranate, Cranberry Raspberry, Cranberry Wild Berry, Naturally Cranberry

**Best Choice:** Apple, Berry Blend, Cherry Blend, Grape, Grape Blend, Grapefruit, Pineapple, Punch Blend, White Grape

**Best Yet:** Apple, Cranberry, Cranberry Grape, Cranberry Raspberry, Grape, Grapefruit, White Grape

**Campbell's:** Tomato (Regular and Low Sodium), V-8 (Regular)

**Diane's Garden:** Vegetable

**Essential Everyday:** Apple, Berry Blend, Cherry Blend, Cranberry, Grape, Grape Blend, Pineapple, Punch Blend, White Grape, White Grapefruit

**Everfresh:** Apple

**Food Club:** Apple, Cranberry, Cranberry Grape, Grapefruit, Cranberry Raspberry, Grape, White Grape

**Giant Eagle:** Apple, Cranberry, Grape, Grapefruit, White Grape

**Great Value:** Apple, Cranberry, Cranberry Concord Grape, Grape, White Grape, White Grape Peach

**IGA:** Apple, Grape, White Grape

**Juicy Juice:** Apple, Apple Raspberry, Berry, Cherry, Cranberry Apple, Grape, Kiwi Strawberry, Mango, Orange Tangerine, Passion Dragonfruit, Peach Apple, Punch, Strawberry Banana, Strawberry Watermelon, Tropical, White Grape

**Kroger:** Apple, Berry, Cranberry, Grape, Grapefruit, Pineapple, White Grape, White Grape Peach

**Langers:** Apple, Apple Cranberry, Apple Grape, Apple Orange Pineapple, Grape, Pineapple, Ruby Red Grapefruit, Red Grape, Tomato, Vegetable (Regular and Low Sodium), White Grape, White Grapefruit

**Meijer:** Apple, Berry-Genuine, Cherry-Genuine, Fruit Punch-Genuine, Grape-Genuine, Grape, Ruby Red Grapefruit, White Grape, White Grape Peach

**Motts:** Apple

**Musselman's:** Apple

**Northland:** Cranberry, Cranberry Blackberry, Cranberry Blueberry, Cranberry Cherry, Cranberry Grape, Cranberry Pomegranate, Cranberry Raspberry

**Old Orchard:** Apple, Apple Cranberry, Berry Blend, Blueberry Pomegranate, Cherry Pomegranate, Cranberry Pomegranate, Grape, Kiwi Strawberry, Peach Mango, Pineapple, Red Raspberry, White Grape, Wild Cherry

**Our Family:** Apple, Grape, Grapefruit, Pink Grapefruit, White Grape, 100% Juice Blend

**Seneca:** Apple

**Shop n' Save:** Apple, Berry Blend, Cherry Blend, Cranberry Blend, Cranberry Grape Blend, Cranberry Raspberry Blend, Punch Blend, Pineapple, White Grape, White Grapefruit

**Shurfine:** Apple, Grape, Pineapple, White Grape

**Spartan:** Apple, Cranberry, Cranberry Grape, Cranberry Raspberry, Grape, Grapefruit, Sooo Juicy Berry, Sooo Juicy Cherry, Sooo Juicy Grape, Sooo Juicy Punch, Vegetable, White Grape

**Tipton Grove:** Apple, Grape

**Valu Time:** Grape

**Welch's:** Grape, Red Grape, White Grape

**Juice – Frozen:** Least Expensive Brand Preferred

All Juices Listed Below must meet the following criteria: 100% unsweetened juice; 11.5 or 12 oz. only; Must reconstitute to 48 oz.; Orange Juice can be any brand

**Best Yet:** Apple, Grape, Grapefruit

**Dole:** Pineapple, Pineapple Orange

**Essential Everyday:** Apple

**Food Club:** Apple, Grapefruit

**Great Value:** Apple, Grape

**IGA:** Apple

**Kroger:** Apple, Grape, Grapefruit, Pineapple

**Langers:** Apple, Apple Cranberry, Apple Orange  
Pineapple, Grape, Pineapple, White Grape

**Meijer:** Apple

**Old Orchard:** Apple, Apple Cherry, Apple Cranberry,  
Apple Kiwi Strawberry, Apple Passion Mango, Apple  
Raspberry, Apple Strawberry Banana, Berry Blend,  
Blueberry Pomegranate, Cranberry Pomegranate,  
Cranberry Raspberry, Grape, Pineapple, Pineapple  
Orange, Pineapple Orange Banana, White Grape

**Our Family:** Apple

**Seneca:** Apple

**Shop n' Save:** Apple

**Shurfine:** Apple

**Tipton Grove:** Apple

**Welch's:** Grape, White Grape, White Grape Cranberry,  
White Grape Peach, White Grape Raspberry

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**Cereal (Cold):** Least Expensive Brand Preferred; May be combined up to the number of oz. issued; Bolded items represent whole grain cereals

**Best Choice:** **Bite Sized Frosted Shredded Wheat**, **Enriched Bran Flakes**, Corn Crisps, Crisp Rice, Rice Crisps, **Happy O's**, Honey Oat Clusters, Honey Oat Clusters with Almonds, Right Choice, Wheat Crisps

**Essential Everyday:** **Bran Flakes**, Corn Flakes, Crunchy Rice Squares, Honey Oats and Flakes with Almonds, Honey Oats and Flakes, **Frosted Bite Size Shredded Wheat**, Crunchy Corn Squares, Crispy Rice, Oats and More with Almonds, Oats and More with Honey

**Food Club/Best Yet:** **Bite Size Frosted Shredded Wheat**, Corn Squares, Rice Squares, Crisp Rice, **Toasted Oats**, Essential Choice Oat, Corn Flakes, Honey & Oat Flakes, **Enriched Bran Flakes**

**General Mills:** **Cheerios**, Corn Chex, Kix, **Multi-Grain Cheerios**, Rice Chex, **Total Whole Grain**, **Wheat Chex**, **Wheaties**

**Giant Eagle:** **Bran Flakes**, Corn Flakes, **Frosted Bite Size Shredded Wheat**, Honey Oat Medley, **Toasted Oats**

**Great Value:** **Bran Flakes**, Corn Flakes, Crisp Rice, Crunchy Honey Oats, **Crunchy Oat Squares**, **Frosted Shredded Wheat**, Toasted Corn, **Toasted Whole Grain Oat**, Toasted Rice, Toasted Wheat

**IGA:** **Bite Size Frosted Shredded Wheat**, Corn Flakes, Crispy Rice, **Enriched Bran Flakes**, Square Shaped Corn, Square Shaped Rice, **Tasteos**, **Toasted Oats**

**Kellogg's:** **All Bran Complete Wheat Flakes**, Corn Flakes, **Frosted Mini-Wheats (Bite Size)**, Rice Krispies, Rice Krispies Gluten Free, Special K

**Kroger:** **Bite Size Frosted Shredded Wheat**, Corn Bitz, Honey Crisp Medley, Honey Crisp Medley with Almonds, **Living Well**, Rice Bitz, **Toasted Oats**

**Malt-O-Meal:** Crispy Rice, **Frosted Mini Spooners**, Honey & Oat Blenders, Honey & Oat Blenders with Almonds

**Meijer:** **Bite Size Frosted Shredded Wheat**, Corn Flakes, Corn Squares, Crisp Rice, **Enriched Bran Flakes**, Rice Squares, **Toasted Oats**, **Wheat Squares**

**Mornin Gem/Kiggins:** Crispy Rice

## **Cereal (Cold)-continued:**

**Natures Crunch/Kiggins:** Bran Flakes, Bite Size Frosted Shredded Wheat

**Our Family:** Wheat Biscuits, Corn Biscuits, Rice Biscuits, High Fiber Bran Flakes, Corn Flakes, Frosted Bite Size Shredded Wheat, Toasted Rice Flakes, Crispy Rice, Oats and More with Almonds, Oats and More with Honey, Toasted Oats

**Post:** **Banana Nut Crunch**, **Bran Flakes**, Honey Bunches of Oats with Almonds, Honey Bunches of Oats Honey Roasted

**Quaker:** **Life**, **Oatmeal Squares**, Oatmeal Squares Brown Sugar, Oatmeal Squares Cinnamon

**Ralston:** Corn Biscuits, Corn Flakes, Crispy Rice, **Enriched Wheat Bran Flakes**, **Oat Wise**, Rice Biscuits, **Tasteos**

**Shop n' Save:** Crispy Rice, Corn Flakes, Crunchy Corn Squares, Crunchy Rice Squares, **Bran Flakes**, **Frosted Bite Size Shredded Wheat**, Oats and More with Almonds, Oats and More with Honey

**Shurfine:** Crisp Rice, **Toasted Oats**, Honey Oats & Flakes, **Enriched Bran Flakes**, Corn Flakes, Crunchy Rice, Crunchy Corn, **Frosted Shredded Wheat Bite Size**, Wheat Squares

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## **Cereal (Hot):**

**B & G Foods:** Cream of Wheat – 18 oz. or 28 oz. size only

**Farina Mills:** Creamy Hot Wheat Original – 18 oz. or 28 oz. size only

**Malt-O-Meal:** Original Hot Wheat – 18 oz., 28 oz. or 36 oz. size only

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## **Whole Grains**

Can be combined up to the number of oz. issued; Least Expensive Brand Preferred

**Bread:** 16 oz. Size Only

**Aunt Millie's:** Healthy Goodness Whole Grain White; Healthy Goodness 100% Whole Wheat

**Best Choice:** 100% Whole Wheat

**Best Yet:** 100% Whole Wheat

**Bimbo:** 100% Whole Wheat

**Bunny:** 100% Whole Wheat

**Essential Everyday:** 100% Whole Wheat

**Food Lion:** 100% Whole Wheat

**Hannaford:** 100% Whole Wheat

**Healthy Life:** Sugar Free 100% Whole Grain Wheat; 100% Whole Grain Whole Wheat

**Holsum:** 100% Whole Wheat

**Kroger:** 100% Whole Wheat Round Top

**Meijer:** 100% Whole Wheat; Whole Grain White

**My Essentials:** 100% Whole Wheat

**Nature's Own:** 100% Whole Grain Sugar Free

**Nickels:** Country Style 100% Whole Wheat

**Our Family:** 100% Whole Wheat

**Ozark Hearth:** 100% Whole Wheat

**Pepperidge Farm:** Jewish Rye Whole Grain Rye Seeded; Stone Ground 100% Whole Wheat; Very Thin Sliced 100% Whole Wheat

**Roman Meal:** Sungrain 100% Whole Wheat

**Sara Lee:** Classic 100% Whole Wheat

**Schwebel's:** Roman Meal Sungrain 100% Whole Wheat; 100% Whole Wheat

**Shurfresh:** 100% Whole Wheat

**Spartan:** 100% Whole Wheat

**Sunbeam:** 100% Whole Wheat

**Weight Watchers:** 100% Whole Wheat

**Wonder:** 100% Whole Wheat

**Buns:** 16 oz. Size Only

**Arnold:** Whole Wheat Hamburger Buns; **Healthy Life:** 100% Whole Wheat Sandwich Buns

**NOT ALLOWED:** Items with added fruits, nuts, spices or icings



**Brown Rice:** 16 oz. Size Only; Plain; Any Brand

**NOT ALLOWED:** White Rice; Wild Rice

**Oatmeal:** 16 oz. Size Only; Plain; Any Brand

**NOT ALLOWED:** Packets; Individual Serving Sizes; Items with added fruits, nuts, spices, steel cut

**Tortillas:** 16 oz. Size Only

**Best Choice:** Corn; 100% Whole Wheat

**Celia's:** White Corn, Yellow Corn; Whole Wheat Flour

**Chi Chi's:** White Corn Soft Taco Style; Whole Wheat Fajita Style

**Don Pancho:** White Corn; Whole Wheat

**Essential Everyday:** Soft White Corn; Whole Wheat

**Food Club:** Soft Taco Size Whole Wheat

**Giant Eagle:** Whole Wheat

**Hannaford:** Whole Wheat

**Kroger:** Whole Wheat

**La Banderita:** Corn; Fajita Whole Wheat

**La Burrita:** Corn

**Meijer:** Corn; White Corn; Whole Wheat

**Mi Casa:** 100% Whole Wheat

**Mission:** White Corn; Whole Wheat; Yellow Corn Extra Thin

**My Essentials:** Whole Wheat

**Ortega:** Whole Wheat

**Pepito:** Corn; Soft Taco Size Whole Wheat Flour

**Shurfine:** Corn; Hand Made Whole Wheat Fajita Style

**Shurfresh:** Whole Wheat Authentic Fajita Style

**Tam-X-ico's:** Yellow Corn

**Whole Wheat Pasta:** 16oz. container only

**America's Choice:** Whole Wheat Spaghetti

**Barilla:** Whole Grain Rotini; Whole Grain Medium Shells; Whole Grain Penne; Whole Grain Elbows; Whole Grain Thin Spaghetti; Whole Grain Linguine; Whole Grain Angel Hair; Whole Grain Spaghetti

**Essential Everyday:** Whole Wheat Spaghetti; Whole Wheat Thin Spaghetti; Whole Wheat Macaroni; Whole Wheat Penne; Whole Wheat Rotini; 100% Whole Wheat Elbow Macaroni; 100% Whole Wheat Rotini; 100% Whole Wheat Penne Rigate; 100% Whole Wheat Thin Spaghetti; 100% Whole Wheat Vermicelli

**Giant Eagle:**

100% Whole Wheat Spaghetti; 100% Whole Wheat Elbow Macaroni; 100% Whole Wheat Penne Rigate; 100% Whole Wheat Rotini

**Great Value:**

Whole Wheat Elbows; Whole Wheat Linguine; Whole Wheat Penne; Whole Wheat Rotini; Whole Wheat Spaghetti; Whole Wheat Thin Spaghetti

**Kroger:** Whole Wheat Penne Rigate; Whole Wheat Rotini-Tight; Whole Wheat Thin Spaghetti; 100% Whole Grain Thin Spaghetti

**Meijer:** Select Pasta Spaghetti Whole Wheat; Select Pasta Capellini Whole Wheat; Select Pasta Penne Rigate Whole Wheat; Select Pasta Rotini Whole Wheat

**Our Family:** Whole Wheat Spaghetti; Whole Wheat Thin Spaghetti; Whole Wheat Penne Rigate; Whole Wheat Rotini

**Ronzoni Healthy:** Harvest 100% Whole Grain Penne Rigate; 100% Whole Grain Spaghetti; 100% Whole Grain Thin Spaghetti; 100% Whole Grain Rotini; 100% Whole Grain Linguine

**Spartan:** Whole Wheat Spaghetti; Whole Wheat Thin Spaghetti; Whole Wheat Penne Rigate; Whole Wheat Rotini

**True Goodness:** Capellini Whole Wheat; Spaghetti Whole Wheat