

OHIO WIC AUTHORIZED FOODS LIST EFFECTIVE OCTOBER 1, 2013 THROUGH SEPTEMBER 30, 2015

Organic products are authorized for purchase with the fruit and vegetable voucher only.

WIC participants are permitted to use manufacturer coupons, store discount cards, and specials for WIC foods including buy one get one free offers.

MILK - store brand only

Cow's Milk

Plain, white, pasteurized, Vitamin D fortified milk only

Gallons only (unless half gallon printed on the coupon)

Whole milk (3.5% milkfat), reduced fat (2%), low fat (1% or ½%) or skim milk (fat-free milk)

Not allowed: flavored milk, super skim milk or fat-free plus milk

Nonfat Dry Milk: Only when printed on the coupon

25.6 oz. size only

Low lactose or Lactose free Milk: Any Brand – Only when printed on the coupon

Half gallons only

Soy Milk: Only when printed on the coupon

8th Continent: Original and Vanilla flavors only

Silk: Original flavor only

JUICE

All juices listed below must meet the following criteria:

- 100% unsweetened juice
- Frozen concentrate (11.5 oz. or 12 oz. only) – **MUST RECONSTITUTE TO 48 OZ.**
- Plastic bottles or refrigerated cartons (64 oz. only)

Orange juice – any brand

Apple & Eve: apple, cranberry grape, cranberry peach mango, cranberry pomegranate, cranberry raspberry, cranberry wild berry, or naturally cranberry

Best Choice: apple, berry juice blend, cherry juice blend, grape, grape juice blend, grapefruit juice-unsweetened, pineapple, punch juice blend, white grape

Campbell's: tomato (regular, low sodium), V-8 (regular only)

Diane's Garden: vegetable

Dole: pineapple, pineapple orange

Essential Everyday: apple, berry blend, cherry blend, cranberry, grape, grape blend, pineapple, punch blend, white grape, white grapefruit

Everfresh: apple

Food Club/Best Yet: apple, cranberry, cranberry grape, cranberry raspberry, grape, grapefruit, white grape

Giant Eagle: apple, cranberry, grape, grapefruit juice, 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, grape, kiwi strawberry, mango, orange tangerine, punch, strawberry banana, 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 & low sodium), white grape, white grapefruit

Meijer: apple, genuine juice-berry, genuine juice-cherry, genuine juice-fruit punch, grape, ruby red grapefruit, Tropical Blends pineapple, Tropical Blends pineapple orange banana, Tropical Blends orange peach mango, Tropical Blends pineapple orange, Tropical Blends orange strawberry banana, white grape, white grape peach

Mott's: apple

Musselman's: apple juice

Northland: cranberry, cranberry blackberry, cranberry blueberry, cranberry cherry, cranberry grape, cranberry pomegranate, cranberry raspberry

Old Orchard: apple, apple cherry, apple cranberry, berry blend, blueberry pomegranate, cherry pomegranate, apple kiwi strawberry, apple passion mango, apple raspberry, apple strawberry banana, berry, cranberry blend, cranberry pomegranate, cranberry raspberry, grape, kiwi strawberry, peach mango, pineapple, pineapple orange, pineapple orange banana, red raspberry, white grape, wild cherry

Our Family: apple, grape, grapefruit, pink grapefruit, white grape, 100% juice blend

Seneca: apple, grape

Shop N Save: apple, cranberry grape blend, cranberry raspberry blend, juice blend-berry, juice blend-cherry, juice blend cranberry, juice blend-punch, pineapple, white grape juice, white grapefruit

Shurfine: apple, grape, pineapple, white grape

Tipton Grove: apple, grape

Value Time: grape

Welch's: grape, red grape, white grape, white grape cranberry, white grape peach, white grape pear, white grape raspberry

Not allowed: fruit drinks, sweetened juices, cocktails or powders

CEREALS

You may combine cereals up to the number of ounces printed on the coupon.

Cold 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 w/almonds, Honey Oats and Flakes, Frosted Bite Size Shredded Wheat, Crunchy Corn Squares, Crispy Rice, Oats and More w/almonds, Oats and More w/honey

Food Club/Best Yet: Bite Size Frosted Shredded Wheat, Corn Squares, Rice Squares, Crisp Rice, Toasted Oats, Essential Choice Oat Cereal, 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 Sized 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 (big bite and 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

Nature's 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

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 & More with Almonds, Oats & More with Honey

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

Hot cereals (regular or original flavor only):

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

Farina Mills: Creamy Hot Wheat Cereal Original - 18 oz. or 28 oz. size only

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

Quaker: Instant Grits – 18 oz., 24 oz., or 36 oz. size only

WHOLE GRAINS

You may combine whole grains up to the number of ounces printed on the coupon.

Whole wheat or whole grain bread - 16 oz. loaves:

Aunt Millie's

Healthy Goodness Whole Grain White Bread
Healthy Goodness 100% Whole Wheat Bread

Best Yet

100% Whole Wheat Bread

Bimbo

100% Whole Wheat Bread

Bunny

100% Whole Wheat Bread

Essential Everyday

100% Whole Wheat Bread

Food Lion

100% Whole Wheat Bread

Hannaford

100% Whole Wheat Bread

Healthy Life

Sugar Free 100% Whole Grain Wheat Bread
100% Whole Wheat Whole Grain Bread

Holsum

100% Whole Wheat Bread

Kroger

100% Whole Wheat Bread Roundtop

Meijer

100% Whole Wheat Bread
Whole Grain White Bread

My Essentials

100% Whole Wheat Bread

Nature's Own

100% Whole Grain Bread Sugar Free

Nickles

Country Style 100% Whole Wheat Bread

Our Family

100% Whole Wheat Bread

Ozark Hearth

100% Whole Wheat Bread

Pepperidge Farm

Jewish Rye Bread Whole Grain Rye Seeded
 Stone Ground 100% Whole Wheat Bread
 Very Thin Sliced Bread 100% Whole Wheat

Roman Meal

Sungrain 100% Whole Wheat Bread

Sara Lee

Classic 100% Whole Wheat Bread

Schwebel's

Roman Meal Sungrain 100% Whole Wheat Bread

Shurfresh

100% Whole Wheat Bread

Sunbeam

100% Whole Wheat Bread

Weight Watchers

100% Whole Wheat Bread

Wonder

100% Whole Wheat Bread

Buns – 16 oz. packageArnold

Whole Wheat Hamburger Buns

Tortillas – 16 oz. package:Carlita

Corn Taco
 100% Whole Wheat Flour Tortillas

Celia's

White Corn Tortillas
 Yellow Corn Tortillas
 Whole Wheat Flour Tortillas

Chi Chi's

White Corn Tortillas-soft taco style
 Whole Wheat Tortillas-fajita style

Don Pancho

White Corn Tortillas
 Whole Wheat Tortillas

Food Club

Soft Taco Size Whole Wheat Tortillas

Giant Eagle

Whole Wheat Tortillas

Hannaford

Whole Wheat Tortillas

Kroger

Whole Wheat Tortillas

La Banderita

Corn Tortillas
 Fajita Whole Wheat Tortillas

La Burrita

Corn Tortillas

Meijer

Corn Tortillas
 White Corn Tortillas
 Whole Wheat Tortillas

Mi Casa

Wheat Tortillas 100% Whole Wheat

Mission

White Corn Tortillas
 Whole Wheat Tortillas
 Yellow Corn Tortillas Extra Thin

My Essentials

Whole Wheat Tortillas

Ortega

Whole Wheat Tortillas

Pepito

Corn Tortillas
 Soft Taco Size Whole Wheat Flour Tortillas

Shurfine

Hand Made Style Whole Wheat Fajita Style Tortillas
 Corn Tortillas

Shurfresh

Whole Wheat Tortillas Authentic Fajita Style

Tam-X-ico's

Yellow Corn Tortillas

Brown rice - plain, any brand, store brand preferred, 16 oz. and 32 oz. as printed on the coupon

Oatmeal - plain, any brand, store brand preferred (no packets), 16 oz. and 32 oz. as printed on the coupon

Not allowed: individual serving sizes; items with added nuts, fruits, spices or icings; white or wild rice.

PEANUT BUTTER - store brand preferred

Only 16 oz. to 18 oz. container

Regular or natural; smooth, creamy, crunchy or chunky; reduced fat, low sodium, or low sugar varieties

Not allowed: Whipped, added jelly, marshmallow, honey or other foods; fortified or enhanced varieties

BEANS OR PEAS - store brand preferred**Dried beans or peas**

16 oz. package only

Not allowed: beans or peas with added seasonings**Canned beans**

You may combine canned beans up to the number of ounces printed on the coupon.

Not allowed: baked beans, green beans, wax beans, sweet young or green peas; beans with added seasonings, sauces, fats or meats; jarred beans**EGGS** - store brand only; 1 dozen carton size

Large, Grade A & AA, white chicken eggs only

Not allowed: low cholesterol, brown, hard boiled, pickled, cage-free or free range chicken, pasteurized eggs, eggs fortified or enhanced with omega-3, or egg substitutes, organic or with added vitamins or minerals**CHEESE** - store brand only

Regular or low fat cheese, 16 oz. package only

Domestic blocks or slices of only the following types: Colby Jack, Colby, Monterey Jack, Mozzarella, Muenster, Cheddar, American, Provolone and Swiss

Not allowed: shredded, crumble, cracker-cut, cubed, low sodium, cream cheese, cheese spread, cheese food or cheese product like Velveeta, deli cheese, farmers', butter, string cheese, or individually wrapped slices, goat, sheep or yogurt cheeses**TOFU**

You may combine the following brands and types of tofu up to the number of ounces printed on the coupon.

Azumaya: Extra Firm, Firm, or SilkenHouse Foods Premium: Premium firm, Premium Extra Firm, or RegularNasoya: Lite Silken, Organic Extra Firm, Organic Silken, or Organic Super Firm Cubed

FRUITS AND VEGETABLES - store brand preferred

Choose from any combination of fresh, canned or frozen fruits and vegetables up to the maximum dollar amount printed on the voucher.

Participants must pay any amount that exceeds the value of the voucher. Participants may use cash, food stamps or any form of payment accepted by the vendor. Participants will not receive cash or credit refunds for any amount not used.

Fruits – store brand preferredFresh

Allowed: 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 fruits (e.g., gourds, painted pumpkins); items from salad bar; fruit with added nuts; baked goods with added fruit (e.g., blueberry muffins); dried fruit including fruit leathers or fruit roll ups; prunes, raisins, dried cranberries or any other dried fruit; edible blossoms or flowers; fruits with sauces or dips

Canned, Jarred or in Plastic Containers

Allowed: Fruit in fruit juice, juice concentrate, or fruit 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 added nuts; fruit in heavy, light or extra light syrup; pie filling; fruit leathers or fruit roll ups; prunes, raisins, dried cranberries or any other dried fruit; fruits with sauces or dips

Frozen

Allowed: Any variety without added sugar

Not allowed: Fruit with added sugar; sorbets or fruit bars; baked goods with added fruit (e.g., frozen pies)

Vegetables – store brand preferredFresh

Allowed: Whole, pre-cut or sliced vegetables; individual serving sizes without sauces or dips; only the following type of potatoes: yams

Not allowed: White or yellow potatoes; red or purple skinned potatoes; vegetable trays or party trays, decorative or ornamental vegetables (e.g., garlic or chili peppers on string); items from salad bar; herbs or spices; edible blossoms or flowers; vegetables with sauces or dips

Canned/Jarred vegetables

Allowed: Regular/low sodium or no salt added vegetables; tomato sauce or tomato paste; individual serving sizes without sauces or dips

Not allowed: Any variety of white or yellow potatoes; red or purple skinned potatoes; mixed vegetables with potatoes; dried potatoes or dried onions; creamed vegetables; herbs or spices; vegetables with added fats and/or oils; spaghetti sauce or pizza sauce; salsa; soups; sauerkraut, pickled beets or other pickled vegetables; olives; catsup or other condiments; vegetables with sauces or dips; canned beans

Frozen

Allowed: Plain single ingredient vegetable or mixed vegetables

Not allowed: Any variety of white or yellow potatoes; red or purple skinned potatoes; sweet potato fries; vegetables with added sauces, seasonings, fats, and/or oils, nuts, potatoes, rice, pasta or other grains; breaded vegetables

FISH - store brand preferred

Canned tuna: chunk light packed in water only, 5 or 6 oz. can size only

Canned salmon: pink salmon only, 14.75 oz. can size only

Not allowed: red salmon, salmon, or tuna in pouches

DRY INFANT CEREAL - Gerber brand only, all flavors of iron fortified cereal - 8 oz. containers only

Not allowed: added fruit, added DHA/ARA, jarred cereal, or variety packs

BABY FOODS - Beech-Nut brand only

Only the specific types listed below are authorized - 4 oz. container only

Fruit:

Applesauce
Apples & Bananas
Apples & Blueberries
Apples & Cherries
Apples, Mango & Kiwi
Apples, Pears & Bananas
Apricots with Pears & Apples
Chiquita® Bananas
Chiquita® Bananas & Strawberries
Peaches
Pears
Pears & Pineapple
Pears & Raspberries

Vegetables:

Butternut Squash
Corn & Sweet Potatoes
Country Garden Vegetables
Mixed Vegetables
Tender Golden Sweet Potatoes
Tender Sweet Carrots
Tender Sweet Peas
Tender Young Green Beans

Fruit & Vegetable Combinations:

Sweet Potatoes & Apples

GOYA

Mango
Banana Peach
Apple Mango
Banana Pear
Pear Guava
Banana Strawberry
Peach Mango
Apple Guava

Winter Squash
Vegetable Medley
Carrots w/Corn
Peas & Carrots

Home Style Textures Fruits:

Applesauce
Banana & Mixed Berries
Banana, Orange & Pineapple
Banana, Prune & Raisins
Peach, Apple & Apricots
Peaches & Pineapple
Prunes & Apples
Pears

Home Style Textures Vegetables:

Carrots
Carrot, Tomato & Green Beans
Corn & Green Peppers
Green Beans
Peas & Carrots
Sweet Potatoes & Zucchini

Home Style Textures Fruit & Vegetable Combinations

Apple, Mango & Carrot
Pears & Green Beans
Squash & Apples
Sweet Potato, Apple & Raisins

GOYA

Pear Apricot
Banana Apple Plum

Meats- 2.5 oz. container only; **(Only the specific types listed below are authorized):**

Chicken and Broth
Beef and Broth
Ham and Broth
Turkey and Broth

GOYA

Chicken and Broth
Beef and Broth

FORMULAS**Contract Formulas:**

Similac Advance with Early Shield
 Similac for Spit-Up
 Similac Sensitive
 Similac Soy Isomil

Prescribed Formulas:

Boost	Neocate Junior with Prebiotics (all flavors)
Boost Breeze (all flavors)	Neocate Nutra
Boost Kid Essentials 1.0 cal (pharmacy) (all flavors)	Nutren Junior (all flavors)
Boost Kid Essentials 1.0 cal (retail) (all flavors)	Nutren Junior with Fiber (all flavors)
Boost Kid Essentials 1.5 cal (all flavors)	PediaSure (all flavors)
Boost Kid Essentials with fiber 1.5 cal (all flavors)	PediaSure with Fiber (all flavors)
Bright Beginnings Soy Pediatric Drink	PediaSure Enteral
Compleat Pediatric	PediaSure with Fiber Enteral
Compleat Pediatric Reduced Calorie	PediaSure 1.5 Cal
EleCare for Infants	PediaSure 1.5 Cal with Fiber
EleCare Junior (all flavors)	PediaSure Peptide (all flavors)
Enfamil EnfaCare	PediaSure Peptide 1.5 Cal
Enfamil EnfaPort	Peptamen Junior (all flavors)
Enfamil Nutramigen (liquid concentrate and ready-to-use only)	Peptamen Junior 1.5 Cal
Enfamil Nutramigen with Enflora LGG (powder only)	Peptamen Junior with Fiber (all flavors)
Enfamil Pregestimil	Peptamen Junior with Prebio (all flavors)
Ensure (all flavors)	PurAmino
EO28 Splash (all flavors)	Similac Expert Care Alimentum
Neocate Infant with DHA & ARA	Similac Expert Care NeoSure
Neocate Junior (all flavors)	Similac PM 60/40
	Super Soluble Duocal

Authorized products are subject to change