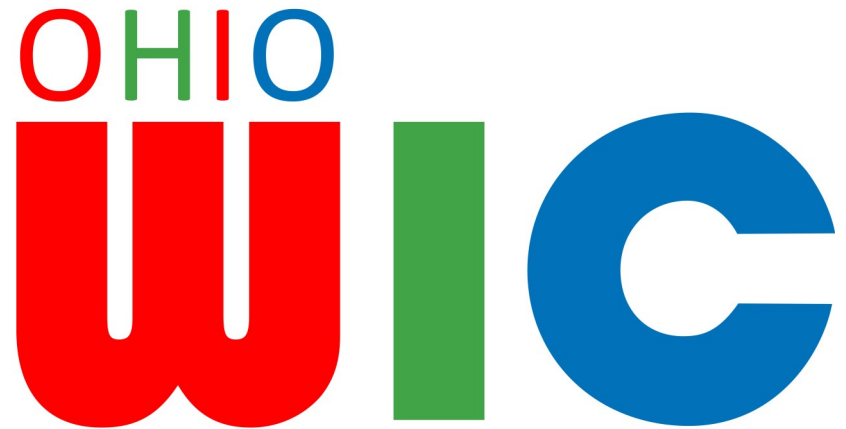


Women, Infants, and Children Program



This institution is an equal opportunity provider.



Women, Infants, and Children Program

# *Authorized Foods List Booklet*

## Authorized Foods List Least Expensive Brand Preferred

### Milk

#### Cow's Milk

#### ALLOWED:

- 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

#### ALLOWED:

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

## DOWNLOAD THE WIC SHOPPER APP TODAY!

WICshopper is a mobile app that helps you succeed in the WIC program. Using the app, you can scan products to ensure you can get them, view the Authorized Foods List, get recipe ideas, calculate produce, and more!



1. Install "WICshopper" from your app store.

2. Select Ohio as your WIC Agency.

3. Scan products using the app to verify WIC allowed foods as you shop.

4. View your Authorized Foods List, recipes, and more right from the app!

## **Infant Vegetables**

- Gerber Brand 2nd Foods Only
- 4 oz. plastic containers only

**ALLOWED:** Only the Specific Types as Listed Below

- 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

## **Tofu**

16 oz. package size only: Can be combined up to the total number of ounces issued

### **ALLOWED:**

- **Azumaya** - Silken
- **House Foods** - Premium Firm, Premium Extra Firm, Medium Firm
- **Vitasoy** - Firm Natural, Wet Pack Extra Firm

## **Eggs**

### **ALLOWED:**

- 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

- Cheese**
- Regular or Low Fat
  - 16 oz. size only

**ALLOWED:** Domestic Blocks or Slices of only the following types

- American
- Colby
- Colby Jack
- Monterey Jack
- Muenster
- Provolone
- Swiss

**NOT ALLOWED:**

- Organic
- Cracker Cut
- Deli
- Low Sodium
- Cheese Spread
- Cream Cheese
- Farmer's Cheese
- Shredded
- Cubed
- Crumble
- Cheese Spread
- String Cheese
- Butter

- Cheese foods or products like Velveta®
- Individually wrapped slices
- Goat, sheep or yogurt cheese

- Infant Fruits**
- Gerber Brand 2nd Foods Only
  - 4 oz. plastic containers only

**ALLOWED:** Only the Specific Types as Listed Below

- 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 Meats**

- Gerber Brand 2nd Foods Only
- 2.5 oz. Glass Jars Only

**ALLOWED:** Only the Specific Types as Listed Below

- Chicken and Gravy
- Ham and Gravy
- Beef and Gravy
- Turkey and Gravy

### **Tortillas - 16 oz. Size Only (continued)**

<b>Pepito</b>	<ul style="list-style-type: none"><li>• Corn</li><li>• Soft Taco Size Whole Wheat Flour</li></ul>
<b>Shurfine</b>	<ul style="list-style-type: none"><li>• Corn</li><li>• Hand Made Whole Wheat Fajita Style</li></ul>
<b>Shurfresh</b>	<ul style="list-style-type: none"><li>• Whole Wheat Authentic Fajita Style</li></ul>
<b>Tam-X-ico's</b>	<ul style="list-style-type: none"><li>• Yellow Corn</li></ul>

### **Oatmeal**

#### **ALLOWED:**

#### **16 oz. Size Only**

- Plain
- Any Brand

#### **NOT ALLOWED**

- Packets
- Individual Serving Sizes
- Items with added fruits, nuts, spices, steel cut

### **Infant Cereal**

- Gerber Brand Only
- 8 oz. Containers Only

#### **ALLOWED:** 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

### **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**

#### **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: 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**

#### **ALLOWED:**

- Any variety without added sugar

#### **NOT ALLOWED:**

- Fruit with added sugar
- Sorbets or fruit bars
- Baked goods with fruit (e.g., pies)

**Tortillas - 16 oz. Size Only**

**ALLOWED:**

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
IGA	• 6 inch White Corn
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

**Fruits (continued)**

**Cans, Jars, Plastic Containers**

**ALLOWED:**

- 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**

**ALLOWED:**

- 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

### **Bread (continued)**

Nickels	<ul style="list-style-type: none"><li>• Country Style 100% Whole Wheat</li></ul>
Our Family	<ul style="list-style-type: none"><li>• 100% Whole Wheat</li></ul>
Ozark Hearth	<ul style="list-style-type: none"><li>• 100% Whole Wheat</li></ul>
Pepperidge Farm	<ul style="list-style-type: none"><li>• Jewish Rye Whole Grain Rye Seeded</li><li>• Stone Ground 100% Whole Wheat</li><li>• Very Thin Sliced 100% Whole Wheat</li></ul>
Roman Meal	<ul style="list-style-type: none"><li>• Sungrain 100% Whole Wheat</li></ul>
Sara Lee	<ul style="list-style-type: none"><li>• Classic 100% Whole Wheat</li></ul>
Schwebel's	<ul style="list-style-type: none"><li>• Roman Meal Sungrain 100% Whole Wheat</li><li>• 100% Whole Wheat</li></ul>
Shurfresh	<ul style="list-style-type: none"><li>• 100% Whole Wheat</li></ul>
Spartan	<ul style="list-style-type: none"><li>• 100% Whole Wheat</li></ul>
Sunbeam	<ul style="list-style-type: none"><li>• 100% Whole Wheat</li></ul>
Weight Watchers	<ul style="list-style-type: none"><li>• 100% Whole Wheat</li></ul>
Wonder	<ul style="list-style-type: none"><li>• 100% Whole Wheat</li></ul>

### **Buns -16 oz. Size Only**

#### **ALLOWED:**

Healthy Life	100% Whole Wheat Sandwich Buns
Brown Berry	100% Whole Wheat Hot Dog Rolls

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

### **Brown Rice**

#### **ALLOWED:**

- 16 oz. Size Only**
- Plain
  - Any Brand

#### **NOT ALLOWED:**

- White Rice
- Wild Rice

### **Vegetables (continued)**

#### **Frozen**

#### **ALLOWED:**

- Plain, single ingredient vegetable, or mixed vegetables

#### **NOT ALLOWED:**

- Sweet potato fries
- Vegetables with added sauces, seasonings, fats and oils, nuts, rice, pasta, or other grains
- Breaded Vegetables

#### **Cans, Jars, Plastic Containers**

#### **ALLOWED:**

- Regular, low sodium, or no added salt
- Tomato Sauce or Tomato Paste
- Individual serving sizes without sauces or dips

#### **NOT ALLOWED:**

- 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

**Peanut Butter - Least Expensive Brand Preferred**

**ALLOWED:**

- 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 - Least Expensive Brand Preferred**

**ALLOWED:**

- 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

**Cereal - Hot**

**ALLOWED:**

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

**Whole Grains - Can be combined up to the number of oz. issued**

**Least Expensive Brand Preferred**

**Bread -16 oz. Size Only**

**ALLOWED:**

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
Lewis Bakeries	• 100% Whole Wheat
Meijer	• 100% Whole Wheat • Whole Grain White
My Essentials	• 100% Whole Wheat
Nature's Own	• 100% Whole Grain Sugar Free • 100% Whole Wheat Bread with Honey



**Cereal – Cold (continued)**

<b>Kroger</b>	<b>Bite Size Frosted Shredded Wheat</b> , Corn Bitz, Honey Crisp Medley, Honey Crisp Medley with Almonds, <b>Living Well</b> , Rice Bitz, <b>Toasted Oats</b>
<b>Malt-O-Meal</b>	Crispy Rice, <b>Frosted Mini Spooners</b> , Honey & Oat Blenders, Honey & Oat Blenders with Almonds
<b>Meijer</b>	<b>Bite Size Frosted Shredded Wheat</b> , Corn Flakes, Corn Squares, Crisp Rice, <b>Enriched Bran Flakes</b> , Rice Squares, <b>Toasted Oats</b> , <b>Wheat Squares</b>
<b>Mornin Gem/Kiggins</b>	Crispy Rice
<b>Natures Crunch/Kiggins</b>	Bran Flakes, Bite Size Frosted Shredded Wheat
<b>Our Family</b>	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
<b>Post</b>	<b>Banana Nut Crunch</b> , <b>Bran Flakes</b> , Honey Bunches of Oats with Almonds, Honey Bunches of Oats Honey Roasted
<b>Quaker</b>	<b>Life</b> , <b>Oatmeal Squares</b> , Oatmeal Squares Brown Sugar, Oatmeal Squares Cinnamon
<b>Ralston</b>	Corn Biscuits, Corn Flakes, Crispy Rice, <b>Enriched Wheat Bran Flakes</b> , <b>Oat Wise</b> , Rice Biscuits, <b>Tasteos</b>
<b>Shop n’ Save</b>	Crispy Rice, Corn Flakes, Crunchy Corn Squares, Crunchy Rice Squares, <b>Bran Flakes</b> , <b>Frosted Bite Size Shredded Wheat</b> , Oats and More with Almonds, Oats and More with Honey
<b>Shurfine</b>	Crisp Rice, <b>Toasted Oats</b> , Honey Oats & Flakes, <b>Enriched Bran Flakes</b> , Corn Flakes, Crunchy Rice, Crunchy Corn, <b>Frosted Shredded Wheat Bite Size</b> , Wheat Squares
<b>Sunbelt Bakery</b>	<b>Simple Granola</b>

**Dried Beans or Peas - Least Expensive Brand Preferred**

**ALLOWED:**

- 16 oz. packages only

**NOT ALLOWED:**

- Beans or Peas with added seasonings

**Canned Beans - Least Expensive Brand Preferred**

**ALLOWED:**

- Canned beans may be combined up to the number of ounces issued

**NOT ALLOWED:**

- Baked Beans
- Beans with added seasonings, sauce, fats, or meats

**Juice – Shelf Stable - Least Expensive Brand Preferred**

**ALLOWED:**

All juices listed must meet the following criteria:

- 100% unsweetened juice
- 64 oz. plastic bottles only
- Orange Juice can be any brand

<b>Always Save</b>	Apple, Grape, Tomato, Vegetable
<b>Apple and Eve</b>	Apple, Cranberry Grape, Cranberry Peach Mango, Cranberry Pomegranate, Cranberry Raspberry, Cranberry Wild Berry, Naturally Cranberry
<b>Best Choice</b>	Apple, Berry Blend, Cherry Blend, Grape, Grape Blend, Grapefruit, Pineapple, Punch Blend, White Grape
<b>Best Yet</b>	Apple, Cranberry, Cranberry Grape, Cranberry Raspberry, Grape, Grapefruit, White Grape
<b>Campbell’s</b>	Tomato (Regular and Low Sodium), V-8 (Regular)

**Juice – Shelf Stable (continued)**

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, Fresh Apple, Grape, Grapefruit, Pineapple, 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
Libby's	All Natural 100% Pineapple
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

**Cereal – Cold - Least Expensive Brand Preferred**  
 May be combined up to the number of oz. issued

**ALLOWED:**

Best Choice	Bite Sized Frosted Shredded Wheat, Enriched Bran Flakes, Corn Crisps, Rice Crisps, Bran Flakes, Honey 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
Fiber One	Honey Clusters
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	Blueberry Chex, Cheerios, Corn Chex, Kix, Multi-Grain Cheerios, Rice Chex, Total Whole Grain, Vanilla Chex, 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 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, Nutty Nuggets, 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

**Whole Wheat Pasta (continued)**

<b>Meijer</b>	Select Pasta Spaghetti Whole Wheat; Select Pasta Capellini Whole Wheat; Select Pasta Penne Rigate Whole Wheat; Select Pasta Rotini Whole Wheat
<b>Our Family</b>	Whole Wheat Spaghetti; Whole Wheat Thin Spaghetti; Whole Wheat Penne Rigate; Whole Wheat Rotini
<b>Racconto Italian Foods</b>	Whole Wheat Capellini, Whole Wheat Elbows, Whole Wheat Farfalle, Whole Wheat Linguine, Whole Wheat Penne Rigate, Whole Wheat Rigatoni, Whole Wheat Rotini, Whole Wheat Spaghetti
<b>Ronzoni Healthy</b>	Harvest 100% Whole Grain Penne Rigate; 100% Whole Grain Spaghetti; 100% Whole Grain Thin Spaghetti; 100% Whole Grain Rotini; 100% Whole Grain Linguine
<b>Spartan</b>	Whole Wheat Spaghetti; Whole Wheat Thin Spaghetti; Whole Wheat Penne Rigate; Whole Wheat Rotini
<b>True Goodness</b>	Capellini Whole Wheat; Spaghetti Whole Wheat

**Juice – Shelf Stable (continued)**

<b>Northland</b>	Cranberry, Cranberry Blackberry, Cranberry Blueberry, Cranberry Cherry, Cranberry Grape, Cranberry Pomegranate, Cranberry Raspberry
<b>Old Orchard</b>	Apple, Apple Cranberry, Berry Blend, Black Cherry Cranberry, Blueberry Pomegranate, Cherry Pomegranate, Cranberry Pomegranate, Grape, Kiwi Strawberry, Orange Tangerine, Peach Mango, Pineapple, Red Raspberry, White Grape, Wild Cherry
<b>Our Family</b>	Apple, Grape, Grapefruit, Pink Grapefruit, White Grape, 100% Juice Blend
<b>Seneca</b>	Apple
<b>Shop n’ Save</b>	Apple, Berry Blend, Cherry Blend, Cranberry Blend, Cranberry Grape Blend, Cranberry Raspberry Blend, Punch Blend, Pineapple, White Grape, White Grapefruit
<b>Shurfine</b>	Apple, Grape, Pineapple, White Grape
<b>Spartan</b>	Apple, Cranberry, Cranberry Grape, Cranberry Raspberry, Grape, Grapefruit, Sooo Juicy Berry, Sooo Juicy Cherry, Sooo Juicy Grape, Sooo Juicy Punch, Vegetable, White Grape
<b>Tipton Grove</b>	Apple, Grape
<b>Valu Time</b>	Grape
<b>Welch’s</b>	Grape, Red Grape, Super Berry, Tropical Trio, White Grape

**NOT ALLOWED:**

- Fruit Drinks
- Sweetened Juices
- Cocktails or Powders

**Juice – Frozen**

All juices listed 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, Black Cherry Cranberry, Blueberry Pomegranate, Cranberry Pomegranate, Cranberry Raspberry, Grape, Pineapple, Pineapple Orange, Pineapple Orange Banana, Strawberry Rhubarb, White Grape
Our Family	Apple
Seneca	Apple
Shop n' Save	Apple
Shurfine	Apple
Tip-ton Grove	Apple
Welch's	Apple, Grape, White Grape, White Grape Cranberry, White Grape Peach, White Grape Raspberry

**Juice – Concentrate:**

- Shelf stable
- 100% unsweetened juice
- 11.5 or 12 oz. only; Must reconstitute to 48 oz.

**ALLOWED:**

Welch's: Apple, Fruit Fantastic, Grape, Tropical Passion

**Whole Wheat Pasta**

- 16 oz. container only

**ALLOWED:**

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 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
Kroger	Whole Wheat Penne Rigate; Whole Wheat Rotini-Tight; Whole Wheat Thin Spaghetti; Whole Grain Thin Spaghetti