

Ohio WIC Program Authorized Foods List

Least Expensive Brand Preferred

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%) is 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

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, Regular
Nasoya	Organic Silken
Vitasoy	Firm Natural, Wet Pack Extra Firm

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

Cheese

Regular or Low Fat
16 oz. size only

ALLOWED:

Domestic Blocks or Slices of only the following types:

- | | |
|---------------|------------|
| American | Cheddar |
| Colby | Colby Jack |
| Monterey Jack | Mozzarella |
| Muenster | Provolone |
| 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

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 cannot exceed the maximum dollar amount when using the WIC Nutrition Card (WNC). 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 include 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)

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

Frozen

ALLOWED

- 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

ALLOWED

- 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

Peanut Butter, Dried Beans, Canned Beans, Fish

Least Expensive Brand Preferred

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

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

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

**Juice – Shelf Stable or Refrigerated Cartons
Least Expensive Brand Preferred**

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

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, 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 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

Cereal – Cold

Least Expensive Brand Preferred

May be combined up to the number of oz. issued

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, Tasteeos, 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
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, Tasteeos
Shopn' 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

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
Quaker	Instant Grits – 18 oz. size only

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 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
- Hot Dog Buns

Brown Rice

16 oz. Size Only

Plain

Any Brand

NOT ALLOWED:

- White Rice
- Wild Rice

Tortillas	
16 oz. Size Only	
Carlita	Corn Taco, 100% Whole Wheat Flour
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
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

Oatmeal

16 oz. Size Only

Plain

Any Brand

NOT ALLOWED:

- Packets
- Individual Serving Sizes
- Items with added fruits, nuts, spices
- Steel Cut

Infant Cereal, Infant Fruits, Infant Vegetables, Infant Meats

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

Infant Fruits

Beech Nut Brand Only

4 oz. Glass Jars Only

ALLOWED: Only the Specific Types as Listed Below

Apples

Apple and Banana

Apple and Blueberry

Apple and Cherry

Apple, Mango and Kiwi

Apple, Pear and Banana

Apricot with Pear and Apple

Banana and Mixed Berry

Chiquita® Bananas

Chiquita® Bananas and Strawberry

Mango

Peaches

Pears

Pear and Pineapple

Pear and Raspberry

Infant Vegetables

Beech Nut Brand Only

4 oz. Glass Jars Only

ALLOWED: Only the Specific Types as Listed Below

Corn and Sweet Potato

Garden Vegetables

Sweet Potatoes

Sweet Peas

Squash

Mixed Vegetables

Sweet Carrots

Green Beans

Infant Meats

Beech Nut Brand Only

2.5 oz. Glass Jars Only

ALLOWED: Only the Specific Types as Listed Below

Beef and Beef Broth

Chicken and Chicken Broth

Turkey and Turkey Broth