



Allowable Foods List



Effective May 2017



Fruits and Vegetables

AMOUNT: Dollar amount listed on WIC family food benefits list. If cost is more than listed on WIC family food benefits list, you can pay the difference.

BRAND: Any brand

Purchase fresh if specified on WIC family food benefits list.

Fresh and Frozen

OK To Buy

- Any variety
- Plastic containers including bags, boxes or tubs
- Salad and/or mixed greens
(with fruits and vegetables only)
- Whole, cut or sliced
- Organic
- Bulk
- Mixed fruits and/or vegetables



Not WIC Approved

- French fries, hash browns, tater tots with added sugar, fat or oil
- Items from deli or salad bar
- Party trays
- Fruit baskets, decorative fruits or vegetables
- Dried fruit or vegetables
- Nuts (including peanuts, fruit/nut mixtures)
- Herbs, spices
- Added sauce, meat, pasta, rice or noodles
- Added syrup, sweetener, flavoring, sugar, fat or oil
- Added dressing, croutons or cheese (such as in salad kits)
- Fruits or vegetables in cans or jars (metal or glass)
- Jams, jellies or preserves
- Frozen smoothie mixes



Fruits and Vegetables



SHOPPING TIP: Buying Fresh Fruits & Vegetables
This chart shows some examples of the cost for fresh fruits and vegetables priced by the pound.

Price per Pound (lb)	\$0.59	\$0.79	\$0.99	\$1.29	\$1.49	\$1.79	\$1.99	\$2.49	\$2.99	\$3.49	\$3.99
1 lb	\$0.59	\$0.79	\$0.99	\$1.29	\$1.49	\$1.79	\$1.99	\$2.49	\$2.99	\$3.49	\$3.99
1 1/2 lbs	\$0.89	\$1.19	\$1.49	\$1.94	\$2.24	\$2.69	\$2.99	\$3.74	\$4.49	\$5.24	\$5.99
2 lbs	\$1.18	\$1.58	\$1.98	\$2.58	\$2.98	\$3.58	\$3.98	\$4.98	\$5.98	\$6.98	\$7.98
2 1/2 lbs	\$1.48	\$1.98	\$2.48	\$3.23	\$3.73	\$4.48	\$4.98	\$6.23	\$7.48	\$8.73	\$9.98
3 lbs	\$1.77	\$2.37	\$2.97	\$3.87	\$4.47	\$5.37	\$5.97	\$7.47	\$8.97		
3 1/2 lbs	\$2.07	\$2.77	\$3.47	\$4.52	\$5.22	\$6.27	\$6.97	\$8.72			
4 lbs	\$2.36	\$3.16	\$3.96	\$5.16	\$5.96	\$7.16	\$7.96	\$9.96			
4 1/2 lbs	\$2.66	\$3.56	\$4.46	\$5.81	\$6.71	\$8.06	\$8.96				
5 lbs	\$2.95	\$3.95	\$4.95	\$6.45	\$7.45	\$8.95	\$9.95				



Whole Grains

Bread, Tortillas, Pasta, Brown Rice and/or Oats

100% Whole Wheat Bread

SIZE: 8, 12, 14, 16, 18, 20, 22, 24 and 32 ounces (oz)

BRAND: Any brand

Must have "100% Whole Wheat" on the front label

- Loaves, rolls or buns



Whole Grain Bread

BRAND: Specific items listed below



- Pepperidge Farm Whole Grain 15 Grain
- Pepperidge Farm Whole Grain Honey Wheat
- Pepperidge Farm Whole Grain Oatmeal
- Pepperidge Farm Whole Grain Ancient Grains

Not WIC Approved

- Deli
- Organic



Whole Grains

Bread, Tortillas, Pasta, Brown Rice and/or Oats

Corn Tortillas

SIZE: 8, 16, 20, 24 and 32 ounces (oz)

BRAND: Albuquerque, Candy's, Carlita, Don Pancho, Guerrero, Herdez, Kroger, La Banderita, La Burrita, La Favorita, La Perla, La Tortilla Factory, Marcela Valladolid, Mission, Romero's, Santa Fe Tortilla Company, Shurfine, Tia Rosa

OK To Buy

- White corn
- Yellow corn
- Soft corn tortillas



Whole Wheat Tortillas

SIZE: 16 ounces (oz)

BRAND: Best Choice, Don Pancho, Guerrero, Herdez, King Soopers, Kroger, La Banderita, La Tortilla Factory, Market Pantry, MiCasa, Mission, Ortega, Our Family, Santa Fe Tortilla Company, Shurfine, Signature Kitchens, Tio Santi

Not WIC Approved

- Flour tortillas
- White flour
- Taco or tostada shells
- Flavored
- Tortilla chips
- Added modified food starch
- Organic
- Fried
- Bulk



Whole Grains

Bread, Tortillas, Pasta, Brown Rice and/or Oats

100% Whole Wheat Pasta

SIZE: 16 ounces (oz)

BRAND: Barilla, Great Value, Hodgson Mill, Kroger, Our Family, Racconto, Ronzoni Healthy Harvest, Shurfine, Western Family

OK To Buy

- Any shape including spaghetti, spirals, penne, rotini, elbows, macaroni or shells

Not WIC Approved

- Added sugars, fats, oils or salt
- Pasta made from rice, quinoa, flax, corn or vegetables
- Organic
- Bulk

Brown Rice

SIZE: 16 ounce (oz) or 32 ounce (oz)

BRAND: Any brand

OK To Buy

- Regular, quick cooking or instant
- Natural
- Long, medium or short grain
- Instant in 14 or 28 ounce (oz)
- Bag or box



Not WIC Approved

- Organic
- Boil-in-bag
- Red or black rice
- Wild rice
- Pouches
- Added sugar, salt, flavoring, fat or oil



Whole Grains

Bread, Tortillas, Pasta, Brown Rice and/or Oats

Oats

SIZE: 16 ounces (oz) or 32 ounces (oz)

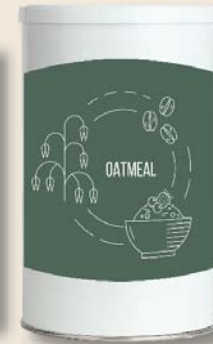
BRAND: Best Choice, Bob's Red Mill, Mom's Best, Our Family, Ralston, Western Family

OK To Buy

- Quick, rolled and/or old-fashioned oats

Not WIC Approved

- Instant or individual packets
- Steel cut oats
- Organic
- Bulk
- Added sugar, fat, oil, salt or flavoring



Is oatmeal a cereal or a whole grain?

It's both! When shopping with WIC, remember:

- Use your cereal benefits to buy instant oatmeal in single-serving packets.
- Use your whole grain benefits to buy other types of oats (box, bag or tub).



Breakfast Cereal

SIZE: 8 ounces (oz) or larger
 BRAND: Specific items listed below

* Whole grain cereals



All-Bran Complete
 Wheat Flakes*



Special K
 Original



Corn Flakes
 (regular)



Crispix



Bran
 Flakes*



Honey Bunches of Oats
 Almonds, Honey Roasted,
 Whole Grain Honey Crunch*



Grape-nuts*
 Original*



Grape-nuts*
 Flakes*



Great Grains
 Banana Nut Crunch*



Total
 Whole Grain*



Wheaties*



Kix*
 (regular)



Honey Kix*



Chex
 Wheat*, Corn, Rice



Cheerios* &
 MultiGrain Cheerios*

The best way to get all your cereal is to buy 12-, 18- or 36-ounce (oz) sizes.



Breakfast Cereal



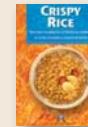
Oatmeal Squares
 Brown Sugar
 & Cinnamon*



Life*
 (regular)



Sunbelt
 Bakery
 Simple
 Granola



Crisp/
 Crispy/
 Crispie
 Rice:



Frosted Shredded Wheat*
 (regular or bite sized)
 (no flavored frosting or filling):

BRANDS (Bag or Box): Always Save, Best Choice, Clear Value, Great Value, Kiggins, Kroger, Malt-O-Meal (Frosted Mini-Spooners), Market Pantry, Our Family, Ralston, Signature Kitchens, Shurfine, ValuTime, Western Family

Hot Cereal



Cream Of Wheat/Cream of Rice
 (original & whole grain*)
 (unflavored, 1, 2½ & 10 minute)



Malt-O-Meal
 (unflavored)



Maypo*
 (maple
 flavored)



Oatmeal*
 (individual packets, plain,
 unflavored)

BRANDS: Best Choice, Kroger, Our Family, Ralston, Shurfine, Signature Kitchens, Quaker, Western Family

Not WIC Approved

- Single-serving packets, except oatmeal
- Organic
- Flavors not listed



Milk

SIZE: Quart, half-gallon or gallon

BRAND: Store brand if available. National brand of milk if store brand is not available.

Buy fat content listed on family food benefits list:

- 1% (Low-fat) or Skim (Fat-Free)
- Whole

OK To Buy

- Fresh, canned, powdered
- Plastic or paper cartons
- UHT long-life
- Lactose-free (any brand)
- Buttermilk
- Acidophilus
- Meyenberg goat milk
- Added calcium



Not WIC Approved

- Flavored milk
- Raw milk
- Organic
- 'Milk' beverages made from nut, coconut, rice, oat or other grains

WIC allowable milk sizes

Fresh or UHT milk	
1 gallon	= 1.0 gallon
½ gallon + 1 quart	= 0.75 gallon
½ gallon	= 0.50 gallon
1 quart	= 0.25 gallon
Canned milk	
12-oz can	= 0.25 gallon
Powdered milk	
4 pounds (64 ounces)	= 5.0 gallons
32-oz box	= 2.5 gallons
25.6-oz box	= 2.0 gallons
9.6-oz package	= 0.75 gallons
3.2-oz package	= 0.25 gallons
12-oz can powdered Meyenberg goat milk	= 0.75 gallons



Yogurt

SIZE: 32-ounce (oz) tubs only

BRAND: Brown Cow, Chobani, Coburn Farms, Dannon, Dannon Light & Fit, Great Value, Kroger, Lucerne, Market Pantry, Mountain High, Nancy's, Nostimo, Oikos, Open Nature, Our Family, Shurfine, Simply Balanced, Tillamook, Western Family, Yoplait

Buy fat content listed on family food benefits list:

- Nonfat or low-fat
- Whole

OK To Buy

- Plain
- Vanilla
- Greek



Not WIC Approved

- Flavors other than plain or vanilla
- Organic



Soy Beverage

SIZE: Quart or half-gallon
BRAND: 8th Continent, Great Value, Pacific Ultra Soy, Silk



Original



Vanilla

8th
Continent
(half-gallon)
Refrigerated



Original

Great
Value
(quart)
Refrigerated



Original



Vanilla

Pacific
Ultra Soy
(quart)
Shelf-Stable



Original

Silk
Original
(quart and
half-gallon)
Refrigerated

Not WIC Approved

- Flavors not pictured
- Light or fat-free

Tofu

SIZE: One pound (16 ounces)
BRAND: Azumaya, House Premium



Azumaya

Firm and Extra Firm



House Premium
Medium, Firm and
Extra Firm

OK To Buy

- Fresh
- Refrigerated
- Water-packed

Not WIC Approved

- Organic
- Added salt, flavoring, fat or oil



Cheese

SIZE: 1-, 2- or 3-pound packages
 (16, 32 or 48 ounces)

BRAND: Store brand only



OK To Buy

- American (white, yellow, sliced)
- Cheddar
- Colby
- Colby-Jack
- Longhorn
- Marble
- Monterey Jack
- Mozzarella (whole, part skim)
- Muenster
- Swiss
- Blends of cheeses listed
- String and shredded

Not WIC Approved

- Cheese food, product or spread
- Individually wrapped (except string)
- Flavored, imported or deli cheese
- Organic
- Sliced (except American)

Eggs

SIZE: Dozen
BRAND: Store brand if available. National brand if store brand is not available.



OK To Buy

- Large, medium or small
- Grade A or AA white eggs

Not WIC Approved

- Brown
- Organic or free range
- Extra large
- Specialty eggs (including pasteurized or fortified/ enriched with vitamin E, DHA or Omega 3)



100% Juice: 12-oz or 48-oz

12-oz Frozen Cans

SIZE: 11.5- or 12-ounce (oz) frozen cans

BRAND: Specific items listed below

ORANGE or GRAPEFRUIT

Store Brand Only

APPLE or GRAPE

Great Value, Kroger, Langers, Market Pantry, Old Orchard, Tree Top, Welch's (yellow lid and peel strip), Western Family

PINEAPPLE

Dole, Kroger, Langers, Old Orchard

PINEAPPLE-ORANGE

Dole, Old Orchard



48-oz Bottles

SIZE: 48-ounce (oz) plastic bottles

BRAND: Specific items listed below

VEGETABLE or TOMATO

Campbell's, Shurfine, Textsun, V8



100% Juice: 64-oz Bottles

SIZE: 64-ounce (oz) plastic bottles

BRAND: Specific items listed below

ORANGE or GRAPEFRUIT

Store Brand Only

APPLE or GRAPE

Always Save, Best Choice, Great Value, Juicy Juice, Kroger, Langers, Market Pantry, Old Orchard, Our Family, Signature Kitchens, Sesame Street, Shurfine, Tipton Grove, Tree Top, Welch's, Western Family



64-oz
PLASTIC BOTTLES

PINEAPPLE

Best Choice, Kroger, Langers, Signature Kitchens, Shurfine, Western Family

VEGETABLE or TOMATO

Best Choice, Campbell's, Diane's Garden, Great Value, Kroger, Langers, Market Pantry, Our Family, Signature Kitchens, Shurfine, Textsun, V8, Western Family

Purchase **ONLY** if specified on family food benefits list: Individual servings (cans, bottles or boxes) of orange, grapefruit, orange-grapefruit (any brand) or vegetable (V8)

OK To Buy

- Frozen in 11.5- to 12-ounce (oz) cans
- 64 ounces (oz) orange or grapefruit juice in refrigerated plastic bottles or refrigerated cartons
- Added calcium and/or vitamin D
- Pulp or pulp-free
- White, pink, red or ruby red grapefruit
- Purple, red or white grape
- Vegetable or tomato in regular, spicy or low-sodium

Not WIC Approved

- Less than 100% juice
- Organic
- Cocktail juices
- Juice blends not listed
- Glass bottles



Peanut Butter/Beans

Peanut Butter, Dry Beans and/or Canned Beans

You may choose one of these options:



Peanut Butter

SIZE: 16 to 18 ounces (oz)

BRAND: Any brand

OK To Buy

- Crunchy, extra crunchy, creamy or smooth
- Whipped
- Natural
- Regular, low-salt or reduced salt
- Regular, low-sugar or reduced sugar



Not WIC Approved

- Spreads
- Reduced-fat
- Added flavoring, honey or jelly
- Squeeze tubes
- Organic
- Other nut butters (including almond or cashew butter)



Peanut Butter/Beans

Peanut Butter, Dry Beans and/or Canned Beans

Dry Beans

SIZE: 1-pound (16-oz) or 2-pound (32-oz) bags

BRAND: Any brand

Any type, unflavored dry beans, peas or lentils



Not WIC Approved

- Added flavoring
- Organic
- Soup or soup mix

Canned Beans

SIZE: 15 to 16 ounces (oz)

BRAND: Any brand

Regular, low-salt or no-salt

OK To Buy

- Black Beans
- Black-Eyed Peas
- Butter Beans
- Garbanzo Beans (chickpeas)
- Great Northern Beans
- Kidney Beans
- Lima Beans
- Navy Beans
- Pinto Beans
- Red Beans



Not WIC Approved

- Baked beans, refried beans or chili beans
- Soup or soup mix
- Added flavoring, fat, oil or meat
- Organic

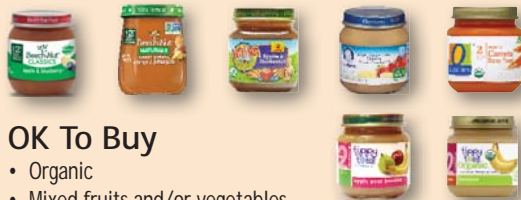


Baby Food

Fruits and Vegetables

SIZE: 4 ounces (oz)

BRAND: Beech-Nut Classics, Beech-Nut Naturals, Earth's Best Organic, Gerber, O Organics, Tippy Toes, Tippy Toes Organic



OK To Buy

- Organic
- Mixed fruits and/or vegetables
- In glass or in plastic
- Multi-packs (for example: 2-pack = 2 jars)

Not WIC Approved

- Added DHA and/or ARA
- Added sugar, salt, starches, flour, cereal, rice, pasta, noodles or meat
- Graduates, Dinners or 3rd Foods
- Desserts, custard or yogurt
- Pouches

Infant Cereal

SIZE: 8 ounces (oz)

BRAND: Beech-Nut, Gerber

OK To Buy

- Rice
- Oatmeal
- Oat & Quinoa
- Whole Wheat
- Mixed Grains
- Multigrain
- Barley



Not WIC Approved

- Organic
- Added fruit or formula
- In jars
- Added DHA and/or ARA



Baby Food

Meats

SIZE: 2.5 ounces (oz)

BRAND: Beech-Nut Classics, Gerber, O Organics, Tippy Toes, Tippy Toes Organic



OK To Buy

- Organic
- With broth and/or gravy
- In glass or in plastic
- Multi-packs (for example: 2-pack = 2 jars)

Not WIC Approved

- Added DHA and/or ARA
- Added sugar, salt, rice, pasta, noodles, fruits or vegetables
- Graduates, Dinners or 3rd Foods
- Pouches

Infant Formula

Purchase the size, brand and form (powdered, concentrate or ready-to-feed) of iron-fortified formula on the WIC family food benefits list.

No substitutions.

Not WIC Approved

- Organic
- Low-iron formula



Canned Fish

SIZE: Combination of canned tuna, salmon and/or sardines in 3 ounces (oz) to 20 ounces (oz)

BRAND: Any brand

- Chunk Light Tuna, Pink Salmon, Sardines

OK To Buy

- Packed in water or oil
- Added flavoring (including hot sauce, mustard or tomato sauce)



Not WIC Approved

- Packed in pouches
- Albacore, Chunk White or Solid White tuna
- Blueback, Sockeye, Red King or Coho salmon
- Organic



Colorado WIC has
an app for shoppers!

Find WIC-eligible foods on your smartphone. For more information and to download the app, scan the QR code at right or go to this link:

<http://www.ebtshopper.com/>



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