Carrots and Tuna for Breastfeeding Women

Breastfeeding is Best for Idaho!

Carrots

Buy — Any brand fresh, frozen, canned, or baby carrots

Do Not Buy — Organic, glazed, added sauces or flavors

Tuna

Buy — 6 or 6⅛ oz albacore, chunk, light, or solid white canned

Do Not Buy — Fresh, smoked, pouches, or snack packs

- Bring your WIC Identification Folder every time you use a WIC check at the grocery store
- Choose WIC approved foods in the amounts listed on your WIC checks
- Separate WIC foods from other items you are buying
- Keep each WIC check's food separate
- Hand your WIC check(s) and WIC Identification Folder to the cashier when you arrive at the checkstand
- Sign the check after the cashier writes the amount of the purchase on the check
- Do not accept cash back or rain checks

WIC is an equal opportunity provider.

For more information on the Idaho WIC Program or Nutrition Services, call the Idaho CareLine at:

2-1-1 or 1-800-926-2588
1-208-332-7205 (TDD)

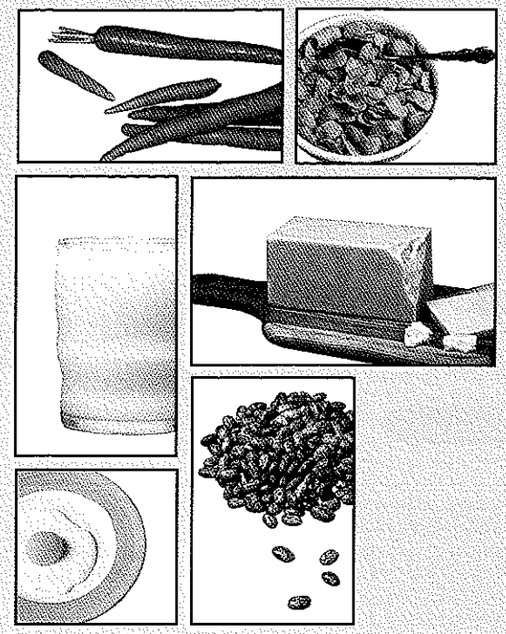
Costs associated with this publication are available from the Idaho Department of Health & Welfare, WIC Program Form 230 E/S 9/06

IDAHO DEPARTMENT OF HEALTH & WELFARE

Idaho WIC

AUTHORIZED FOOD LIST

Effective October 1, 2006 through September 30, 2008



IDAHO WIC GROWING HEALTHY FAMILIES
SUPPLEMENTAL NUTRITION PROGRAM FOR WOMEN, INFANTS AND CHILDREN

www.idahohealth.org

Cereal

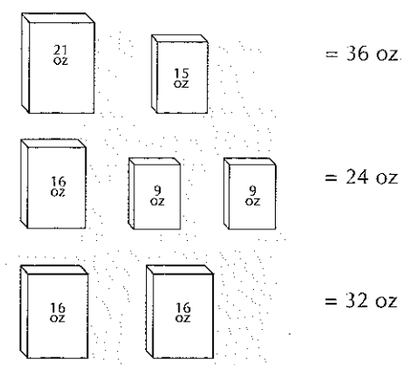
Buy — Buy only the cereals pictured here:

Honey roasted only

Regular flavor only

Regular flavor only

Choose any combination of WIC cereal to total 36 oz or less



Juice

Buy — 100% single flavor juice
Buy only the juice pictured below

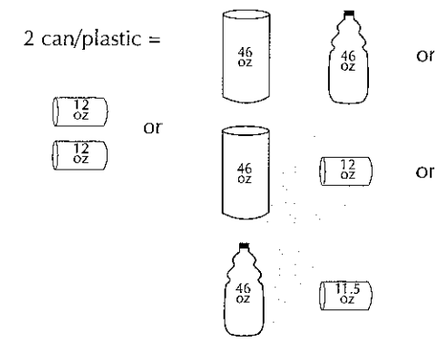
11.5 or 12 oz frozen concentrate:

Original, Country Style or Pulp Free

46 oz plastic bottles:

46 oz cans:

Examples of possible juice combinations:



No organic food items allowed

Infant Cereal

Buy 8 or 16 oz Gerber, Del Monte, or Beechnut dry cereal that is rice, barley, oatmeal, or mixed

Do Not Buy Organic, added fruit, formula, cans, or jars

Infant Juice

Buy Any flavor or blend of Gerber, Del Monte, or Beechnut in 6-pack, 4-pack, or individual 4 or 4 2 oz containers

Do Not Buy Added yogurt, organic

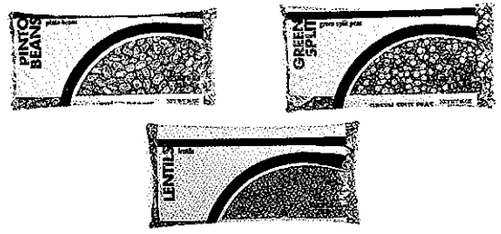
Infant Formula

Buy Iron fortified infant formula as printed on check.

You can help WIC by choosing the lowest cost foods.

Dried Beans, Peas, and Lentils

Buy Any brand bagged or bulk plain dried beans, peas, or lentils to make 16 oz. or 1 pound (lb). Canned beans only if printed on check



Do Not Buy Added grains, flavoring, or soup mix.

Peanut Butter

Buy Any brand of 16 or 18 oz creamy, chunky, or honey roasted

Do Not Buy Peanut butter with added ingredients, spreads, or reduced fat

Look for the tag below when shopping for WIC foods. Be sure to double check that the items marked with this tag are WIC approved.

WIC GROWING HEALTHY FAMILIES — IDAHO APPROVED FOOD

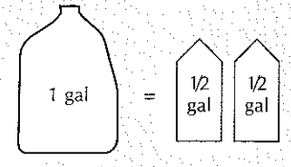
Eggs

Buy Any brand and size of white chicken eggs in cartons of 12

Do Not Buy Brown, organic, or specialty eggs

Milk

Buy Any brand pasteurized, unflavored, cow's milk



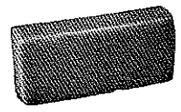
any brand

Only if printed on check: quarts, canned evaporated, powdered, acidophilus, lactose reduced, lactose free, buttermilk, goat's milk, 12 oz evaporated goat's milk.

Do Not Buy Flavored, organic, unpasteurized, soy, rice, half and half, UHT (shelf stable), or powdered goat's milk

Cheese

Buy Any brand of 16 oz or 32 oz domestic natural, regular, or low-fat, unsliced, vacuum-packed cheese pictured below



Cheddar Cheese

Mild, Medium, Sharp

Process American Cheese

Colby Jack Cheese

Monterey Jack Cheese

Swiss Cheese

Mozzarella Cheese

String Cheese

Only 16 oz multi-stick bag of mozzarella.

16 oz = 1 pound

Do Not Buy Extra sharp cheddar, shredded, cubed, organic, cream, flavored, cheese foods or spreads, individually sold sticks, or added ingredients