

Fresh & Healthy

Idaho WIC authorized
food list



Effective October 1, 2016

Helpful Hints

Before you go to the grocery store:

- * Know what items are on your checks.
- * Review this food list - know what is WIC approved.
- * Make sure you bring your WIC Identification Folder every time you use a WIC check.

While you shop:

- * Choose WIC approved foods in the amounts listed on your checks.
- * Use this food list to help make sure you choose WIC approved items.
- * Look for WIC shelf tags. Some stores use them to help you find approved foods.



IDAHO
APPROVED
FOOD

At the register:

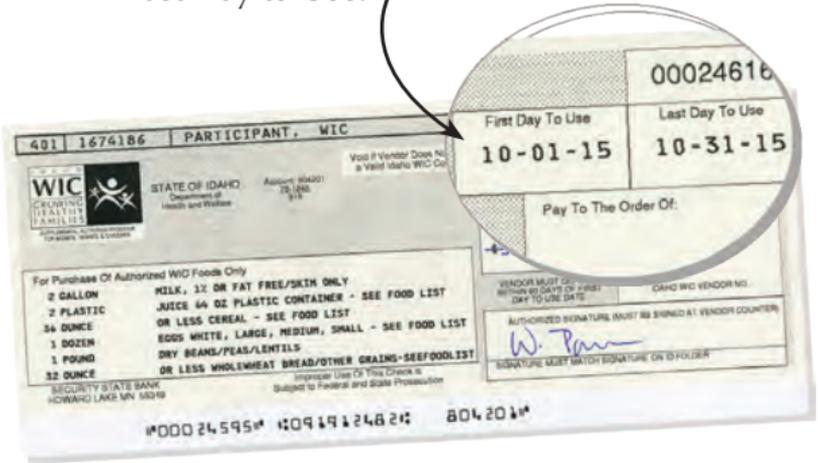
- * Sort WIC foods by check and keep them separate from other items you are buying.
- * Show the cashier your WIC Folder at the beginning of the transaction.
- * Do not accept cash back or rainchecks.



Check Cashing Tips

1 Tell the cashier you are using WIC checks.

2 Check the dates. Don't use your checks before the "First Day to Use" or after the "Last Day to Use."



3 Make sure the cashier writes the correct amount in the "Pay Exactly" box.



4 Sign your check only after the purchase price has been written.

5 Show the cashier your WIC ID Folder. Cashiers are required to compare signatures.

6 Get a receipt.



If you have any problems at the store, talk to the store manager. If the issue cannot be resolved at the store, call your WIC clinic.

Fruits and vegetables



Buy

Any variety whole or cut fresh fruit and vegetables, including organic.

Do Not Buy

Items from the salad bar, party trays, fruit gift baskets, decorative vegetables and fruits, herbs, spices, nuts. Jarred, frozen, canned, dried. Added ingredients, non fruit/vegetable items.

Quick tips

When buying fresh fruits and vegetables, follow these steps:

- Place the item on the grocery scale.
- Round the weight to the nearest pound or half pound.
- Estimate the cost using the Chart for Purchasing Fresh Produce on the next page.
- You may also buy items with a set price.
- If you go over the dollar amount printed on the Cash Value Voucher, you may put something back or pay the difference plus tax. If you do not use the full amount of the voucher, you will not receive cash back.

Enjoy a variety of fruits and vegetables every day

Fruits and vegetables

Chart For Purchasing Fresh Produce

Price per lb	1 lb	1 ½ lbs	2 lbs	2 ½ lbs	3 lbs	3 ½ lbs	4 lbs
0.79	0.79	1.19	1.58	1.98	2.37	2.77	3.16
0.89	0.89	1.34	1.78	2.23	2.67	3.12	3.56
0.99	0.99	1.49	1.98	2.48	2.97	3.47	3.96
1.09	1.09	1.64	2.18	2.73	3.27	3.82	4.36
1.19	1.19	1.79	2.38	2.98	3.57	4.17	4.76
1.29	1.29	1.94	2.58	3.23	3.87	4.52	5.16
1.39	1.39	2.09	2.78	3.48	4.17	4.87	5.56
1.49	1.49	2.24	2.98	3.73	4.47	5.22	5.96
1.59	1.59	2.39	3.18	3.98	4.77	5.57	6.36
1.69	1.69	2.54	3.38	4.23	5.07	5.92	6.76
1.79	1.79	2.69	3.59	4.48	5.37	6.27	7.16
1.89	1.89	2.84	3.78	4.73	5.67	6.62	7.56
1.99	1.99	2.99	3.98	4.98	5.97	6.97	7.96
2.09	2.09	3.14	4.18	5.23	6.27	7.32	8.36
2.19	2.19	3.29	4.28	5.48	6.57	7.67	8.76
2.29	2.29	3.44	4.58	5.73	6.87	8.02	9.16
2.39	2.39	3.59	4.78	5.98	7.17	8.37	9.56
2.49	2.49	3.74	4.98	6.23	7.47	8.72	9.96
2.59	2.59	3.89	5.18	6.48	7.77	9.07	10.36
2.69	2.69	4.04	5.38	6.73	8.07	9.42	10.76
2.79	2.79	4.19	5.58	6.98	8.37	9.77	11.16



Enjoy a variety of fruits and vegetables every day

Cereal

Cereal

Buy

Only the cereals pictured here in the amount printed on check.



Plain flavor only*



Plain flavor only*



Plain flavor only*



Plain flavor only



Plain flavor only



Plain flavor only



Plain flavor only*



Cinnamon only*



Honey Roasted only*



Plain flavor only*



Banana Nut Crunch*



Plain flavor only*

* Whole grains

Do Not Buy

Cold cereal: less than 12 oz packages



Enjoy a variety of whole grains

Buy

Only the cereals pictured here in the amount printed on check.



Plain flavor only*



Plain flavor only



Plain flavor only*



Original only



Original only*

* Whole grains

Do Not Buy

Hot cereal: less than 11.8 oz packages

Choose any combination of WIC cereal to total 36 oz or less, such as:

$$\begin{array}{c}
 \boxed{11.8 \text{ oz}} \\
 \text{(hot)}
 \end{array}
 +
 \begin{array}{c}
 \boxed{11.8 \text{ oz}} \\
 \text{(hot)}
 \end{array}
 +
 \begin{array}{c}
 \boxed{12 \text{ oz}}
 \end{array}
 = 35.6$$

$$\begin{array}{c}
 \boxed{18 \text{ oz}}
 \end{array}
 +
 \begin{array}{c}
 \boxed{18 \text{ oz}}
 \end{array}
 = 36$$

$$\begin{array}{c}
 \boxed{15 \text{ oz}}
 \end{array}
 +
 \begin{array}{c}
 \boxed{21 \text{ oz}}
 \end{array}
 = 36$$



Enjoy a variety of whole grains

Whole grains

Whole wheat bread

Buy

Any brand 16 oz loaf, 100% whole wheat, must say “100% whole wheat” on the label.

Do Not Buy

Specialty, organic, light or “lite.”



Brown rice

Buy

Any brand brown rice. Plain, short, medium, long grain. 14 to 16 oz bag. Bulk allowed.

Do Not Buy

Added seasonings, ingredients, flavors, boxed, organic.



Enjoy a variety of whole grains

Whole grains

Whole wheat and soft corn tortillas

Buy

Only the brands of tortillas pictured below. 12 to 16 oz.



Don Pancho
Whole Wheat



Mission
Whole Wheat



Ortega
Whole Wheat



Casa Valdez
Soft Corn



Guerrero
White Corn



La Burrita
Soft Corn



Mission Yellow Corn
Extra Thin



Enjoy a variety of whole grains

Whole grains

Whole wheat pasta

Buy

Only the brands listed in 12 to 16 oz box or bag, dry, 100% whole wheat or whole durum wheat flour only.

Any shape - spaghetti, penne, fettuccine, rotini, etc.



Barilla



DaVinci



Gia Russa



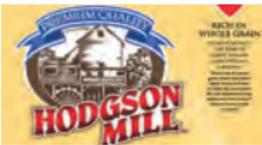
Golden Grain



Great Value



Heartland



Hodgson Mill



Italian Chef



Kroger



Racconto



Ronzoni
Healthy Harvest



Signature Kitchens



Western Family



Do Not Buy

Organic, added ingredients, seasonings or flavors, refrigerated, frozen, bulk.

Whole grains support good health

Milk

Buy

Any brand pasteurized, unflavored cow's milk in type and container size printed on check. Buy lactose free/reduced, powdered, or evaporated only if printed on check.



Soy milk beverage

Buy

Only these brands, in the container size printed on check.



Silk 1/2 gallon original plain only



8th Continent 1/2 gallon plain or vanilla



Pacific Ultra 32oz plain or vanilla

Do Not Buy

Organic, unpasteurized, specialty, rice, almond, coconut, powdered goat's milk.

Eggs

Buy

Any brand FDA-approved medium or large white chicken eggs in cartons of 12.



Do Not Buy

Specialty (organic, cage free, vegetarian fed, omega-3 added).

Dairy

Reduced fat, low fat, or fat free yogurt

Buy

32 oz containers, only the brands and flavors listed.



Brown Cow
Plain



Dannon All Natural
Plain or Vanilla



Fred Meyer
Plain



Great Value
Plain



Lucerne
Plain



Mountain High
Plain or Vanilla



Nancy's (non-organic)
Plain or Vanilla



Tillamook
Plain



Western Family
Plain



Yoplait Original
Plain, Vanilla, Strawberry,
Peach, or Strawberry Banana

Do Not Buy

Organic, Greek, single serving containers.

Enjoy a variety of low-fat dairy products

Whole yogurt

Buy

32 oz containers, only the brands and flavors listed.

Whole yogurt options:



Dannon All Natural
Plain



Mountain High
Plain or Vanilla



Nancy's (non-organic)
Plain Honey

Do Not Buy

Organic, Greek, single serving containers.

Cheese

Buy

Any brand of 16 oz (1 lb) pasteurized domestic natural, regular or low-fat, unsliced vacuum-packed cheese.

Blends of single cheeses allowed.



Cheddar
(mild, medium or sharp)



Colby-Jack



Swiss



Monterey Jack



Mozzarella String Cheese
(16 oz multi-stick bag
of Mozzarella only)



Mozzarella

Do Not Buy

Extra sharp or white cheddar, unpasteurized, shredded, cubed, deli, organic, cream, flavored, cheese foods or spreads, added ingredients, 8 oz, 32 oz.

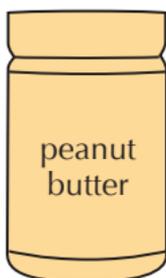
Enjoy a variety of low-fat dairy products

Peanut butter, dry beans, peas, lentils

Peanut butter

Buy

Any brand of 16 to 18 oz smooth to super crunchy.



Do Not Buy

Spreads, honey roasted nut, bulk, organic, powdered, reduced fat, omega-3 added.

Dry beans, peas, lentils

Buy

Any brand bagged or bulk plain dried beans, peas, or lentils to total 16 oz or less. Canned beans only if printed on check.



Do Not Buy

Added grains, flavoring, organic, soup mix.

Quick tips

- Adding one meal/week with beans as the protein source can help your family save money.
- Soak dry beans prior to cooking.
- Cover 1 pound beans with 6 cups water, soak overnight, discard soaking water.



Enjoy iron-rich foods

Buy

Juice for women

100% juice listed below in 11.5 oz or 12 oz frozen concentrate.



All flavors



All flavors



All flavors with dark green lids



Orange Juice

Any brand

Juice for children

100% juice listed below in 64 oz plastic bottles.



Original and low sodium



Purple and white grape



All flavors



Orange Juice

Any brand



Langer's apple and pineapple



All flavors with green lid

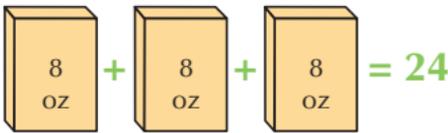
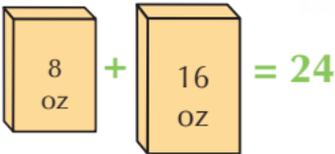
Do Not Buy

Cider, organic, refrigerated, added fiber, reduced sugar.

Infant foods

Buy

8 or 16 oz Gerber or Beech-Nut cereal, any grain.

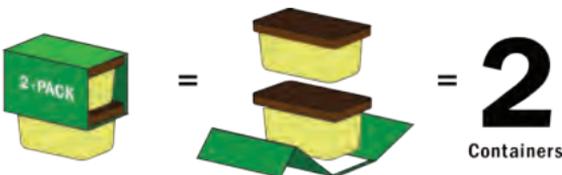


Do Not Buy

Added fruits, formula, organic, cans, jars, DHA/ARA.

Buy

Any plain or mixed fruits and vegetables in 3.5 to 4 oz Gerber or Beech-Nut Classics containers.



Do Not Buy

Added ingredients, organic, DHA/ARA, desserts, pouches.

Breastfeeding nourishes babies in many ways

For 100% breastfeeding mothers and babies

Tuna/Salmon

Buy

Tuna: any brand 5 oz chunk or light, canned in water or oil.

Salmon: any brand 5 oz pink, canned.



Do Not Buy

Tuna: fresh, smoked, albacore, white, fancy white, snack packs, gourmet, organic, flavored, pouches.

Salmon: fresh, Atlantic salmon, red Atlantic sockeye salmon, snack packs, organic, flavored, pouches.

Infant meats

Buy

2.5 oz Gerber or Beech-Nut. Any variety of meat. Added broth/gravy allowed.



Do Not Buy

Dinners. Added fruit, vegetables, or noodles. DHA/ARA, organic, sticks.

WIC offers breastfeeding counseling and support

Start healthy

Breastfeeding gives babies the best start!

- Best possible nutrition
- Easy to digest
- Always clean and safe
- Reduces risk of illness and disease

And it helps moms, too.

- Saves money
- Convenient – always ready, no bottles, no mixing
- Promotes weight loss after pregnancy
- Reduces risk of cancer and postpartum depression

How big is your baby's tummy?



DAY 1

1 - 1.4 tsp



DAY 3

0.75 - 1 oz



DAY 7

1.5 - 2 oz



DAY 10

2.5 - 5 oz

- All babies have tiny tummies.
That's why newborns eat every 1-2 hours.
- You make just the right amount of milk for your baby.
The more you nurse, the more milk you make.

You might have questions.

WIC is here to help.

Contact your WIC clinic for breastfeeding support from experts and moms just like you.

Breastfeed longer—every month matters

Stay healthy



Help your child eat more fruits and vegetables!

- **Share the adventure.** Shop together and let your child choose a new fruit or vegetable.
- **Cook together.** Have your child tear lettuce leaves or toss salad ingredients together. Remember to always wash hands before food preparation.
- **Eat together.** Have meals together and let your child see you enjoy fruits and vegetables.
- **Take it with you.** Bring sliced fruits and veggies with you for quick snacks on the go.

Stick with WIC until age 5

- Kids who stick with WIC until age 5 grow healthy and strong.
- WIC helps support you from pregnancy through your child's 5th birthday.

WIC provides healthy food and a lot more

Load the food list to your phone!



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Washington, D.C. 202509410;
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