

HEALTHY FOOD.

HEALTHY KID.

HAPPY MOM.



NH Department of Health and Human Services
Division of Public Health Services
Nutrition Services Section
29 Hazen Drive
Concord, NH 03301
1-800-WIC-4321

<https://bit.ly/NHWICPROGRAM>

WIC Foods

January 2024

Infant Foods

Cereal

8 oz. container only

Beech-Nut

Rice, Multigrain, Oatmeal, Corn

Beech-Nut Organics

Multigrain, Oatmeal

Earth's Best Organic

Rice, Multigrain, Oatmeal

Gerber

Whole Wheat, Rice

Oatmeal, Multigrain

Gerber Organic

Rice, Oatmeal

Oatmeal/Quinoa/Millet cereals

No added ingredients such as DHA, meat, poultry, cereal, noodles, rice, yogurt, or granola.

No desserts, cobblers, dinners, or casseroles.

No toddler foods.

This institution is an equal opportunity provider.

Fruits & Vegetables

Fruits, vegetables, or fruit & vegetable combinations.
(Stage 2, 4 oz. jars only)

Beech-Nut

Beech-Nut Organics

Earth's Best Organic

Full Circle Organic

*Gerber (4 oz. - 2 packs only): 2nd foods

**2 packs count as 2 containers off your benefit balance*

Gerber Organic

Happy Baby Organic

Nature's Promise Organic

Once Upon a Farm Organic

O Organics

Parent's Choice

PIC Select

Plum Organics

Meats

For fully breastfed babies only.
2.5 oz. jar only

Beech-Nut

Stage 1 infant meats

Earth's Best

Chicken and Turkey Jars

Gerber

2nd foods infant meats

Infant Formula

Allowed

Brand, type and size listed on benefit.

Breast Milk

Complete nutrition for your baby.



Fruits & Vegetables

Organic products are allowed when using the fruit & vegetable benefit.

Fresh

ANY BRAND, variety, size, or mixture of fresh fruits and vegetables with no added sugar, syrup, artificial sweeteners, fat, or oil.

- Whole or cut up
- Loose or packed in bags or plastic containers



Frozen

ANY BRAND, variety, size, or mixture of frozen fruits and vegetables with no added sugar, syrup, artificial sweeteners, fat, oil, meat, pasta, rice, or sauce. Frozen vegetables may be with or without salt.

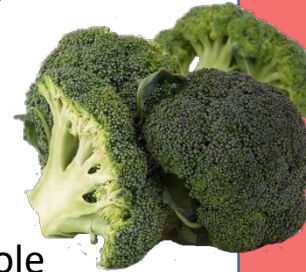
- Any frozen beans or peas such as lima beans and blackeye peas are allowed.

Canned

(also includes boxes, plastic or glass containers)

ANY BRAND, variety, size, or mixture of canned fruits and vegetables with no added sugar, syrup, artificial sweeteners, fat, oil, or meat.

- Canned fruit must be packed in water or fruit juice.
- Canned vegetables may be with or without salt and may have added seasonings or spices.
- Applesauce with no sugar added and applesauce/fruit blends with no sugar added.
- Tomato sauce, tomato paste, whole tomatoes, crushed tomatoes, diced tomatoes or stewed tomatoes.
- Canned beans and peas such as green peas, green beans, wax beans, snap beans, and snap peas are allowed.



Not Allowed

No items from the salad bar, party trays, or fruit baskets.

No decorative fruits or vegetables, painted pumpkins, or gourds.

No fresh or dried herbs and spices.

No garlic on a string.

No edible blossoms, flowers, or plants.

No dried or dehydrated fruits or vegetables.

No jarred baby and toddler fruits & vegetables.

No pouches of fruit purees or fruit pulps.

No frozen fruit bars.

No beverages such as fruit juice, tomato juice, and vegetable juice.

No fruit-nut mixtures.

No ketchup, relishes, pickles, olives, sauerkraut, mustard, pickled items or condiments.

No jelly, jams, fruit preserves, or apple butter.

No salsa, pizza sauce, or pasta sauce.

Milk , Soymilk and Tofu

Must purchase type and size listed in your food benefit list.

Milk

1% Low Fat or Fat Free Milk

The following types of milk may only be purchased when listed in your food benefit list:

Whole Milk

Lactose Free Milk

Evaporated milk, 12 oz. can only

UHT milk, 32 oz. quart only

Powdered milk, 32 oz. box only



No goat's milk, raw milk, nut milk or rice milk.
No organic, flavored milk, or buttermilk, or glass bottles.

Soymilk

Quart, shelf stable

Pacific Natural Foods

Ultra Soy Original

Silk

Original

Half-gallon carton only, refrigerated

8th Continent Soymilk

Original

Great Value

Original

Silk

Soymilk Original



Tofu

16 oz. package only.

Azumaya

Extra Firm

Firm

Silken

Franklin Farms

Extra Firm

Firm

Medium Firm

Soft

Heiwa

Organic Tofu

House Foods

Extra Firm

Firm

Medium Firm

Nasoya

Sprouted Super Firm

Silken

Soy Boy

Firm



Cheese

8 oz. and 16 oz. package only

ANY BRAND - Blends of listed cheese are allowed.
Prepackaged, dairy case only. Regular or reduced fat.

Allowed Types:

American
Cheddar
Colby-Jack
Monterey-Jack
Mozzarella
Swiss
Provolone

Block
Round
Shredded
Sliced
String cheese - must be 100% Mozzarella

No deli, imported or organic.
No cheese product or cheese food.
No individually wrapped slices or singles.



(2) 8 ounce packages = (1) 16 ounce package

Yogurt

32 oz. container/package only*

Regular or Greek Style - Whole milk, low fat or fat free/nonfat as specified in your food benefit list.

Best Yet

Plain, Vanilla

Bowl & Basket

Plain, Vanilla, Strawberry

Brown Cow

Plain, Vanilla, Cream Top Plain,
Cream Top Vanilla, Cream Top Maple

Cabot

Plain, Vanilla, Vanilla Bean, Strawberry

Chobani (No Simply 100)

Plain, Vanilla, Strawberry, Peach, Less Sugar
Madagascar Vanilla & Cinnamon, with Zero Sugar*
Vanilla and Strawberry

Dannon Naturals and Oikos

(No Light & Fit) (No Triple Zero)

Plain, Vanilla, Strawberry, Strawberry Banana

Food Club (No Light)

Plain, Vanilla

Good and Gather

Plain, Vanilla

Great Value (No Light)

Plain, Strawberry, Peach, Strawberry Banana

Green Mountain Creamery

0% Plain, 5% Plain, 0% Vanilla, 0% Maple

Hannaford

Plain, Vanilla, Strawberry

Lucerne

Plain, Vanilla, Strawberry

Market Basket

Plain, Vanilla, Strawberry, Peach, Low Fat
Blueberry

Market Pantry (No Light)

Plain, Vanilla

Mountain High

Plain, Vanilla, Strawberry

O Organics

Plain, Vanilla

Open Nature

Plain, Vanilla

PICs

Plain, Vanilla, Strawberry

Price Rite

Plain, Vanilla

Shurfine

Plain, Vanilla

Stonyfield

Plain, French Vanilla, Vanilla, Strawberry, Banilla, Maple
2 oz. tubes; 8 packs = (1 LB/16 oz.) and 16 packs = (2 LB/32 oz.)
Yo Baby Banana and Mango Whole (= 16 oz container)

Taste of Inspiration

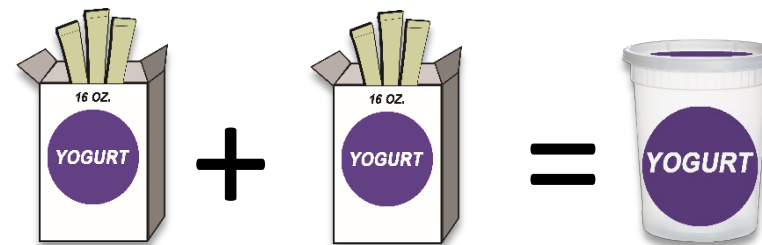
Plain, Vanilla, Strawberry

Wallaby

Plain, Vanilla, Vanilla Bean

Yoplait

Vanilla, Strawberry, Peach, Strawberry Banana, Blueberry
2 oz. tubes; 8 packs = (1 LB/16 oz.) and
16 packs = (2 LB/32 oz.)



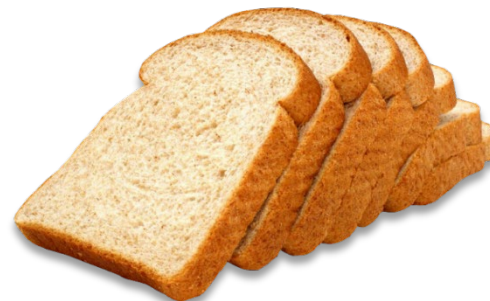
*(2) 16 ounce packages or container = (1) 32 ounce container

Breads, Buns, and Tortillas

16 ounce (1 LB) loaf or packages only

100% Whole Wheat Bread

- Arnold Stone Ground 100% Whole Wheat
- Arnold Whole Wheat Hamburger Buns 16 oz.
- Baker's Choice 100% Whole Wheat
- Best Yet 100% Whole Wheat
- Bimbo 100% Whole Wheat
- Country Kitchen 100% Whole Wheat
- Gourmet 100% Whole Wheat
- Hannaford 100% Whole Wheat
- IGA 100% Whole Wheat
- Market Basket 100% Whole Wheat
- Nature's Own 100% Whole Wheat with Honey, Life 100% Whole Grain
- Pepperidge Farm Light Style 100% Whole Wheat, Very Thin 100% Whole Wheat, Whole Grain Rye (not seeded)
- PICs 100% Whole Wheat
- Rubschlager Westphalian Style Pumpernickel Bread, Danish Style Pumpernickel, European Style Whole Grain, 100% Whole Wheat Bread, Cocktail Whole Grain Bread, Cocktail Rye Bread, Cocktail Pumpernickel Bread, 100% Rye Rye-Ola Flax Bread, 100% Rye Rye-Ola Pumpernickel Bread, 100% Rye Rye-Ola Black Rye Bread, 100% Rye-Rye-Ola Sunflower Bread
- Sara Lee 100% Whole Wheat
- Shop Rite 100% Whole Wheat
- Signature Select 100% Whole Wheat
- Signature Select No Salt Added Whole Wheat
- Wonder 100% Whole Wheat



Tortillas

Wheat

- Chi-Chi's
- Food Club
- Great Value
- Hannaford
- Herdez
- IGA
- La Banderita
- Market Basket
- Market Pantry
- Mayan Farms
- Mi Casa
- Mission
- Ortega
- Pepito
- PICS
- Shoprite Trading Co.
- Shurfine
- Siempre Autentico
- Signature Select
- Tropical

Soft Corn

- Food Club
- Hannaford
- Herdez
- IGA
- La Banderita
- Market Basket
- Mission
- Pepito
- PICS
- Shurfine



Brown Rice, Oatmeal and Whole Wheat Pasta

Brown Rice

ANY BRAND

14 to 16 oz. package

Instant, or Boil-in-Bag Brown Rice

16 oz. package only

Regular Brown Rice



No white rice or wild rice.

No added ingredients such as seasonings.

Oatmeal

(Whole Grain Option)

16 oz. package only

McCann's Irish Oatmeal

Mom's Best Naturals Quick Oats

Mom's Best Old Fashioned Oats

Shurfine 100% Natural Oatmeal

Signature Select



Whole Wheat Pasta

(100% Whole Wheat/Whole Grain Only)

16 oz. package only

Barilla

Bowl & Basket

Great Value

Hodgson Mill

Ronzoni Healthy Harvest

Shurfine

Signature Select



100% Juice

All juice must be labeled as 100% juice.
Calcium fortified is allowed.

Bottled (64 oz. plastic containers only)

Fruit

Apple

Apple & Eve
Best Yet
Delish
Food Club
Great Value
Hannaford
Harvest Classics
Hy-Top
IGA
Langers
Market Basket
Market Pantry
Market Pantry
Mott's
Ocean Spray
Old Orchard
PICS
Price Rite
Seneca
Shurfine
Signature Select

Grape

Best Yet
Food Club
Great Value
Hannaford
Harvest Classics
Hy-Top
IGA
Langers
Market Basket
Market Pantry
Ocean Spray
Old Orchard
PICS
Price Rite
Shurfine
Signature Select
That's Smart
Welch's

White Grape

Apple & Eve
Best Yet
Food Club
Great Value
Hannaford
Harvest Classics
Hy-Top
IGA
Langers
Market Basket
Market Pantry
Old Orchard
PICS
Shurfine
Signature Select
Welch's

Grapefruit

Best Yet

Pineapple

Best Yet

Orange

Great Value

Juicy Juice all flavors, including blends

Vegetable (Regular or Low Sodium)

Vegetable

Best Yet
Great Value
Hannaford
Market Pantry
PICs
Shurfine
Signature Select
V8

Tomato

Best Yet
Campbell's
Food Club
Great Value
Hannaford
Market Pantry
PICs
Shurfine
Signature Select



No juice drinks, beverages, cocktails, or "light" juice.
No toddler or infant juice. No organic juice.

100% Juice

All juice must be labeled as 100% juice.
Calcium fortified is allowed.

Refrigerated Plastic Jugs or Cartons (64 oz. only)

ANY BRAND

100% Pasteurized Orange Juice only



No juice drinks, beverages, cocktails, or "light" juice.
No toddler or infant juice.
No organic juice.

Frozen Concentrate (11.5 to 12 oz. cans only)

Apple

Best Yet
Food Club
Great Value
Hannaford
Hy-Top
IGA
Langers
Market Basket
Market Pantry
Old Orchard
PICS
Seneca
Shurfine
Signature Select

Cranberry

Langers
Old Orchard

Grape

Best Yet
Food Club
Great Value
Hannaford
Langers
Market Basket
Market Pantry
Old Orchard
PICS

Grapefruit: Any Brand

Orange: Any Brand

Pineapple: Any Brand

White Grape:

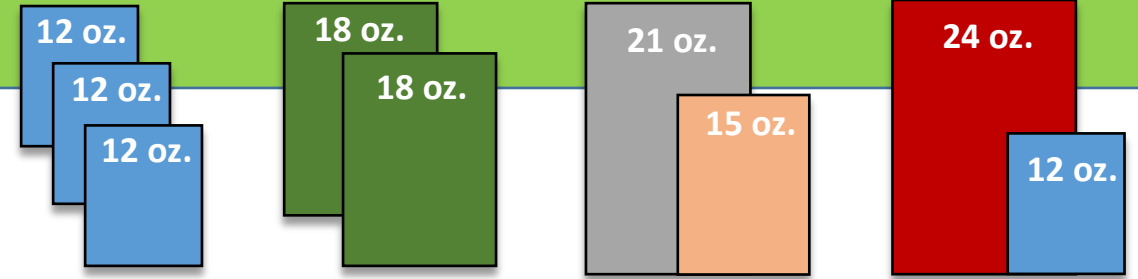
Old Orchard
PICS



Cereal

Choose a combination that best meets your total ounces in your benefit balance.

12 oz. or larger only



General Mills

Cheerios*

MultiGrain*
Vanilla Spice*
Crunch Berry*
Veggie Blend*

Chex

Blueberry*
Cinnamon*
Corn
Rice
Wheat*

Fiber One Honey Clusters*

Kix

Plain*
Honey*
Berry*

Sesame Street C is for Cinnamon

Sesame Street 123 Berry Numbers

Total

Plain*

Wheaties*

Kellogg's

All Bran Complete

Wheat Flakes*

Corn Flakes

Crispix

Frosted Mini-Wheats

Original*
Little Bites*
Blueberry*
Strawberry*
Mixed Berry*
Cinnamon Roll*
Chocolate*
Golden Honey*

Rice Krispies

Plain

Special K

Plain, Banana

Touch-of-Fruit Mini Wheats

Raspberry*

Unfrosted Mini-Wheats*

MOM Brands

Crispy Rice

Blueberry Mini Spooners*

Frosted Mini Spooners*

Strawberry Cream Mini Spooners*

Post

Grape Nuts*

Grape Nut Flakes*

Honey Bunches of Oats

With Crispy Almonds
Whole Grain Honey Crunch*
Whole Grain Vanilla Bunches*
Cinnamon Bunches
Honey Roasted

Wheat 'n Bran Shredded Wheat*

Quaker

Corn Crunch*

Life

Regular*
Strawberry*
Vanilla*

Oatmeal Squares

Brown Sugar*
Cinnamon*
Golden Maple*
Honey Nut*

Cereal

Store Brands

Bran Cereal

Bran Flakes*: Best Yet, Food Club, Great Value, Hannaford, IGA, Market Basket, PICs, Price Rite, Shurfine, Signature Select, Bowl&Basket/ShopRite

Oat Cereal

Toasted Oats/O's*: Best Yet, Food Club, Great Value, IGA, Market Pantry, PICs, Price Rite, Shurfine, Signature Select, Bowl&Basket/ShopRite

Tasteos*: Hannaford, Market Basket

Wheat Cereal

Nutty or Crunchy Nuggets*: Great Value, Hannaford, Market Basket, Market Pantry, PICs, Signature Select

Wheat Squares or Biscuits*, or Pockets: Hannaford, Great Value, Market Basket, Market Pantry, Price Rite, Safeway, Shurfine, Signature Select

Bite Sized Frosted (Original* or Strawberry*): Best Yet, Great Value, Hannaford, IGA, Market Basket, PICs, Price Rite, Shurfine, Signature Select

Frosted Shredded Wheat*: Food Club, Bowl&Basket/ShopRite



Hot Cereal

No single serving packages, pouches or packets

B & G Foods

Cream of Wheat

Instant, Original 1, 2.5 and 10 minute

Cream of Rice

Regular and Instant

Whole Grain Cream of Wheat*

Farina Mills

Original Creamy Hot Wheat Cereal

Maypo

Instant Maple Oatmeal*

Vermont Style Oatmeal*

MOM Brands

Original Hot Wheat

Creamy Hot Wheat

Quaker

2 Minute Oats

Peanut Butter, Beans, Peas and Lentils

Peanut Butter

16 oz. to 18 oz. jar only

ANY BRAND

Creamy, Smooth, Crunchy, Chunky allowed.

No peanut spreads, peanut butter spreads, low fat, reduced fat, deli, honey roasted, organic, or low carb.

No added artificial sweeteners, palm oil, added flavors, honey, marshmallow, chocolate or jelly.



Canned Beans

15 oz. to 16 oz. can only

ANY BRAND and variety is allowed.

Low fat, fat free and vegetarian refried beans are allowed.

No canned green peas, green beans, wax beans, or snap beans.
These beans may be purchased with your fruit and vegetable benefit.

No soups. No chili beans, seasoned beans, or baked beans.

No added meat. No organic.



Dry Beans, Peas, and Lentils

16 oz. (1 lb.) bag only

ANY BRAND and variety is allowed.

No flavored, seasoned, gourmet, or soup mixes.



Eggs and Canned Fish

Eggs

ANY BRAND, including any color and size. Full dozen only.



Canned Fish

ANY BRAND

Mix and match up to 30 oz., packed in water only.

chunk light tuna (5 oz. cans)

pink salmon (5, 6 or 7.5 oz. cans)



No white or albacore tuna.

No sockeye or red salmon.

No pouches.

No flavored, gourmet, smoked, grilled, blackened, or added ingredients.

Remember

Getting started: Call or go to the following to check your account balance.

Customer Service: 1-855-279-0680

Cardholder Website: www.WICConnect.com

- Select **NH WIC** from the dropdown menu or go directly to the NH page using the QR code below.
- Click create user account, you will need the primary card holder mailing address zip code, date of birth and card number.
- You may also use your last store receipt or do a benefit balance check at the store.

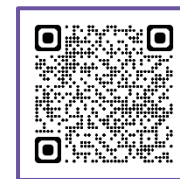


NH WICConnect

Shopping with your eWIC card:

Look for the NH WIC Accepted Here sign before shopping. Use the following as a guide for how to do an eWIC transaction. The steps may have minor differences from store to store.

- Select your WIC foods using your household benefit balance and this NH WIC Food List or the WICShopper App. You can download the WICShopper App using the QR code below.
- If the store uses a stand beside device, you need to separate WIC items from other purchases.
- The cashier scans the WIC food items.
- Swipe your eWIC card. Always use your eWIC card first before other forms of payment.
- Enter your four digit PIN.
- Approve the foods bought with your eWIC card.
- Take your card and receipt. Your receipt shows what you bought and what is left on your eWIC card.



WICShopper App

Remember

Valid Dates:

Valid dates are the dates you can buy your WIC foods within a month. Check to see your WIC benefits valid dates on your benefit list.

Use your benefits within the dates listed.

Store and manufacturer coupons and promotions

You may use store and manufacturer promotions with your WIC benefits.

Examples are: buy one, get one free; buy one, get one at a reduced price; additional free ounces added by the manufacturer; store savings card or customer rewards cards; and manufacturer cents-off coupons.

Respect store staff.

Respectful Behavior: Anyone shopping with an eWIC card must be respectful and courteous to store staff. Store staff must be respectful and courteous to eWIC cardholders as well.

Selling, returning, or refunding WIC foods is not allowed.

- You may not receive cash refunds, gift cards, change, rainchecks, or IOUs in exchange for WIC benefits, foods or formula. Only defective, spoiled, or outdated WIC Foods/formula may be exchanged for the same product at the store.
- Infant formula bought with WIC benefits may not be exchanged for another brand or type of formula. Any formula changes must be done at your local WIC office.
- You and your child may be taken off the WIC program for selling WIC foods or trying to get a cash refund for WIC foods.

