

New Hampshire WIC Allowed Foods

EFFECTIVE **July 2015**



Food Category	New Hampshire Allowed Foods	Not Allowed
<p style="text-align: center;">WIC FOOD ITEM</p>	<p style="text-align: center;">Specification and detail of what is allowed</p> <ul style="list-style-type: none"> • Size • Type • Product name where applicable • Least expensive if applicable <p style="text-align: center;">REVISED 09/2016</p>	<p>Details of what is not allowed in packaging</p> <p>Types</p> <p>Added ingredients</p> <p>Packaging</p>
		<p style="text-align: center;">Helpful Hints</p> <p>Hints are listed on some WIC foods.</p>

Food Category	New Hampshire Allowed Foods Table of Contents	Not Allowed
	<p>Whole Grain Bread..... Page 3</p> <p>Tortillas..... Page 4</p> <p>Whole Wheat/Grain Pasta Page 5</p> <p>Brown Rice/Oatmeal Page 6</p> <p>Milk/Other Milk Page 7</p> <p>Yogurt Page 8</p> <p>Cheese Page 9</p> <p>Soy milk/Tofu..... Page 10</p> <p>Fruit Juice..... Page 11-13</p> <p>Eggs..... Page 14</p> <p><u>Fruits & Vegetables:</u></p> <p>Fresh Page 15</p> <p>Canned/Jarred Fruits..... Page 16</p> <p>Canned/Jarred Vegetables.... Page 17</p> <p>Tomato Products..... Page 18</p> <p>Frozen Fruits/Vegetables..... Page 19</p> <p>Cereal..... Page 20-21</p> <p>Infant Foods/Formula..... Page 22-24</p> <p>Beans/Dried Peas..... Page 25</p> <p>Peanut Butter Page 26</p> <p>Canned Fish..... Page 27</p>	

Food Category	New Hampshire Allowed Foods	Not Allowed
<p style="text-align: center;">Whole Grain Options</p>	<p>16 oz. (1 lb.) loaf only. Allowed items are only those listed.</p> <p><u>BREAD</u></p> <p>National Brands:</p> <ul style="list-style-type: none"> •Arnold Stone Ground 100% Whole Wheat •Bimbo 100% Whole Wheat •Country Kitchen 100% Whole Wheat •Pepperidge Farm Stone Ground 100% Whole Wheat •Pepperidge Farm Very Thin 100% Whole Wheat •Sara Lee 100% Whole Wheat •Sunbeam 100% Whole Wheat •Weight Watchers 100% whole wheat •Wonder Bread Soft 100% Whole Wheat <p>Store Brands of 16 oz. (1 lb.) 100% Whole Wheat Bread:</p> <ul style="list-style-type: none"> •Best Yet 100% Whole Wheat •Central Market Classics (Price Chopper) 100% Whole Wheat •Hannaford 100% Whole Wheat •Market Basket 100% Whole Wheat •Shaw's 100% Whole Wheat •Shaw's (no salt added) Wheat •Great Value 100% Whole Wheat (Walmart) 	<p>Organic</p> <p>More/less than 16 oz. loaf</p> <p>Any other bread than what is listed as allowed.</p> <p style="text-align: right;"><i>Revised 11/2015</i></p>

_____ package Whole Grain Option (See WIC Approved Food List)

Food Category	New Hampshire Allowed Foods	Not Allowed		
Whole Grain Options	<p>Tortillas 16 oz. package only. SOFT yellow or white corn tortillas or whole wheat tortillas</p> <hr style="border-top: 1px dotted black;"/> <table border="0" style="width: 100%;"> <tr> <td style="width: 50%; vertical-align: top;"> <p><u>Corn tortillas:</u> Carlita Chi Chi's Herdez Market Basket Mayan Farms Mission My Essentials Pepito Shurfine</p> </td> <td style="width: 50%; vertical-align: top;"> <p><u>Whole wheat tortillas:</u> Carlita Chi's Chi's Hannaford Herdez Market Basket Mission My Essentials Ortega Pepito Shurfine Tropical</p> </td> </tr> </table>	<p><u>Corn tortillas:</u> Carlita Chi Chi's Herdez Market Basket Mayan Farms Mission My Essentials Pepito Shurfine</p>	<p><u>Whole wheat tortillas:</u> Carlita Chi's Chi's Hannaford Herdez Market Basket Mission My Essentials Ortega Pepito Shurfine Tropical</p>	<p>Organic</p> <p>Any other tortilla other than listed.</p> <p>Wraps, lavash, pita pockets</p>
<p><u>Corn tortillas:</u> Carlita Chi Chi's Herdez Market Basket Mayan Farms Mission My Essentials Pepito Shurfine</p>	<p><u>Whole wheat tortillas:</u> Carlita Chi's Chi's Hannaford Herdez Market Basket Mission My Essentials Ortega Pepito Shurfine Tropical</p>			

_____ package Whole Grain Option (See WIC Approved Food List)

Food Category	New Hampshire Allowed Foods	Not Allowed
<p style="text-align: center;">Whole Grain Options</p>	<p>Whole Wheat/Grain Pasta</p> <p>16 oz. package, <u>only whole wheat/grain</u> pasta items listed below:</p> <ul style="list-style-type: none"> • Angel Hair-Hodgson Mill, • Elbows-Essential Everyday, Hodgson Mill • Linguine-Ronzoni Healthy Harvest • Penne-Barilla, Essential Everyday, Ronzoni Healthy Harvest, Shurfine • Rotini/Spiral-Essential Everyday, Hodgson Mill, Ronzoni Healthy Harvest • Spaghetti-Barilla, Essential Everyday, Hodgson Mill, Ronzoni Healthy Harvest, Shurfine • Thin Spaghetti-Hodgson Mills, Essential Everyday, Ronzoni Healthy Harvest 	<p>Organic Any pasta other than listed.</p>
		<p style="text-align: center;">Helpful Hints:</p> <p>Box or bag acceptable.</p>

Food Category	New Hampshire Allowed Foods	Not Allowed								
<p style="text-align: center;">Whole Grain Options</p>	<p style="text-align: center;">Any Brand</p> <p>Brown rice 14-16 oz. package, short, medium, or long grain Regular, instant, or boil-in-bag</p>	<table border="0"> <tr> <td>Organic</td> <td>Rice Pilaf</td> </tr> <tr> <td>Bulk</td> <td>Wild Rice</td> </tr> <tr> <td>Seasoned rice</td> <td>White Rice</td> </tr> <tr> <td>Flavored rice</td> <td></td> </tr> </table>	Organic	Rice Pilaf	Bulk	Wild Rice	Seasoned rice	White Rice	Flavored rice	
	Organic	Rice Pilaf								
Bulk	Wild Rice									
Seasoned rice	White Rice									
Flavored rice										
<p>Oatmeal 16 oz. container. Only items listed:</p> <ul style="list-style-type: none"> • McCann’s Irish Oatmeal • Mom’s Best Naturals Quick Oats (cylinder container) • Shurfine • Silver Palate Thick and Rough Oatmeal <p>[Includes: old fashioned: rolled, cut, steel cut or instant Quick, 1 minute, or regular]</p>	<table border="0"> <tr> <td>Organic</td> </tr> <tr> <td>Individual packets</td> </tr> <tr> <td>Flavored</td> </tr> </table> <div style="background-color: #2e8b57; color: white; padding: 5px; text-align: center;">Helpful Hints:</div> <p>Oatmeal when listed on the voucher is not counted as part of the 36 oz. cereal allowed, it is a whole grain option.</p>	Organic	Individual packets	Flavored						
Organic										
Individual packets										
Flavored										

Food Category	New Hampshire Allowed Foods	Not Allowed
<p>Milk</p>	<p align="center">**Least Expensive**</p> <p>Type and container specified on voucher. [gallon, ½ gallon or quart)</p> <ul style="list-style-type: none"> • Low fat (1%) or fat-free/skim, non-fat* <p>ONLY if specified on the voucher may be:</p> <ul style="list-style-type: none"> • Whole* • Lactose free* 	<p>Pints Glass bottles Organic Raw (unpasteurized) Buttermilk Goat's milk Rice milk/other grain milk Nut milk Flavored milk Added calcium 1½% 2% milk</p>
<p>Milk- Shelf-Stable</p>	<p align="center">**Least Expensive**</p> <p>Type and container specified on voucher.</p> <ul style="list-style-type: none"> • Evaporated, 12 oz. cans only • Powdered, 32 oz. box, envelopes only • UHT (Parmalat) 	<p>Sweetened condensed milk Non-dairy substitutes Single serving powdered</p>

- _____, quart/half-gallon/gallon Milk, fat free/skim or 1%/lowfat*
- _____, half-gallon Lactose free Milk, fat free/skim or 1%/lowfat*
- _____, can Milk, evaporated fat free/skim, 12 oz.
- _____, box Milk, powdered, 32 oz., envelopes only

- _____, quart/half-gallon/gallon Milk, whole only*
- _____, half-gallon Lactose free Milk, whole only*
- _____, can Milk, evaporated whole only, 12 oz.
- _____, quart Milk, Parmalat

Food Category	New Hampshire Allowed Foods	Not Allowed
<p>Yogurt</p>	<p>32 oz. container yogurt only. Regular or Greek</p> <p>Low fat or fat free/nonfat Whole-(only when specified on the voucher) Allowed items are only those listed:</p> <p>Cabot- Plain, Vanilla, Strawberry Chobani- Plain, Vanilla Bean, Strawberry Dannon- Naturals and Oikos, Plain, Vanilla Essential Everyday- Plain, Vanilla, Strawberry Great Value- Plain, Vanilla, Strawberry, Peach Hannaford- Plain, Vanilla, Strawberry Market Basket- Plain, Vanilla, Strawberry, Peach Price Chopper- Plain, Vanilla Shurfine- Plain, Vanilla Stoneyfield- Plain, French Vanilla, Vanilla, Strawberry, Banilla, Taste of Inspiration- Plain, Vanilla, Strawberry Yoplait- Plain, Vanilla, Strawberry, Peach, Strawberry Banana</p> <p>ORGANIC YOGURT IS ALLOWED</p>	<p>Other brands, sizes and types of yogurt. Goat's milk yogurt Vegan yogurt Almond yogurt Soy yogurt Lactose free yogurt</p> <p>Chobani-Simply 100 Dannon-Light & Fit variety Great Value-LIGHT variety Yoplait-Greek 100</p>

_____ container yogurt 32 oz., fat free/nonfat or lowfat

_____ container yogurt 32 oz., whole milk only

Food Category	New Hampshire Allowed Foods	Not Allowed
<p style="text-align: center;">Cheese</p>	<p style="text-align: center;">Any Brand</p> <p>16 ounce package only.</p> <p>Dairy case only Prepackaged (from the manufacturer) Regular or reduced fat Block/rounds, shredded, sliced, or string cheese</p> <p>Allowed types of cheese: American, Cheddar, Colby Jack, Monterey Jack, Mozzarella, or Swiss</p> <p>Blends of cheese, i.e. Swiss and Cheddar, are allowed with the exception of string cheese. String cheese must be mozzarella only.</p>	<p>Deli cheese Imported Organic Individually wrapped slices Pre-sliced cracker size Cheese food or product Cheese spread Flavored Smoked DHA added</p> <p>Any size/variety other than as specified under allowed.</p>

_____, package Cheese, 16 oz. only

Food Category	New Hampshire Allowed Foods	Not Allowed
<p>Soy milk</p>	<p>Allowed items are only those listed below:</p> <p>8th Continent Soy milk <u>Original</u> Silk Soy milk <u>Original</u> (½ gallon-carton only (refrigerated))</p>	<p>Other brands and types of soy milk or soy-based beverages</p>
<p>Tofu</p>	<p>14-16 ounce plain packages only</p> <p>Following by brand and type only:</p> <p>Azumaya- extra firm, firm or silken Nasoya- extra firm, firm, lite firm, lite silken, silken, or soft</p> <p>ORGANIC TOFU IS ALLOWED TOFU WITH ADDED CALCIUM IS ALLOWED</p>	<p>Cubed tofu</p>

_____, half-gallon Soy milk

_____ package tofu, 14-16 oz., plain only.

Food Category	New Hampshire Allowed Foods	Not Allowed
<p style="text-align: center;">Juice: Refrigerated Containers</p>	<p style="text-align: center;">Any Brand</p> <p style="text-align: center;">64 ounce (½ gallon) refrigerated plastic jugs or cartons only</p> <ul style="list-style-type: none"> • 100% Orange juice only. (Calcium fortified is allowed.) 	<p>Other size Without the words “100% Juice” on the label</p> <p>Any combinations or blends Fruit or juice drinks Fruit or juice cocktails Infant or toddler juice</p> <p>Glass containers</p>

_____, container Juice, 64 oz. shelf or refrigerated

Food Category	New Hampshire Allowed Foods	Not Allowed
<p style="text-align: center;">Juice: Shelf Stable</p>	<p>100% fruit juice only, from the list below Calcium fortified is allowed. With added fiber is allowed. Size specified on voucher:</p> <p>64 ounce plastic bottles</p> <ul style="list-style-type: none"> • Apple: Apple and Eve (this includes the Sesame St. variety), Best Yet, Essentials Everyday, Great Value, Hy-Top, IGA, Kedem, Langers, Market Basket, Mott’s, My Essentials, Old Orchard, Price Chopper, Sam’s Choice, Seneca, Shaw’s, Shurfine • Grape: Essentials Everyday, Hannaford, Hy-Top, IGA, Kedem, Langers, Market Basket, Old Orchard, Price Chopper, Shaw’s, Shurfine, Welch’s • White Grape: Apple and Eve (this includes the Sesame St. variety), Essentials Everyday, Hannaford, Hy-Top, IGA, Langers, Market Basket, Old Orchard, Price Chopper, Shaw’s, Shurfine, Welch’s • Juicy Juice: all flavors including blends <p>11.5 ounce liquid concentrate cans</p> <p>Welch’s 100% juice: all flavors including blends Must have yellow rim/lid.</p>	<p>Without the words “100% Juice” on the label</p> <p>Fruit or juice drinks Fruit or juice cocktails Infant or toddler juice</p>

_____, container Juice, 64 oz. shelf or refrigerated
 _____, can Juice, 11.5 or 12 oz. frozen or liquid concentrate

Food Category	New Hampshire Allowed Foods	Not Allowed
<p>Juice: Frozen Concentrate</p>	<p>100% fruit juice only, from list below Calcium fortified is allowed. Size specified on voucher.</p> <p>11.5-12 ounce frozen cans</p> <p>Apple: Best Yet, Essential Everyday, Great Value, Hannaford, Hy-Top, IGA, Langers, Market Basket, Minute Maid, My Essentials, Old Orchard, Price Chopper, Seneca, Shaw's, Shurfine,</p> <p>Cranberry: Langers, Old Orchard</p> <p>Grape: Best Yet, Essentials Everyday, Great Value, Hannaford, Langers, My Essentials , Old Orchard, Seneca, Shaw's,</p> <p>Grapefruit: Any brand</p> <p>Orange: Any brand</p> <p>Pineapple: Any brand</p> <p>White Grape: Old Orchard, Welch's</p> <p>Welch's- 100% juice any flavor including blends</p> <p>Must have yellow rim/lid</p>	<p>Without the words "100% Juice" on the label</p> <p>Fruit or juice drinks Fruit or juice cocktails</p>

_____, can Juice, 11.5 or 12 oz. frozen or liquid concentrate

Food Category	New Hampshire Allowed Foods	Not Allowed
Eggs	<p style="text-align: center;">**Least Expensive** (available in participant's choice of color & size)</p> <p>Brown White Any size eggs Full dozen only</p> <p><i>WIC customer can decide whether they want brown or white eggs and what size. Once they make that decision they have to choose the least expensive for that color and size.</i></p>	<p>Specialty eggs include:</p> <p>Fertile Free range Free running Cage free</p> <p>Vegetarian Low cholesterol Organic</p> <p>Dried/powdered Liquid Pasteurized Egg substitute</p>

_____, doz.en Eggs, any size*

Food Category	New Hampshire Allowed Foods	Not Allowed
<p>Fresh Fruits and Vegetables [purchased with CVVs]</p>	<p style="text-align: center;">Any Variety or Brand</p> <p>Whole or cut up Loose or prepackaged in bags or plastic containers is allowed Bagged/package salad mixtures <i>without dressing</i> Bagged/package fruits and vegetables <i>without dips or dressings</i></p> <p style="text-align: center;"><u>ALL POTATOES ARE NOW ALLOWED</u> (Potatoes: white, red, purple/blue, sweet or yams)</p> <p>Green beans, peas and wax beans must be purchased using a Cash Value Voucher (fruits & vegetable voucher).</p> <p>Mushrooms are allowed (except marinated mushrooms). Fresh chili peppers are allowed Produce that has been reduced in price due to age is allowed.</p> <p style="text-align: center;">ORGANIC IS ALLOWED</p>	<p>Dried fruits or vegetables Precut or prepackaged with dip or dressing. Salad bars Party trays Fruit baskets Decorative fruit/vegetables</p> <ul style="list-style-type: none"> • Chili peppers on a string • Garlic on a string • Painted pumpkins <p>Herbs/Spices Fruit nut mixtures Edible blossoms Seeds French fries—white or sweet, hash browns, tater tots or shaped potatoes; prepared mashed potatoes.</p> <p>Also not included are any processed potatoes such as instant mashed potatoes, scalloped or au gratin potatoes, potato salads or potato chips.</p>

- 004 Dollar Fruits and Vegetables, FRESH ONLY
- 008 Dollar Fruits and Vegetables, fresh, frozen, or canned
- 010 Dollar Fruits and Vegetables, fresh, frozen, or canned
- 015 Dollar Fruits and Vegetables, fresh, frozen, or canned

Food Category	New Hampshire Allowed Foods	Not Allowed
<p style="text-align: center;">Canned or Jarred Fruits (in plastic or glass)</p> <p>[purchased with CVVs]</p>	<p style="text-align: center;">Any Brand</p> <p>Any plain fruit or plain fruit mixtures</p> <p>Packed in water or 100% fruit juice only</p> <p>Any size container including plastic, single serving containers or jars</p> <p>Natural, no sugar added, unsweetened flavored applesauce is allowed, including blends w/ no added sugar i.e. Raspberry applesauce</p> <p>Fruit Cocktail in 100% Juice allowed</p> <p>One Pie Squash or Pumpkin is allowed</p> <p style="text-align: center;">ORGANIC IS ALLOWED</p>	<p>Packed in heavy, lite/light, naturally light or extra light syrup</p> <p>Added sugar, lightly sweetened in fruit juice</p> <p>Artificial sweeteners</p> <p>Cranberry sauce</p> <p>Fruit pie filling</p> <p>Low carb</p> <p>Fruits in gel or jello</p> <p>Any other applesauce</p> <p>Jams/jellies</p> <p>Apple butter</p> <p>Baby food jar fruits must be purchased with vouchers, not CVVs.</p>

- 008 Dollar Fruits and Vegetables, fresh, frozen, or canned
- 010 Dollar Fruits and Vegetables, fresh, frozen, or canned
- 015 Dollar Fruits and Vegetables, fresh, frozen, or canned

Food Category	New Hampshire Allowed Foods	Not Allowed
<p>Canned, Boxed or Jarred Vegetables (in plastic or glass) [purchased with CVVs]</p>	<p style="text-align: center;">Any Brand</p> <p>Any plain vegetables or plain vegetable mixtures. Any size box, container or jar Regular or low sodium</p> <p style="text-align: center;"><u>ALL POTATOES ARE NOW ALLOWED</u> (Potatoes: white, red, purple/blue)</p> <p>Green beans, peas and wax beans must be purchased using a Cash Value Voucher (fruits & vegetable voucher)</p> <p>CREAMED STYLE CORN IS WIC APPROVED/ALLOWED.</p> <p style="text-align: center;">ORGANIC IS ALLOWED</p>	<p>Canned sweet potatoes or yams French fries—white or sweet, hash browns, tater tots or shaped potatoes; prepared mashed potatoes.</p> <p>Also not included are any processed potatoes such as instant mashed potatoes, scalloped or au gratin potatoes, potato salads or potato chips.</p> <p>Sauerkraut Pickled vegetables, pickles Products with added fat, oil, sauce, vinegar, or marinades Green bean salad Soups Olives Canned beans* bought w/ CVV</p> <p>Baby food jar vegetables must be purchased with vouchers, not CVVs.</p>

008 Dollar Fruits and Vegetables, fresh, frozen, or canned

010 Dollar Fruits and Vegetables, fresh, frozen, or canned

015 Dollar Fruits and Vegetables, fresh, frozen, or canned

Food Category	New Hampshire Allowed Foods	Not Allowed
<p style="text-align: center;">Canned, Boxed or Jarred</p> <p style="text-align: center;">Tomato Products [purchased with CVVs]</p>	<p style="text-align: center;">Any Brand</p> <p style="text-align: center;"><u>Any size box, can, jar, or tube</u> <u>(plastic and glass containers are now allowed)</u></p> <p>Allowed types of tomato products:</p> <ul style="list-style-type: none"> • Crushed • Diced (including w/ herbs) • Paste • Puree • Stewed (including w/ herbs) • Sauce-plain tomato sauce only • Whole • Added vegetables are allowed <p style="text-align: center;">ORGANIC IS ALLOWED</p>	<p>Soup</p> <p>Ketchup</p> <p>Salsa</p> <p>Pizza sauce</p> <p>Pasta sauce</p> <p>Spaghetti sauce</p> <p>Added meats</p>

- 008 Dollar Fruits and Vegetables, fresh, frozen, or canned
- 010 Dollar Fruits and Vegetables, fresh, frozen, or canned
- 015 Dollar Fruits and Vegetables, fresh, frozen, or canned

Food Category	New Hampshire Allowed Foods	Not Allowed
<p>Frozen Fruits [purchased with CVVs]</p>	<p style="text-align: center;">Any Brand</p> <p>Any variety or mixture of fruits Any package type, box or bag Any size</p> <p style="text-align: center;">ORGANIC IS ALLOWED</p>	<p>Frozen fruits in syrup, sugar or sugar substitutes Sorbet Fruit bars Frozen fruit pulps</p>
<p>Frozen Vegetables [purchased with CVVs]</p>	<p style="text-align: center;">Any Brand</p> <p>Any variety or mixture of vegetables Any package type, box or bag, Any size</p> <p style="text-align: center;">Green Beans, Peas and Wax Beans Must Be Purchased Using a Cash Value Voucher (fruits & vegetable voucher)</p> <p style="text-align: center;"><u>ALL POTATOES ARE NOW ALLOWED</u> (Potatoes: white, red, purple/blue, sweet or yams)</p> <p style="text-align: center;">ORGANIC IS ALLOWED</p>	<p>Seasoned, flavored Breaded With or in any sauce, including cheese Packaged with added sauce or seasoning packet With added pasta or rice With meat, chicken or fish</p> <p>French fries—white or sweet, hash browns, tater tots or shaped potatoes; prepared mashed potatoes.</p>

- 008 Dollar Fruits and Vegetables, fresh, frozen, or canned
- 010 Dollar Fruits and Vegetables, fresh, frozen, or canned
- 015 Dollar Fruits and Vegetables, fresh, frozen, or canned

Food Category	New Hampshire Allowed Foods	Not Allowed
<p style="text-align: center;">Breakfast Cereals</p>	<p>12 oz. or larger size up to the amount specified on the voucher</p> <p style="text-align: center;">National Brand Cereals</p> <p><u>COLD CEREALS</u></p> <p>General Mills: Cheerios (plain or multigrain)*, Chex (corn, rice, or wheat*), Dora, Fiber One Honey Clusters*, Go Diego Go*, Kix-Berry*, Kix-plain*, Kix-honey*, Total (plain)*, Wheaties*</p> <p>Kellogg’s: All Bran Complete Wheat Bran Flakes*, Corn Flakes, Crispix, Product 19, Rice Krispies (plain), Special K (plain), Frosted Mini-Wheats* (original and little bites) Unfrosted Mini-Wheats*</p> <p>MOM Brand (Malt-O-Meal) Crispy Rice, Frosted Mini Spooners- (original, strawberry cream, or blueberry)*</p> <p>Post: Alpha-Bits*, Bran Flakes*, Grape Nuts*, Grape Nut Flakes*, Honey Bunches of Oats—Honey Roasted*, Cinnamon Bunches*, Whole Grain Vanilla Bunches* and Whole Grain Honey Crunch*</p> <p>Quaker Life (regular only)*, Oatmeal Squares Brown Sugar*, Oatmeal Squares Cinnamon*, Corn Bran Crunch*</p> <p>Sunbelt: Simple Granola*</p> <p><u>HOT CEREALS</u></p> <p>B&G: Whole Grain Cream of Wheat* or Rice, Cream of Wheat or Rice (all varieties, except individual packets)</p> <p>Farina Mills: Original Creamy Hot Wheat Cereal</p> <p>Maypo: Instant or Vermont Style Maple Oatmeal*</p> <p>MOM Brand: Original Hot Wheat*, Creamy Hot Wheat*</p>	<p>< 12 oz. cereal packaging Cereals with added nuts Organic No individual packets</p>
		<p style="text-align: center;">Helpful Hints</p> <p>How to get 36 oz. of cereal:</p> <p>2—18 oz. boxes 1—12 oz. + 1—24 oz. 3—12 oz. boxes</p> <p>Store brands are nutritionally comparable to national brands</p> <p>May use coupon and special offers.</p> <p>Maypo is counted as part of the 36 oz. of cereal * Whole grain cereals</p>

_____ ounces Cereal, hot or cold, 12 oz. or larger

Food Category	New Hampshire Allowed Foods	Not Allowed
<p style="text-align: center;">Breakfast Cereals</p>	<p>12 oz. or larger size up to the amount specified on the voucher</p> <p style="text-align: center;">Store Brands</p> <p>Bran Cereals Bran Flakes*: Essential Everyday, Great Value, Hannaford, IGA, Market Basket, Price Chopper, Shurfine,</p> <p>Oat Cereals Toasted Oats*: Best Yet, Essential Everyday, Great Value, IGA, Price Chopper, Shurfine</p> <p>Tasteeos*: Hannaford, Market Basket, My Essentials</p> <p>Wheat Cereals Toasted Wheat*: Great Value, IGA Nutty/Crunchy Nuggets*: Essential Everyday, Great Value, Hannaford, Price Chopper, Wheat Squares*: Essential Everyday, Shurfine</p>	<p>< 12 oz. cereal packaging Cereals with added nuts Organic No Individual Packets</p>
		<p style="text-align: center;">Helpful Hints</p> <p>How to get 36 oz. of cereal:</p> <p>2—18 oz. boxes 1—12 oz. + 1—24 oz. 3—12 oz. boxes</p> <p>Store brands are nutritionally comparable to national brands</p> <p>May use coupon and special offers.</p> <p>* <u>Whole grain cereal</u></p>

_____ ounces cereal, hot or cold, 12 oz. or larger

Food Category	New Hampshire Allowed Foods	Not Allowed
<p style="text-align: center;">Infant Cereal</p>	<p>Beech-Nut Infant Cereal</p> <p>8 oz. containers</p> <p>Dry cereal</p> <p>May buy any combination of allowed cereals:</p> <ul style="list-style-type: none"> • Rice • Oatmeal • Multigrain <p style="text-align: center;">VENDOR MUST BE AUTHORIZED TO SELL INFANT FOODS</p>	<p>Infant cereal other than Beech-Nut</p> <p>Infant cereal w/ added fruit</p> <p>Infant cereal w/ added formula</p> <p>Jarred cereal Organic DHA added</p>

Food Category	New Hampshire Allowed Foods	Not Allowed
<p style="text-align: center;">Jarred Infant Foods</p>	<p style="text-align: center;">Only Beech-Nut Infant Foods</p> <ul style="list-style-type: none"> • Fruits and Vegetables: CLASSICS ONLY Stage 2 only 4 oz. glass jar containers <p style="margin-left: 40px;">All single fruits, All single vegetables, and Any combination of fruits and vegetables, including fruit or vegetable mixtures (with prunes/raisins)</p> <ul style="list-style-type: none"> • Meats: Stage 1 only 2.5 oz. glass jar containers Only when specified on the voucher <p style="margin-left: 40px;">Chicken, Beef, and Turkey with broth only</p>	<p>Mixtures with cereals Diced fruit or vegetables Dinners or casseroles Desserts or cobblers Noodles, rice Meat sticks Yogurt Organic Stage 1 or 3 fruit or vegetables Toddler foods Value packs</p>
	<p style="text-align: center;">VENDOR MUST BE AUTHORIZED TO SELL INFANT FOODS</p>	

Food Category	New Hampshire Allowed Foods	Not Allowed
<p style="text-align: center;">Infant Formula</p>	<p>Infant formula in the brand, type, size and quantity specified on the voucher. NO SUBSTITUTIONS EVER!</p> <ul style="list-style-type: none"> • Abbott Similac Advance (<u>dark blue can</u>) (12.4 oz. powder, 13 oz. concentrate, 32 oz. RTU/8 oz. RTU 6 pack) • Abbott Similac Soy Isomil (<u>pink can</u>) (12.4 oz. powder, 13 oz. concentrate, 32 oz. RTU/8 oz. RTU 6 pack) • Abbott Similac Sensitive (<u>orange can</u>) (12.0 oz. powder, 32 oz. RTU/8 oz. RTU 6 pack) ghghfh • Abbott Similac Total Comfort (<u>purple can</u>) (12.0 oz. powder) • Abbott Similac for Spit-Up (<u>lime green can</u>) (12.0 oz. powder or 32 oz. RTU) • Other formula is allowed ONLY if specified on the voucher, including ready to feed. <p>VENDOR MUST BE AUTHORIZED TO SELL INFANT FOODS</p> <p>If a participant requests a formula you do not stock, you must get it for them within 48 hours (not including weekends).</p> <p><i>VENDORS MUST PURCHASE ALL INFANT FORMULA FROM THE APPROVED LIST OF MANUFACTURERS, DISTRIBUTORS, WHOLESALERS AND RETAILERS UPDATED AND MAINTAINED BY THE NH WIC PROGRAM.</i></p> <p style="text-align: right;"><i>Page Revised 9/2016</i></p>	<p>Any other brand, type or size not printed on the voucher</p> <p>Low iron formula</p>

Food Category	New Hampshire Allowed Foods	Not Allowed														
<p align="center">Canned Beans</p>	<p align="center">Any Brand</p> <p>15-16 ounce cans</p>	<p>Added meats Added flavorings, seasonings Organic Baked beans</p> <p>Note: All wax beans, green beans and peas, fresh, frozen or canned must be purchased with a Cash Value Voucher (fruits & vegetable voucher)</p>														
	<p>Any variety such as:</p> <table border="0"> <tr> <td>Black beans</td> <td>Lima beans</td> </tr> <tr> <td>Black-eyed peas</td> <td>Pigeon peas</td> </tr> <tr> <td>Butter beans</td> <td>Pinto beans</td> </tr> <tr> <td>Great Northern beans</td> <td>Pink beans</td> </tr> <tr> <td>Garbanzo beans or Chickpeas</td> <td>Red beans</td> </tr> <tr> <td>Kidney beans</td> <td>Navy beans</td> </tr> <tr> <td></td> <td>White beans</td> </tr> </table> <p>Low Sodium or No Salt are allowed</p>		Black beans	Lima beans	Black-eyed peas	Pigeon peas	Butter beans	Pinto beans	Great Northern beans	Pink beans	Garbanzo beans or Chickpeas	Red beans	Kidney beans	Navy beans		White beans
	Black beans		Lima beans													
Black-eyed peas	Pigeon peas															
Butter beans	Pinto beans															
Great Northern beans	Pink beans															
Garbanzo beans or Chickpeas	Red beans															
Kidney beans	Navy beans															
	White beans															
<p>Plain low fat or fat free refried beans</p> <p>Plain low fat or fat free vegetarian refried beans</p>	<p>Regular refried beans</p>															
<p align="center">Dried Peas, Beans or Lentils</p>	<p align="center">Any Brand</p> <p>Any variety 16 oz. (1 lb.) bag only Bean mixtures are OK</p>	<p>With added seasonings Organic Soup mix</p> <p>Note: barley is not a legume.</p>														

___ can Beans, 15-16 oz. Or ___ bag Beans or Peas, dried

Food Category	New Hampshire Allowed Foods	Not Allowed
<p style="text-align: center;">Peanut Butter</p>	<p style="text-align: center;">Any Brand</p> <p>16-18 ounce jar only</p> <p>Following types:</p> <ul style="list-style-type: none"> • Creamy • Crunchy • Chunky • Smooth • Natural • Old fashioned • Peanut butter spreads*** • Low salt • Unsalted <p>*** "Peanut Butter Spreads" are allowed. <i>"Peanut spreads" are not allowed.</i></p>	<p>Other size containers Reduced fat Low fat Deli Grind your own Honey flavored or honey roasted Organic Low carb Flavored with jams, jellies, chocolate, honey or with marshmallow Squeezable</p>
		<p style="text-align: center;">Helpful Hints</p> <p>* "Peanut spreads" and "peanut butter spreads" are different products. "<u>Peanut butter spreads</u>" are allowed.</p>

_____ jar Peanut Butter, 16-18 oz.

Food Category	New Hampshire Allowed Foods	Not Allowed
<p style="text-align: center;">Canned Fish Options</p>	<p style="text-align: center;">Any Brand</p> <p>Tuna 5 ounce cans only Light (chunk) only Regular or low salt/sodium allowed Packed in water only</p>	<p>Solid white or albacore tuna</p> <p>Wild Sockeye, Blue Back or Red salmon</p> <p>Fish with added vegetables</p> <p>Organic</p> <p>In pouches</p>
	<p style="text-align: center;">Any Brand</p> <p>Salmon 5 ounce cans only Pink only Skin and bones allowed Packed in water only</p>	

_____, chunk light Tuna or pink Salmon, 5 oz. in water