WIC Foods

July 2015

NH Department of Health and Human Services
Division of Public Health Services
Healthy Eating and Physical Activity Section
29 Hazen Drive
Concord, NH 03301

1-800-WIC-4321

www.dhhs.nh.gov/dphs/nhp/wic

Breakfast Cereal

Cold Cereal

12 oz or larger only. Allowed items are only those listed.
Choose a combination that does not go over 36 ounces.

** Cereals containing 51% or more whole grain.*

General Mills
- Cheerios*
- MultiGrain Cheerios*
- Chex (corn, rice, and wheat)*
- Dora
- Go Diego Go
- Kix* (plain, honey & berry)
- Fiber One Honey Clusters*
- Total* (plain)
- Wheaties*

Kellogg's
- All Bran Complete Wheat Flakes*
- Corn Flakes
- Crispix
- Product 19
- Rice Krispies (plain)
- Special K (plain)
- Unfrosted Mini-Wheats*
- Frosted Mini-Wheats* (original and little bites)

MOM Brands (formerly Malt-O-Meal)
- Crispy Rice
- Blueberry Spooners*
- Frosted Mini Spooners*
- Strawberry Cream Mini Spooners*

Post
- Alpha Bits*
- Bran Flakes*
- Grape Nuts*
- Grape Nut Flakes*
- Honey Bunches of Oats Whole Grain Honey Crunch*
- Honey Bunches of Oats Whole Grain Vanilla Bunches*
- Honey Bunches of Oats Cinnamon Bunches
- Honey Bunches of Oats Honey Roasted

Quaker
- Corn Bran Crunch*
- Life* (regular)
- Oatmeal Squares Brown Sugar*
- Oatmeal Squares Cinnamon*

Sunbelt
- Simple Granola*

Hot Cereal

B & G Foods
- Whole Grain Cream of Wheat*
- Whole Grain Cream of Rice*
- Cream of Wheat
- Cream of Rice

Farina Mills
- Original Creamy Hot Wheat Cereal

Maypo
- Instant Maple Oatmeal*
- Vermont Style Oatmeal*

MOM Brands (formerly Malt-O-Meal)
- Original Hot Wheat
- Creamy Hot Wheat

Store Brands

Bran Cereal
- **Bran Flakes*:** Best Yet, Essential Everyday, Great Value, Hannaford, IGA, Market Basket, Price Chopper, Shurfine

Oat Cereal
- **Toasted Oats*:** Best Yet, Essential Everyday, Great Value, IGA, Price Chopper, Shurfine
- **Tasteeos*:** Hannaford, Market Basket, My Essentials

Wheat Cereal
- **Nutty or Crunchy Nuggets*:** Essential Everyday, Great Value, Hannaford, Market Basket, Price Chopper
- **Toasted Wheat*:** Great Value, IGA
- **Wheat Squares or Biscuits*:** Essential Everyday, Market Basket, Shurfine

Infant Foods

Allowed items are only those listed.

Infant Cereal

Beech-Nut 8 oz box only.
- Rice
- Multigrain
- Oatmeal

Infant Fruits and Vegetables

Beech-Nut Stage 2 fruits, vegetables, or fruit & vegetable combinations, 4 oz jar only.

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

No desserts, cobblers, dinners, or casseroles.

No toddler foods.

Infant Meats

For fully breastfed babies only.

Beech-Nut Stage 1, 2.5 oz jar only
- Beef & Beef Broth
- Chicken & Chicken Broth
- Turkey & Turkey Broth

Beans

Canned Beans

15 to 16 oz can only.
ANY BRAND is allowed.
Any variety.

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 voucher.

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 is allowed.
Any variety.

No flavored, seasoned, gourmet, or soup mixes.

Peanut Butter

ANY BRAND is allowed.
16 to 18 oz jar only.
Natural, Creamy, Smooth, Crunchy, Chunky allowed.

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

No added artificial sweeteners, honey, marshmallow, chocolate or jelly.

Canned Fish

ANY BRAND chunk light tuna or pink salmon is allowed.
5 ounce can only.
Packed in water only.

No white or albacore tuna.

No sockeye or red salmon.

No pouches.

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

When Using WIC Vouchers

- **Valid photo ID** You must have a valid photo ID to cash your WIC vouchers.
- **Payees/Proxies** Only the people listed under the signature line on the voucher, or a valid proxy, may use WIC vouchers. If a proxy is shopping for you, they must have both a valid proxy card and a valid photo ID to cash the voucher.
- **Valid Dates** Look at the "Do Not Use Before" date and the "Do Not Use After" date on the front of the WIC voucher. Use your vouchers within the dates listed.
- **At the register** Separate your WIC foods from the other items at the checkout counter. Separate your WIC foods by each voucher, including the fruit and vegetable voucher. You do not need to buy all of the foods on the voucher.
- You or your proxy *must*:
  - print the total cost of the foods purchased with the WIC voucher on the "purchase amount line",
  - print the date on the "purchase date line", and
  - sign on the signature line located on the bottom of the WIC voucher.
- If an error is made when writing in the amount or date draw one line through. Write in the correction above the error and sign with your initials.

Remember

Store and manufacturer coupons and promotions
You may use store and manufacturer promotions with your WIC vouchers. *Examples are:* buy one, get one free; buy one, get one at a reduced price; additional free ounces added by the manufacturer; store savings cards or customer reward cards; and manufacturer cents-off coupons. If a coupon makes the milk or eggs the least expensive, you may buy that item with your WIC voucher.

Respect store staff.
You and your proxy must be respectful and courteous to store staff. Store staff must be respectful and courteous to you and your proxy.

Selling, returning, or refunding WIC foods is not allowed.
- You may not receive cash refunds, gift cards, change, rain checks, or IOUs in exchange for WIC vouchers, 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 vouchers may not be exchanged for another brand or type of formula. Any formula changes must be done by 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.

Treat WIC vouchers like cash — They may not be replaced if lost or stolen.

Adapted from Florida WIC Program

Whole Grains

100% Whole Wheat Bread

16 oz (1 lb) loaf only. Allowed items are only those listed.

- Arnold Stone Ground 100% Whole Wheat
- Best Yet 100% Whole Wheat
- Bimbo 100% Whole Wheat
- Central Market Classics (Price Chopper) 100% Whole Wheat
- Country Kitchen 100% Whole Wheat
- Great Value 100% Whole Wheat
- Hannaford 100% Whole Wheat
- Market Basket 100% Whole Wheat
- Pepperidge Farm Stone Ground 100% Whole Wheat
- Pepperidge Farm Very Thin 100% Whole Wheat
- Sara Lee Classic 100% Whole Wheat
- Shaw's 100% Whole Wheat
- Shaw's No Salt Added Wheat
- Sunbeam 100% Whole Wheat
- Weight Watchers 100% Whole Wheat
- Wonder 100% Whole Wheat

Soft Corn and Whole Wheat Tortillas

16 oz package only. Allowed items are only those listed.

Corn Tortillas

- Carlita
- Chi-Chi's
- Herdez
- Market Basket
- Mayan Farms
- Mission
- My Essentials
- Pepito
- Shurfine

Wheat Tortillas

- Carlita
- Chi-Chi's
- Hannaford
- Herdez
- Market Basket
- Mission
- My Essentials
- Ortega
- Pepito
- Tropical
- Shurfine

Brown Rice

ANY BRAND 14 to 16 oz package.

Regular, Instant, or Boil-in-Bag

No white rice or wild rice.
No added ingredients such as seasonings.

Oatmeal *(Whole grain option)*

16 oz package only. Allowed items are only those listed.

- McCann's Irish Oatmeal
- Mom's Best Naturals Quick Oats
- Shurfine 100% Natural Oatmeal
- Silver Palate Thick and Rough Oatmeal

Whole Wheat Pasta

16 oz package only. Allowed items are only those listed. Whole wheat only.

- **Angel Hair:** Hodgson Mill
- **Elbow:** Hodgson Mill, Essential Everyday
- **Linguine:** Ronzoni Healthy Harvest
- **Penne:** Shurfine, Barilla, Essential Everyday, Ronzoni Healthy Harvest
- **Rotini/Spiral:** Hodgson Mill, Essential Everyday, Ronzoni Healthy Harvest
- **Spaghetti:** Shurfine, Hodgson Mill, Barilla, Essential Everyday, Ronzoni Healthy Harvest
- **Thin Spaghetti:** Hodgson Mill, Essential Everyday, Ronzoni Healthy Harvest

Milk

Must buy the LEAST EXPENSIVE AVAILABLE unless otherwise specified on the WIC voucher. The front of the voucher will list the allowed fat level and quantity of milk.

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

1% Low Fat or Fat Free Milk

- Gallon
- Half-gallon - Only allowed when "1/2 gallon" is listed on voucher.
- Quart - Only allowed when "quart" is listed on voucher.

The following types of milk may only be purchased when listed on the voucher:

- **Whole Milk**
- **Lactose Free Milk**
- **Evaporated milk, 12 oz can only**
- **UHT milk, 32 oz quart only**
- **Powdered milk, 32 oz box only**

Soymilk

Half-gallon carton only.
Allowed items are only those listed.

- 8th Continent Soymilk Original
- Silk Soymilk Original

Cheese

ANY BRAND

16 oz package only. Allowed types are only those listed. Blends are allowed.

Allowed types: American, Cheddar, Colby-Jack, Monterey-Jack, Mozzarella, and Swiss.
Block, round, shredded, sliced or string cheese.
String cheese must be 100% Mozzarella.
Prepackaged, dairy case only. Regular or reduced fat.

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

Tofu

14-16 oz package only.
Allowed items are only those listed.

- Azumaya - Extra Firm, Firm, Silken
- Nasoya - Extra Firm, Firm, Lite Silken, Lite Firm, Silken, Soft
- Nasoya Tofu Plus- Extra Firm, Firm

Yogurt

32 oz container only.
Regular or Greek style.
Whole milk, low fat or fat free/nonfat as specified on voucher.
Allowed types are only those listed.

Chobani- Plain, Vanilla, Strawberry (No Simply 100)
Cabot- Plain, Vanilla, Strawberry
Dannon- Naturals and Oikos, Plain, Vanilla (No Light & Fit)
Essential Everyday- Plain, Vanilla, Strawberry
Great Value- Plain, Vanilla, Strawberry, Peach (No LIGHT)
Hannaford- Plain, Vanilla, Strawberry
Market Basket- Plain, Vanilla, Strawberry, Peach
Price Chopper- Plain, Vanilla
Shurfine- Plain, Vanilla
Stonyfield- Plain, French Vanilla, Vanilla, Strawberry, Banilla
Taste of Inspiration- Plain, Vanilla, Strawberry
Yoplait- Plain, Vanilla, Strawberry, Peach, Strawberry Banana (No Greek 100)

100% Fruit Juice

Allowed items are only those listed.
All juice must be labeled as 100% juice.
Calcium fortified is allowed.

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

Plastic Bottles

64 oz

- **Apple:** Apple & Eve, Best Yet, Essential Everyday, Great Value, Hannaford, Hy-Top, IGA, Kedem, Langers, Market Basket, Mott's, My Essentials, Old Orchard, Price Chopper, Seneca, Shaw's, Shurfine.
- **Grape:** Essential Everyday, Great Value, Hannaford, Hy-Top, IGA, Kedem, Langers, Market Basket, Old Orchard, Price Chopper, Shaw's, Shurfine, Welch's.
- **White Grape:** Apple & Eve, Essential Everyday, Great Value, Hannaford, Hy-Top, IGA, Langers, Market Basket, Old Orchard, Price Chopper, Shaw's, Shurfine, Welch's.
- **Juicy Juice:** All flavors, including blends.

Refrigerated Plastic Jugs or Cartons

64 oz only, ANY BRAND

100% Orange Juice only

Frozen Concentrate

11.5 oz or 12 oz

- **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.
- **Cranberry:** Langers, Old Orchard
- **Grape:** Best Yet,Essential Everyday, Great Value, Hannaford, My Essentials, Langers, Old Orchard, Seneca, Shaw's, Welch's.
- **Grapefruit:** Any brand
- **Orange:** Any brand
- **Pineapple:** Any brand
- **Welch's:** All flavors, including blends. Must have yellow top.*
- **White Grape:** Old Orchard, Welch's

Non-Frozen Concentrate

11.5 oz

- **Welch's:** All flavors, including blends.
  Must have yellow rim.*

**Only Welch's yellow top & rim are 100% juice.*

Eggs

Must buy the LEAST EXPENSIVE AVAILABLE
In your choice of color and size.
Full dozen only.

Fruit & Vegetable Voucher

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.

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.

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.

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, or mustard.

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

No salsa, pizza sauce, or pasta sauce.

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

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1-800-942-4321

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