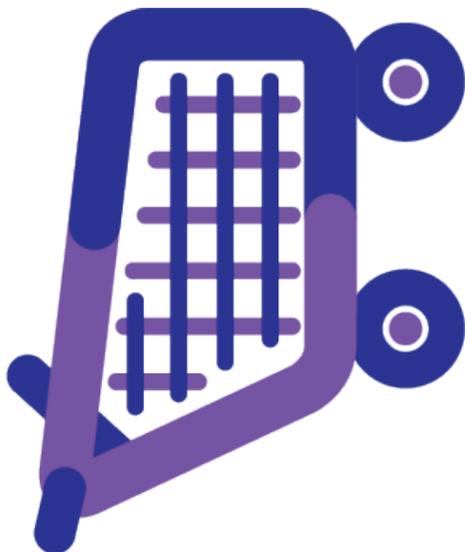


**HEALTHY FOOD.  
HEALTHY KID.  
HAPPY MOM.**



**WIC Foods**

**August 2019**

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**

[www.dhhs.nh.gov/dphs/nhp/wic](http://www.dhhs.nh.gov/dphs/nhp/wic)

[www.signupWIC.com](http://www.signupWIC.com)



**Allowed items are only those listed.**

**Breakfast Cereal**

**Cold Cereal**

**12 oz or larger only**

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

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

**General Mills**

- Cheerios\*
- MultiGrain Cheerios\*
- Chex (Corn, Rice, and Wheat\*)
- Fiber One Honey Clusters\*
- Kix (Plain\*, Honey\* & Berry\*)
- Total (Plain\*)
- Wheaties\*



**Kellogg's**

- All Bran Complete Wheat Flakes\*
- Corn Flakes
- Crispix
- Frosted Mini-Wheats (Original\* and Little Bites\*)
- Rice Krispies (Plain)
- Special K (plain)
- 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
  - Whole Grain Honey Crunch\*
  - Whole Grain Vanilla Bunches\*
  - Cinnamon Bunches
  - Honey Roasted



**Quaker**

- Corn Crunch\*
- Life (Regular\*)
- Oatmeal Squares Brown Sugar\*
- Oatmeal Squares Cinnamon\*



**Sunbelt**

- Simple Granola\*

**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



**Store Brands**

**Bran Cereal**

- **Bran Flakes\***: Best Yet, Food Club, Great Value, Hannaford, IGA, Market Basket, PICs, Price Rite, Shurfine, Signature Select

**Oat Cereal**

- **Toasted Oats/O's\***: Best Yet, Food Club, Great Value, IGA, Market Pantry, PICs, Price Rite, Shurfine, Signature Select
- **Tasteos\***: Hannaford, Market Basket

**Wheat Cereal**

- **Nutty or Crunchy Nuggets\***: Great Value, Hannaford, Market Basket, PICs, Signature Select
- **Wheat Squares or Biscuits, or Pockets\***: Hannaford, Great Value, Market Basket, Price Rite, 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

**Infant Foods**

**Infant Cereal**

**8 oz container only.**

- Beech-Nut**: Rice, Multigrain and Oatmeal
- Gerber**: Whole Wheat, Rice, Oatmeal and Multigrain



No Organic.

**Infant Fruits and Vegetables**

**Fruits, vegetables, or fruit & vegetable combinations.**

- Beech-Nut (4 oz jar only)**: Stage 2 Classics, Stage 2 Naturals

- \*Gerber (4 oz - 2 packs only)**: 2nd foods
- \*2 packs count as 2 containers off your benefit balance*

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

No desserts, cobblers, dinners, or casseroles.

No toddler foods. No Organic.



**Infant Meats**

For fully breastfed babies only.

**2.5 oz jar only**

- Beech-Nut**: Stage 1 infant meats
- Gerber**: 2nd foods infant meats



**Beans**

**Canned Beans**

**15 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 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 and variety is allowed.**



No flavored, seasoned, gourmet, or soup mixes.

**Peanut Butter**

**ANY BRAND**

**16 to 18 oz jar only**

**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 Fish**

**ANY BRAND chunk light tuna (5 oz cans) or pink salmon (5, 6 or 7.5 oz ounce cans) allowed. Mix and match up to 30 ounces, 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.



**Store Brand Names**

<b>Hannaford</b>	<b>Taste of Inspirations</b>
<b>Price Chopper</b>	<b>PICs</b>
<b>Shaw's</b>	<b>Signature Selects, Lucerne, O Organics, Open Nature</b>
<b>Target</b>	<b>Market Pantry</b>
<b>Walmart</b>	<b>Great Value</b>

For updates to the food list, please check the New Hampshire WIC Program website and the WIC Shopper app.

**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](http://www.WICConnect.com)
    - Select **NH WIC** from the dropdown menu.
    - 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.
- **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 the NH WIC Food List/Smart Shopper App.
  - 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 benefit balance.

- **Valid Dates:** Look at the dates listed on your benefit list. Use your benefits within the dates listed.
- **Smart shopping:** You are encouraged to buy store brand or least expensive brands when possible.
- **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.

## Whole Grains

### 100% Whole Wheat Bread

#### 16 oz (1 lb) loaf only

- Arnold Stone Ground 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
- Pepperidge Farm Light Style 100% Whole Wheat, Light Style Wheat, Stone Ground 100% Whole Wheat, Very Thin 100% Whole Wheat, Whole Grain Rye (seeded or 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

### Soft Corn and Whole Wheat Tortillas

#### 16 oz package only

##### Corn Tortillas

- Food Club
- Herdez
- IGA
- La Banderita
- Market Basket
- Mayan Farms
- Mission
- Pepito
- Shurfine

##### Wheat Tortillas

- Chi-Chi's
- Food Club
- Great Value
- Hannaford
- Herdez
- IGA
- La Banderita
- Market Basket
- Market Pantry
- Mi Casa
- Mission
- Ortega
- Pepito
- Shurfine
- Siempre Autentico
- Signature Select
- Tropical

### Brown Rice (Any Brand)

#### 14 to 16 oz package

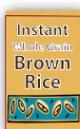
Instant, or Boil-in-Bag Brown Rice

#### 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
- Great Value
- Hodgson Mill
- Ronzoni Healthy Harvest
- Shurfine
- Signature Select

## Milk

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

No goat's milk, raw milk, nut milk or rice milk.

No organic, flavored milk, or buttermilk, or glass bottles.

#### 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



### Soymilk

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

#### 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



## Cheese

### ANY BRAND

16 oz package only. Blends of listed cheese 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.



## Yogurt

### 32 oz container only. Regular or Greek style.

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

#### 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

#### Dannon Naturals and Oikos (No Light & Fit)(No Triple Zero)

- Plain, Vanilla, Strawberry, Strawberry Banana

#### Food Club (No Light)

- 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

#### Market Pantry (No Light)

- Plain, Vanilla

#### Mountain High

- Plain, Vanilla, Strawberry

#### O Organics

- Plain, Vanilla

#### Open Nature

- Plain, Vanilla

#### PICs

- Plain, Vanilla

#### Price Rite

- Plain, Vanilla

#### Shurfine

- Plain, Vanilla

#### Stonyfield

- Plain, French Vanilla, Vanilla, Strawberry, Banilla, Maple

#### Taste of Inspiration

- Plain, Vanilla, Strawberry

#### Wallaby

- Plain, Vanilla, Vanilla Bean

#### Yoplait

- Vanilla, Strawberry, Peach, Strawberry Banana, Blueberry

## 100% Juice

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.

### Bottled Juice (64 oz plastic containers only)

#### Fruit Juice

**Apple:** Apple & Eve, Best Yet, Delish, Food Club, Great Value, Hannaford, Harvest Classics, Hy-Top, IGA, Langers, Market Basket, Market Pantry, Mott's, 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, Old Orchard, PICS, Price Rite, Shurfine, Signature Selects, Welch's

**Orange:** Great Value

**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

**Juicy Juice:** All flavors, including blends.

#### Vegetable Juice (Regular or Low Sodium)

**Tomato:** Campbell's, Food Club, Great Value, PICs, Shurfine, Signature Select

**Vegetable:** Great Value, Hannaford, Market Pantry, PICs, Signature Select, V8

### Refrigerated Plastic Jugs or Cartons (64 oz only)

#### ANY BRAND

100% Pasteurized Orange Juice only



### Frozen Concentrate Juice (11.5 oz or 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, Great Value, Hannaford, Langers, Market Basket, Market Pantry, Old Orchard, PICs, 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, PICs, Welch's

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



### 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

Any choice of color and size, full dozen only.



## Tofu

### 16 oz package only.

- Azumaya - Extra Firm, Firm, Silken
- Heiwa - Organic Tofu
- House Foods - Extra Firm, Firm, Medium Firm
- Nasoya - Sprouted Super Firm, Silken
- Soy Boy - Firm

## 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



### 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, mustard, pickled items or condiments.

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

No salsa, pizza sauce, or pasta sauce.

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