

**WIC** WOMEN  
INFANTS  
CHILDREN

VERMONT DEPARTMENT OF HEALTH

# VERMONT WIC FOODS

Effective October 2023 - September 2025



# FOOD. EDUCATION. SUPPORT. YOU GOT THIS.



**HEALTHY FOODS**



**NUTRITION EDUCATION**



**BREASTFEEDING &  
CHESTFEEDING SUPPORT**



**HEALTHCARE REFERRALS  
& COMMUNITY PROGRAMS**

The full range of WIC's nutrition resources and benefits are available starting in pregnancy and continuing until your child's 5th birthday.

When you choose WIC for your family, you'll get the support you need to give your child the best possible start in life. Kids who stick with WIC until age 5 grow healthy, happy, and smart.

Learn more at  
[healthvermont.gov/wic](http://healthvermont.gov/wic)

## Contents

<b>WIC Program Participant Responsibilities</b>	<b>2</b>
<b>Using the Food Guide</b>	<b>3</b>

### Fruits and Vegetables 4-5

### Whole Grains 6-11

- Bread
- Whole Wheat Pasta
- Tortillas
- Brown Rice
- Oatmeal

### Dairy 12-19

- Eggs
- Soy milk Beverage
- Cow's Milk
- Goat's Milk
- Cheese
- Tofu
- Yogurt

### Peanut Butter and Beans 20-21

- Peanut Butter
- Canned Beans
- Dried Beans, Lentils, and Peas

### Cereal 22-27

- Hot Cereal
- Cold Cereal

### Juice 28-32

- Child's Juice
- Women's Juice

### Infant Foods 33-37

- Infant Fruits and Vegetables
- Infant Cereal
- Infant Formula
- For Fully Breastfeeding Moms and Babies Only

## WIC Program Participant Responsibilities:

1. To avoid loss of WIC benefits, I must attend all WIC appointments.
2. If I cannot make a WIC appointment, I will call in advance to reschedule. If I miss a recertification appointment or nutrition education activity WIC benefits may be reduced.
3. I will notify WIC staff when I change my address or move to a different town, city, or state so my WIC can be transferred to a different local office or state.
4. WIC foods are for the participating family member. I will not sell or give my WIC benefits to anyone else and will contact WIC if I need to change my food benefits.
5. All formula/medical food exchanges must take place at the WIC office. Any unused infant formula must always be returned to the WIC office.
6. I will keep my WIC card in a safe place, and I will not give my personal identification number to anyone except someone who will make WIC purchases as my additional head of household or proxy.
7. If my Vermont WIC card is lost or stolen, I will report this to the WIC office immediately. I understand that it is possible the current month's benefits will not be replaced.
8. I understand that WIC benefits are to be purchased only at WIC authorized stores within the month designated and consumed by the participant for whom they were issued, and that unused benefits do not carry over to future months.
9. I am responsible for training my additional head of household or proxy to use the card at the store.
10. I am responsible to ensure that my alternate shopper adheres to these same responsibilities.

### Disqualification, suspension, prosecution, and cash recovery may occur for:

1. Misuse of WIC benefits such as exchanging/selling or intending to sell the Vermont WIC card or food items purchased with WIC benefits verbally, in print, online, or by any other method for cash, credit, or non-food items;
2. Purchasing/receiving foods not on the WIC Approved Foods List;
3. Physical abuse, threat of physical abuse, or verbal abuse to WIC or grocery store staff.

## Using the Food Guide

This food guide lists all of the Vermont WIC-Approved foods. Look for this information in each color coded section:

The diagram shows a stack of food guide pages. The top page is the 'Example Section' with a grey header. Below the header are several sections: 'Food category' (black text), a warning box 'Choose what is approved for you.' (orange background), two boxes 'WIC-Approved' (green background) and 'Do not buy' (yellow background), a section 'Size and packaging allowed' (black text) with illustrations of a box, a package, and a bag, and a 'Brands Allowed' section (black text). At the bottom is a 'Shopping tips' section (grey background) with a shopping cart icon. Arrows point from the left to the 'Food category', 'WIC-Approved', and 'Size and packaging allowed' sections. An arrow points from the right to the 'Do not buy' section. Another arrow points from the right to the 'Shopping tips' section.

**Example Section**

### Food category

**⚠ Choose what is approved for you.**  
Some of the WIC-approved foods may not be on **your Family Food Benefits list**. Look for orange boxes like these to help select the right products.

**✅ WIC-Approved**  
• These green boxes list sizes, varieties and packages that are allowed.

**❌ Do not buy**  
• These yellow boxes list products, varieties, and ingredients that are **not allowed**.

**Size and packaging allowed**

**Brands Allowed**  
• This section shows sizes, packaging, brands and flavors allowed.

**🛒 Shopping tips**  
Look for the shopping cart in color-coded boxes like this. These tips will help you purchase **all** your WIC foods each month.

Product weights and sizes are sometimes shown in different units, or abbreviated in this booklet and on food packaging.

Unit Abbreviations:	Unit Equivalents:
oz = ounces	½ pound = 8 ounces
lb = pound	1 pound = 16 ounces
gal = gallon	1 quart = 32 ounces
	½ gallon = 2 quarts (64 ounces)
	1 gallon = 2 half-gallons

# Fruits and Vegetables

## Benefit amounts:

Check your Family Food Benefits List or WIC Balance for Fruit and Vegetable benefit amounts

## Fresh

### ✓ WIC-Approved

- Any size
- Whole, cut, bagged or packaged
- Organic allowed

### ⊘ Do not buy

- Added sugars, fats or oils
- Dried fruits or vegetables
- Edible blossoms
- Fruit baskets
- Herbs or spices
- Salad bar items
- Salad kits or party trays with added food items (dip, dressing, nuts, etc.)

## Any size



### Any brand

- Any fruit or vegetable

## Shopping tip

The availability of fresh produce varies by season. If a fresh produce item does not scan properly at checkout, let the store know so it can be added to their database.

## Frozen

### ✓ WIC-Approved

- Any size
- Any package type (bag, box, etc.)
- Organic allowed

### ⊘ Do not buy

- Added fats or oils
- Added sugar, dextrose or artificial sweetener
- Non-fruit or non-vegetable ingredients (pasta, rice, cheese, etc.)
- Vegetables with sauce

## Any size



### Any brand

- Any plain fruit or vegetable, or plain mixtures

## Canned

### ✓ WIC-Approved

- Any size
- Any container (can, jar, cup, pouch, etc.)
- Organic allowed

### ⊘ Do not buy

- Added sugars, fats or oils
- Creamed vegetables
- Fruit cocktails in syrup
- Guacamole
- Pickled vegetables
- Salsa
- Sauce (pizza, spaghetti or tomato)
- Stewed tomatoes or tomato paste

## Any size



### Any brand

- Any plain fruit or fruit mixtures packed in water or juice
- Any plain vegetable or vegetable mixtures

## Shopping tip

Whole grain benefit includes choices of:

- **Bread:** Whole wheat and whole grain
- **Pasta:** Whole wheat and whole grain
- **Tortillas:** Whole wheat and corn
- **Brown Rice**
- **Oatmeal**

## Bread

**⚠ Choose only 16 oz (1 lb) loaves of bread.**

Many bread loaves are larger than 16 ounces (1 pound). They are not WIC-approved. Check the weight carefully.

### ✓ WIC-Approved

- 16 ounce (1 pound) loaves
- Whole Wheat
- Whole Grain

### 16 ounce (1 pound) loaves



#### Arnold

- Stone Ground Wheat



#### The Bread Shed

- Whole Wheat & Flax



#### La Panciata

- Whole Wheat Honey & Oats



#### Baker's Choice

- 100% Whole Wheat



#### Hannaford

- 100% Whole Wheat



#### Nature's Own

- 100% Whole Wheat Sugar-Free

## Bread (continued)

### 16 ounce (1 pound) loaves



#### Nature's Own

- 100% Whole Wheat with Honey



#### Pepperidge Farm

- Light Style Soft Wheat



#### Pepperidge Farm

- 100% Whole Wheat Very Thin



#### Pepperidge Farm

- Swirl 100% Whole Wheat Cinnamon with Raisins



#### Signature Select

- 100% Whole Wheat



#### Signature Select

- 100% Whole Wheat No Salt



#### Sara Lee

- Classic 100% Whole Wheat



#### Wonder

- 100% Whole Wheat

# Whole Wheat Pasta

## ✓ WIC-Approved

- 16 ounce (1 pound) packages
- Any shape
- 100% Whole Wheat
- 100% Whole Grain

## 16 ounce (1 pound) packages



**Barilla**



**Bella Terra**



**Bionaturae**



**Delallo**



**Field Day**



**Full Circle**



**Food Club**



**Great Value**



**Hannaford**



**Hodgson Mill**



**Luigi Vitelli**



**Mantova**



**Nature's Promise**



**O Organics**



**Racconto**



**Ronzoni**



**San Remo**



**Signature Select**

# Tortillas

## ✓ WIC-Approved

- 16 ounce (1 pound) packages
- Any shape
- 100% Whole Wheat
- Corn

## Shopping tip

Looking for tortillas? Try the bread aisle, the cooler section, or with the taco supplies.

## 16 ounce (1 pound) packages



**Chi-Chi's**

- White Corn, Taco Style
- Whole Wheat, Fajita Style



**Food Club**

- Corn, Taco Style
- Whole Wheat, Fajita Style



**Great Value**

- Whole Wheat



**Hannaford**

- Whole Wheat, Fajita
- White Corn
- Yellow Corn



**IGA**

- White Corn
- Whole Wheat, Taco Style



**La Banderita**

- White Corn, Yellow Corn
- Whole Wheat, Fajita
- Whole Wheat, Soft Taco



**Mission**

- Whole Wheat, Soft Taco
- Whole Wheat, Fajita
- Extra Thin Yellow Corn



**Ortega**

- Whole Wheat



**Pics Brand**

- Corn, Taco Style
- Whole Wheat, Taco Style



**Signature Select**

- Whole Wheat

# Brown Rice

## ✓ WIC-Approved

- 14–16 ounce packages
- 28–32 ounce packages
- Bags, boxes, and plastic jars
- Organic allowed

## ✗ Do not buy

- Added sugars, fats, oils, salt or flavorings

### 14–16 ounce



#### Any Brand

- Regular
- Instant-cooking
- Quick-cooking
- Boil-in-bag

### 28–32 ounce



#### Any Brand

- Regular
- Instant-cooking
- Quick-cooking
- Boil-in-bag

## 🛒 Shopping tip

You can choose a mix of **bread, pasta, tortillas, rice and oatmeal** to add up to the total number of ounces of **Bread-Whole Grains-Pasta** on your Family Food Benefits list. Here are two examples:



+



= 32 ounces

One 16 ounce  
loaf bread

One 16 ounce  
package tortillas



+



= 48 ounces

One 16 ounce  
package pasta

One 32 ounce  
package rice

# Oatmeal

## ✓ WIC-Approved

- 16 ounce and 32 ounce packages
- Instant, Quick, Rolled, Steel-cut, Old-fashioned
- Organic allowed

## ✗ Do not buy

- Individual packets
- Bulk
- Added sugars, fats, oils, salt or flavorings

### 16 ounce packages



#### Bob's Red Mill

- Instant Rolled Oats
- Organic Old Fashioned Rolled Oats



#### McCann's Imported Irish Oatmeal

- Quick & Easy Steel Cut Oats
- Quick Cooking Rolled Oats



#### Mom's Best Cereal

- Quick Oats



#### Woodstock

- Organic Instant Oatmeal

### 32 ounce packages



#### Bob's Red Mill

- Gluten-free
- Extra thick
- Quick-cooking
- Old-fashioned
- Organic

## 🛒 Shopping tip

**Is oatmeal a cereal or a whole grain? It's both!**

When shopping with WIC, remember to:

- **Use Cereal benefits** to buy instant oatmeal in single-serving packets.
- **Use Whole Grain benefits** to buy other types of oats in boxes, bags or tubs.



## Eggs

### ✓ WIC-Approved

- Whole dozen
- Brown and white
- Medium, large, extra large, jumbo
- Cage-free
- Organic
- Vegetarian-fed
- Enhanced or specialty (Omega-3)

### Dozen, Any Size



Any Brand

## Soy milk Beverage

### ✓ WIC-Approved

- Refrigerated: 32 ounce (1 quart), 64 ounce (½ gallon)
- Shelf-stable: 32 ounce (1 quart)

### Refrigerated

#### 32 ounce (1 qt)



Silk

- Original

#### 64 ounce (½ gal)



Silk

- Original

### Shelf-stable

#### 32 ounce (1 qt)



Pacific

- Ultra Soy Original



Silk

- Original

## Cow's Milk

### ⚠ Choose what is approved for you.

- **Whole milk** for children 12-24 months
- **Low-fat (1%) and nonfat (skim) milk** for women and children 2-5 years

### ✓ WIC-Approved

- Fluid: Gallon, ½ gallon, and quart
- Shelf-stable: Quart
- Nonfat dry milk powder: 25.6 ounce
- Organic

### ⊘ Do not buy

- Enhanced or specialty
- Reduced-fat (2%)
- Flavored
- Glass bottles

### Fluid

#### Gallon, ½ gallon, quart



Any Brand

- Whole: For children 12–24 months
- Low-fat (1%) or nonfat (skim)
- Lactose-free

### Organic brands allowed



Full Circle



Horizon



Nature's Promise



Organics



Organic Valley



Stonyfield Organic

### Shelf-stable

#### Quart



Any Brand

### Nonfat dry milk powder

#### 25.6 ounce (makes 2 gallons)



Any Brand

# Goat's Milk

## ⚠️ Choose what is approved for you.

- Whole milk for children 12-24 months
- Low-fat (1%) and nonfat (skim) milk for women and children 2-5 years

## ✅ WIC-Approved

- Meyenberg brand only
- Whole fluid: ½ gallon, and quart
- Low-fat (1%) fluid: Quart
- Powdered: 12 ounce

## Fluid

### ½ gallon, quart



#### Meyenberg

- Whole:  
For children 12–24 months

### Quart



#### Meyenberg

- Low-fat (1%)

## Powdered

### 12 ounce (makes 3 quarts)



#### Meyenberg

- Whole:  
For children 12–24 months



#### Meyenberg

- Nonfat

# Cheese

## ✅ WIC-Approved

- 8 ounce and 16 ounce packages
- Blocks and shredded
- American slices
- Regular
- Low-fat

## ❌ Do not buy

- Imported or deli
- Individually wrapped slices
- Organic
- Flavored
- String
- Specialty or special reserve

## Blocks

### 8 ounce and 16 ounce



Cheddar



Colby



Colby Jack



Monterey Jack



Mozzarella



Muenster

## Slices

### 8 ounce and 16 ounce



Yellow American



White American

## Brands allowed



Best Yet



Cabot



Cappiello



Cracker Barrel



Crystal Farms



Dragone



Galbani



Food Club



Great Value



Hannaford



Heluva Good!



IGA



Kraft



Lucerne



Maggio



Pics by Price Chopper



Polly-O



Sargento



Sorrento

# Tofu

## ✓ WIC-Approved

- 8 ounce, 14 ounce, and 16 ounce packages
- Organic allowed

## 8 ounce, 14 ounce, and 16 ounce



### Azumaya

- Silken
- Firm
- Extra Firm



### Franklin Farms Tofu

- Silken
- Soft
- Medium Firm
- Firm
- Extra Firm



### Heiwa Tofu



### House Foods

- Soft
- Medium Firm
- Firm
- Extra Firm
- Cubed Super Firm



### Nasoya

- Silken
- Firm
- Extra Firm
- Super Firm



### O Organics

- Silken
- Firm
- Extra Firm
- Cubed Extra Firm
- Sprouted Super Firm

# Tofu (continued)

## 8 ounce, 14 ounce, and 16 ounce



### Vermont Soy

- Firm



### Nature's Promise

- Firm
- Extra Firm



### Wildwood Organic

- Silken
- Firm
- Extra Firm
- Super Firm



### Woodstock Organic

- Firm
- Extra Firm

## Shopping tip

**Combine tofu packages** to add up to the total number of pounds (lbs) on your Family Food Benefits list.

For example:

**1 lb  
(16 oz)**



OR



**4 lbs  
(64 oz)**

Four 16 oz

OR



Four 14 oz + One 8 oz

# Yogurt

## ⚠️ Choose what is approved for you.

- Whole milk yogurt for children 12-24 months
- Low-fat and nonfat yogurt for women and children 2-5 years

## ✅ WIC-Approved

- 32 ounce tubs
- 8-packs and 16-packs of 2 ounce tubes
- Organic allowed

## ❌ Do not buy

- Pouches
- Artificial sweeteners

## 32 ounce tubs



**Best Yet**  
• Any flavor



**Brown Cow**  
• Any flavor



**Butterworks Farm**  
• Any flavor



**Cabot**  
• Any flavor



**Chobani**  
• Any flavor



**Dannon**  
• Any flavor  
• Oikos Greek:  
Any flavor  
• Light & Fit Greek:  
Plain only



**Food Club**  
• Any flavor



**Full Circle Organic**  
• Greek Nonfat  
- Plain  
- Vanilla



**Great Value**  
• Any flavor



**Green Mountain Creamery**  
• Any flavor

❌ Do not buy  
• Nonfat Vanilla

# Yogurt (continued)

## 32 ounce tubs



**Hannaford**  
• Any flavor



**Lucerne**  
• Any flavor



**Nature's Promise**  
• Any flavor

❌ Do not buy  
• Light Vanilla



**O Organics**  
• Any flavor



**Open Nature**  
• Any flavor



**Pics by Price Chopper**  
• Any flavor



**Stonyfield Organic**  
• Smooth & Creamy:  
Any flavor  
• Greek:  
0% Fat Only



**Two Good**  
• Any flavor



**Yoplait**  
• Original:  
Any flavor

## 8-packs and 16-packs of 2 ounce tubes



**Stonyfield Organic**  
• Any flavor

## Shopping tip

**1 Peanut Btr/Beans/Peas** on your Family Food Benefits list means you can buy:

**A**

**One 16–18 oz jar of peanut butter**

— OR —

**B**

**Four 15–16 oz cans of canned beans**

— OR —

**C**

**One 16 oz package of dry beans, lentils, peas**

## A Peanut Butter

### ✓ WIC-Approved

- 16–18 ounce jars
- Smooth / Creamy
- Chunky / Crunchy
- Plastic or glass jars

### ⊘ Do not buy

- Reduced fat
- Low sodium
- Organic
- Specialty peanut butters
- Peanut butter spreads
- Flavored or mix-in ingredients

### 16–18 ounce jars



Any Store Brand



Smuckers



Teddie



Jif



Peter Pan



Skippy

### ⊘ Do not buy

- Simply Jif
- Natural Jif
- Reduced Fat Jif

### ⊘ Do not buy

- Natural Peter Pan
- Reduced Fat Peter Pan

### ⊘ Do not buy

- Skippy Natural
- Reduced Fat Skippy

## B Canned Beans

### ✓ WIC-Approved

- 15–16 ounce cans
- Regular
- Low-sodium
- Organic allowed

### ⊘ Do not buy

- Added sugars, fats or oils
- Added vegetables, fruits or meats
- Added flavors, herbs or spices
- Refried beans

### 15 – 16 ounce cans



### Any Brand

- Any type of mature beans, lentils or peas

## C Dried Beans, Lentils, and Peas

### ✓ WIC-Approved

- 1 pound packages
- Organic allowed

### ⊘ Do not buy

- Added sugars, fats or oils
- Added flavors, herbs or spices
- Soup mix

### 16 ounce packages



### Any Brand

- Any type of mature beans, lentils or peas

# Hot Cereal

## ✓ WIC-Approved

- Various sizes
- 🌾 Whole grain
- Ⓜ️ Gluten-free

## See each brand/product for sizes



### Best Yet

- 🌾 Original Flavor Oatmeal - 11.8 oz



### Cream of Rice

- Ⓜ️ Gluten Free - 12 oz
- 14 oz



### Cream of Wheat

- 1 Minute - 28 oz
- 2½ Minute - 12 oz
- 28 oz
- Instant Original - 12.7 oz
- 12 oz
- 18 oz
- 🌾 Whole Grain



### Farina

- Original Hot Wheat Cereal - 18 oz
- 28 oz



### Food Club

- Creamy Wheat Farina - 28 oz
- 🌾 Instant Oatmeal Regular - 11.8 oz



### Great Value

- 🌾 Original Flavor Oatmeal - 11.8 oz



### Hannaford

- 🌾 Regular Flavor Oatmeal - 11.8 oz
- Creamy Wheat - 28 oz



### IGA

- 🌾 Original Flavor Oatmeal - 11.8 oz



### Malt O Meal

- Original Hot Wheat Cereal - 36 oz

# Hot Cereal (continued)

## See each brand/product for sizes



### Maypo

- 🌾 Maple Oatmeal - 14 oz
- 🌾 Vermont Style Oatmeal - 19 oz



### Pics by Price Chopper

- 🌾 Original Flavor Oatmeal - 11.8 oz



### Quaker

- 🌾 Original Instant Oatmeal Packets - 11.8 oz
- 23.7 oz



### Signature Select

- 🌾 Original Flavor Oatmeal - 11.8 oz

## 🛒 Shopping tip

Combine hot or cold cereal packages to add up to the total ounces on your Family Food Benefits list. Here are three ways to buy up to 36 ounces:

$$\begin{array}{ccccccc}
 \text{Box} & + & \text{Box} & + & \text{Box} & = & \text{Total} \\
 18 \text{ oz} & & 9 \text{ oz} & & 9 \text{ oz} & & 36 \text{ oz}
 \end{array}$$

$$\begin{array}{ccccccc}
 \text{Box} & + & \text{Box} & + & \text{Box} & = & \text{Total} \\
 12 \text{ oz} & & 12 \text{ oz} & & 12 \text{ oz} & & 36 \text{ oz}
 \end{array}$$

$$\begin{array}{ccc}
 \text{Box} & + & \text{Box} & = & \text{Total} \\
 24 \text{ oz} & & 11.8 \text{ oz} & & 35.8 \text{ oz}
 \end{array}$$

# Cold Cereal

## ✓ WIC-Approved

- 8.9 ounce–36 ounce packages
- Whole grain
- GF Gluten-free

## Any size from 8.9 ounce – 36 ounce

### General Mills



#### Cheerios

- Original
- Multi-Grain
- Vanilla Spice

#### Chex

- Blueberry
- Cinnamon
- Corn
- Rice
- Wheat



#### Fiber One

- Honey Clusters



#### Kix

- Plain
- Berry Berry
- Honey



#### Total

- 

#### Wheaties

- 

### Kashi



- Organic Honey Toasted
- Organic Warm Cinnamon

### Kellogg's



#### Complete Bran

- Complete Wheat Flakes



#### Corn Flakes

- Original
- Cinnamon
- Honey



#### Crispix

- Original



#### Rice Krispies

- Original

## Any size from 8.9 ounce – 36 ounce

### Kellogg's



#### Special K

- Original
- Banana
- Protein Original Multi-Grain Touch of Cinnamon
- Protein Honey
- Almond Ancient Grains



#### Frosted Mini Wheats

- Original
- Blueberry
- Cinnamon Roll
- Filled Mixed Berry
- Pumpkin Spice
- Little Bites
- Little Bites Chocolate
- Strawberry
- Honey

### Post



#### Great Grains

- Banana Nut Crunch
- Crunchy Pecan



#### Grape Nuts

- Original
- Flakes



#### Honey Bunches of Oats

- With Almonds
- Honey Roasted
- Pecan & Maple Brown Sugar
- Vanilla Bunches
- Cinnamon Bunches

### Quaker



#### Life

- Original
- Vanilla



#### Oatmeal Squares

- Hint of Brown Sugar
- Hint of Cinnamon
- Honey Nut

## Cold Cereal (continued)

### ✓ WIC-Approved

- 8.9 ounce–36 ounce packages
- Whole grain
- GF Gluten-free

## Any size from 8.9 ounce – 36 ounce

### Store Brands



#### Best Yet

- Bran Flakes
- Frosted Shredded Wheat
- Frosted Shredded Wheat Strawberry
- Toasted Oats
- Corn Flakes
- Crispy Rice
- Honey Oats & Flakes



#### Food Club

- Bran Flakes
- Frosted Shredded Wheat
- Frosted Shredded Wheat Strawberry
- Oatmeal Squares
- Toasted Oats
- Wheat Squares
- Corn Flakes
- Corn Squares
- Crisp Rice
- Honey Oats Clusters
- Honey Oats w/ Almonds
- Rice Squares
- Twin Grain Crisps



#### Great Value

- Bran Flakes
- Frosted Shredded Wheat
- Toasted O's
- Corn Flakes
- Corn Squares
- Rice Crisps
- Rice Squares



#### Hannaford

- Bran Flakes
- Bite Size Frosted Shredded Wheat
- Bite Size Strawberry Frosted Shredded Wheat
- Easy Living Oat Squares
- Frosted Shredded Wheat
- Multigrain Tasteeos
- Nutty Nuggets
- Toasted Wheat
- Wheat Flakes
- Corn Flakes
- Crispy Rice
- Crispy Hexagons
- Oats & More w/ Almonds
- Oats & More w/ Honey
- Tasteeos
- Toasted Corn Squares
- Toasted Rice Squares

## Cold Cereal (continued)

## Any size from 8.9 ounce – 36 ounce

### Store Brands



#### IGA

- Bite Size Frosted Shredded Wheat
- Bran Flakes
- Toasted Oats
- Crispy Rice
- Corn Flakes



#### Malt O Meal

- Frosted Mini Spooners



#### Pics by Price Chopper

- Bran Flakes
- Frosted Shredded Wheat
- Toasted Oats
- Strawberry Frosted Shredded Wheat
- Corn Flakes
- Crispy Rice
- Honey Oats & Flakes with Almonds
- Toasted Corn Crisps
- Toasted Rice Crisps



#### Signature Select

- Bran Flakes
- Frosted Shredded Wheat
- Toasted Oats
- Corn Flakes
- Corn Pockets
- Crispy Rice
- Oats & More w/ Almonds
- Oats & More w/ Honey
- Rice Pockets



#### That's Smart

- Crisp Rice

# Child's Juice

## ✓ WIC-Approved

- Shelf-stable 100% Juice: 64 ounce bottles

## ! Take Note

- Organic allowable in some brands

## Shelf-stable

### 64 ounce bottles



#### Apple & Eve

- Any flavor
- No organic



#### Food Club

- Apple
- Cranberry
- Grape
- Grapefruit
- Orange
- Pineapple
- Vegetable
- Tomato
- White Grape



#### Hannaford

- Any flavor



#### Langers

- Apple
- Apple Berry
- Apple Cherry
- Apple Kiwi
- Apple Strawberry
- Apple Orange
- Apple Pineapple
- Apple Peach
- Apple Mango
- Berry Blend
- Concord Grape
- Cranberry Plus
- Cranberry Raspberry Plus
- Pineapple



#### Best Yet

- Apple
- Grape
- Grapefruit
- Orange
- Orange Mango
- Orange Pineapple
- Pineapple
- Tomato
- Vegetable
- White Grape



#### IGA

- Apple
- Grape
- Tomato
- White Grape



#### Great Value

- Apple
- Cranberry Blend
- Cranberry Grape
- Cranberry Pomegranate
- Grape
- Mango
- Pear
- Pineapple
- Tomato
- Vegetable
- White Grape
- White Grape Peach



#### Juicy Juice

- Any flavor



#### Campbell's

- Tomato
- Tomato Low Sodium



#### Mott's

- Apple
- Apple Cherry
- Apple Mango
- Apple White Grape
- Sensibles - Apple

# Child's Juice (continued)

## Shelf-stable

### 64 ounce bottles



#### Pics by Price Chopper

- Apple
- Berry
- Grape
- Grapefruit
- Pineapple
- Tomato
- Vegetable
- Vegetable Low Sodium
- White Grape



#### Signature Select

- Apple
- Cranberry Blend
- Cranberry Grape
- Cranberry Raspberry
- Grape
- Grapefruit
- Orange
- Pineapple
- Tomato
- Vegetable
- Vegetable- Low Sodium
- White Grapefruit
- White Grape



#### V8 Vegetable

- Original Vegetable
- Spicy Hot Vegetable
- Low Sodium



#### Welch's

- 100% White Grape
- 100% Red Grape
- Apple
- Grape
- Grape (calcium)
- Orange
- Pineapple
- Tropical Trio
- White Grape Peach
- White Grape Cherry



#### Northland

- Any flavor



#### Old Orchard

- Apple
- Apple Cranberry
- Berry Blend
- Cranberry Pomegranate
- Grape
- Orange
- Peach Mango
- White Grape



#### Ocean Spray

- Any flavor



#### O Organics

- Cranberry Mango
- Grape



#### That's Smart

- Grape

## ⊘ Do not buy

- Light

## Child's Juice (continued)

### ✓ WIC-Approved

- Orange juice:  
16 ounce frozen concentrate  
64 ounce refrigerated containers

### Frozen Orange Juice

#### 16 ounce cans



##### Any Store Brand

- Best Yet
- Food Club
- Hannaford
- Pics by Price Chopper
- Signature Select



##### Minute Maid

- Original

### Refrigerated Orange Juice

#### 64 ounce bottles



##### Any Store Brand

- Best Yet
- Food Club
- Great Value
- Hannaford
- IGA
- Pics by Price Chopper



##### Hood



##### Natalie's

## Women's Juice

### ✓ WIC-Approved

- Frozen concentrate: 11.5–12 ounce containers
- Shelf-stable 100% Juice: 48 ounce bottles

### Frozen

#### 11.5–12 ounce cans



##### Orange Juice Any Store Brand

- Best Yet
- Great Value
- Food Club
- Hannaford
- Pics by Price Chopper
- Signature Select



##### Apple Juice / Grape Juice

##### Any Store Brand

- Best Yet
- Great Value
- Food Club
- Hannaford
- Pics by Price Chopper
- Signature Select



##### Dole

- 100% juice  
- Any flavor



##### Seneca

- 100% Apple Juice



##### Minute Maid

- Orange  
- Any style
- Grapefruit



##### Old Orchard

- Green peel strip  
- Any flavor

## Women's Juice (continued)

### Shelf-stable

#### 48 ounce bottles



#### Apple & Eve

- Any flavor



#### Juicy Juice

- Any flavor



#### Food Club

- Apple
- Orange
- Pineapple
- Orange Pineapple



#### Best Yet

- Orange
- Orange Mango
- Orange Pineapple
- Pineapple



#### Welch's

- Concord Grape
- White Grape



#### Northland

- Any flavor

## Infant Fruits and Vegetables

### ✓ WIC-Approved

- Any variety fruit or vegetable
- Any variety mixed fruits and mixed vegetables
- Organic allowed

### ⊘ Do not buy

- Added sugars, salt, starches or rice
- Dinners
- Pouches
- Desserts

### 🛒 Shopping tip



### Fresh fruit and vegetable option:

At 9 months of age, half of the jarred infant food benefit can be replaced with **fresh** fruits and vegetables.



If this option is not already on your Family Food Benefits list and you would like it, contact your local WIC office.

Contact info at [healthvermont.gov/local](http://healthvermont.gov/local).

# Infant Fruits and Vegetables (continued)

## Single jars and multi-pack tubs



### Beech-Nut

- Single 4 oz
- Stage 1, Stage 2



### Beech-Nut Naturals

- Single 4 oz
- Variety packs
- Stage 1, Stage 2



### Beech-Nut Organic

- Single 4 oz
- Stage 1, Stage 2



### Earth's Best Organic

- Single 4 oz
- Stage 2 only



### Gerber

- 2 oz 2-pack
- 4 oz 2-pack
- Single 4 oz
- Variety packs
- Stage 1, Stage 2



### Gerber Organic

- Single 4 oz
- Stage 1, Stage 2



### Happy Baby

- Single 4 oz
- Stage 1, Stage 2



### O Organics

- Single 4 oz



### Nature's Heart Organic

- Single 4 oz
- Stage 1
- Stage 2 fruits only



### Nature's Promise

- Single 4 oz
- Stage 2



### Parent's Choice

- Single 4 oz
- 2 oz 2-pack
- 4 oz 2-pack
- Stage 1, Stage 2



### Tippy Toes

- 4 oz 2-pack
- Single 4 oz
- Stage 2

# Infant Fruits and Vegetables (continued)

## Shopping tip

**There is a limit of 50 WIC items in one transaction.** Separate WIC items into multiple transactions if the number of items is more than 50.

**128 ounce benefit = 32 jars**

**256 ounce benefit = 64 jars**

**Combine containers** to add up to the number of ounces (oz) on your Family Food Benefits list.

One  
4 oz jar =  
**4 ounces**



**= 1 jar**



One  
2 oz 2-pack =  
**4 ounces**



**= 1 jar**



One  
4 oz 2-pack =  
**8 ounces**



**= 2 jars**



## Infant Cereal

### ✓ WIC-Approved

- 8 ounce and 16 ounce packages
- Single and multigrain
- Organic allowed

### ⊘ Do not buy

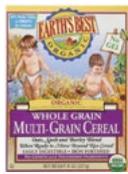
- Added fruit, formula or vegetables

### 8 ounce and 16 ounce packages



#### Beech-Nut

- Oatmeal
- Organic Oatmeal



#### Earth's Best Organic

- Whole Grain Multigrain
- Whole Grain Oatmeal



#### Gerber

- Multigrain
- Oatmeal
- Organic Oatmeal
- Organic Oatmeal Millet Quinoa
- Organic Rice
- Rice
- Whole Wheat

## Infant Formula

### ⚠ Choose what is approved for your baby.

You must buy **the exact type and size container** of infant formula listed on your Family Food Benefits list.

### If your baby needs a different formula:

☎ Contact your local WIC Office for help making a change. Contact info at [healthvermont.gov/local](http://healthvermont.gov/local).

### As your baby gets older:

- WIC provides enough formula to meet most babies' needs. As babies get older and drink more, you may have to buy more formula.

## For Fully Breastfeeding Moms and Babies Only

### 🛒 Shopping tip

**There is a limit of 50 WIC items in one transaction.** Keep this in mind when buying infant foods.

**77.5 ounce benefit = (31) 2.5 ounce jars**

## Infant Meats

### ✓ WIC-Approved

- 2.5 ounce jars
- Stage 1 or 2
- Any variety

### ⊘ Do not buy

- Added sugar or salt
- Dinners

### 2.5 ounce jars



#### Beech-Nut



#### Earth's Best Organic



#### Gerber



#### Beech Nut Gerber

- Variety Pack • Variety Pack

### 30 ounce pack (12-2.5 oz jars)

## Canned Fish

### ✓ WIC-Approved

- Sizes and varieties shown
- Packed in water or oil
- Sardines may include bones and skin

### ⊘ Do not buy

- Albacore tuna
- Chunk **white** tuna
- Pouches

### Combine cans up to 30 ounces

#### Chunk Light Tuna



#### Any Brand

- 5 ounce

#### Sardines



#### Any Brand

- 3.75 ounce

#### Salmon



#### Any Brand

- 5 ounce, 6 ounce and 7.5 ounce

## Vermont WIC Program

[healthvermont.gov/wic](http://healthvermont.gov/wic)

[wic@vermont.gov](mailto:wic@vermont.gov)

800-649-4357

802-863-7333

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/ad-3027.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

mail:

U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410; or

fax:

(833) 256-1665 or (202) 690-7442; or

email:

[Program.Intake@usda.gov](mailto:Program.Intake@usda.gov)

This institution is an equal opportunity provider.